

## **U23 Ultra-Slim AMOLED Unisex Smartwatch with 100+ Sports Modes**



When using this device for the first time, for your convenience, please read the manual carefully and follow the steps in the manual. Please note the following points:

1. Connect to Bluetooth

- Please make sure that the Bluetooth of the mobile phone is turned on and the bracelet is turned on.
- When searching for Bluetooth, please make sure that the bracelet has not been bound by other accounts.
- When searching for Bluetooth, keep the bracelet and mobile phone as close as possible.
- Before using Bluetooth to make calls, please make sure that the call icon is turned on in the control panel interface on the watch, and then the watch Bluetooth can be searched normally.

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2. If the user's mobile phone has installed other software such as mobile housekeeper, in order to ensure the normal operation of the background APP, please open the message push and allow the background operation permission on the mobile phone, otherwise the message cannot be pushed.
3. Charging requirements: Use a charger with a specification of 5V 0.5-2A to charge, please be sure to turn off the battery if it is not used for a long time and keep it to recharge once a month.
4. In order to ensure the accuracy of the test data, after entering the blood pressure test mode, please keep your body relaxed and still during the test, and ensure that the watch is at the same height as your heart. Please do not speak during the test (this function provides data reference for observing blood pressure changes before and after exercise, and cannot be used for medical purposes).

## Download APP to add device



1. Long press the watch button to turn on and off; turn on the device and use the phone to scan the QR code to download and install the APP; or search for "H Band" in the Apple Store/Android App Market to download and install. (Compatible systems: Android 4.4 and above, Bluetooth 4.0 mobile phones; Apple mobile phones iOS 9.0 and above.)

2. Open the mobile phone APP, search and select the device to be bound in the APP device list.

Step 1: Turn on the mobile phone Bluetooth:

Step 2: open the mobile phone "H Band" APP, in the "Device" interface, click "Bind Device" "Select Device" (\*Please confirm that the Bluetooth MAC address displayed on the watch is consistent when pairing).

## Instructions

Quick function - operation method

Open the control panel - slide the dial home page from bottom to top

Open the information interface - slide the dial home page from bottom to top

Open the main menu - single click the button

Open the list interface - move the dial home page to the left

Quick access to dial change - long press the dial for 3 seconds, slide left and right to switch the dial

Power on/off - long press the button for 5 seconds

## Function Description

1. Pedometer: Record the number of steps, distance, calories and other data of the day in detail.
2. Sleep monitoring: can record and display the total sleep time, and can view 7 days of sleep data. (You must wear the bracelet to sleep to detect data).
3. Heart rate detection: measure the current heart rate, record and display the heart rate for 24 hours a day, and automatically monitor the heart rate every 10 minutes.
4. Multi-sports mode: outdoor running, cycling, skipping, badminton, table tennis, tennis, mountaineering, walking, basketball, volleyball, dance, rowing machine, elliptical machine, yoga, aerobics, kayaking, skiing, football, golf, wrestling, fencing and other sports modes.
5. Blood pressure detection: measure current blood pressure, record and display blood pressure 24 hours a day, and automatically monitor blood pressure once an hour.
6. Blood oxygen detection: measure current blood oxygen, record and display blood oxygen 24 hours a day, and automatically monitor blood oxygen once an hour.
7. Music control: control mobile phone music play/pause/previous song/next song.
8. Camera control: open the mobile phone APP, click/shake the watch in the watch camera control interface to take a photo.
9. Weather forecast: After Bluetooth is connected to the watch, the latest real-time weather forecast can be synchronized on the watch.
10. Female physiological cycle: It needs to be set to female in the personal interface of the APP, and the corresponding cycle icon will be displayed on the watch.
11. Bluetooth call: After the APP is successfully connected to Bluetooth pairing, you can make and receive calls through the watch.
12. Music playback: After successfully connecting to the mobile phone APP, you can play the music on the mobile phone through the watch.
13. Other functions: alarm clock, stopwatch, calculation, sedentary reminder, call reminder, find mobile phone, breathing training, game, online dial, custom dial, theme style switching, brightness adjustment, etc.