User Manual

Smart Watch

Model:LW8

Please read and understand the manual

Product Introduction

1.Dail Switch:
Long Press for 3S on the home screen to the enter the dial switch interface. Slide right and left to switch the dial for the selection and click to select the dial

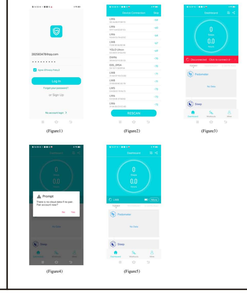
2.Control center：
Function overview： Silent Mode,brightness adjustment,setting,Device info, Setting,Bluetooth Calls.

uction To the Connection between Watch and Mobile Phone

1. Download and install APP (H Band)
Scan the QR code on the box or the built-in QR code on the watch via the mobile browser program to download. Downloading needs WIFI network or data traffic. Install it after downloading, open the APP after the installation, and give the software corresponding rights which are needed for Bluetooth connection. (Note: H Band supports IOS9.0 or later and Android6.0 or later)

(H Band QR Code)

2. The way to connect the watch to the phone (same for iOS and Android)
Turn on the Bluetooth of the mobile phone, and then open the H Band on the mobile phone desktop (see Figure 1). You can choose to log in without an account or register with an account. After the successful login, go to next interface (see Figure 2). Select the corresponding device (LW8) and click to connect. Wait for a few seconds, it will prompt the watch to make a Bluetooth pairing request with the mobile phone. Please allow Bluetooth pairing. This completes the pairing connection between the mobile phone APP and the watch (Figure 3). Then, it will ask if you want to upload data to the cloud (Figure 4). This operation can be selected by yourself. Clicking NO or YES will enter the connection success interface and synchronize the data once (Figure 5). (Note: The sync data function is automatically uploaded every 30 minutes.)



Watch Function Introduction

1. Heart Rate
Click the screen in the heart rate interface to measure the current heart rate value.The flashing icon indicates that the test is in the progress,or it can be measured manually on the app end heart rate interface(the date is for reference only ,not for medical use)

2.Blood oxygen
Click the screen in the blood oxygen interface to measure the current blood oxygen value.The flashing icon indicates that the test is in the progress,or it can be measured manually on the app end blood oxygen interface(the date is for reference only ,not for medical use)

3.Blood Glucose
Click the screen in the blood glucose interface to measure the current blood glucose value.The flashing icon indicates that the test is in the progress,or it can be measured manually on the app end blood glucose interface(the date is for reference only ,not for medical use)

4.Blood Pressure
Click the screen in the blood pressure interface to measure the current blood pressure value.The flashing icon indicates that the test is in the progress,or it can be measured manually on the app end blood pressure interface(the date is for reference only ,not for medical use)

5. Workout
Workout Record workout mode can record the user's exercise heart rate and calories; You can swipe left or right to switch data pages and choose to pause and continue.

6. Notifications
This function can be set in the APP settings, when set it to "on", mobile phone received the application (calls, text messages, QQ, WeChat, Facebook, twitter, LinkedIn, whatsApp, Line, Instagram, snapchat, skype, Gmail, other, etc.) when the messages are pushed, the watch shows content (IOS need pairing; Android permission needs opening; equipment can push the normal tips). The watch only can store 5 messages at most.

7. Find
Keep the watch connected to the App and click "Find".The bell rings on your mobile phone and the watch shows that you have successfully found your mobile phone, if the watch is not connected to the APP,the watch will indicate that it is not connected

8. Music
Keep the watch connected to the App,you can control the pause and start of the mobile phone music player,volume adjustment,and song switching

9.Stopwatch
Click the start button for the timing of the start .Click the pause button to timing the pause.Click the reset button to time to zero.

10. Timer
As for the timer function ,the user may start quick timing through the system preset time or click the user-defined button to set the time.Click the Start button for the timing of the start.Click the pause button to timing the pause.Click the reset button to time to zero.

11. Settings
Settings function include Health monitor,Screen Display,Switches, Notifications,Language,App QR Code,System.
click to open the Setting function, you can set the Brightness adjustment and download the APP QR code. The higher the brightness is, the greater the power consumption will be. Scan QR code of APP to download H Band.

