

# SMART WATCH

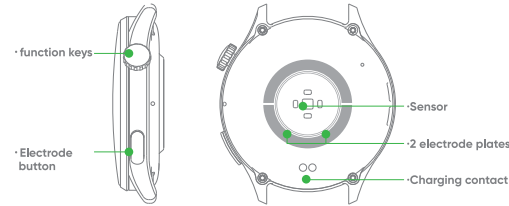
## User manual



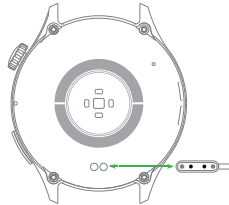
### PACKING LIST

\* Watch X1    \* Watch band X1    \* Charging cable X1    \* Instruction manual X1

### PARTS INTRODUCTION



### CHARGING METHOD



When using it for the first time, please take out the bracelet, and charge the device with the corresponding charger. The bracelet will start automatically when charging.

**The charging mode is shown in the left figure:** Align the two contacts of the charger with the charging position on the back of the bracelet, the magnetic suction charging base will automatically close, and the other end will be connected to the standard USB interface for charging

\*If power on fails after long pressing the power button, charge the battery and try again

### CONNECTING THE PHONE

#### 1.Install the APP

Scan the QR code below or enter the app to download and install "H Band".



H Band



APP Qr code

App only

#### 2.Device connection

When using the watch for the first time, you need to connect to the APP for calibration. If the APP is successfully logged in, you need to set personal information. After the connection is successful, the bracelet will automatically synchronize the time, otherwise the step counting and sleep data will be inaccurate.

\*Please read this manual carefully before use and keep it for spare

Open the App on your phone,log in or register your account

Click "My" in the app > Click "Not Connected" > to start searching

Select the Bluetooth name of the watch in the search results to complete the pairing

\*IOS 10.0+

Android 5.0+

### CONNECTING AUDIO



CANCEL PAIR

After the watch and app are successfully connected, an audio Bluetooth pairing request will pop up for about 3 seconds, as shown in the figure on the right. Authorize communication and call permissions by clicking pairing, and the watch audio will be successfully connected. Bluetooth call and Bluetooth music playback functions can be used.

\*Open the watch control center, click on the phone icon ,to open or disconnect Bluetooth calls and audio connections.

### Q&A

#### (1) What should I do if the bluetooth connection fails?

Confirm whether the device is IOS10.0 and Android 5.0 and above and supports Bluetooth 5.0.  
Due to the problem of signal interference in the Bluetooth wireless connection, the time of each connection may vary. If you cannot connect for a long time, please ensure that the operation is performed in an environment without magnetic fields or interference from multiple Bluetooth devices.  
1. Turn off the bluetooth and turn it on again;  
2. Close the mobile phone background application or restart the mobile phone;  
3. Do not connect the phone to other Bluetooth devices or functions at the same time;  
4. Whether the APP is running normally in the background, if it is not in the background, it may not be able to connect.

#### (2) Can't find the bracelet?

Because the bracelet is not searched by the mobile phone during the Bluetooth broadcast, please ensure that the bracelet is powered and activated, and not bound to other mobile phones, and then move the bracelet close to the mobile phone. If it still does not work, please turn off the Bluetooth of the mobile phone for 20 seconds. Then restart the phone's bluetooth.

#### (3) Why did I not receive a reminder when the reminder function is turned on?

Android phone: Confirm that the phone and the bracelet are connected, and open the corresponding permissions in the phone settings after connecting, allowing the "H Band" APP to access incoming calls, text messages, and contacts, and "H Band" to run in the background; if the phone is installed with Security software, please add "H Band" add as trust.  
Apple mobile phone: If there is no reminder after connecting, it is recommended to restart the phone to reconnect. When connecting the bracelet again, you must wait for the phone to pop up [Bluetooth Pairing Request], and click [Pairing] to have a reminder.

### PRECAUTIONS

- ① Please avoid strong impact, extreme high temperature and exposure to the sun.
- ② Do not disassemble, repair or modify the machine by yourself.
- ③ This machine is charged with 5V 1A, and it is strictly forbidden to use overvoltage load power supply for charging.
- ④ The operating environment of this machine is 0 degrees to 45 degrees. It is forbidden to throw it into the fire to avoid explosion.
- ⑤ When the bracelet is wet, please dry it with a soft cloth before charging, otherwise it will corrode the charging contacts and cause charging failure.
- ⑥ Do not come into contact with chemicals such as gasoline, cleaning solvents, propanol, alcohol or insect repellent.
- ⑦ Do not use this product in a high-voltage and high-magnetic environment.
- ⑧ If you have sensitive skin or wear the bracelet too tightly, you may feel uncomfortable.
- ⑨ Please dry the sweat on your wrist in time. The watch strap may be in contact with soap, sweat, allergens or pollutants for a long time, which may cause skin allergies and itching.
- ⑩ If you use it frequently, it is recommended to clean the bracelet every week. Wipe with a damp cloth, and use mild soap to remove oil or dust. It is not advisable to wear a bracelet in a hot bath.

### DISCLAIMER

**Warning: This product is not a medical device, and the bracelet and its applications should not be used for diagnosis, treatment or prevention of diseases and illnesses. If you want to change your habits of exercise, sleep, etc., be sure to consult a qualified medical professional first to avoid serious injury or death. Our company reserves the right to modify and improve any functions described in this manual without prior notice. At the same time, the company maintains the right to continuously update the product content. Please refer to the actual product for all content.**

### FCC Warning Statement

Changes or modifications 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.

### 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.

**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.