

Movement Smart Watches

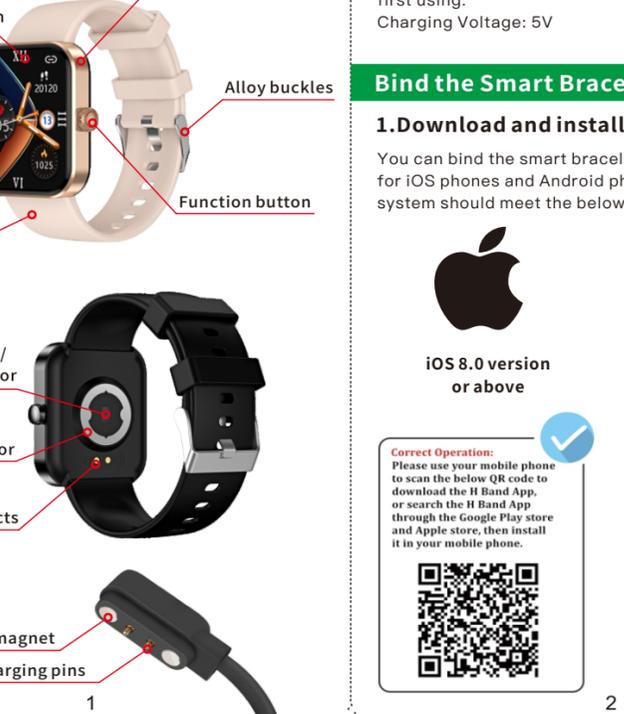


User Manual

Please read the user manual carefully and keep it safe.

V1.0

Product Detail



Charging

Please charge the smart bracelet to activate it for the first using.
Charging Voltage: 5V

Bind the Smart Bracelet

1. Download and install App
You can bind the smart bracelet through the H Band App for iOS phones and Android phones. The mobile phone system should meet the below requirements:

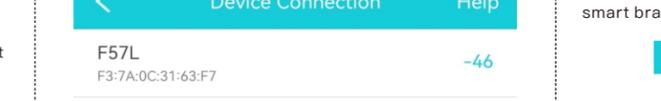


Correct Operation: Please use your mobile phone to scan the below QR code to download the H Band App, or search the H Band App through the Google Play store and Apple store, then install it in your mobile phone.

Wrong Operation: Pair the smart bracelet directly with the Bluetooth in your mobile phone's setting.

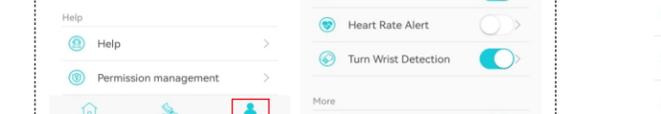
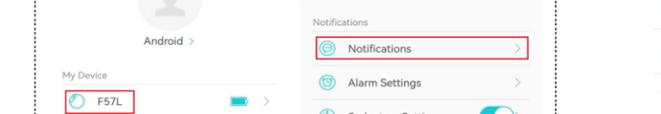
2. Bind process

A. Long press the function key 5S to open the intelligent ring
B. Turn on the Bluetooth and GPS of your mobile phone.
C. Open the H Band App, tap the "click to connect" in the "Dashboard" interface. See below picture:

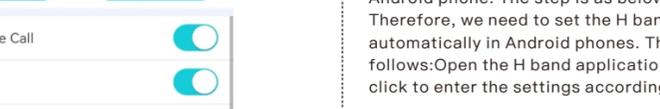
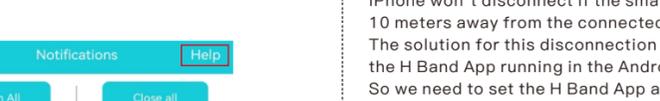


3. Sync Calls and Messages

Open the H Band App, tap "Mine", then go to the "Mine" interface, then tap "F57L", you will go to the "My device" interface. See below two pictures:



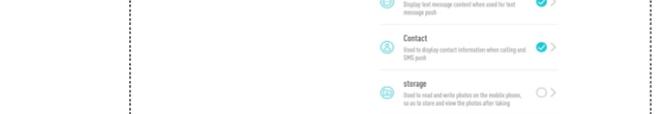
In the "My device" interface, tap the "Notifications", then you will go to the next interface. Please switch on all Apps on the list to enable the smart bracelet can sync all calls, messages, notifications from your mobile phone. See below picture. You will get call reminder, see messages and notification directly from the smart bracelet.



