

Watch Structure

1.Wear|Charge|Language

1.1 Strap assembly and disassembly

Align the hole of the watch strap with the protruding part of the bracelet and insert it to complete the installation.
Grasp the watch strap and pull it outward to complete the disassembly.

1.2 Best fit

At 1-2cm behind the ulnar styloid process of the wrist, when wearing comfortably, try to ensure that the bottom of the watch is close to the skin, so as to avoid light leakage from the sensor and affect the measurement accuracy.

1.3 Charging instructions

The watch is equipped with a USB charging cable. When charging, just align it with the charging interface and it will automatically absorb.

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2.Basic Operation Instructions

Explanation of terms: "Homepage" is the default page that displays the current time and related data, presented in the style of a dial. Short press the button on the non-dial page to return to this page. For the convenience of understanding, hereinafter referred to as the home page.

2.1 Start the device

Press and hold the function button for 3s, the watch will vibrate to turn on the device.

2.2 Turn off the device

Press and hold the function key, operate according to the screen guidance to shut down.

2.3 Screen gesture operation guidelines

2.3.1 On the home page, you can swipe up, down, left, and right to enter different interfaces to achieve different functions. The description is as follows:
A. "Swipe from top to bottom" to enter the quick setting function interface (current power/Bluetooth connection status/current time/do not disturb settings/Bluetooth phone and audio settings/device information/function settings).
B. Swipe "from left to right", a split-screen interface appears, and open the shortcut menu(date, phone call, music control, voice assistant, computer, flash light);

Quick settings
Slide down
Telephone
Activity to sleep
heart rate
...

Turn On Turn Off

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2.4 Function menu and style

2.4.1 In any interface, short press the function key to return to the home page. Slide right in home page to enter function menu page.

Screen off Home page Function menu

2.4.2 Menu style switching:
a. Settings—Screen and Display—Menu Style. Choose your favorite style.
b. In the function menu interface, double-click the button again to quickly switch the interface style. As below:

Double-click

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2.5 Change dial | Online dial

When the device leaves the factory, there are some dials stored inside to choose from, and the dials can also be changed through the APP.

2.5.1 Replace the built-in dial of the watch. Connect to the APP, click on the APP page-My-My Devices-Dial Settings-select each dial style in turn. The device will automatically switch the built-in watch faces.

2.5.2 Customize the dial. Connect to the APP, click on the APP page in turn-My-My Devices-Dial Settings-Photo Dial, upload a picture to realize the custom dial display.

2.5.3 Online watch face. Connect to the APP, click on the APP page in sequence-My-My Device-Dial Settings-More Dials to download the online dials to the device.

Note: The device only supports a built-in online watch face, and downloading a new watch face online will replace the previously downloaded watch face. As shown:

QR Code
App QR Code

App Store Google play

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3.Install APP | Connect Device

3.1 Download APP

Get the APP download link in the following two ways:
a. Watch terminal installation
Back to home page. Swipe down from top to bottom, click Settings, you can see the APP QR code in the drop-down menu, you can open the APP download address by scanning the code with your mobile phone, and realize APP download and installation;
b. Application market installation
● Search for "H Band" in the App store to download and install the APP;
● Search for "HBAND" in the Google play store to download and install the APP;

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4.Function Use

4.1 Sports

Sports modes include outdoor running, outdoor walking, indoor running, indoor walking, hiking, stepper, outdoor cycling, indoor cycling, elliptical machine, rowing machine, yoga, high-intensity interval exercise, free activity, fitness, skipping rope, fitness games, rock climbing, athletics, ball games, dance, etc. 20 kinds. The above exercise modes can record the user's heart rate, calories and exercise time, etc., and can [pause/end] in the middle.

The user can upload exercise data to the APP by connecting to the APP, and can view exercise records on the APP-Exercise page, and click on a single record to view detailed exercise data.

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4.2Heart rate monitor

The heart rate interface displays the user's current heart rate, the highest and lowest heart rate values, and a 24-hour heart rate scattergram.

There are three modes for measuring heart rate:
① Heart rate manual monitoring (watch side)
② Heart rate manual monitoring (APP side)
③ Heart rate automatic monitoring

1. On the watch interface, tap the function button and select the heart rate function to measure;
2. On the watch interface, swipe right on the watch interface to enter the heart rate function, and you can measure it. Open the APP data panel - more operations - heart rate manual test, click the monitor button to measure a single heart rate;

③ Heart rate automatic monitoring
After turning on [Heart Rate Automatic Monitoring] in the watch or App settings, when you wear the watch, the watch will automatically record the heart rate value and save it in the APP. The specific setting path is:
Watch end:
Function menu (slide down) - Settings - Health and monitoring - Heart rate monitoring - open;

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4.4Activity

[Step counting] interface displays the user's total steps, distance and calories of the day. Users can connect to the App to upload all data.

Activity

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4.5 Sleep monitoring

Wear the watch during the sleep process, the watch will automatically collect your sleep information (the sleep time must be greater than 30 minutes), switch the watch to the sleep page, you can check the deep sleep time and light sleep time of the last sleep, on the APP [Sleep] page, you can check the sleep quality score, sleep time, wake-up time, preparation period, rapid eye movement, light sleep, deep sleep, wake-up times, sleep efficiency, sleep efficiency and other information.

