心电血压血糖智能手环

使用说明书

手环结构

拆装及佩戴

1、拆装

将表带左端金属针对准手环连接处孔洞，按动右侧金属球，并对准右侧孔洞即可完成安装及拆卸。

2、配戴

手环最佳配戴于手腕尺骨颈突后1-2CM处，配戴时请务必保证手环底部紧贴皮肤，以免传感器漏光，影响测量的精准度。

充电

此款手环为磁吸式充电，只须对准充电接口，自动吸附即可。

开关机

开机：长按屏幕开机。
关机：打开设置，找到关机。

安装APP及蓝牙连接

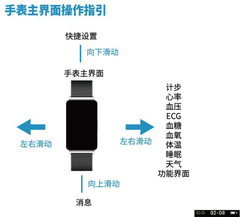
1、打开手表，打开手机蓝牙，扫描下方二维码或在 App store / Google play store 搜索" H Band "APP 下载安装。

2、注册登录

如果您还没有H Band账号，请使用手机号码或者邮箱注册，也可以选择"无账号登录"进入体验。

3、打开APP，跳转连接界面，点击"扫描设备"，打开蓝牙，然后找到对应的设备进行连接。也可以到数据面板中连接。

手表主界面操作指引



手表功能介绍

1、时间, 日期, 周期
首次使用，请先与手机APP连接，以便同步正确的时间，日期，和周期。

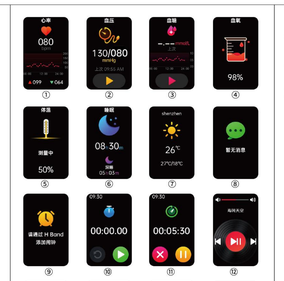
2、表盘切换
长按屏幕可以切换表盘样式。
自定义表盘/图片表盘：请前往APP端设置（我的→EP08→表盘设置）。

3、快捷设置界面
时间主界面向下滑动进入下拉快捷界面，具体功能如下：
勿扰/夜度调节/找手机/关于/设置

4、运动
功能界面，找到运动，具体如下：
户外跑步、户外步行、室内跑步、室内步行、徒步、踏步机、户外骑行、室内骑行、椭圆机、划船机等20种。

5、计步
此界面会显示计步，卡路里消耗和距离数据。

6、心率监测 ①
切换到此界面，心率自动测量，心率图标开始闪烁，并出数据。



7、血压监测 ②
切换到此界面，血压手动测量，图标开始闪烁，并出数据。

8、心电检测
切换到此界面，点击按钮进入心电测试状态，将手指紧贴右侧电极片（请保证手环底部电极片紧贴手腕皮肤且保持皮肤湿润），直至显示出测试结果。手环上手动测试的结果不会保存到APP上，如需保存，请转至APP端开启心电测试。

将手指紧贴右侧电极片

9、血糖监测 ③
切换到此界面，血糖手动测量，图标开始闪烁，并出数据。

10、血氧监测 ④
切换到此界面，血氧自动测量，图标开始闪烁，并出数据。

11、体温监测 ⑤
切换到此界面，体温手动测量，图标开始闪烁，并出数据。

12、睡眠监测 ⑥
切换到此界面，可查看深睡时长，睡眠时长。

13、天气 ⑦
当手环连接APP后，天气会自动同步手机天气信息。

14通知 ⑧
来电、短信、微信、QQ等消息推送，手环震动提醒。

15、闹钟 ⑨
当未设置闹钟时如图⑨展示，具体设置步骤如下：
APP找到"我的"，点开手环"EP08"找到"闹钟设置"，点开右上角"+"进行设置，设置完成之后可在手环端展示。

