Product Parameters

a. Compatible Systems: Android 5.0 and more advanced systems, IOS 9.0 and more advanced systems

b. Hardware Parameters: Master Control: GOODIX GR5515

c. Display: 1.09" Full Circle Resolution: 240*240

Appearance Overview

Full Screen Touch Zone

Charging Port

Key

Sensor

Operation of keys

| Status/operation	Function
Power off/long press key	Power on
Power on/long press key	Power off
Screen off / short press key	Screen on
Main interface /short press key	Go to the feature list
Other interface / short press key	Return to the main interface

Operation of Screen

Status/operation	Function
Single-point	Select / confirm
Main interface /long press	Switch dial
Main interface / up slide	List of message

Main interface / down slide	Shortcut menu
Main interface / left and right slide	Switch blood pressure / heart rate / weather / sleep / step function
Function interface / right slide	Return to / to exit

Charging Instructions:

a. Aim the equipped charging base at the touch point at the bottom of the main body to charge;

b. Do not use adapters (output current: ＞2A) to charge;
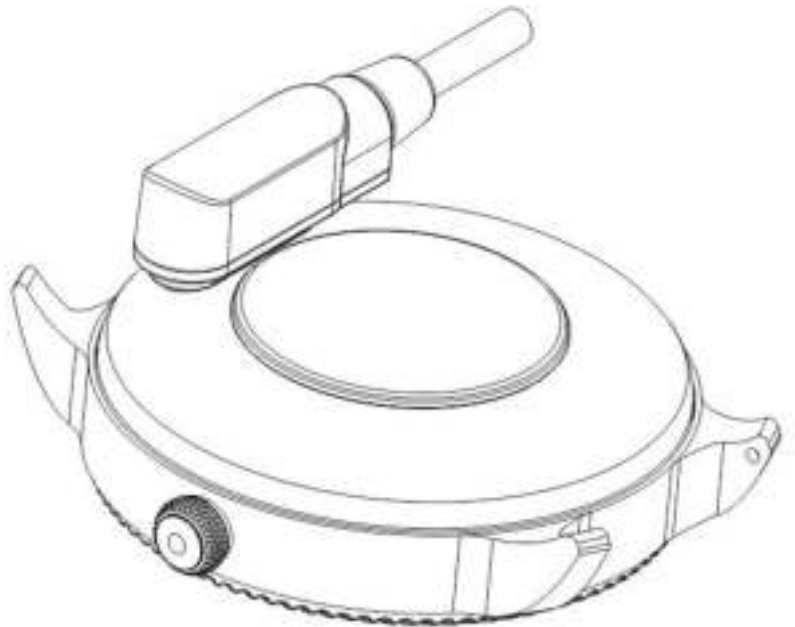
1.Download and Install "H Band" APP

1)Scan the QR code on the right to download and install the APP;

2)Download and install on APP Stores: Android: Search, download and install "H Band" on APPs such as YingYongBao, Google Play and Android Market;IOS: Search, download and install "H Band" on App Store

2.Activate the watch

For the first time of use, please click **select language**, slide on the download prompt interface to switch to the **QR**

