

SMART BRACELE

User's Manual



Adapt to platform requirements



Android 5.0 and above mobile phones



iOS 9.0 and above mobile phones



Support Bluetooth BT4.0

Preparation before use

For the first time, please make sure the Hand has enough power. If the Hand cannot be turned on, please charge the Hand first.

APP download method



Android download method: Search "HryFine" in the Android application market to download the application or scan the QR code to download

iOS download method: Scan the QR code to download the APP application.

Binding use

Long press the power button to turn on, please make sure the mobile phone Bluetooth is turned on (Android needs to turn on GPS)

Open the "HryFine" on the mobile phone-enter my device to match the Hand, select the MAC string matching the Hand to connect, if you can't find the device, you can click the device list in the upper right corner to search.

After the APP is connected to the Hand successfully, a guide page will pop up. According to the guide page, enter the Bluetooth search pairing "Hry 3.0 Bluetooth". After successful connection, you can make / receive calls and play Bluetooth music.

Hand operation instructions

Side button (switch on/off): Power button to sleep/wake up the screen, and return to the clock interface in other application interfaces Clock interface: After the watch is connected to the APP, it will automatically synchronize the date and time of the mobile phone. Press and hold the clock for 2 seconds to switch between different dials interface

Knob circle button function: Rotate this button to change the dial, zoom in and out of the function icon in the main menu interface, turn the menu page, and rotate to adjust the volume when using the volume.

 Dialing: When Bluetooth 3.0 is connected, you can make a call by dialing the number. At this time, the phone will automatically dial, and the phone can set the call device as a Hand.

 Phonebook: After the Hand is connected to the APP successfully, you can add 50 frequently-used contacts in the APP. After the contact is successfully added, the Hand phonebook will be displayed synchronously. The Hand can click the contacts in the phonebook to make calls : The phone needs to be connected to Hry3.0)

 Call record: keep a record of calls made by the Hand.

 Information: keep the information pushed by the mobile phone: you can view the last 8 pushed message.

 Sports mode: 1. Record running distance and calorie consumption in running mode 2. Record calorie consumption in skipping mode 3. Riding distance and calorie consumption in riding mode 4. Calorie consumption in swimming mode 5. Climbing mode Walking records and calorie consumptio.

 Pedometer record: display the step count, completion status, walking distance and calories of the day.

 Sleep detection: wear the Hand to fall asleep, the Hand will record the length of sleep, deep sleep, light sleep and awake time, you can view the details of your sleep data on the APP side, and you can also set the sleep detection time range.

 Sedentary reminder: the period of the sedentary reminder and the effective time range of the sedentary reminder, the sedentary switch needs to be set in the APP-side sedentary reminder.



Heart rate measurement: After entering the heart rate, it will automatically measure and display the measured heart rate data. After the measurement is completed, the data will be uploaded to the APP. Remarks: The Hand is required to support the heart rate sensor.



Blood pressure measurement: After entering the blood pressure, it will automatically measure and display the measured blood pressure data. After the measurement is completed, the data will be uploaded to the APP.



Blood oxygen: after entering blood oxygen, it will automatically measure and display the measured blood oxygen data.



Remote camera: need to be connected to the APP, open the remote camera phone will open the camera, shake the Hand phone to take a picture, the Hand to exit the remote camera phone will also exit the camera.



Stopwatch: Start stopwatch timing and end timing.



Find mobile phone: When the APP is connected, enter the function of finding mobile phone, long press the icon, the phone will send out a ringtone reminder.



Brightness adjustment: adjust the screen brightness of the ring, choose 5 levels of brightness.



Alarm alarm: Connected to APP, you can add an alarm to the alarm reminder on the APP side, and synchronize to the Hand after the addition is completed, you can add up to 5 alarms.



Bluetooth music: It can be used only when connected to phone Bluetooth 3.0. The guide page jumped out of the APP for the first time is connected to 3.0 Bluetooth. You can control the play / pause of the music model being played on the mobile phone through Bluetooth music.



Theme: After entering, slide up and down to select different watch themes



Settings: APP opens / closes the wristband bright screen of the Hand, vibration reminder, the Hand displays its status switch.



Reset: After entering, click reset to confirm to restore and restart.

 Language: Enter to select the desired language to display.

   Rope skipping/cycling/mountain climbing: Click to enter the exercise mode of skipping rope/cycling/mountain climbing, and perform data such as exercise mileage and time.

 Weather: After connecting to the mobile phone, enter to view the weather information on the mobile phone.

 Stopwatch: Enter to start stopwatch mode.

 Calculator: Enter to use the calculator.

 Voice: Enter voice mode to use Siri.

 Breathe: Start a deep breathing pattern to help adjust your heart rate to stabilize.

    WhatsApp/Facebook/Skype/Twitter: Enter to view the corresponding information push content.

 Dual-mode switch: Independently select dual Bluetooth switches.

Precautions:

It should not be worn when taking a bath or swimming.