16、秒表 ⑩
点击进入秒表使用界面，点击中间按钮即可开始或暂停，重计可按重置键，从左往右滑动可退出。

17、计时器 ⑪
在功能列表找到计时器，调整时间开始计时。

18、音乐 ⑫
当手环连接APP后，在手机上已安装音乐播放软件点击播放即可实现手表同步。点击中间播放/暂停按钮控制手机播放音乐。

19、找手机 ⑬
当手环连接APP后，在功能列表找到找手机，进入后处于查找中，手机将以震动和响铃提醒。

20、女性 ⑭
保存个人信息为女性即可使用该功能，可根据个人情况设置。

21、相机 ⑮
当手环连接APP后，在功能列表找到相机，进入后手机处于拍照界面，手环统一拍拍照。

22、设置 ⑯
在功能列表找到设置，具体如下：屏幕亮度/亮屏时长/开关设置/日期与时间/H Band/表盘设置/消息设置/语言设置/关于设备/清除数据/关机。

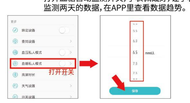
APP界面及功能介绍

1、数据面板
①记录您当天的步数，时间；②更多操作有心率/血压/设置功能，可单次使用手机控制手表测量心率/血压；③记录当天运动的步数，距离，卡路里；④记录您睡眠时间，苏醒次数，入睡时间，苏醒时间，深睡时间，浅睡时间；⑤记录您手表测量心率数据，可查看以往测试数据，有心率概况(最大值/最小值)，运动量分布，心率报警开关；⑥记录您手表测量血压数据，⑦ECG检测，记录您测量ECG数据；⑧记录您血氧数据；⑨记录您HRV数据；⑩记录您体温数据；⑪记录您女性周期；⑫记录血糖数据

2、运动
APP下方选择运动，进入GPS运动，点击开始按钮①，选择手机已安装的地图软件②即可运动，点击开始运动③，当前GPS信号弱时，则搜少定军地方。并实时显示当前运动数据，下拉停止当前运动④，并记录数据保存APP中。

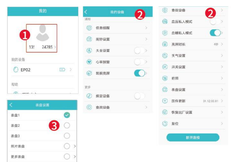
当完成GPS运动后，可选择手环运动⑤，点击开始键，选择运动模式确认即可，同时手环自动切换到该运动模式下的数据界面，可APP暂停运动或手环向左滑动暂停运动，运动数据将自动保存APP。

3、"我的"设置
个人信息：点击头像及昵称①进入。
内容如下：昵称、性别、出生日期、体重、身高、BMI、肤色。
我的设备：内容如下②：
信息提醒：可接收/关闭手机应用消息提醒。
闹钟设置：可查看或者新建闹钟。
久坐提醒：设置久坐提醒时间。
心率报警：设置静息心率上限值，达到或超过时自动报警。
转腕亮屏：当手表息屏时，转动手腕亮屏。
绑定设备：绑定手表。
查找设备：查找手表。
血压私人模式：设置私人模式，以获取更精准数据。针对个人有效，他人请使用通用模式。
血糖私人模式：打开开关，进入血糖私人模式设置，输入您餐前空腹血糖值，保存即可。血糖私人模式开启后，打开血糖自动监测开关，手表佩戴好，让手表自动监测两天的数据，在APP里查看数据趋势。



亮屏时长：设置手环无操作下亮屏时间。
天气设置：设置温度单位/开启天气推送功能。
开关设置：心率自动监测/血压自动监测/血氧夜间监测/断连提醒/科学睡眠/体温自动监测。
拍　　照：连接蓝牙后，点击APP拍照后，手表即可控制手机拍照。

表盘设置：可选择使用手表固有表盘③，也可以选择"照片表盘"（可自定义上传图片，自定义表盘上显示的功能），还可以选择"更多表盘"中的精美表盘。
固件更新：可查看当前手表固件信息和更新入口。
恢复出厂设置：清除手表所有数据并关机。
复　　位：
断开连接：断开手表与APP连接。



帮助中心：可查看"无法连接设备"、"设备容易断开连接"、"消息无法推送"的问题解答。

权限管理：
运动目标：设置运动目标步数，可在数据面板顶部查看。
睡眠目标：可设置您睡眠时长。
单位设置：设置公制/英制单位。

APP风格：设置APP背景风格。
关于我们：查看当前APP版本信息。
微信运动：绑定微信运动。
退出登录：退出当前账号登录。

参数

芯片：GR5515
显示屏：1.57英寸高清彩屏
材质：钢化玻璃/锌合金/TPU
重量：37g
充电时长：2小时
电池容量：200mAh
防水等级：IP67
待机时长：15天
蓝牙版本：5.1
支持系统：IOS 8.0或以上
Android4.4或以上

注意事项

1、测量前，请务必确认已在APP端输入并保存正确的个人信息，如身高、年龄、性别、体重等，并同步手环。
2、测量前静坐5-10分钟，保持心跳平和，呼吸平稳。
3、测量时请保持放松，如运动后气喘、说话、走动都会影响测量结果的准确性。
4、保持正确的坐姿，手放平与心脏保持在同一条水平线上。

