

智能血压/心率手环



使用说明书

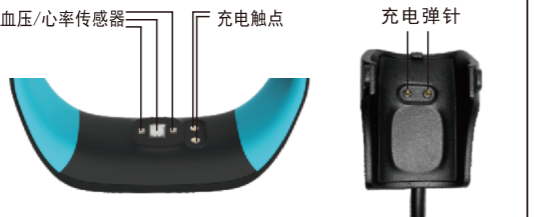
1.手环的基本布局

长按触摸区4秒启动手环。

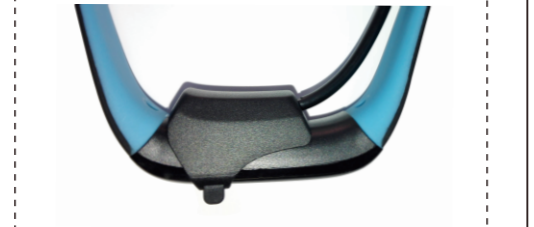


2.手环充电说明:

请务必在使用本手环之前充满电
充电器电压: 5V
充电时间: 约2小时



注意: 请确保充电器的弹针准确无误的与机器上的两个金属点重合



3.功能界面

3.1.时间 & 日期

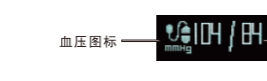
当手环通过蓝牙与手机配对成功, 手环上的时间和日期会跟手机同步



时间

3.2.血压测试

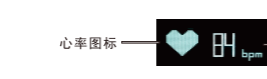
请按触摸键将界面切换到血压模式, 这个时候血压图标会开始闪烁(请保持静止直到血压测试完毕)
注: 手动在手环上面测试出来的血压数据不会同步到APP里面, 只有在APP里面点击测试出的数据并保存后才可以APP图表面保存



血压图标

3.3.心率检测

循环点击触摸键转到心率测试界面, 心率图标将会闪烁. 我们建议手环佩戴左手, 在手腕的尺骨关节后1.5CM处, 并确保手环的心率触点紧密的与手腕贴合



心率图标

3.4.记步

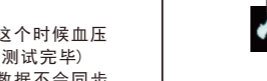
记步图标



运动步数

3.6.卡路里

卡路里图标



消耗卡路里

3.8.横屏和竖屏

长按该界面来切换横屏和竖屏



切换图标

3.9.关机

长按该界面关机



关机图标

3.5.距离

距离图标



运动距离

3.7.睡眠监测

手环会自动监测睡眠, 请在APP睡眠图表面查看前一天或历史睡眠数据



睡眠图标

睡眠时间

4.蓝牙配对

1. 打开手环
2. 打开手机蓝牙
3. 扫描二维码下载H Band App或在Google、安卓市场、91助手、PP助手、百度助手、豌豆荚、360手机助手、应用宝搜索“H Band”下载



Android

IOS

3. 打开APP, 在APP里面点设置, 进入我的设备, 从连接设备列表中选择相应的蓝牙名称, 点击即可自动连接对应手环. 成功连接手环后, 手环上的时间和日期将自动更新.



当蓝牙连接成功后, 时间和日期界面会出现蓝牙图标

蓝牙连接后

4.1.蓝牙断开

1. 在APP设置里面断开连接
2. 在手机后台关掉APP
3. 在手机设置里面取消配对

5.APP使用说明

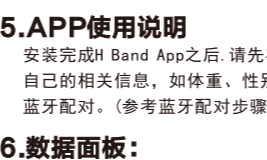
安装完成H Band App之后, 请先在用户信息里面设置好自己的相关信息, 如体重、性别等然后手机和手环进行蓝牙配对。(参考蓝牙配对步骤)

6.数据面板:

手环与手机连接成功并同步之后可以查看数据

4.1.运动:

1. 点击查看步数、距离、卡路里数据。



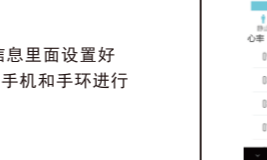
6.2.睡眠:

1. 点击查看睡眠数据(睡眠时长, 深睡和浅睡时长等)



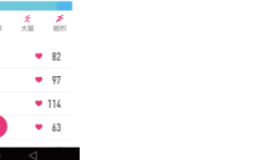
6.3.心率:

- (1) 点击查看全天心率数据, 由手环自动检测, 30分钟记录一次。
- (2) 点击“+”号可以启动手环心率检测功能。



6.4.运动轨迹:

点击运动进入运动界面, 点击开始运动, 并允许获取位置, 开始进行运动记录, 下拉停止键, 点击停止运动记录。每开始至结束为一次完整的运动记录, 会记录运动时长, 配速, 所消耗的热量, 并在地图标注移动路线。



6.5.血压:

- (1) 查看血压数据
- (2) 点击“+”号可以启动手环血压检测功能。(测试血压时请保持静止状态) 测完后可以选择保存数据, 以供下次参考。

注: 测试血压有两种模式: 私人模式和通用模式。

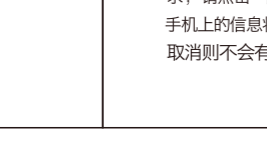
普通人群请选择通用模式(同时在设置菜单的设备里面选择通用模式) 特殊人群(如高血压人群)请选择私人模式(同时在设置菜单的设备里面选择私人模式并校准自己的数值) 已达到更精确的测试数据。