Mobile APP function introduction

Notes: The APP sports data function synchronizes the step data and the heart rate data automatically every 30 minutes.

1- Message Reminder
Turn on "H Band"-> My-> My device->Notifications, you can freely control the function switch which can push messages to the watch. If the function switch is off, the messages cannot be pushed to the watch; if it is on, the messages are normally pushed to the watch. (Note: If you can't switch normally, please click the help in the upper right corner to troubleshoot)

2- Alarm Clock Setting
Open "H Band"-> My-> My device-> Alarm Setting-> click the down corner "+", set the time and date of the reminder (if you set a Repeat Alarm, select the Repeat Time)-> click the top right Angle "√". The setup is OK.

3- Sedentary Setting
Open "H Band" --> My--> My device--> Sedentary Setting--> turn on --> click to enter the setting page (set the start and end time as well as sedentary judging interval) --> save. The default is 08:00 a.m.-06:00 p.m. and reminding every 60 minutes. When it is "on", the user can set the sedentary judging interval and the watch shall start to continuously monitor the user to confirm whether he or she is sitting. In case the user keeps sitting for more than the set time period, the watch will vibrate and display the Sedentary reminder interface.

4- Heart rate alarming
Open "H Band" --> My--> My device--> Heart rate Alert --> turn on --> click to enter the setting page (set the alarming value) --> save. The default is 115bpm. In case the heart rate is detected equal to or higher than the set value, the watch will vibrate to remind the user.

5- Wrist rotating screen on
Open "H Band" --> My--> My device --> Turn Wrist Detection--> turn on --> click to enter the setting page (set the start and end time as well as Turn Wrist Detection judging interval) and wrist sensitivity --> save. The function only works within the set time period and has no effect during other time period, a nd the default is from 08:00 a.m. to 10:00 p.m . After unlocking this function, if the user rotates his or her wrist or raise his or her hand, the watch screen shall turn bright.

6- Pair Device
Open "H Band" --> My--> My device --> Pair Device--> turn on.
After unlocking this function, when the watch syncs the data to APP, APP shall save the data locally (if the user logs in without using any account) or upload to cloud (in case the user logs with certain account).

7- Bluetooth calls
Open "H Band" --> My--> My device -->Bluetooth calls After unlocking this function, you can enable Bluetooth Calls Function.

8- Find Device
Open "H Band" --> My--> My device --> Find Device After unlocking this function, you can find your smartwatch ,smartwatch will play ring.

9- Switches setting
Open "H Band" --> My--> My device --> Switch Setting. All-day Oxygen Monitor/Blood Glucose Monitor

10- Take Photo
Open "H Band"--> My--> My device -->Take Photo.Here you can enter into take photo mode.

11- Firmware update
Open "H Band" --> My--> My device --> Firmware update. In case there's any new edition of the equipment program, connect APP and it shall remind the firmware updating.

12- Factory Reset
Open "H Band" --> My--> My device --> Factory Reset

Frequently Asked Questions and Trouble Shooting

1. Failure to start the watch
You may not press the power button for long enough time, please press for no less than 3 seconds. Press the power switch for more than 3s,Maybe the the battery level is too slow.Please charge the battery timely.

2.Insufficient service time The measurement heart rate/blood oxygen is inaccurate

General,it si caused by poor contact between the watch sensor and human body Please ensure that the sensor contacts the wrist well

3. Bluetooth connection failure

Please restart the watch/mobile phone;
Please turn off mobile phone Bluetooth and then turn on again for reconnection;
Do not connect your mobile phone to the other Bluethooth device at the same time

4. Inaccurate sleeping data

Sleeping monitoring is supposed to simulate people's natural falling asleep and getting up please wear your watch in a normal way. In case you wear your watch only when you fall asleep late or only when you are sleeping, it may cause errors.
and if you sleep in daytime, there will be no sleeping data.