When synchronizing data, please connect the Hand. Use the built-in charging cable to charge. Do not expose the handle ring to a place with high moisture or extremely high or low temperature for a long time. The wristband restarts unexpectedly. Please check the memory information of the phone to clear it and try again, or exit the APP and reopen it.

Hand maintenance:

Do not scratch the sensor, protect it from damage; Wipe the surface of the Hand with a damp cloth and use mild soapy water to remove oil or dust; Do not expose the Hand to the environment with strong chemicals, such as gasoline, cleaning solvents, propanol, alcohol or insect repellent. The chemicals will damage the sealability of

the Hand and the surface of the casing; Prevent your Hand from being subjected to strong impact and extreme high temperature exposure; When the lens and casing are intact, it is waterproof. Violent disassembly will affect the waterproofness.

Common problem:

What should I do if Bluetooth cannot be connected? (Failed to connect / reconnect or slow connection / reconnect)

1. Please confirm whether the mobile phone supports (IOS9.0 or Android 4.2 or above, mobile phones or tablet products with Bluetooth 4.0)
2. Due to the problem of signal interference in the Bluetooth wireless connection, the connection time may be different every time. If you cannot connect for a long time, please make sure to connect in a place where there is no magnetic field or too much Bluetooth device interference.
3. Turn off the phone's Bluetooth and then turn it on; 4. Clear the phone background application or restart the phone
5. Do not connect your phone to other products of the same type at the same time

Should the Bluetooth connection be always on? Will there be any data if it is closed?

Before synchronizing the data, exercise and sleep data will be kept on the wristband host. When the mobile phone and the Hand Bluetooth are successfully connected, the Hand will automatically upload data to the mobile phone, but the data stored by the Hand is limited, and only about one week of Bluetooth data can be stored. When the space is full, the earliest data will be automatically overwritten to generate the latest data , So please sync the Hand to your phone in time.

Remarks: If you turn on the incoming call and SMS reminder function, you need to keep Bluetooth connected, and the alarm reminder supports offline.

What should I do if the Hand cannot be charged?

1. Please confirm whether the direction of the charging stand is correct and whether the charging clip is in good contact with the Hand.
2. When the Hand power is lower than 3.6V, there will be a period of battery precharge time

Remarks: After plugging in the charger, it will immediately enter the charging state. If there is no display, it will take 3-5 minutes to enter the charging state.

Will wearing the Hand for a long time cause harm to the human body?

Answer: The radiation of the equipment is far lower than the FCC standard of the United States, and it is basically negligib

智能手表 使用说明书



适配平台要求

 Android 5.0 及以上手机  IOS 9.0 及以上手机  支持蓝牙BT4.0

使用前准备

初次使用请确保手环电量充足，若手表无法开机使用，请先将手环进行充电。

APP下载方式



IOS/ 安卓手机用户：扫描上面二维码下载安装应用

安卓：通过软件应用商店搜索“ HryFine” 下载安装应用

苹果：通过App store搜索“ HryFine” 下载安装应用

微信：关注公众号“ 鹿享星球” ，可在公众号能获取下载链接下载

连接手表使用

长按电源键开机，请确保手机蓝牙开启（安卓需要开启GPS）。

打开手机端的“ HryFine” ——进入我的设备进行匹配手表，选择与手表匹配的MAC串码进行连接，如搜索不到设备可点击右上角设备列表搜索。

APP连接手环成功后会弹出引导页，根据引导页的指引进入蓝牙搜索配对“ Hry 3.0蓝牙” 连接成功后可拨打/接听电话及播放蓝牙音乐。

注：APP只连接蓝牙4.0功能、只能与手表进行数据交互，无法进行音乐播放及使用语音通话功能，需要连接蓝牙3.0功能才能使用，蓝牙3.0的连接方式需仔细阅读APP连接完成后弹出的引导页。

手表操作说明：

侧按键（开关机）：电源键休眠/唤醒屏幕，在其他应用界面也能返回到时钟界面
时钟界面：手表连接APP后会自动同步手机的日期和时间，长按时钟2秒可以切换不同的表盘界面

旋钮圆按键功能：旋转该按键可以进行更换表盘、在主菜单界面时可进行放大缩小功能图标、菜单翻页、使用音量时可旋转调整音量。

 拨号盘：已连接蓝牙3.0的情况下，可以通过拨号盘打电话，此时手机会自动拨号，手机可将通话装置设置为手表。

 电话本：手表与APP成功连接后，可以在APP中添加50个常用联系人，联系人添加成功后手表电话本会同步显示，手表点击电话本中的联系人可以拨打电话（备注：手机需要连接Hry3.0）