佩戴和保养

我们的产品是适合您全天佩戴的，因此您在佩戴以及护理您的智能设备时，请遵循以下简要指示：

1、保持智能设备干燥：
1.1、定期清洁您的手腕和所佩戴的智能手环/智能手表，特别是在运动、出汗、或者皮肤接触部位或洗涤液等物质之后，这此物质可能会达到产品里侧，应该定期进行清理。

2、保持正确佩戴产品：
2.1、佩戴手环不要过紧，应可以在手腕部位来回移动。

2.2、如果您使用心率手环记录全天心率，手环应平放在尺骨以上一指宽的位置，为了在更活跃的锻炼期间更好地查看数据，应将手环佩戴在尺骨以上大约2-3指宽的位置。

2.3、长时间的摩擦和束缚可能会刺激您的皮肤，因此长时间佩戴后，要取下手环给皮肤一段休息时间。

3.保持智能设备清洁：
3.1、如果您的设备受潮，比如出汗或溅水后，请将其清洁干净并晾干，然后重新佩戴，确保皮肤层状态处于适宜干湿度情况下，然后佩戴手环/手表。

注：此手环数据仅供参考，不作为医疗数据。

FCC警告
该装置符合FCC规则第15部分的要求。操作受以下两个条件：(1)本装置不得造成有害干扰；(2)本装置必须接受任何收到的干扰，包括可能发生的干扰，造成不理想的操作。

任何未经负责方明确批准的变更或修改遵守规定可能会使用户无权操作设备。

注：该设备经过测试，发现符合第一级别的限制B数字设备，根据FCC规则第15部分，这些限制的目的是在住宅设施中提供合理的保护，防止有害干扰。这种设备产生用途，并能辐射射频能量，如果不能的话。按照指示安装和使用，可能造成有害干扰，无线电通讯。然而，不能保证干涉不会发生在特定的安装中。如果这个设备确实对无线电或电视接收，可以通过关闭设备来确定。并且，鼓励用户尝试通过一个或多个以下措施：
-调整或重新定位接收天线。
-加强设备和接收器之间的分离。
-将设备连接到电路上的一个出口，该电路不同于接收器连接。
-向经销商或有经验的无线电/电视技术员寻求帮助。

对该装置进行了评估，以满足一般的射频曝光要求。装置可在便携式曝光条件下使用，不受限制。

ECG/Blood glucose/Blood pressure Smart Bracelet

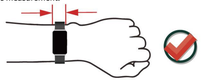
User Manual

Device's structure

Disassembly and wear

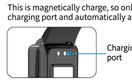
1. Disassembly
Align the metal pin on left end of the watch strap with the hole at the connection point of the bracelet, flip the metal ball on the right , and align the hole on the right to complete the installation and disassembly.

2. Wear
Better worn the watch at 1-2CM behind the ulnar neck of the wrist. When wearing, make sure that the bottom of the watch is close to the skin to avoid light leakage of the sensor and affect the accuracy of the measurement.



Charge

This is magnetically charge, so only need to align it with the charging port and automatically attach it.



Power on / off

Switch on: Long press the screen to power on.

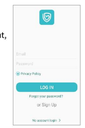
Switch off: On settings and find out switch off.

Install APP and Bluetooth connection

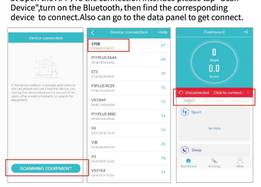
1、Turn on the device, turn on the Bluetooth of the mobile phone, scan the QR code below or search "H Band" in the App store / Google play store to download and install.

2、Register and log in

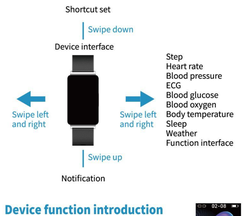
Please register with an email or mobile number if you don' t have a H Band account, or you can choose " Login without an account" to enter.



3、Open the APP, To the connection interface please tap "Scan Device",turn on the Bluetooth, then find the corresponding device to connect.Also can go to the data panel to get connect.



Operation guide of the device function interface



Device function introduction

1. Time , date & week
For the first time, please connect to the APP to sync the correct time,date, and week.

2. Dial switch
Long press the screen to switch the dial style .
Note: To customize the watch face, please go to APP Settings (Mine →EP08→Dial Settings).

