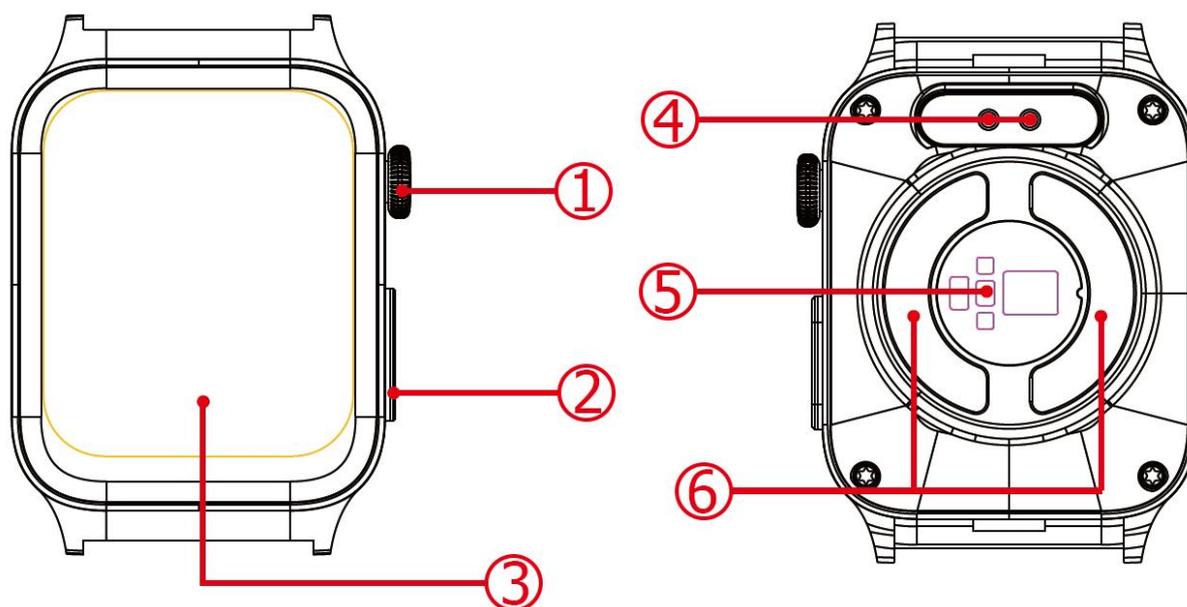


User Manual for Smartwatch with Health Monitoring E500



Specifications

- Battery Capacity: 280mAh
- Screen size: 1.83" 240x284 HD touchscreen
- IP rating: IP68
- Bluetooth v5.1
- Material: Zinc Alloy case+ABS
- Strap: environmental protection leather strap



1. Side button
2. Side electrode
3. Touch screen

4. Charging contacts
5. Heart-rate sensor
6. Temperature sensor

Long-press the side button to turn on the smartwatch.

Charging method

Before the first use, you need to charge the smartwatch. To do so, use the magnetic charging cable included in the package and attach it to the charging contacts on the back of the smartwatch. Connect the other end to a USB power adapter (not included) or a computer's USB interface.

H Band app

To install the H Band app, search for it on Google Play Store for Android or App Store for iOS. You can also scan the QR code below.



When you download and install the app, open it and set the personal information. After that go to My page, click Device and scan for the available Bluetooth devices. Select the E500 smartwatch from the list of devices and pair your smartphone with it.

Main functions

Long-press the home screen or click the Theme selection in the app to choose the theme for the smartwatch.

Step count/distance/calories: Check the number of steps walked, the distance walked, and the consumption at any time during the day. Calories can be synchronized with the app to view exercise data.

Body temperature: You can monitor the temperature in real time. It Can be synchronized with the app, with an automatic detection function. Data can be kept for 30 days.

Heart rate: Switch to the heart rate interface, and you can monitor the heart rate in real time. The data can be synchronized with the app.

ECG: Press and hold the side electrode on the ECG test interface. The bottom two electrode pads must be fully in contact with the skin for testing. The test report needs to be viewed in the app.

Blood sugar: Switch the watch to the blood sugar test interface to enter blood sugar monitoring. The data can be synchronized with the app.

Blood pressure: First, pair with the app to perform blood pressure calibration. After the calibration is successful, switch to the blood pressure test interface to enter the blood pressure test. The monitoring data can be synchronized with the app.

Blood oxygen: Switch to the blood oxygen interface to enter blood oxygen monitoring. The data can be synchronized with the app.

Breathing training: Switch to the respiration rate test interface to enter the real-time detection of the respiration rate. The monitoring data can be synchronized with the app.

Sport: Click the sports interface to enter sports mode. There are many sports to choose from. Click the sports icon to enter the corresponding sport detection. Swipe up and down to switch sports, enter the sport and start the calculation. Press the upper button to exit the current sports monitoring.

The weather: The weather page will display the current weather and air quality information. The weather information can only be obtained after pairing with the smartphone. If the smartwatch is not connected to the smartphone for a long time, the weather information will not be updated.

Sleep: You can monitor deep sleep, light sleep, sleep time all night, and calculate your sleep quality. Sleep data can be synchronized with the app.

Stopwatch: Tap the stopwatch to enter the stopwatch function, and swipe right to exit.

Music: When connected, tap Music to control the music player on the phone.

Camera: Click the camera to control the phone's camera. Click or shake to take pictures, swipe right or press the upper button to exit.

Shortcut function: Swipe down on the main interface to enter the shortcut interface. Select options such as Find Phone, Vibration, Brightness, About, or Settings, and click the icon to enter the corresponding function.

Information: Click on the message to view the content of the message. Slide up to scroll the page, and slide down to exit.

About: Click the About icon to display the watch model and the last four digits of the Bluetooth address.

Brightness: Click the Brightness icon to freely select the screen brightness.

Raise your wrist: Tap the Wrist lift icon to enter. You can choose to turn on or off the wrist lift.

Shut down: Click the shutdown icon to shut down the watch.

Other function reminders: After the app is successfully connected, open the setting permissions and keep the Bluetooth of the phone and the watch in the paired state. When there is a notification on the phone, a vibration reminder on the smartwatch will notify you.