7.设置:

- (1) 我的设备: 点击寻找可配对的设备名称

(a) 信息提醒: 手机来电和信息提醒等功能 IOS系统连接成功后会显示蓝牙配对请求, 请点击“配对”, 手机上的信息将会推送到手环上, 点击取消则不会有消息推送。



8.参数

- 芯片 : Nordic 51822
- 显示屏 : OLED 0.86'
- 电池 : 130mAh
- 防水级别 : IP67
- 待机时长 : 5天
- 支持手机系统: IOS 8.0及以上, Android 4.3及以上
- 心率监测功能: 支持
- 血压监测功能: 支持
- 自动亮屏 : 支持
- 蓝牙 : 4.0

(b) 闹钟设置: 设置闹钟

(c) 久坐设置: 设置久坐提醒

(d) 绑定设备: 开启该功能以上传APP上的数据到云端

(e) 夜间转腕: 开启该功能后, 翻腕亮屏功能将在晚上可用

(f) 佩戴检测: 开启该功能后, 绿光感应灯亮时会检测该手环是否戴在手腕上, 如果检测到未佩戴在手腕上, 绿光感应灯将停止测试。

(g) 血压检测模式: 私人模式和通用模式。请在这里选择和数据面板相一致的模式当在数据面板里进行血压测试。

(h) 重设密码: 重设密码以将该设备设为你个人私有(其它手机将无法连接到该设备)。如果你忘记密码, 请在设备的睡眠模式界面, 长按直至设备振动, 密码将会恢复为初始密码0000。

(i) 固件升级: 升级固件

(2) 运动目标: 设置每天的步数目标。

(3) 睡眠目标: 睡眠目标设置。

(4) 意见反馈: 反馈意见。

(5) 关于我们: 版本号。

常见问题

为什么蓝牙连接会自动断开, 导致来电信息不能提醒:

1. 手环APP和蓝牙不能关闭, 手环APP保持后台运行,

2. 蓝牙的有效连接范围10米, 10米后会主动断开连接

3. 国内很多手机系统为了省电, 会自动清除后台应用, 自行关闭手环APP, 导致蓝牙断开, 此种情况需要相对应的设置手机, 在手机里面找到类似手机管家或者安全中心, 在电量管理或者自启动选项设置那里把手环APP添加到白名单或者允许自启动即可。

4. 关闭省电模式

6. 如果遇到类似问题, 不会设置, 可以在线咨询客服。

清除数据:

长按计步界面出现“clear”选择yes或no, 是否清除数据。

注意:

此手环不做医疗设备使用, 测试数据仅供参考

Smart band User Guide



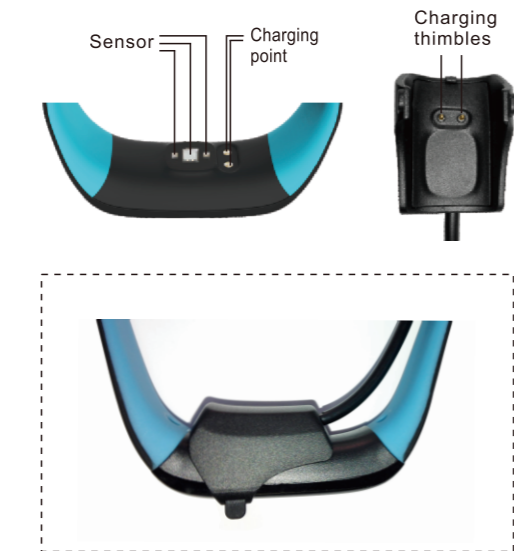
Instructions

1. Basic Layout



2. Charging the Device

Please charge the device before use the smart bracelet.
Charger: Voltage 5V
Charge time: about 2 hours
Please make sure the charging thimbles match the points well.



3. Function

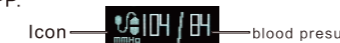
3.1. Time & Date

After the device has been connected via bluetooth successful with your phone, the time will auto synchronize correctly with your phone.



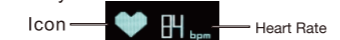
3.2. Blood Pressure Monitor

pressing the touch button turn to the blood pressure screen get start. and the icon will flicker (please stay still when test the blood pressure) if you need save the data of test result please operate this function by APP. Manual start this function on the device the data will not save on the APP.



3.3. Heart Rate Monitor

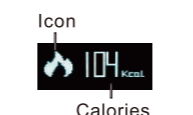
Cycle through to the heart rate page then get start, and the heart rate icon will flicker. it will be better to wear the smart bracelet on your left hand, 1.5cm after styloid process of the ulna, and please make sure the heart rate sensor close to your skin. Manual start this function on the device the data will not save on the APP. On App there will show your heart rate data every 30 minutes tested by device automatically



3.4. Pedometer



3.6. Calories



3.8. Horizontal and Vertical Screen

Press and hold for horizontal and vertical level screen change

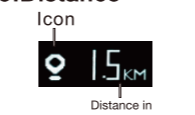


3.9. Turn Off Screen

Press and hold to turn off.



