ZICOWAY

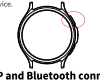
Smart Watch

User Manual

Power on / off

Switch on: In the off state, long press the power button on the right side of the watch.

Switch off: Long press the power button on the right side of the device.



Install APP and Bluetooth connection

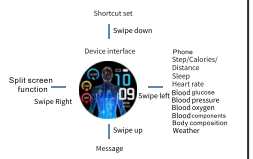
1. Turn on the device, turn on the Bluetooth of the mobile phone, scan the QR code below or search "H Band" in the App store / Google play store to download and install.

2. Register and log in

If you don't have a H Band account, please register with your email first, or you can choose "Login without an account" to enter the experience.

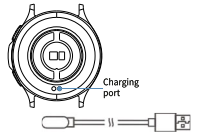
3. Open the APP, To the connection interface please tap "Scan Device",turn on the Bluetooth, then find the corresponding device to connect.Also can go to the data panel to get connect.

Operation guide of the device function interface



Charge

This is a magnetic charging system, so you only need to align it with the charging port, and it will attach automatically.



Device function introduction

Shortcut set

Swipe down on the main time interface to enter shortcut interface.

The specific functions are as follows:

Silent mode/Audio switch/ Brightness adjustment/About/Settings

Workout

Press the button on the right side of the watch to find the workout.As follows: Running&Walking,cycling, Outdoor , Tennis,Combat,Balls,Winter, Leisure,Chess,Others.

Pedometer,calories & distance

Steps, calorie burnt and distance will be shown on this interface.

Sleep monitoring

Switch to this interface, check the duration of deep sleep, light sleep, duration of total sleep and sleep quality.

Heart rate monitoring

Switch to this interface, ted adopts automatic measurement mode,The icon starts to flash,then shows the result.

Blood pressure monitoring

Switch to this interface, the device starts single BP measurement automatically with the icon of BP flashing,then shows the result.

Blood oxygen monitoring

Switch to this interface, the device starts single Blood oxygen measurement automatically with the icon of Blood oxygen flashing,then shows the result.

Breathing

Tap the function key to find breathing, after selecting the time, Tap the button to start training.

Find phone

Tap the function key to find phone, After entering, It is in the process of searching. The phone will vibrate and ring to remind you

Cycle Tracking

Tap the function key to find Cycle Tracking , When the displayed interface shown as (Figure), please select the gender in personal information to female to use .

Camera

Tap the function key to find camera,at the same time pick up the phone and open the APP,you can control the phone to take remote pictures.

Setting

Tap the function key to find set, as follows: Health Monitoring/Screen Display/Switch Notifications/Language/Date&Time/ App QR Code/System.

Note

1. Before measuring, please make sure that you have saved correct personal information on the APP, such as height, age, gender, weight, etc., and synchronize data;

2. Sit for 5-10 minutes before measurement to keep your heartbeat calm and breathing satable.

Wear and maintenance

The products are suitable for wear all day, so when you wear and maintain the smart device, please follow the following brief instructions:

1. Keep the smart device dry:

1.1 Clean your wrist and the smart band/smart watch you are wearing regular, especially after exercise, sweating, or skin contact with soap or detergent and other substances, the substance may get inside of the product so should be cleaned regularly .

2. Keep wearing the product correctly:

2.1 Please do not wear the device too tightly,should be able to move back and forth on the wrist.

2.2 If use a heart rate device to record your heart rate throughout a day, the device should be placed flat one finger width among the wrist bone.In order to better check the data during active exercises, wear the device among the wrist bone about 2-3 Finger-width position.

2.3 Prolonged friction and restraint may irritate your skin,after a long time wearing, take off the device and give skin a rest period.

3.Keep smart devices clean:

3.1 If device is damp, such as sweating or splashing, please clean and dry it, make sure the skin layer is in a suitable dry humidity, and then wear again.

ZICOWAY 1-Year Limited Warranty (U.S.)

ZICOWAY warrants this product against defects in materials and workmanship for one (1) year from purchase.

Covers: Repair or replacement of defective hardware at no charge.

Excludes: Accidental damage, misuse,water damage beyon d IP rating, unauthorized repair etc.

Legal Disclaimers

This product is only for general health status reference and daily wellness management, and cannot replace the test results of professional medical equipment.

All monitoring data is for lifestyle health reference only and shall not be used as a basis for diagnosis, medication adjustment, or medical decision-making.

Blood Pressure / Blood Glucose / Blood Lipid Estimation / Monitoring Functions (if applicable).

If you have any health-related concerns, please consult a formal medical institution and professional medical staff, and never delay or modify medical care based on the information from this product.

Shenzhen Honsung Telecom Co.,Ltd

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Made in China

FCC Statement

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

RF Exposure Information
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.