智能手表用户手册

使用前请阅读用户手册

手表充电

充电：
首次使用手表时，请确保手表有足够的电量。如果手表因电量低而无法开机，将充电线缆吸附手表充电位置，充电后手表将自动开机。
如图所示：

参数信息：
产品名称：智能手表
屏幕：1.47英寸
额定输入电压：5V\1A
工作环境温度：-10℃-45℃
电池容量：220 mAh
无线连接：蓝牙5.4
防水等级：IP68

手表连接手机

1.下载APP
用手机扫描下方二维码，下载安装H Band

下载APP　　下载APP视频教程

系统要求：
IOS10.0及以上；Android6.0及以上，支持蓝牙5.4

打开H Band应用程序
↓
注册账号信息
↓
点击连接设备
↓
点击您的设备号
↓
完成绑定

手表操作指导

*长按主屏幕后，可通过左右划动屏幕自由切换表盘。
*更多表盘风格可在手机APP下载，打开H Band一找的一找的设备一表盘设置一更多表盘一表盘市场。

手表功能简介

活动
手表可记录并显示每天行走的步数、消耗的热量和长程信息。更多详细信息分析以及数据记录可以在客户端中查看。

睡眠
佩戴手表入睡，将识别睡眠，起床及深睡、浅睡、休息期间，清醒时长。若想更加精确监测睡眠，可打开睡眠监测功能进行全天候睡眠监测，数据记录分析可在客户端查看(科学睡眠功能会影响电池续航时长)。

心率
手表可以记录并显示全天24小时心率值，点击心率界面，可测量当前心率值，更多详细信息分析以及数据记录可以在客户端中查看。

血压
点击血压界面，可测量当前血压值，更多详细信息分析以及数据记录可以在客户端中查看。

血糖
点击血糖界面，可测量当前血糖值，更多详细信息分析以及数据记录可以在客户端中查看。

血氧
点击血氧界面，可测量当前血氧值，正常应为一般在95%到100%，更多详细信息分析以及数据记录可以在客户端中查看。

梅脱
点击梅脱界面，可测量当前梅脱值，更多详细信息分析以及数据记录可以在客户端中查看。

HRV
点击HRV界面，可测量当前HRV数，更多详细信息分析以及数据记录可以在客户端中查看。

压力
点击压力界面，可测量当前压力值，更多详细信息分析以及数据记录可以在客户端中查看。

生理周期
处于生理周期时，可以提醒。记录经期状况，手表会根据你设定的周期自动计算，为你预测未来的经期，受孕窗口，安全期等关键经期信息。

消息推送
手表可以接收并显示手机上的通知推送，可在客户端中设置推送项目开关，手表将会显示可以记录最近5条消息。

遥控拍照
海棠楼自打开子相的相机功能并确保手表和手机的蓝牙连接成功，在使用中需要确保两者距离不超太远，拍照手表控制手机拍照。

天气
天气界面会显示当前位置的天气、温度等信息，以及明日天气的状况。天气信息需要连接客户端才可以获取数据，如果长时间断开连接天气信息将无法更新。

音乐控制
手表连接手机后，手表可以控制手机音乐播放器。

设置提醒功能
出行提醒、久坐提醒、喝水提醒、运动提醒、运动提醒、吃药提醒、看书提醒、出行提醒、洗手提醒。

其他功能
手表的其他功能中包含通知设置、语言设置、日期时间、密码设置、秒表、指导、计时器、亮度调节、恢复出厂设置、关机等操作。

常见问题与解答

手表不开机
按开机键并保持3-5秒后开机。
有时何可能是电池电量不足，手表不开机，需要及时充电。

心率/血氧测量问题
1.最佳无创测量不出数值或者提示测量失败，测量时请确保传感器与手腕完全接触。
2.由于非对不同肤色个体进行测试时存在该差的可能性，因此需要进行多次测试以进行校准。

蓝牙断开或不可用
1.请重新启动手表并重新连接。
2.请重新启动手机的蓝牙并重新连接。
3.不要将手机连接到其他设备。
4.由海子表与手机无法连接时，需要打开手机应用权限
5.消息无法推送时，请参考应用程序[我的]>[帮助中心]。