Scientific sleep opening path:
Watch end: Settings-Health and Monitoring-Sleep Science

APP side
Open APP-My-My Device-Switch Settings-Science Sleep

4.6ECG detection

The correct posture for ECG detection is as follows:

Fingers press the electrodes

There are three ECG detection methods:
① Watch end: Press the function key, select the ECG function, enter the [ECG] interface, click the [Start] icon to enter the gesture recognition countdown, after the watch detects that the wrist and fingers touch the electrodes within 3 seconds, the ECG detection will start, and the

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result will be displayed after completion. If the detection fails or the device is not worn correctly, the [Detection Failed] interface will be displayed;

② APP side: Enter the home page of the APP-more operations -ECG test, click the [Start] button, maintain the correct wearing posture, and view the waveform report and related data details after completion;

4.7 Pressure test

The stress test can automatically monitor your stress status on the day, and you can check your stress value on the watch page. The operation method is as follows:

Watch end:
Swipe the watch interface to enter the blood pressure measurement;
APP side:
Turn on [H Band]-My-My Device-Switch Settings-Blood Pressure Automatic Monitoring

Blood Pressure

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4.8 Blood sugar monitoring

The watch sticks to the skin to measure blood sugar. By measuring, you can know your blood sugar level, and you can also enter the APP to view blood sugar monitoring records.

Watch end:
Swipe the watch interface to enter the blood glucose measurement;
APP side:
Turn on [H Band]-My-My Device-Switch Settings-Automatic Blood Glucose Monitoring

4.9 Mett

MET is an important indicator to measure exercise intensity and exercise consumption. You can check your MET index on the watch page.

The operation method is as follows:
Tap the circular function key on the right, and click to enter the the METRO interface.

4.10 HRV heart rate variability

HRV heart rate variability is an important indicator for monitoring heart rate dynamics, and you can view specific data on the watch and app.

The specific operation method is as follows:
Watch end: Press the function button of the watch lightly to enter the function menu, click HRV to enter the HRV monitoring interface;
APP side: Enter the app and find the HRV page in the data panel.

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4.11 Bluetooth call

The watch supports independent Bluetooth calls, and the dial and call functions of the watch can be realized by connecting to Bluetooth.

The connection method is as follows:
Note: call and audio playback settings: slide down the watch to enter the setting interface - click [Communication]-[Message] - [Media Audio] is turned on. This feature is off by default.

Watch end:
Swipe left on the watch interface-click to dial-click to confirm to enter communication mode-turn on Bluetooth calls and media audio-click to connect to mobile phone Bluetooth-click to connect;

APP side:
Open the APP-click on the page Bluetooth search connection-connect to the mobile phone;

4.12 Music

The watch supports music functions, and you can start your music journey with Bluetooth calls and media audio turned on.

4.13 Period tracking

This feature is mainly for female users. If the user's gender is set to male, this module will not be displayed in the [Data Panel] of the App. When the device is connected to the App, female users can set their personal physiological status in the App. The app predicts and reminds the user's physiological state through user data. The status of personal information in the [Female] function includes four types: [Only Menstrual Period] [Preparation for Pregnancy Period] [Pregnancy Period] [Baby Maternity Period]. The specific operation path is: open the APP-female function-click to enter the female details page, fill irrelevant data, and click the pencil icon in the upper left corner to modify your current physiological status.

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4.14 Camera

When the device is connected to the App, you can enable the [Photograph] function in the App to control the phone to take pictures by clicking the watch watch screen. The specific operation path on the watch is as follows: Press the watch function button-select the camera function to start taking pictures. The specific operation path on the APP side is as follows: Open the APP-My-My Device-Take a photo.

4.15 Blood component analysis

Swipe right to enter the function menu from the homepage, select [Blood Components] to analyze the blood components and get a report.

Blood Com...
200 µmol/L Uric Acid
5.57 mg Total Ch...
1.7 mmol/L Triglycer...
1.0 mmol/L Highdens...
1.0 mmol/L Low-dens...

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4.16 Bbody composition analysis

Swipe right to enter the function menu from the homepage, select [Body Composition] to analyze body composition and get a report. Keep your finger (the hand not wearing the bracelet) touching the side electrode pad when measuring.

Body Comp...
Body Fat 22%
Body Water 57.8%
Body Muscle 22%
Body Bone 3.0%
Body Protein 12.1%Body Fat 22%
Body Water 57.8%
Body Muscle 22%
Body Bone 3.0%
Body Protein 12.1%

4.17 SOS function

After being connected with app, select [Mine]-[My Device]-[Contacts] to add emergency contact, then click [SOS] icon to change it from gray to red color to complete emergency contact setting. Swipe down to enter shortcut menu from homepage, the phone will call emergency contacts automatically after clicking [SOS] icon.

4.18 Other functions

Find cell Phone, Breathing Training, Timer, Calculator, Stopwatch, Alarm, Flashlight, Body Temperature, Weather, Message Notification, Pressure test, Voice Assistant

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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.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: 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 against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following 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.

FCC Radiation Exposure statement

The device has been evaluatec to meel general RF exposure requirement. The device can be used in porlable exposure condition without restriction.