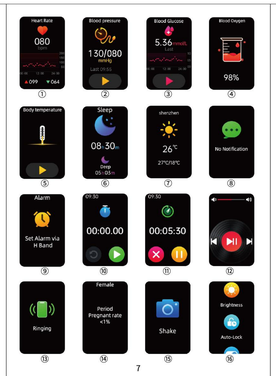
3. Shortcut set
Swipe down on the main time interface to enter the drop-down shortcut interface. The specific functions are as follows:
Do not disturb/Brightness/Find phone/About/Settings

4. Workouts
Press the button on the right side of the watch to find the sport.As follows:Outdoor running, outdoor walking, indoor running, indoor walking, hiking, stepper, outdoor cycling,indoor cycling, elliptical,machine, rowing machine more than 20 kinds of sports for choose.

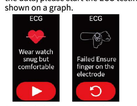
5. Pedometer
Steps, calorie burnt and distance will be shown on this interface.

6. Heart rate monitoring ①
Switch to this interface, Heart rate automatic measurement,The icon starts to flash,then shows the result.

7. Blood pressure monitoring ②
Switch to this interface, Tap the triangle button below, The icon starts to flash,then shows the result.



8. ECG test
Switch to the interface of ECG.Click the button to the ECG test state, and put your finger against the right electrode pad. (Please make sure the device is worn on your wrist properly and the skin is moist til the result is out). The result by this manual testing on bracelet will not be saved on App.If you wan to save the data, please start the ECG testing on App. The data will be shown on a graph.



Put your finger against the right electrode pad.

9. Blood glucose monitoring ③
Switch to this interface, Tap the triangle button below,The icon starts to flash,then shows the result.

10. Blood oxygen monitoring ④
Switch to this interface, Blood oxygen automatic measurement, The icon starts to flash,then shows the result.

11. Body temperature monitoring ⑤
Switch to this interface, Tap the triangle button below,The icon starts to flash,then shows the result.

12. Sleep monitoring ⑥
Switch to this interface, check the duration of deep sleep, duration of total sleep .

13. Weather ⑦
When the device connected to the APP, the weather will automatically been sync.

14. Notification ⑧
Synchronize incoming calls, text messages, QQ, WeChat and other application software messages, never missing any important messages anytime, anywhere.

15. Alarm ⑨
Switch to this function interface ,to find clock,when the alarm not set, it is shown on the right side:
APP find "My" , Tap "EP08" to find "Alarm Settings" , tap on the upper right corner "+" , after setting completed will show on the device .

16. Stopwatch ⑩
Tap to enter the stopwatch interface, Tap the middle button to start or pause,To recalculate, press the reset button, and press the exit button to return.

17. Timer ⑪
Find out timer in the function list,adjust the time to start timing.

18. Music ⑫
When the device connected to the APP,The music player software has been installed on the phone just tap play to realize the synchronization of the device.Tap the middle play/pause button to control the phone to play music.

19. Find phone ⑬
After Bluetooth connected, tap on the device find phone function, the phone will vibrate and ringing.

20. Female ⑭
Save personal information as women,This function can be set according to personal circumstances.

21. Camera ⑮
After the Bluetooth connection, enter the watch camera interface, Shake the bracelet to take a picture.

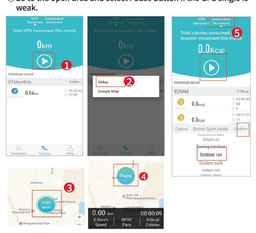
22. Settings ⑯
Find out set in the function list, As follows:
Brightness/Auto-lock/Switch/Date&time/H Band/Dial/Notification/Language/About/Erase Date/Power off.

APP functions and instructions

1. Dashboard

①Steps and time;②More (Heart rate / Blood pressure / setting); ③Steps, distance and calories data interface;④Sleep data interface;⑤Heart rate monitoring data interface;⑥Blood pressure monitoring data interface;⑦ECG monitoring data interface;⑧ Blood oxygen monitoring data interface;⑨HRV date interface;⑩ Body temperature data interface;⑪Women' s menstrual cycle data interface;⑫Blood glucose data interface.

2. Movement
①Select the GPS Movement button in the App.
②SSelect the map software installed on the phone.
③Select Start sport button.
④Go to the open area and select Pause button if the GPS single is weak.