注意事项

请勿擅自拆卸、修理、改造产品。
请勿暴力碰撞产品，以免导致产品损坏。
请避开强磁场、强光直射或高温环境使用。
请避免夜带佩戴过紧，以手表与皮肤接触恢复保持活泼。
请勿佩戴手表游泳、热水淋浴或桑拿，防止蒸汽入侵。当手表弄湿时，擦干后再使用。
本产品不能作为医疗设备，会打发佩戴用途。
本产品的电池依机时间会因使用环境和使用模式发生变化。
本公司保留不断更新产品内容之权利,所有内容均以实物为准。
本产品最终解释权归本公司所有。

*本产品不是医疗设备，使用本产品可获得的数据仅供参考，不能应用于医学临床诊断、医学研究或治疗目的。

保　修　卡

用户自购买本产品首日起,除壳体、电池、表带等有使用寿命的损耗部件外,如出现质量问题,1年内无偿保修(保修期为1年)。
保修期内，如发生下列情况将不能享受无偿保修服务。
(1)因操作、使用、护理、保管不当造成的故障;
(2)因失灵或者其它自然灾害等不可抗拒因素造成的故障;
(3)有在自行拆装、修理等;
(4)壳体、表带、手表屏幕及电池等的被损或者磨损;
(5)要求修理时,不能出示本产品保修卡及本产品的购买证;
(6)已过保修期。

本保修卡仅限保修期内有效。

产品维修时请出示保修卡

型号：_____
购买日期：　年　月　日
保证日期：　年　月　日
经销零售商签章：
（本卡请零售商签章后生效）

合　格　证

产品名称：智能手表
检 验 员：A03
生 产 商：石狮市文泰电子塑胶有限公司
地　　址：福建省石狮市宝盖镇镇区工业区园区路165号
执行标准：GB4943.1-2022
统一代码：91350581786915133XB

PASS No.3

正面规格：660mm*95mm

Charging the Watch

Charging:
When using the watch for the first time, please ensure that the watch has enough power. If the watch cannot be turned on due to low battery, magnetically attach the charging cable to the watch's charging position. The watch will automatically turn on after charging, as shown in the figure:

Parameter Information:
Product Name: Smart Watch
Screen: 1.47 inches
Rated Input Voltage: 5V\1A
Operating Environment Temperature: -10℃- 45℃
Battery Capacity: 220mAh
Wireless Connection: Bluetooth 5.4
Waterproof Rating: Ip68

Connecting the Watch to the Mobile Phone

1.Download the APP
Scan the QR code below with your mobile phone to download and install H Band

download the APP　　Video tutorial for downloading the APP

System Requirements:
IOS 10.0 or higher; Android 6.0 or higher Bluetooth 5.4 supported

Open the H Band application
↓
Register account information
↓
Click to connect the device
↓
Click on your device number
↓
Complete the binding

Watch Operation Guide

After long-pressing the main screen, you can freely switch the watch face by swiping the screen left and right.

For more watch face styles, you can download them in the mobile APP:

Open H Band → Me > My Device > Watch Face Settings > More Watch Faces > Watch Face Market.

Introduction to Watch Functions

Activity
The watch can record and display the number of step taken, calories burned, and distance traveled each day. More detailed information analysis and data records can be viewed in the client.

Sleep
Wear the watch to sleep, and it will identify sleep, wake - up time, deep sleep, light sleep, rapid eye movement, and wakefulness duration.If you want more accurate sleep monitoring, you can turn on the scientific sleep function for all - day sleep monitoring. Data records and analysis can be viewed in the APP client.(The scientific sleep function will affect the battery life)

Heart Rate
The watch can record and display the heart rate values throughout the 24 - hour day. Click on the heart rate interface to measure the current heart rate value. More detailed information analysis and data records can be viewed in the client.

Blood Pressure
Tap the blood pressure interface to measure the current blood pressure.
For more detailed information analysis and data records, you can check in the client.

Blood Glucose
Tap the blood glucose interface to measure the current blood glucose value.
For more detailed information analysis and data records, you can check in the client.

Blood Oxygen
Tap the blood oxygen interface to measure the current blood oxygen value.The normal range is generally between 95% and 100%. For more detailed information analysis and data records, you can check in the client.

Met
Click on the Met interface to measure the current Met value.More detailed information analysis and data records can be viewed in the client.

HRV
Click on the HRV interface to measure the current HRV value.More detailed information analysis and data records can be viewed in the client.