Precautions

1. The measurement results of this product are only for maternity examinations and are not used for any medical purpose or basis.Please follow the doctor instructions .Do not self-diagnose and treat with this measurement result .
2.The waterproof level of this product is IP67,and it cannot be used for diving swimming or soaking in the water for a long time.in addition ,this product can not be used in hot water/sauna environment,because water vapor will cause damage to the equipment.
3.The Company reserves the right to modify the contents of this manual with prior notice.Some function are different in the corresponding software version ,which is normal.

说明书

智能手表
型号:LW8

请使用前请认真阅读说明书

产品介绍

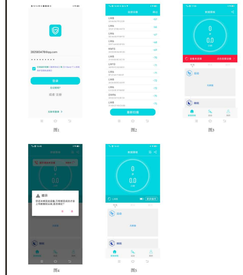
1.表盘切换:在主屏幕界面长按3秒,进入表盘切换界面,左右滑动切换待选表盘,单击选定表盘。
2.控制中心:在主屏幕界面,屏幕下滑,进入下拉菜单界面,下拉菜单有勿扰模式,蓝牙通话,亮度调节,设备信息,设置。

手表与手机连接简介

1.下载H Band APP
用手机扫描彩盒上的APP 二维码或者手表内置的APP 二维码进行下载,手机下载需要用到WIFI或者数据流量。下载之后进行安装。(注意:H Band 兼容IOS9.0跟安卓6.0以上的版本)

(H Band QR Code)

2. 绑定手机(安卓跟苹果系统方法一样)
开启手机蓝牙功能,打开安装在手机上的H Band（见图1).用户可以选择注册账号登陆或者游客登陆。登陆成功之后,进入连接设备界面(见图2)。选择合适的型号(LW8)进行连接,稍等几秒,屏幕会显示配对对话框。手表跟手机APP配对完成之后显示(图3),稍后, APP 会提示是否要把数据上传到云端(见图4),你可以选择是否上传到云端, 选择完之后会显示连接成功界面(见图5).(注意:数据同步每30分钟更新一次)



手表功能简介

1.心率
进入手表心率测试界面,底部绿光亮起开始测量,完成测量会有震动提示。(测量值仅供参考,不能用于医学诊断)

2.血氧
进入手表血氧测试界面,底部红光亮起开始测量,完成测量会有震动提示。(测量值仅供参考,不能用于医学诊断)

3.血糖
进入手表血糖测试界面,底部绿光亮起开始测量,完成测量会有震动提示。(测量值仅供参考,不能用于医学诊断)

4.血压
进入手表血压测试界面,底部绿光亮起开始测量,完成测量会有震动提示。(测量值仅供参考,不能用于医学诊断)

5. 运动
运动记录
运动模式可以记录每次运动的运动心率以及消耗的卡路里,运动记录界面可以左右滑动浏览往期伴随续界面选择暂停或者继续运动。

6. 通知
通知功能可以在APP进行设置推送哪些APP的通知。手表端最多可以保留5条通知。

7. 查找
手表与APP连接后,点击查找,手机端会响铃提示。手表端显示查找成功;若手表与APP未连接,手表端则会提示未连接。

8. 音乐
手表与APP连接后, 可控制手机音乐播放器的暂停与开始, 音乐调节以及歌曲切换。

9.秒表
点击开始按钮计时开始, 点击暂停按钮则计时暂停, 点击复位按钮计时归零。

10. 计时器
计时器功能中, 系统预置了常用计时时长, 用户点击对应时长快速计时, 也可点击自定义按钮进行时间设置, 点击开始按钮则计时开始, 点击暂停按钮则计时暂停, 点击复位按钮计时归零。

11. 设置
设置功能下包含健康与检测, 屏幕与显示, 开关设置, 通知设置, 语言设置 , App二维码, 系统菜单。

打开设置菜单, 用户可以设置屏幕亮度, 亮度设置越高, 功耗越大, 通过扫描App二维码可以下载"H Band"。

手机App功能简介

注意:此APP每半个小时同步心率, 计步值更新一次。

1, 信息提醒
打开"H Band" --> 我的 --> 我的设备 -->信息提醒, 此项功能可以设置推送哪些App的信息到手表, 如果对应App信息提醒功能关闭, 消息是不能推送到手表上。(注意:如果选项不能正常开启, 点开右上角的"帮助"查看解决方法)