3.5. Distance



3.7. Sleeping Monitor

Device will monitor sleeping data automatically, please check the sleeping detail data on App Dashboard



4. Bluetooth Paring

1. turn on the smart bracelet.
2. Turn on the Bluetooth of your smart phone.
3. Download H Band App in your smart phone by scan the below QR code
4. Taping the Device on the setting of the App, then the devices bluetooth name will appear, select to get pair.



After Bluetooth paired there will be a Bluetooth icon appear on the Date and time screen.

4.1. Bluetooth Remove

1. delete the bluetooth on the APP
2. Turn off the App on the smart phone
3. Remove the bluetooth on the setting of the smart phone.

5. How to use APP

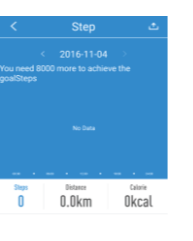
After install H Band App, you may required to fill your personal information such as gender, weight etc. Then please connect smart bracelet via bluetooth (please reference to the Bluetooth Paring steps)

6. Dashboard:

you can check all data here, today, yesterday and data summary.

6.1. Step:

Tap to check Steps Distance/Calorie data.



6.2. Sleep

Tap to check sleeping data here (such as sleep duration, deep sleep, light sleep etc)



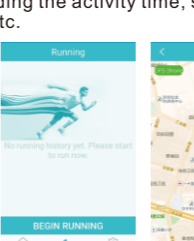
6.3. Heart Rate:

- (1) Check your all day heart rate data, which record your heart rate data every 30 minutes by device automatically.
- (2) Tap + icon to get start heart rate function on device.



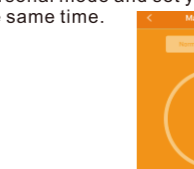
6.4. Running:

tap to get start the movement, and allow get your position, pull down the page, you can tap stop to finish record. Each start and stop is a complete record of the movement, record including the activity time, speed, calorie, moving routes etc.



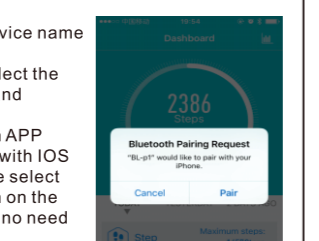
6.5. Blood pressure

Tap + icon get start heart rate function. (please stay still when test the blood pressure) after finish test you can select save to store data for reference. There is two BP test mode: Normal and Personal. Generally please select Normal mode and select on My Device of Normal mode on settings at the same time. If special person (hypertension or hypotension) please select Personal mode, and select on My Device of Personal mode and set your data as well on settings at the same time.



7. Settings:

- (1) My device: Tap to find device name to get paired.
- (a) Message notification: select the notification of phone calls and messages. (Pairing request appears on APP when bluetooth connected with IOS system smart phone, please select "pair" to get messages push on the smart watch, select "no" for no need messages push.)



- (b) Alarm: Set alarm clock.
- (c) Outsit setting: set sedentary remind
- (d) After turn on this function the data on the app can be uploaded to the cloud.
- (e) Night Turn-wrist: turn on this function, automatic screen light will work during night.
- (f) Wear detection: turn on this function device will detect whether device wear on the wrist or not, when green light sensor test data, if device not wear on the wrist device will stop test.
- (g) BP test mode: please select Normal and Personal according with blood pressure test on Dashboard.
- (h) Reset password: you can reset password to set the device be your personal use. (means other mobile phone can not connect with your device.) if you forget the password, please on the device sleep screen press and hold till device Vibration then the password will be reset to original 0000.
- (i) Firmware upgrade: upgrade firmware

- (2) Sport goal: set the steps goal of per day.
- (3) Sleep: sleep suggestion from personal data.
- (4) Feedback: you can leave messages of the feedback of APP
- (5) About us: the vision

Specification

Chip: Nordic 51822
Display: OLED 0.86"
Battery: 130mAh
Stand by time: 5 days
Support system: IOS 8.0 or above, Android 4.3 or above
Heart rate monitor: support
Blood pressure: support
Auto screen light: support
Bluetooth: 4.0

Remark:

- Why bluetooth disconnected and incoming calls and messages do not remind:
1. Please keep APP and smart bracelet both turn on.
 2. Please keep smart phone and smart bracelet within 10 meters.
 3. There is some smart phone, will turn off App automatically in order to save power. in this case, please set your phone on Mobile Manger or security center accordingly to allow APP always turn on.
 4. Turn off the power saving mode.
 5. When your have this problem, and do not know how to set, please ask for online service.

Note: This device not for medical use, test data just for reference.

RESETTING MEASURED VALUES:

Go to the pedometer menu, press and hold function key for ca. 5 seconds After "Clear" displayed single-tap function key to toggle between "YES" and "NO" again press and hold function key for ca. 5 seconds. the smartband reset all the values.