Stress
Click on the Stress interface to measure the current stress value.More detailed information analysis and data records can be viewed in the client.

Menstrual Cycle
During the menstrual cycle, it can track and record the menstrual status; the watch will automatically calculate based on the cycle you set, and predict the dates of key phase such as future menstrual periods, fertility windows, and safe periods for you.

Message Push
The watch can receive and display notification pushes from the mobile phone. You can set the on/off switch for each items in the client. The watch message page can record the last 5 messages.

Remote Photography
You need to turn on the camera function of your mobile phone in advance and ensure that the Bluetooth connection between the watch and the mobile phone is successful. During use, make sure that the distance between the two is not too far. Shake the watch to control the mobile phone to take photos.

Weather
The weather page will display information such as the current location's weather and temperature, as well as the weather conditions for the next day. Weather information can only be obtained after connecting to the client. If the connection is disconnected for a long time, the weather information will not be updated.

Music Control
After the watch is connected to the mobile phone, the watch can control the mobile phone's music player.

Reminder Setting Function
Achievement reminder, sedentary reminder, water reminder, medication reminder, exercise reminder, medication reminder, reading reminder, travel reminder, fund - reading reminder.

Other Functions
Other functions of the watch include notification settings, language settings, date and time settings, password settings, stopwatch, alarm clock, timer, brightness adjustment, factory reset, power - off, etc.

Frequently Asked Questions and Answers

The Watch Does Not Power On
Press and hold the power button for 3 - 5 seconds to turn on the watch.
Sometimes, it may be due to insufficient battery power. If the watch does not power on, it needs to be charged in time.

Heart Rate/ Blood Oxygen Measurement Problems
1. The most common issues are failure to obtain a measurement value or a measurement failure prompt. Please ensure that the sensor is in full contact with the wrist during measurement.
2. Since there may be errors when testing individuals with different skin colors, multiple tests are required for calibration.

Bluetooth Disconnected or Unavailable1.
1.Please restart the watch and reconnect.
2.Please restart the Bluetooth on your mobile phone and reconnect.
3.Do not connect your mobile phone to other devices.
4.When messages cannot be pushed, please refer to the application [My] > [Help Center].

Precautions

Do not disassemble, repair, or modify the product without permission.
Do not collide with the product violently to avoid product damage.
Avoid using the product in strong magnetic fields, direct strong light, or high - temperature environments.
Avoid wearing the watch strap too tightly, and keep the area where the watch contacts the skin clean.
Do not wear the watch while swimming, taking a hot shower, or in a sauna to prevent steam intrusion. When the watch gets wet, dry it before use.
This product cannot be used for disease diagnosis, treatment, or prevention.
The battery life of this product may vary depending on the usage environment and mode.
Our company reserves the right to continuously update the product content, and all content shall be subject to the actual product.
Our company reserves the right to the final interpretation of this product.

*This product is not a medical device. The data obtained when using this product is for reference only and cannot be used for clinical diagnosis, medical research, or treatment purposes.

Warranty Card

Starting from the date of purchase of this product, except for consumable parts with a service life such as the casing, battery, and watch strap, if there are quality problems, free warranty service will be provided within one year (the warranty period is one year).
During the warranty period, the following situations will not be eligible for free warranty service.
(1) Malfunctions caused by improper operation, use, care, or storage.
(2) Malfunctions caused by irresistible factors such as fires or other natural disasters.
(3) Self - disassembly or repair.
(4) Damage or wear of the casing, watch strap, watch screen, and battery.
(5) Failure to present the product warranty card and the purchase certificate of the product when requesting repair.
(6) The warranty period has expired.

This warranty card is only valid during the warranty period.

Please present the warranty card when having the product repaired.

Model: _____
Purchase Date:　Year　Month　Day
Warranty Date:　Year　Month　Day
Signature of the Dealer:
（This card becomes valid after being signed by the retailer）

CERTIFICATE OF CONFORMITY

Product Name: Smart Watch
Inspector: A03
Manufacturer: Shishi Wendao Electronic Plastic Co., Ltd.
Address: No.165, Jiuxiu Rd, Shiyan Industrial Zone, Baiqual Town, Shishi City, Fujian Province, 362700, China.
Executive Standard: GB4943.1 - 2022
Unified Code: 91350581786915133B

PASS No.3

反面规格：660mm*95mm

FCC Warning Statement: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. 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.**

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.

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