2, 闹钟
打开"H Band" --> 我的 --> 我的设备 --> 闹钟->点下方的 '+',
设置闹钟 (如果设置重复闹钟, 选择重复时间-> 设置完选择"√", 设置完成。

3, 久坐设置
打开"H Band" --> 我的 --> 我的设备 --> 久坐设置--> 开启/关闭--> 进入设置界面(设置起始时间, 结束时间, 多久提醒/-保存.默认起始时间08:00AM, 结束时间06: PM, 60分钟提醒一次。当此项功能开启的时候, 用户可以设置提醒时间段, 手表会持续监测, 如果用户持续坐的时间超过设置的时间, 手表会震动提示坐太久要起来运动了。

4, 心率报警
打开"H Band" -->我的 -->我的设备 --> 心率报警--> 开启/关闭--> 进入设置界面(设置静息心率上线)-保存. 默认静息心率上限115bpm。当心率值等于或者大于设置的心率值, 手表会震动提醒用户。

5, 转腕亮屏
打开"H Band" -->我的 -->我的设备 --> 转腕亮屏--> 开启/关闭
进入设置界面可以设置拍腕亮屏时间段以及拍腕亮屏灵敏度, 拍腕亮屏功能只会在设置的时间段有用, 默认是早上8:00到晚上10:00.打开此项功能, 用户转动手或者抬手的时候, 手表屏幕会自动亮。

6, 绑定设备
打开"H Band" -->我的 -->我的设备 -->绑定设备-->开启/关闭.
此项功能可以解绑或者绑定手表。

7, 蓝牙通话
打开"H Band" -->我的 -->我的设备 -->蓝牙通话
打开此项功能, 可以开启手表蓝牙通话功能。

8, 查找设备
打开"H Band" -->我的 -->我的设备 -->查找设备.
打开此项功能, 可以通过手机查找手表。

9, 开关设置
打开"H Band" -->我的 -->我的设备 -->开关设置.
心率自动监测/血氧全天监测/血糖自动监测

10, 拍照
打开"H Band" -->我的 -->我的设备 -->拍照.
这项功能可以远程控制手机拍照。

11, 固件更新
打开"H Band" -->我的-->我的设备 --> 固件更新.
当手表有新版本的软件, 机器连接手机, App会提示有新版本软件可更新。

12, 恢复出厂设置
打开"H Band" -->我的--> 我的设备 --> 恢复出厂设置

常见问题

1. 手表无法开机

请安住电源键超过3秒或可能电池电量过低请及时充电

2. 手测量心率/血压/血压不准确

一般为测量时, 手表的感应器与人体接触不良导致
测量时请注意感应器与手腕充分接触

3. 蓝牙未连接或者无法连接

打开"H Band" -->我的 -->我的设备 --> 蓝牙通话
请尝试重启手表跟手机, 重新连接。
请尝试重启手机蓝牙后再次连接。
手机不要同时连接其它蓝牙设备。

4. 睡眠数据不够准确

睡眠检测数据是模拟人的默认人睡以及起床时间的状态, 需要正确佩戴。
太晚入睡或者入睡时间不规律, 可能出现误差。
白天不监测睡眠数据, 默认睡眠监测为晚上。

注意事项

本产品的测量结果仅供参考, 不作为任何医疗用途及依据请遵从医生指导, 切不可以此测量结果自我诊断及治疗。
本产品的防水等级为IP67,不可用于深度潜水以及长时间泡在水中, 另外, 本产品不防热水, 因为水蒸气会对手表照成影响。
本公司保留不做任何通知的情况下, 对本说明书内容进行修改的权利, 恕不另行通知。部分功能在对应的软件版本中有区别, 为正常情况。

FCC Warnning:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection againstharmful interference in a residential installation. This equipment generates, uses and can radiateradio frequency energy and, if not installed and used in accordance with the instructions, maycause harmful interference to radio communications. However, there is no guarantee thatinterference will not occur in a particular installation. If this equipment does cause harmfulinterference to radio or television reception, which can be determined by turning the equipmentoff and on, the user is encouraged to try to correct the interference by one or more of thefollowing measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1)This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.