Avoid Disconnection

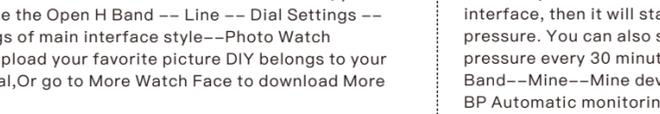
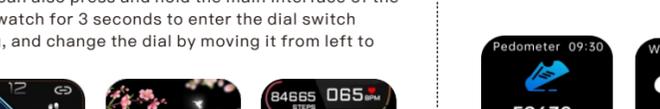
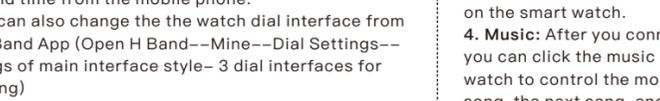
Please make sure your mobile phone's Bluetooth is turned on. If the mobile phone Bluetooth is on, then the disconnection problem is only for Android phone, the iPhone won't disconnect if the smart bracelet is within 10 meters away from the connected iPhone.

The solution for this disconnection problem is to keep the H Band App running in the Android phone system. So we need to set the H Band App auto run in the Android phone. The step is as below:
Therefore, we need to set the H Band application to run automatically in Android phones. The steps are as follows: Open the H band application - "My" - "Help" - click to enter the settings according to the actual

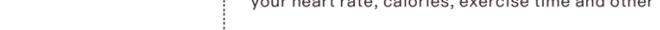
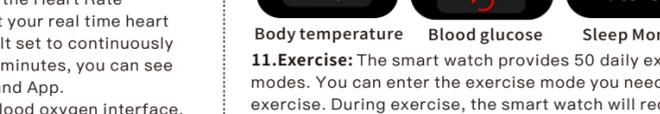
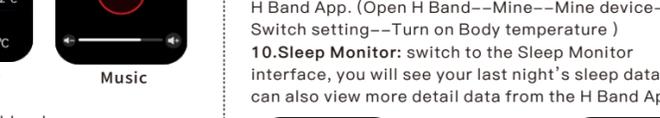
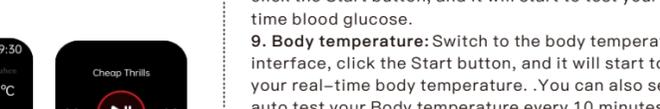


Smart watch dial

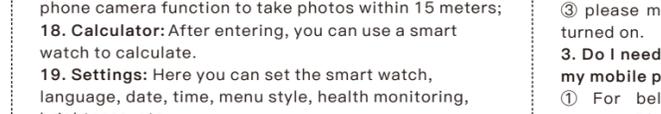
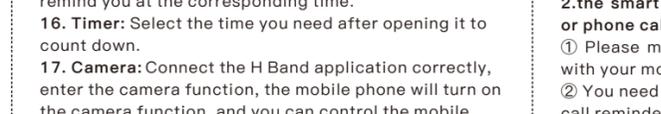
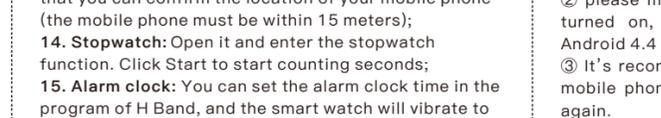
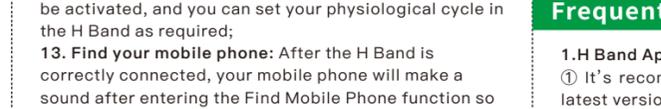
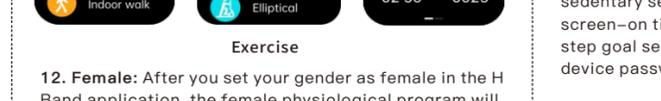
1. Dial setting
For the first use, please connect it with the mobile phone by the H Band App to synchronize the correct date and time from the mobile phone.
A. You can also change the watch dial interface from the H Band App (Open H Band--Mine--Dial Settings--Settings of main interface style--3 dial interfaces for choosing)
B. You can also press and hold the main interface of the smart watch for 3 seconds to enter the dial switch setting, and change the dial by moving it from left to



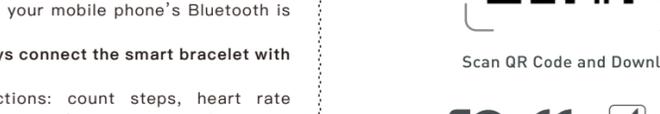
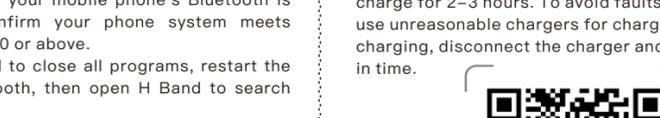
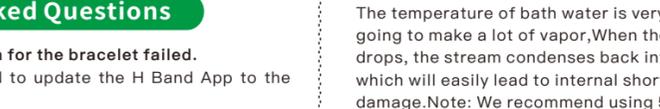
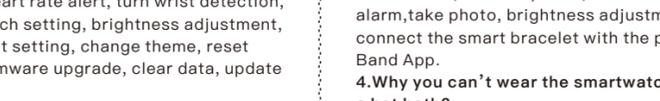
If the information is awakened or cannot be located during the use of Android phones, you can click "Mine" -> "Permission Management" to enter the self inspection function. This page will list the use and description of each permission in detail, and click the corresponding permission to open it according to the actual needs, as shown in the following figure:



