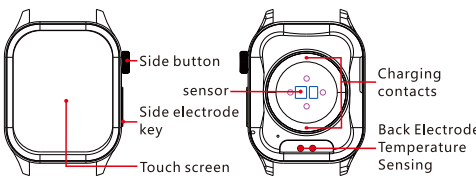⚡ ECG + ❤ PPG

Smart Watch
User Guide

Thanksgiving, I met you in the years like songs.
Thank you for choosing this smart watch. This watch will provide higher help and enjoyment for your exercise and health. For your convenience, please read the instructions carefully and follow the steps in the instructions.

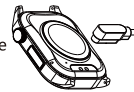## Watch quick instructions
Parts introduction

Side button
sensor
Side electrode key
Touch screen
Charging contacts
Back Electrode/Temperature Sensing

Press and hold the upper side button to turn on and off the power.

Charging method and activation

Before using the watch for the first time, it needs to be charged and activated. Use the magnetic charging cable to attach it to the charging contacts on the back of the watch, and plug the other end of the cable into a USB charging head or computer USB port.

Install the watch APP

Scan the QR code below or go to the "Pea Pod" "Google Play Store" to download and install "H Band".

Equipment requirements: iOS 10. 0 and above; Android 5.0 and above, supporting Bluetooth

Connecting the watch

The watch has dual Bluetooth function, the connection method is as follows.
1. Open the APP and click "My Devices" to find the watch you need to connect, click connect, the APP side will pop up the pairing box, select pairing can be;
2. If the audio Bluetooth is disconnected, APP side in "My Devices" inside, find "Bluetooth call" and then open the device communication Bluetooth, and at the same time, enter the call settings in the watch quick interface, click the bottom "not connected "Match with the phone, the phone will pop up a prompt box, select "pairing" to use the watch call function.

When the watch is connected to the phone, you can use the watch to dial and control the phone to make calls; you can also answer the calls from the phone on the watch.
You can also view the call history information of the watch.
When using the call function, you need to make sure the connection status of the watch and the phone is stable.

Main function page
Talking

Call function menu contains: dialing, contact, communication log (call function must be in connected state to use).

Step count/distance/calories

Check the number of steps taken, distance traveled and calories burned at any time during the day.

Sleep

You have a deep sleep/light sleep/sleep time all night, calculate your sleep quality, sleep data can be synchronized to the APP.
Note: Sleep data will only be available when you wear the watch and fall asleep.

Heart rate

Switch to the heart rate interface to access real-time heart rate monitoring.

ECG

Press and hold the side electrode key on the ECG test interface to make the bottom two electrode pads and the side electrode key fully contact the skin for testing. The test report needs to be viewed in the APP.

Blood sugar

First connect to the cell phone APP, select "My→My Device →Blood Glucose Private Mode" on the APP, and choose to set your own private mode data, the watch switches to the blood glucose testing interface, you can enter the blood glucose testing or monitoring.
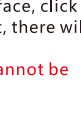Note: The test results are for reference only and cannot be used as medical data.

Blood Composition

First, connect to the cell phone APP, select "My →My Device →Private Mode for Blood Composition", and choose to set your own private mode data, the watch switches to the blood composition interface, click the start button. The watch switches to the blood component interface, click the start button to start the test. After the test, there will be a report on the relevant test items.
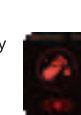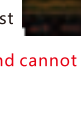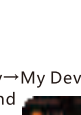Note: Test results are for reference only and cannot be used as medical data.

Body Composition

Long press the side electrode button in the body composition test interface, so that the bottom two electrode sheets and side electrodes fully contact with the skin to test, and there is a report on the relevant test items at the end of the test.

Blood pressure

First connect to the cell phone APP, select "My→My Device →Blood Pressure Private Mode" on the APP, and choose to set your own private mode data, the watch switches to the blood pressure test interface, you can enter the blood pressure test or monitoring.
Note: The test results are for reference only and cannot be used as medical data.

Body temperature

Switch to the body temperature interface, you can enter the real-time monitoring of questions,Can be synchronized to the APP, connected to the APP, with automatic detection function, dataIt can be kept for 30 days
Note: When testing the body temperature, the bottom temperature must be in full contact with the skin (test after wearing for 10 minutes). The body temperature test will be affected by the environmental temperature difference and only serves as a warning reminder. For details, please refer to the medical professional equipment and the doctor's diagnosis.

The weather

The weather page will display the current weather and air quality information. The 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.
Note: There is no weather interface before the watch is connected to the APP, it needs to be connected,There is a weather interface after the APP, and the mobile phone needs to open the positioning.

Sport

Click the watch sports interface to enter sports mode, there are many sports to choose from. Click the motion icon to enter the corresponding motion detection. Swipe up and down to switch motions, enter the motion start calculation, and press the up button or down button to exit the current motion monitoring.

Blood oxygen

The watch switches to the oximetry test screen to access oximetry monitoring.

Basic parameters

Connection mode: Bluetooth connection
Input: 5V,500mA MAX
Device requirements: Android 5.0or iOS 10.0 and above

Caution

1. Prohibit the use of an adapter with charging voltage greater than 5V, charging current greater than 2A, and charging time of 2-3 hours.
2. Prohibit charging in the presence of water damage.
3. Do not disassemble the case of this product without permission, the product will be damaged and lose warranty eligibility.

Special note

1. This product is not a medical device, the measurement results are for reference only, not for any medical purposes and basis. Please follow your doctor's instructions and do not rely on the test results for self-diagnosis and treatment.
2. This manual is based on existing information, in the spirit of continuous improvement, the company reserves the right to change product specifications and functions, and any product described in this manual to modify and improve.

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