

Smart watch

PUT THE FUTURE OF HEALTH ON YOUR WRIST

Thank you for choosing our smart health watch!

When using this device for the first time, for your convenience, please read the manual carefully and follow the steps in the manual. Please note the following points:

1. Connect to Bluetooth: 1.1. Please make sure that the Bluetooth of the mobile phone is turned on and the bracelet is turned on; 1.2. When searching for Bluetooth, please make sure that the bracelet has not been bound by other accounts; 1.3 When searching for Bluetooth, keep the bracelet and mobile phone as close as possible. 1.4 Before using Bluetooth to make calls, please make sure that the call icon is turned on in the control panel interface on the watch, and then the watch Bluetooth can be searched normally.
2. If the user's mobile phone has installed other software such as mobile housekeeper, in order to ensure the normal operation of the background APP, please open the message push and allow the background operation permission on the mobile phone, otherwise the message cannot be pushed.
3. Charging requirements: Use a charger with a specification of 5V 0.5-2A to charge, please be sure to turn off the battery if it is not used for a long time and keep it to recharge once a month.
4. In order to ensure the accuracy of the test data, after entering the blood pressure test mode, please keep your body relaxed and still during the test, and ensure that the watch is at the same height as your heart. Please do not speak during the test (this function provides data reference for observing blood pressure changes before and after exercise, and cannot be used for medical purposes).

1. Long press the watch button to turn on and off; turn on the device and use the phone to scan the QR code to download and install the APP; or search for "H Band" in the Apple Store/Android App Market to download and install. (Compatible systems: Android4.4 and above, Bluetooth 4.0 mobile phones; Apple mobile phones ios9.0 and above.)

2. Open the mobile phone APP, search and select the device to be bound in the APP device list.

Step 1: Turn on the mobile phone Bluetooth:

Step 2, open the mobile phone "G Band" APP, in the "Device" interface, click "Bind Device" "Select Device" (*Please confirm that the Bluetooth MAC address displayed on the watch is consistent when pairing).



Instructions

Power on/off	Press and hold the button; the machine will vibrate for a longer period.
Find a device	Identify instances of continuous, short-duration motor vibrations, and flashing red and green traffic lights.
Incoming calls/messages	Equipment vibration
Bluetooth connection	When Bluetooth is not connected, the green light flashes. When a connection is established, the light turns off and the device vibrates once.
Charging	The charging motor experiences a brief surge during charging, indicated by a red light. Once fully charged, the light turns green.
Function testing	All functionalities must be initiated and tested within the app.

Function Description

1. Pedometer: Record the number of steps, distance, calories and other data of the day in detail.
2. Sleep monitoring: can record and display the total sleep time, and can view 7 days of sleep data. (You must wear the bracelet to sleep to detect data).
3. Heart rate detection: measure the current heart rate, record and display the heart rate for 24 hours a day, and automatically monitor the heart rate every 10 minutes.
4. Multi-sports mode: outdoor running, cycling, skipping, badminton, table tennis, tennis, mountaineering, walking, basketball, volleyball, dance, rowing machine, elliptical machine, yoga, aerobics, kayaking, skiing, football, golf, wrestling, fencing and other sports modes.
5. Blood pressure detection: measure current blood pressure, record and display blood pressure 24 hours a day, and automatically monitor blood pressure once an hour.
6. Blood oxygen detection: measure current blood oxygen, record and display blood oxygen 24 hours a day, and automatically monitor blood oxygen once an hour.
7. Blood glucose monitoring, Meta monitoring, HRV monitoring, pressure monitoring, information reminder function, timer, voice assistant, sleep screen display, alarm clock, second dial, calculator, sedentary reminder, call reminder, find phone, respiratory training, games, online dial, custom dial, theme style switching, brightness adjustment, etc

FCC Caution.

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