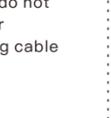
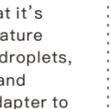
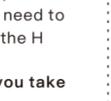
2. Pedometer: The smart watch will automatically calculate your steps, mileage and calories throughout the day. Smart watch data will be cleared at midnight.
3. Weather: After the smart watch is correctly connected to the mobile phone, the smart watch will display the weather of the day and tomorrow at the current location on the smart watch.
4. Music: After you connect the mobile phone correctly, you can click the music control button on the smart watch to control the mobile phone to play, the previous song, the next song, and the volume.



5. Blood pressure: switch to the blood pressure interface, then it will start to test your real time blood pressure. You can also set it to auto test your blood pressure every 30 minutes in the H Band App. (Open H Band--Mine--Mine device--Switch setting--Turn on Body temperature)
6. Heart Rate Monitor: switch to the Heart Rate interface, then it will start to test your real time heart rate. The smart bracelet is default set to continuously monitor your heart rate every 30 minutes, you can see the heart rate data from the H Band App.
7. Blood oxygen: Switch to the blood oxygen interface,



8. Blood glucose: switch to the blood glucose interface, click the Start button, and it will start to test your real-time blood glucose.
9. Body temperature: Switch to the body temperature interface, click the Start button, and it will start to test your real-time body temperature. You can also set it to auto test your Body temperature every 10 minutes in the H Band App. (Open H Band--Mine--Mine device--Switch setting--Turn on Body temperature)
10. Sleep Monitor: switch to the Sleep Monitor interface, you will see your last night's sleep data, you can also view more detail data from the H Band App.



11. Exercise: The smart watch provides 50 daily exercise modes. You can enter the exercise mode you need to exercise. During exercise, the smart watch will record your heart rate, calories, exercise time and other

12. Female: After you set your gender as female in the H Band application, the female physiological program will be activated, and you can set your physiological cycle in the H Band as required;
13. Find your mobile phone: After the H Band is correctly connected, your mobile phone will make a sound after entering the Find Mobile Phone function so that you can confirm the location of your mobile phone (the mobile phone must be within 15 meters);
14. Stopwatch: Open it and enter the stopwatch function. Click Start to start counting seconds;
15. Alarm clock: You can set the alarm clock time in the program of H Band, and the smart watch will vibrate to remind you at the corresponding time.
16. Timer: Select the time you need after opening it to count down.
17. Camera: Connect the H Band application correctly, enter the camera function, the mobile phone will turn on the camera function, and you can control the mobile phone camera function to take photos within 15 meters;
18. Calculator: After entering, you can use a smart watch to calculate.
19. Settings: Here you can set the smart watch, language, date, time, menu style, health monitoring, brightness, etc.
More functions will not be detailed for you to find

20. More Functions in the App
For more Functions please check the H Band App from the mobile phone. Many more functions including Gps movement, take photo, countdown timer, alarm setting, sedentary setting, heart rate alert, turn wrist detection, screen-on time, switch setting, brightness adjustment, step goal setting, unit setting, change theme, reset device password, firmware upgrade, clear data, update

21. Frequently Asked Questions
1. H Band App search for the bracelet failed.
① It's recommended to update the H Band App to the latest version.
② Please make sure your mobile phone's Bluetooth is turned on, and confirm your phone system meets Android 4.4 or iOS 8.0 or above.
③ It's recommended to close all programs, restart the mobile phone Bluetooth, then open H Band to search again.
2. the smart bracelet receive no alerts, text messages or phone calls.
① Please make sure your smart bracelet is connected with your mobile phone by the H Band App.
② You need to turn on the smart reminder functions and call reminder functions in the H Band App.
③ please make sure your mobile phone's Bluetooth is turned on.
3. Do I need to always connect the smart bracelet with my mobile phone?
① For below functions: count steps, heart rate monitor, Blood monitor, sleep monitor, Distance, Calories and Sports modes, you don't need to connect

smart bracelet to do exercise without your mobile phone, then you can view the exercise data from the mobile phone after you connect the smart bracelet with your phone again. App.
② For below functions: call alert, sync message and notification, find the phone, count down timer, alarm, take photo, brightness adjustment, you need to connect the smart bracelet with the phone by the H Band App.
4. Why you can't wear the smartwatch when you take a hot bath?
The temperature of bath water is very high that it's going to make a lot of vapor, When the temperature drops, the steam condenses back into liquid droplets, which will easily lead to internal short circuit and damage. Note: We recommend using 5V/1A adapter to charge for 2-3 hours. To avoid faults, please do not use unreasonable chargers for charging. After charging, disconnect the charger and charging cable in time.

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