code>Device Information interface. If the watch is successful connected to APP ,it will show **Succeeded in Activation** and jump to the main interface activation
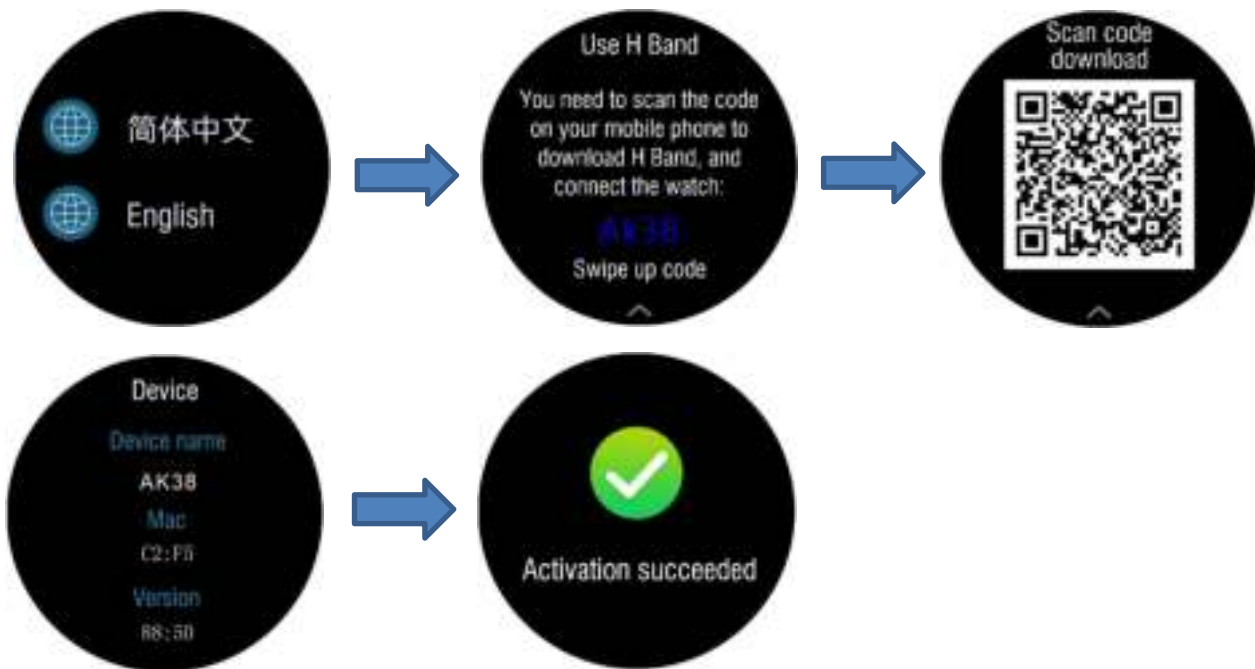
3.Register and Login to APP Account

Enter the Register/Login interface after you open "H Band", then login to your account after you enter your email/telephone, and password. You are also allowed to login without any account (please improve your personal information after signing into your account)