 通话记录：保留手表拨打电话的记录。

 信息：保留手机推送的信息：可查看最近的8条推送信息

 运动模式：监测且记录跑步模式、跳绳模式、骑行模式、游泳模式、登山模式等相关运动的或者距离以及卡路里消耗。

 计步记录：显示当天的计步步数、完成情况、行走的距离及卡路里。

 睡眠检测：佩戴手表入睡，手表会记录睡眠时长、深睡、浅睡和清醒的时长、在APP端可以查看您的睡眠数据详情，也可以设置睡眠检测时间范围。

 久坐提醒：久坐提醒的周期时长、久坐提醒的生效时间范围内，久坐开关需要在APP端久坐提醒内设置。

 心率测量：进入心率后会自动测量并显示测量的心率数据，测量完成后数据会上传到APP

 血压测量：进入血压后会自动测量并显示测量的血压数据，测量完成后数据会上传到APP

 血氧：进入血氧后会自动测量并显示测量的血氧数据

 远程拍照：需要已连接APP，打开远程拍照手机会打开照相机，晃动手环手表会拍照，手表退出远程拍照手机也会退出相机

 秒表/计算器：开始秒表计时和结束计时、使用计算器功能。

 找手机：已连接APP的情况下，进入找手机功能长按图标手机会发出铃声提醒

 亮度调节：对手表的屏幕亮度进行调节、5档亮度进行选择

 闹钟提醒：已连接APP、可以在APP端闹钟提醒添加闹钟、添加完成后同步到手表，最多可以添加5个闹钟

 蓝牙音乐：已连接手机蓝牙3.0 才可以使用，苹果首次连接APP跳出的引导页连接3.0蓝牙，可以通过蓝牙音乐控制手机正在播放的音乐机型播放/暂停，上一首/下一首

 主题：进入后上下滑动可以选择不同的表盘主题

 设置：APP打开/关闭手表的抬腕亮屏，震动提醒，手表显示其状态开关

 语言：进入选择需要的语言显示。

 跳绳/骑行/爬山：点击进入跳绳/骑行/爬山的运动模式，进行运动里程、时间等数据。

 天气：连接手机之后进入可查看手机端的天气信息。

 计算器：进入可使用计算器。

 语音：进入可使用Siri语音模式。

 呼吸：开始深呼吸模式，可帮助调整心率稳定。

    WhatsApp/ Facebook/ Skype/ Twitter：进入查看对应的信息推送内容。

 双模开关：自主选择双蓝牙开关。

注意事项：

- 1、洗澡和游泳时不宜佩戴；
- 2、同步数据时请连接手表；
- 3、使用标配的充电线充电；
- 4、不要把手表长时间暴露在水分较高、温度极高或极低的地方；
- 5手表出现死机重启现象，请注意检查手机内存信息清除再试，或退出APP重新打开。

手环保养：

- 不要划伤传感器，保护它避免受损
- 可用湿布擦拭手表表面，用温和的肥皂水去油污或灰尘
- 请勿将手表暴露在有强烈化学物质的环境中，如汽油，清洁溶剂、丙醇、酒精或驱虫剂，化学物质会损坏手环的密封性和外壳表面
- 避免你的手表遭受强烈的撞击、极度高温的暴晒
- 当镜片和外壳保持完整才是防水的，暴力拆装后会影影响防水性

常见问题：

1、蓝牙连不上怎么办？（连接/重连失败或连接/重连速度很慢）

答：1) 请确认手机是否支持（IOS9.0或安卓4.2系统以上，带蓝牙4.0的手机或平板产品）

2) 由于蓝牙无线连接存在信号干扰的问题，可能每次连接的时间会不一样，如果长时间连接不上请确保在无磁场或没有太多蓝牙设备干扰的地方进行连接。

3) 关闭手机蓝牙再打开； 4) 清除手机后台应用或重启手机； 5) 手机不要同时连接其他同类型产品； 6) APP是否还在后台运行，如果不在后台运行则连接不上

2、无法搜到手表？

答：因为手表的蓝牙广播没有被手机搜索到，请确保手表处于有电和激活状态，且没有被其他手机连接上，将手表靠近手机重新搜索，如果仍然无效，关闭手机蓝牙20秒后重新开启蓝牙再次搜索。

3、蓝牙连接要一直开启吗？关了的话还会有数据？

答：没有同步数据前，运动和睡眠数据会保留在手表主机上。当手机和手表蓝牙成功连接时，手表会自动上传数据到手机端，但手表存储的数据有限，大约只能存储一周的蓝牙数据，空间满后会自动覆盖最早的数据来产生最新数据，所以请及时将手表同步到手机上。 备注：如果开启了来电、短信提醒功能则需要保持蓝牙处于连接状态，闹钟提醒支持离线。

4、手表出现不能充电怎么办？

答：1、请确认充电架的方向是否正确，充电线与手表接触是否良好。 2、当手环电量低于3.6V时，会有一段时间的电池预充时间

备注：支持插上充电器后会立马进入充电状态，如果没有显示则需要充3-5分钟就可以进入充电状态。

5、手表长期佩戴会不会对人体造成伤害？

答：设备辐射远低于美国的FCC标准，基本可以忽略不计，长期佩戴不会对人体造成辐射伤害。

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.

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.

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