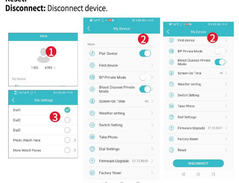


When GPS exercise completed,select movement of the device ⑤, tap start button, and select exercise mode to confirm. At the same time, device will automatically switch to the data interface in this sport mode,the APP can be used to pause exercise or on device left Slide to pause exercise, while the exercise data will be automatically saved in the APP.

3. Mine
Personal information: Tap the avatar and nickname ①to enter. The content are as follows: nickname, gender, date of birth, weight, height, BMI, skin color.
My device: the content are as follows②:
Message notification: receive/close the application message reminder.
Alarm settings: check or create an alarm.
Sedentary setting: Set a sedentary reminder time.
Heart rate alert: Set the upper limit of resting heart rate, and automatically alarm when it reaches or exceeds it.
Turn wrist detection:turn your wrist to brighten the screen.
Pair device: binding the device.
Find device: find the device.
BP Private Mode:on the private mode to obtain more accurate data. for individually, normally use general mode.
Blood glucose Private Mode: Turn on the switch,To the blood sugar private mode settings, type your blood sugar figure before meals and save it. After the blood sugar private mode turned on, switch on the automatic blood sugar monitoring, wear on the watch, make the watch automatically monitor for two days, and then check the data trend in the APP.

Screen-on Time: Set screen time.
Weather setting: Set temperature unit/swithch on weather push function.
Switch Setting:HR Automatic monitoring/BP Automatic monitoring/Blood Oxygen Nighttime monitoring/Disconnect Alert/Scientific sleep/Automatic temperature monitoring
Take photo: After connecting Bluetooth and clicking app to take photos,

the watch can control the mobile phone to take photos.
Dial settings:support choose to use the inherent dial ③ of the device , or choose the "photo dial" .(customize to upload pictures as you like),also can choose exquisite watch face in "More Watch Faces" .
Firmware update: current firmware information and update firmware.
Factory Reset: Clear all data on the device and shut down.
Reset:
Disconnect: Disconnect device.



Help: check answers of "Cannot connect to the device", "Easy to disconnect the device", and "Message cannot be pushed".
Permission management: Obtain part of mobile phone permissions during APP use.
Steps goal: Set target steps.
Sleep: Set target sleep time.

Unit setting: Set imperial or metric units.
APP style: Set the APP background style.
About us:check current APP version information.
WeRun: bind WeChat sports.
Log out : Log out of the current account.

Parameter

Chip:GR5515
Display:1.57-inch HD color screen
Material:Tempered glass/Zinc alloy /TPU
Weight:37g
Charge time:2hour
Battery:200mAh
Waterproof:IP67
Standby:15days
Bluetooth version:5.1
Support OS:IOS 8.0 or above Android 4.4 or above

Note

1. Before measuring, please make sure that you have saved correct personal information on the APP, such as height, age, gender, weight, etc., and synchronize data;
2. Sit for 5-10 minutes before measurement to keep your heartbeat calm and breathing satable.
3. Please keep relaxed during measurement, panting, talking walking and exercise will affect the accuracy of the measurement results;
4. Keep a correct sitting posture, make the hands flat and keep it parallel with heart.

Wear and maintenance

The products are suitable for wear all day, so when you wear and care for the smart device, please follow the following brief instructions:

1、Keep the smart device dry:
1.1. Clean your wrist and the smart band/smart watch you are wearing regular, especially after exercise, sweating, or skin contact with soap or detergent and other substances, the substance may get inside of the product so should be cleaned regularly .

2、Keep wearing the product correctly:
2.1. Please do not wear the device too tightly,should be able to move back and forth on the wrist.

2.2. If use a heart rate device to record your heart rate throughout a day, the device should be flat one finger wide among the wrist bone. In order to better check the data during active exercises,wear the device among the wrist bone about 2-3 Finger-width position.

2.3. Prolonged friction and restraint may irritate your skin,after a long time wearing, take off the device and give skin a rest period.

3.Keep the smart device clean:
3.1. If device is damp, such as sweating or splashing, please clean and dry it, make sure the skin layer is in a suitable dry humidity, and then wear again.

The data collected by this device is for reference only, not for medical purpose

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 maycause 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.

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