4. APP Connection：Please turn your mobile Bluetooth on before the connection between "H Band" and watch. Enter and login to your "H Band" account – click "Click to Connect"- Select "AK38" to connect and bind (see the following figure). Please confirm whether it is consistent with the watch's Bluetooth address.
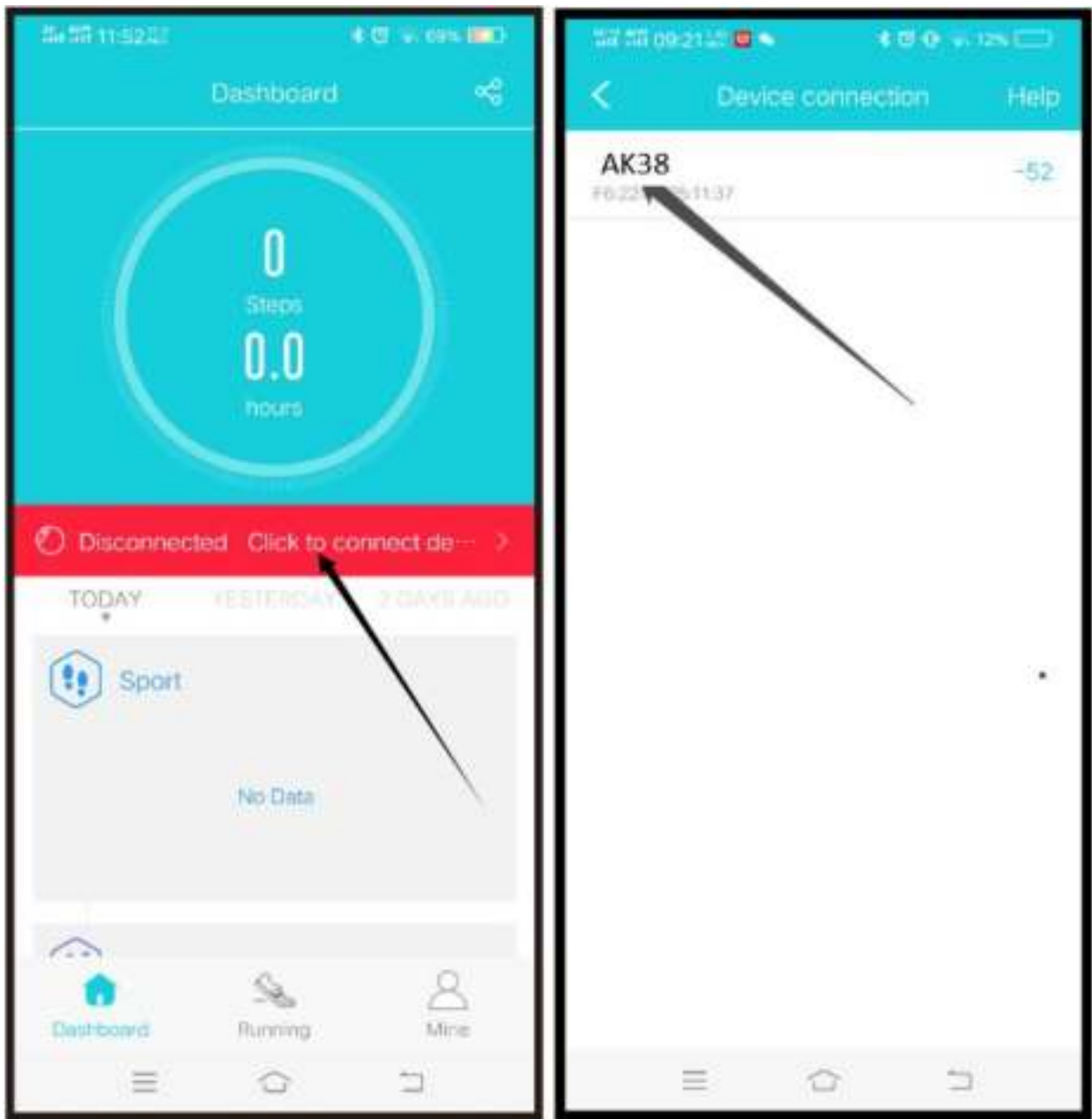
5.Wake Up Screen

short press the key on the side to wake up screen/turn wrist to wake up screen (enter "H Band" on your mobile phone and click "Mine" -> "AK38" -> Turn on "Turn Wrist detection")

6.Watch Function Modes

a. Main Interface Switch: Long press the main interface to select dial plates. Slide right or left to select, and long press to confirm your choice;

Photo Dial Settings: Enter "H Band" on the mobile phone and click "Mine -> "AK38" ->Dial Plate Settings->Picture Dial Settings.

More Dial Settings: Enter "H Band" on the mobile phone and click "Mine -> "AK38" ->Dial Plate Settings->More Dial Settings

b.Blood pressure measurement: blood pressure single point measurement icon at blood pressure interface measures blood pressure, the icon flashes in the test and the right slide out。 It can also be measured manually in the　(Open APP-Dashboard – More-Measure Blood)

c.Heart Rate: Click the menu to turn on heart rate measurement, then the green light at the back will be on. It shows your current heart rate value after about 10s, and you can also manually measure heart rate on the APP (Open APP-Dashboard – More – Measure Heart Rate).

d.Weather： Turn on the celular network on the mobile phone. When the connection between the watch and the mobile phone is normal, the watch can display weather

information for nearly 2 days.

e.Sleep: The watch shows your deep sleep time, light sleep time and the total sleep time for the last day. Detailed information will be showed on the APP, and users can check information such as sleep quality, sleep time, awake times and the time distribution chart involving your deep and light sleep.(From 18 pm to 10 am the next day)

f.Steps: Display the current steps, distance and calorie burned.the data of the previous day will be automatically cleared at 0:00 every day

g. Function Interface: Short press the function key to enter the function selection interface. Slide up and down to browse, click once to enter the function, and slide right to exit.

