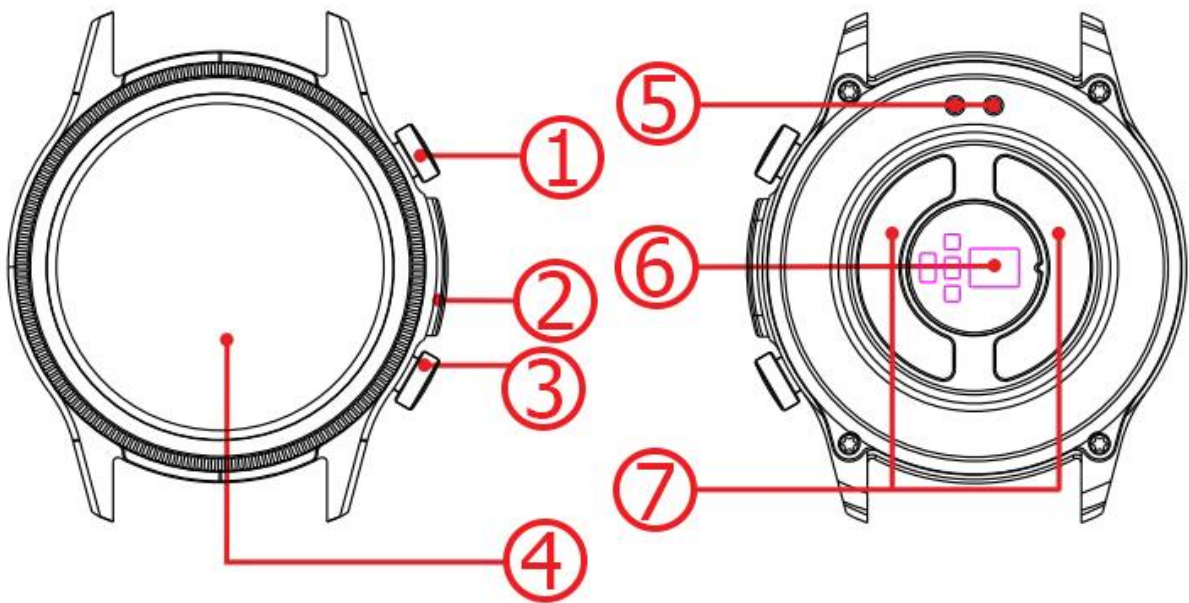


User Manual for Waterproof Sports Smart Watch with ECG E400



Specifications

- Connectivity: Bluetooth 5.1
- Heart rate chip: EM7128
- PPG sensor chip: SFH2201
- ECG chip: TYHX3220
- Blood oxygen chip: GH3220 + SFH2201
- G-sensor: ROHM KXTJ3-1057
- CPU chip: GR5515
- Display size: 1.39", HD 360 x 360
- Battery capacity: 280mAh
- Battery life: 4-7 days
- Standby time: up to 30 days
- APP name: H Band
- Protection: IP68
- Supported OS: Android 5.0 or above, iOS 9.0 or above



1. Upper button
2. Side electrode button
3. Lower button
4. Touch screen

5. Charging contacts
6. Heart rate sensor
7. Bottom electrode / Temperature sensor

The H Band app

To download the app scan the QR code below or search for the H Band app on the Play Store on Android or App Store on iOS. Sistem requirements are Android 4.4 and later or iOS 9.0 or later.



When you download the app, open it and set your personal information. Go to My page, and tap Device to scan for nearby devices. Click on your device in the list and pair it.

Functions

Long-press the touch screen while on the main interface or click the Theme selection in the App menu to choose the theme.



Press the side button to enter the menu. To exit the menu, press the side button again or press the upper button.





You can check how many steps you made, the distance traveled, and the calories burned. You can also synchronize this data with the app and track the results.



By switching to the body temperature interface you can track the real-time temperature. You can also synchronize this data with the app and track the results.



Switch to the heart rate interface and track your heart rate in real time. You can also synchronize this data with the app and track the results.



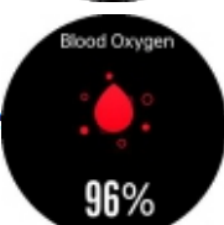
Press and hold the side electrode button on the ECG test interface to make the bottom electrodes and the side electrode fully contact the skin to begin the test. The test report can be seen in the App.



Open the blood sugar test interface to monitor the glucose. The test report can be seen in the App. Please note that the test results are only for reference and cannot be used as medical data.



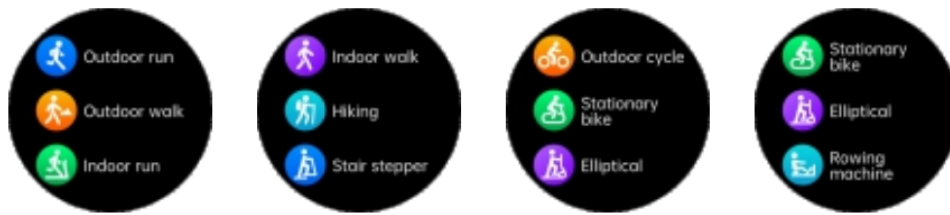
To perform a blood pressure calibration, connect the watch to the mobile app first. After the calibration is successful, switch to the blood pressure test interface and the test will start. The test report can be seen in the App. Please note that the test results are only for reference and cannot be used as medical data.



Switch to the blood oxygen interface to monitor the oxygen level in your blood. You can also synchronize this data with the app and track the results.



Switch to the respiration rate test interface to enter the real-time detection of the respiration rate. You can also synchronize this data with the app and track the results.



Enter the sports mode and you can see many sports that you can choose from. Swipe up and down to switch the sport you want, tap to choose the sport, and start the calculation. Press the up or down button to exit the current sport.



The weather page will display the current weather and air quality information. The weather information can only be obtained after connecting to the app. If the watch is not connected for a longer time, the weather information will not be updated.



You can calculate your sleep quality in terms of did you enter deep sleep, light sleep, and how much time you sleep. You can also synchronize this data with the app and track the results.



Tap the stopwatch to enter its functions and swipe right to exit.



When connected, go to the Music interface to control the music player on your smartphone.



When connected, click the camera to control the smartphone's camera. Shake to take a picture, swipe right, or press the up button to exit.



Swipe down on the main interface to enter the shortcut functions. Select options such as "Find phone", "Vibration", "Brightness", "About", "Settings", and click the icon to enter the corresponding function.



Click on the message to view the content, slide up to turn the page, and slide down to exit.



Click the brightness icon to select the brightness level.