Sports: Click Sports Icon to enter multiple sports modes. You are allowed to select and turn on the corresponding fitness modes;;Slide right into the play music control，Slide left into the pause / stop motion，Slide up and down to view the motion data

Messages: The watch can receive calls, messages and social software's notifications from your mobile phone,and you can turn on

the corresponding switch according to your demands (Please note that the Android mobile phone requires to set the APP's notification permission for mobile phones. Otherwise, it will fail to receive any notification).
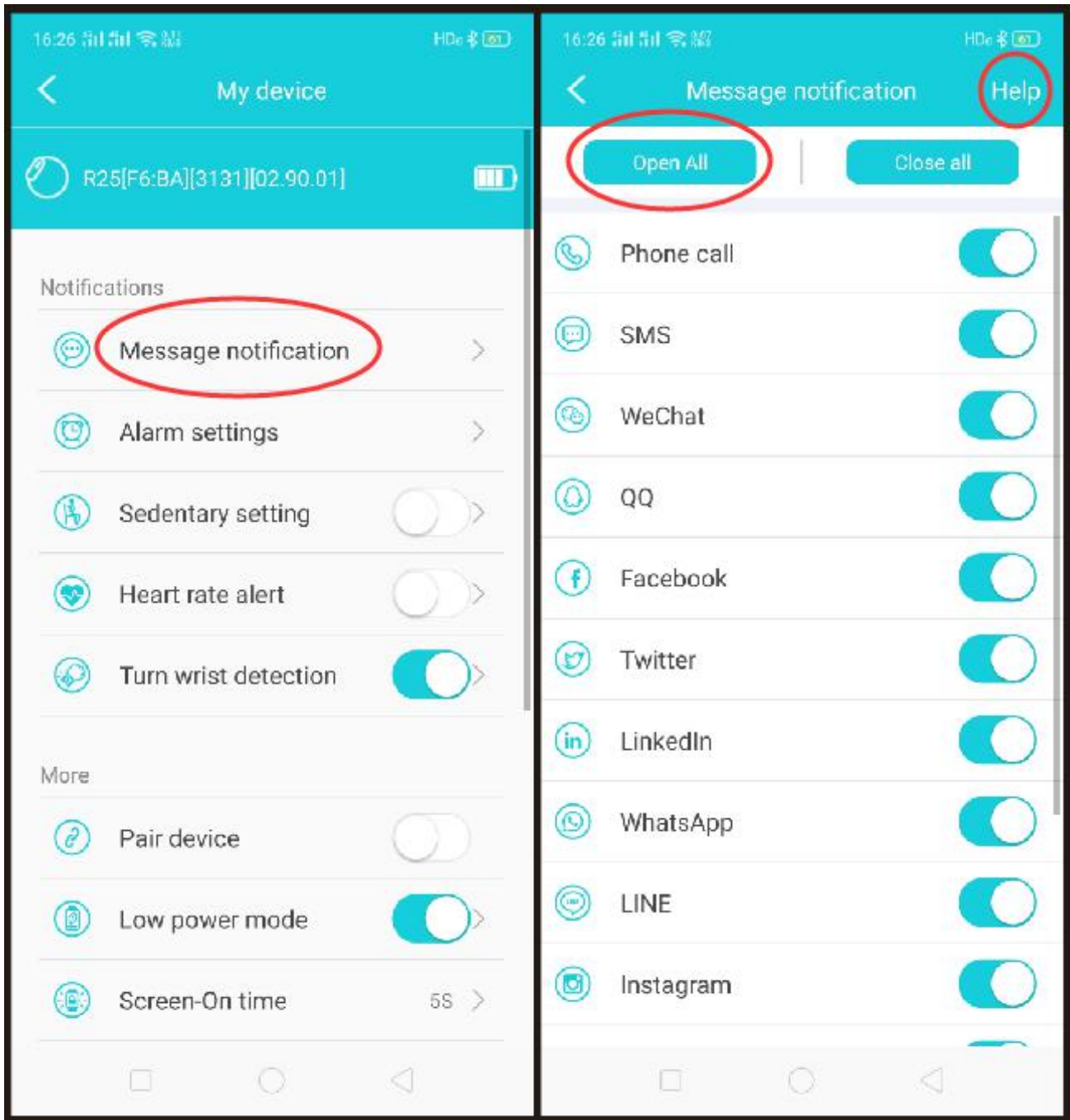
Alarm clock: Go H Band "APP Click Mine-> AK38" -> Alarm Setting to add alarm

Music control

Tum on the music player from the phone and connect it to the watch, switch the watch screen to the function interface > click music and click the watch screen button to pause music, and play the previous music and next musi

Find Mobile Phone: Under a successful connection status, click the menu, then your mobile phone will ring.

Female: You can turn on the female physiological function if female is selected when you are filling in your personal information on the APP. enter "H Band" on your mobile phone and click Dashboard--Women module for physiological information settings
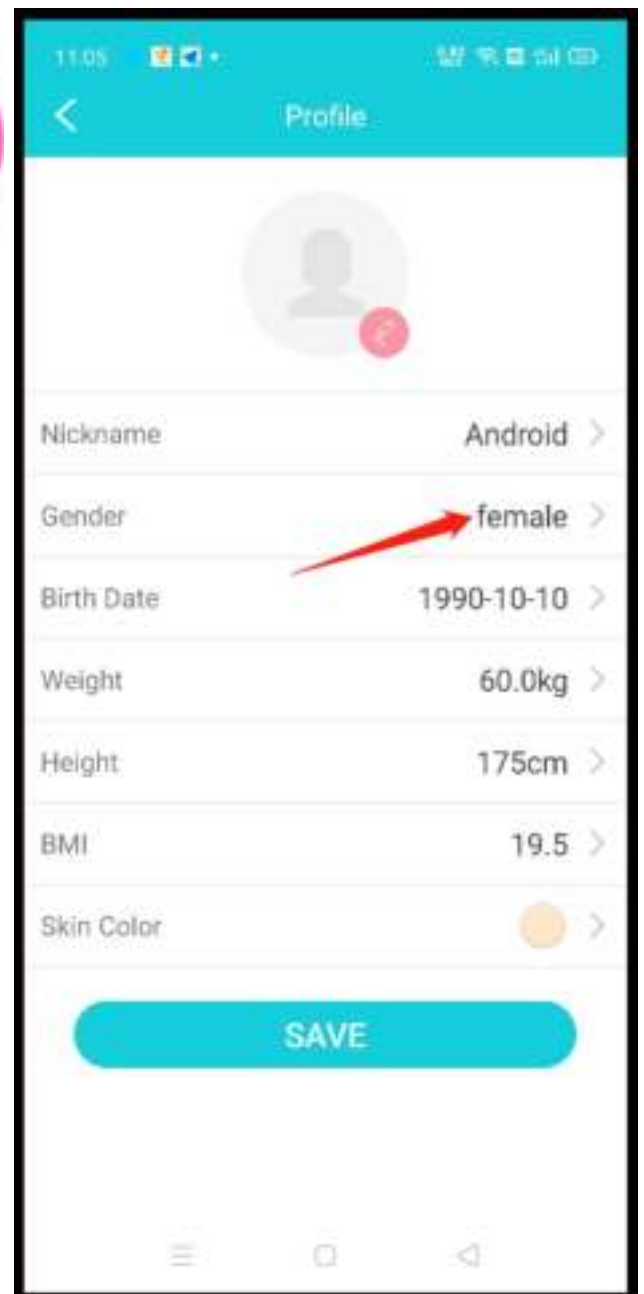
Take Photo:enter "H Band" on your mobile phone and click "Mine"->"AK38"->Take Photo，and the mobile phone and watch enter the photo toking interface, click the watch screen, shake the watch or press the button to take photoes and save the photos in the mobile phone album

Settings: Enter the menu to set different function switches and settings.

Call reminder:

On the premise that the watch is connected to the mobile phone and the call reminder function has been tumed on, when the mobile phone calls, the watch will vibrate to remind and display the call information.

You can click the on-screen button to control the phone ringing mute or reject the Call

7. APP's Functions on the Mobile Phone

1)**Dashboard:** Show steps for the day, sleep conditions for the last night, Female physiological information,and the data graph involving the automatic heart rate monitoring value. Pull the interface down to refresh and synchronize the real-time Running and sleep data;

2)**Running:** Enter the Running interface – click to start your Running and enable to acquire your position – start to record your Running. Pull the stop key down, and click to stop your Runnings. It indicates a complete Running

record from start to finish, which records your Running time, speed, calorie burned and marks the moving route on the map;
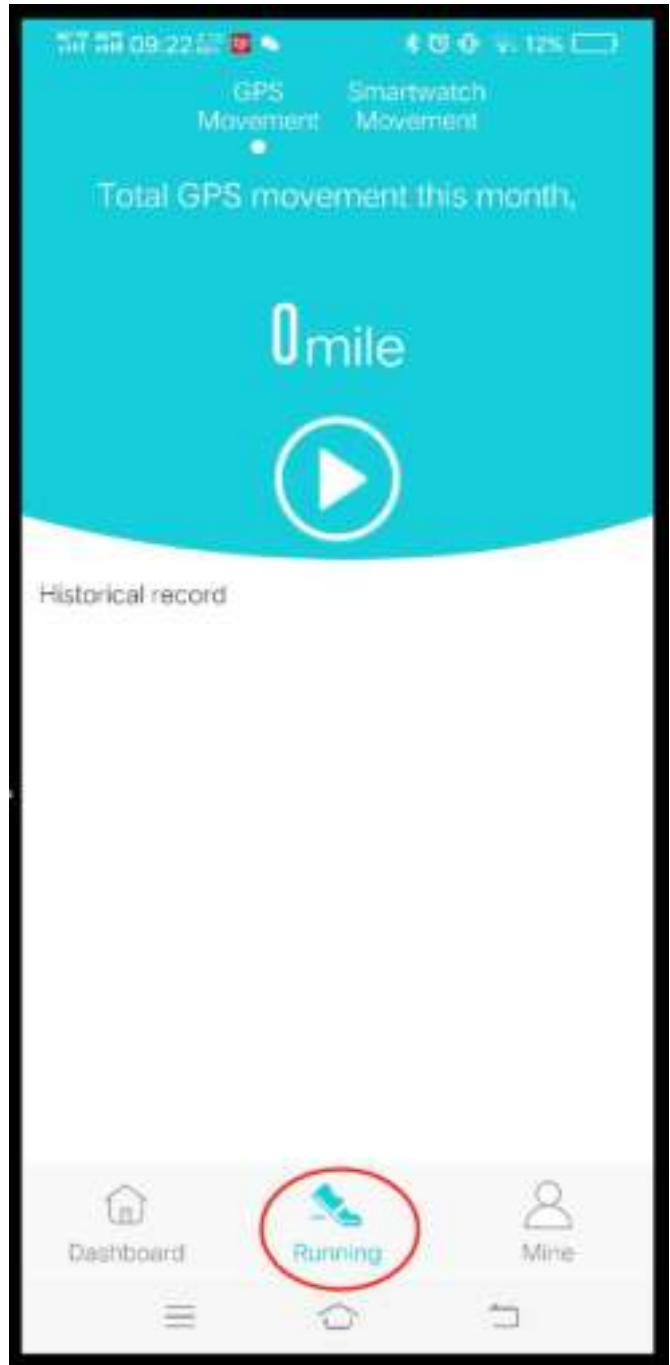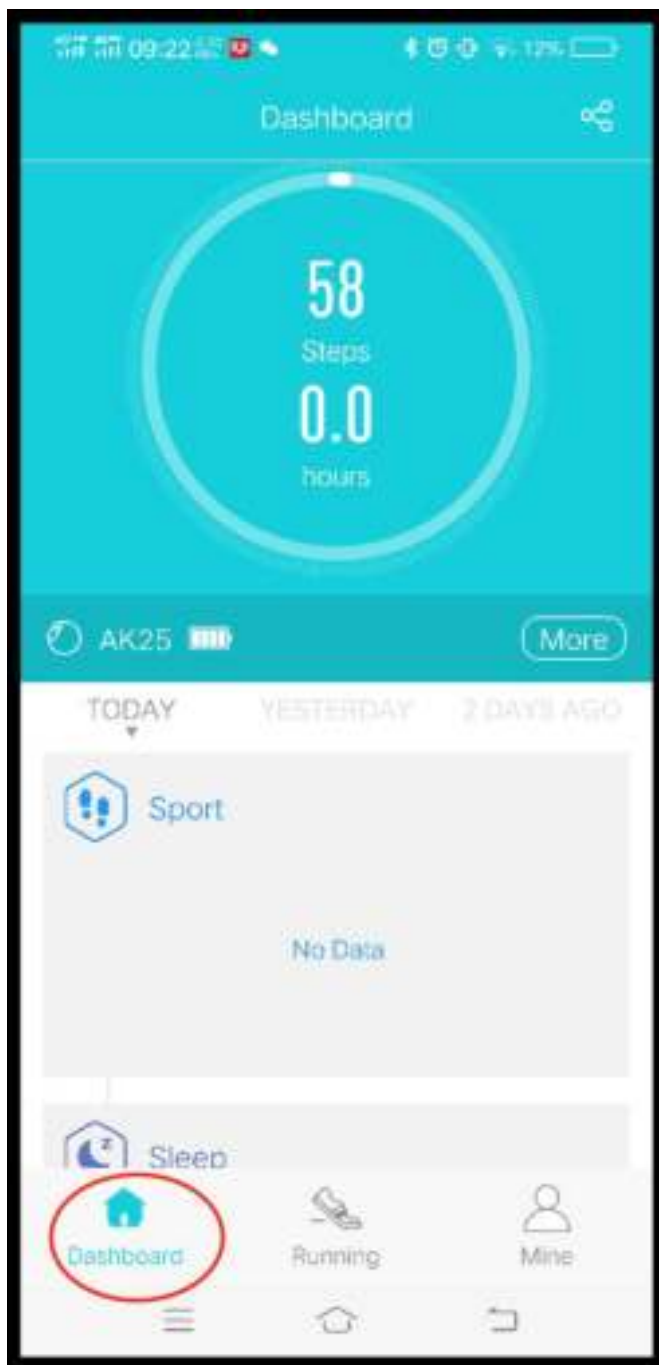
3)Mine: Click Mine to set functions such as device connection and disconnection, password reset, notifications reminder (for IOS system: the watch will receive notifications only when the mobile phone is paired with the watch), tachycardia reminder, alarm clock, turn wrist to wake and blood pressure measurement.

Heart Rate Automatic Measurement Settings: Enter "H Band" – Click "Mine" – "AK38" – Switch Settings – Turn on "Heart Rate Automatic Measurement" (30 minutes/time by default).
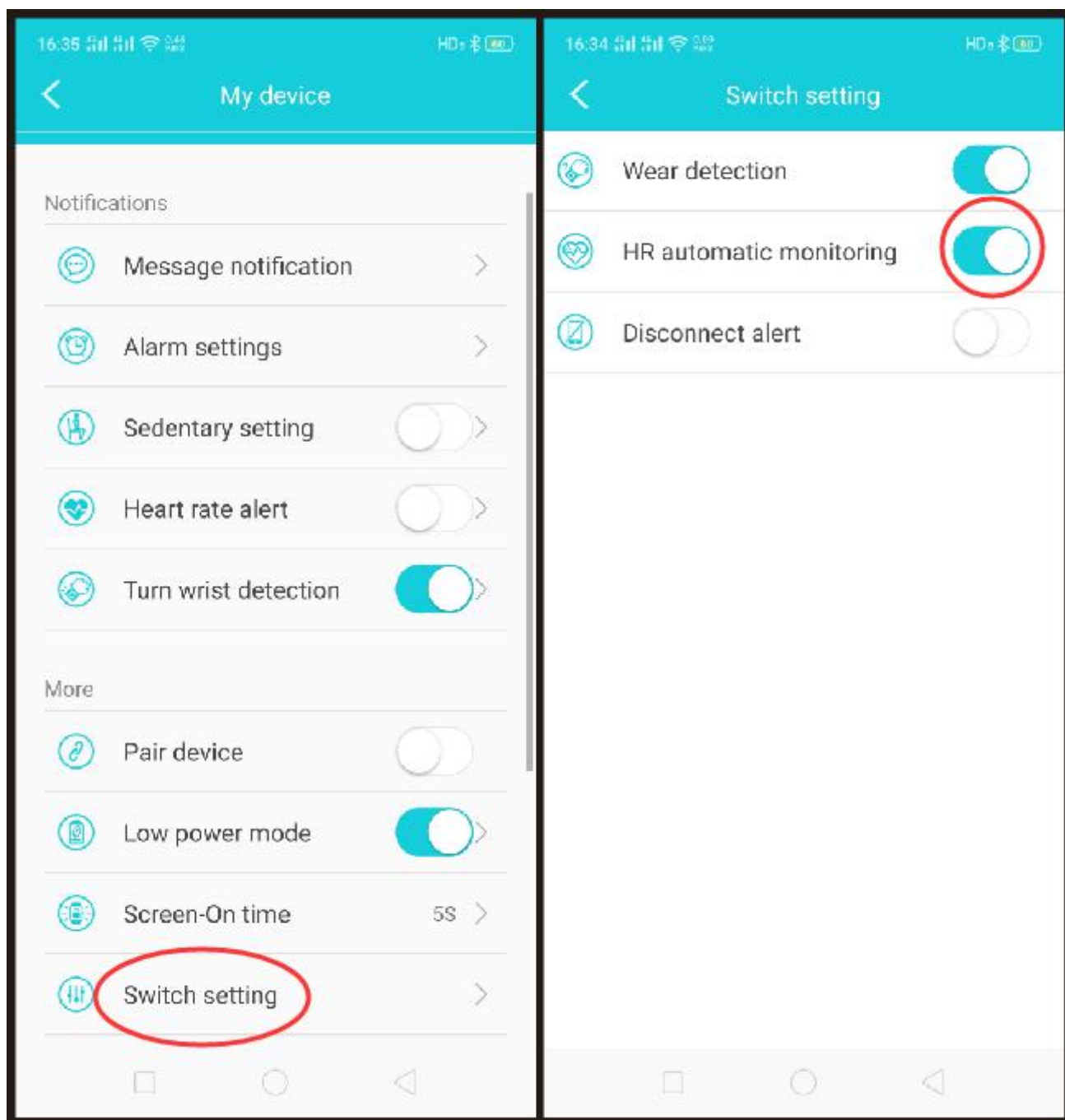
Strap length adjustmentt

Put the strap in the correct position and find the correct direction(Round hole),Rotating the ejector pin， remove the strap joint, and adjust the length to the appropriate length， Insert the thimble into place in the original direction

Round hole

" 一 " hole

一字头

圆头

Warnings:

a. Do not throw the product into fire to avoid explosion;

b. Its waterproof rating is only suitable for cold water, and fog may occur in lens in case of hot water;

c. Its working hours vary according to its working environment and mode;

d.The product doesn't belong to medical equipment and all data is for reference only! Please do not use it for any medical purpose!