

HETP W8

HETP W8 Fitness Tracker User Manual

Model: W8

1. INTRODUCTION

This manual provides comprehensive instructions for the HETP W8 Fitness Tracker. It covers setup, operation, maintenance, and troubleshooting to ensure optimal use of your device. The HETP W8 is an IP67 waterproof fitness tracker designed to monitor various health metrics, including heart rate, blood pressure, steps, and sleep patterns, while also providing smart notifications.

2. SAFETY INFORMATION

- Do not expose the device to extreme temperatures or direct sunlight for prolonged periods.
- Keep the device away from strong magnetic fields.
- Avoid dropping or subjecting the device to strong impacts.
- Do not attempt to disassemble or repair the device yourself. Contact customer support for assistance.
- The IP67 rating means the device is resistant to splashes and brief immersion. Do not use it for hot water baths, swimming, diving, or other water-related scenarios that exceed its rating.
- This device is not a medical device and should not be used for medical diagnosis or treatment.

3. PACKAGE CONTENTS

Please check the package contents upon unboxing:

- 1 x HETP W8 Fitness Tracker
- 1 x User Manual (English)

4. PRODUCT OVERVIEW

Familiarize yourself with the components and display of your HETP W8 Fitness Tracker.



Figure 4.1: Front view of the HETP W8 Fitness Tracker displaying steps, calories, and distance.



Figure 4.2: The HETP W8 Fitness Tracker's green optical sensor for 24-hour dynamic heart rate monitoring, with a graphical representation of heart rate data.

Monitor Blood Pressure At Anytime And Everywherer

Real-time to know blood pressure status,
easy to control your health status



Figure 4.3: The HETP W8 Fitness Tracker displaying blood pressure readings, indicating its capability to monitor blood pressure anytime and anywhere.

waterproof

*IP67 waterproof, dustproof design, it can meet daily sweat, hand washing and other daily protection,
Note: prohibit hot water bath, swimming, diving and other scenarios.*



Figure 4.4: The HETP W8 Fitness Tracker shown with water splashes, illustrating its IP67 waterproof and dustproof design suitable for daily protection against sweat and hand washing.

5. SETUP

5.1 Charging the Device

Before first use, fully charge your HETP W8 Fitness Tracker. The device features a direct USB charging method.

1. Gently remove the bracelet strap from the side with the USB connector.
2. Insert the exposed USB connector into any standard USB port (e.g., computer, USB wall adapter). Ensure the correct side is inserted.
3. The screen will indicate charging status. A full charge typically takes 1-2 hours.

7+ Days Moderate Use
10+ Days Standby



Figure 5.1: Illustration of how to remove the strap and insert the HETP W8 Fitness Tracker directly into a USB interface for charging.

5.2 App Installation

The HETP W8 Fitness Tracker requires the "H-Band" application for full functionality and data synchronization.

- Download the "H-Band" app from the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
- Ensure your smartphone meets the compatibility requirements: iOS 8.0 or later, Android 4.4 or later, and Bluetooth 4.0.

5.3 Device Pairing

After installing the app, pair your fitness tracker with your smartphone:

1. Enable Bluetooth on your smartphone.
2. Open the "H-Band" app.
3. Follow the in-app instructions to search for and connect to your HETP W8 device. Do not pair directly through your phone's Bluetooth settings; always use the app for pairing.
4. Once connected, the device's time and date will automatically synchronize with your phone.

6. OPERATING INSTRUCTIONS

The HETP W8 Fitness Tracker features a color OLED display with a high-sensitivity touch sensor for navigation.

6.1 Basic Navigation

- Tap the touch button to cycle through different display modes (time, steps, heart rate, etc.).
- Press and hold the touch button for specific functions or to enter sub-menus as indicated on the screen.

6.2 Activity Tracking

The tracker automatically records your daily activity.

- **Pedometer:** Displays your steps taken.
- **Distance:** Calculates the distance covered based on your steps.
- **Calories:** Estimates calories burned during your activities.
- **Sport Mode:** Access various sport modes through the app to track specific activities with more detail.

6.3 Heart Rate Monitoring

The device provides continuous 24-hour heart rate monitoring.

- View your current heart rate directly on the tracker's display.
- Detailed historical data and analysis are available in the "H-Band" app.

6.4 Blood Pressure Monitoring

Monitor your blood pressure in real-time.

- Access the blood pressure interface on the tracker to initiate a measurement.
- For best results, remain still during measurement.
- Historical blood pressure data can be viewed and analyzed within the "H-Band" app.

6.5 Sleep Monitoring

The tracker automatically monitors your sleep quality and duration.

- The device tracks deep sleep, light sleep, and awake time, typically between 9:00 PM and 9:00 AM.
- Detailed sleep analysis and scores are available in the "H-Band" app.

6.6 Smart Notifications

Receive alerts for calls, messages, and app notifications directly on your wrist.

- **Call/SMS Notification:** The tracker will vibrate and display incoming call alerts or SMS messages.
- **App Notifications:** Get notifications from apps like Facebook, Twitter, WhatsApp, Skype, Messenger, and LinkedIn. Configure these settings within the "H-Band" app.

Automatic monitor sleep status

Automatic monitor sleep data deep sleep time, light sleep time and awake time.



Sedentary Reminder

With the decrease of age and physical activity, the function of human activities gradually deteriorates. Moderate exercise can control body function aging



Messages Vibrate Reminder

Fast visions, multi-message remind, Real time synchroize mobile phone messages, vibrate remind, never miss any messages.



Call reminder, mute, reject

Real time synchroize mobile phone messages, vibrate remind, never miss any calls



Figure 6.1: The HETP W8 Fitness Tracker displaying various smart features including automatic sleep status monitoring, sedentary reminders, message vibrate reminders, and call notifications.

6.7 GPS Tracking

Utilize your phone's GPS to map your outdoor activities.

- When starting an outdoor activity (e.g., running) through the "H-Band" app, the connected GPS feature will track your route.
- View your itinerary, distance, and calories burned on a map within the app.



Figure 6.2: The HETP W8 Fitness Tracker demonstrating connected GPS tracking, showing a map of a running route with tracked distance and activity data.

6.8 Additional Functions

- **Stopwatch:** Use the built-in stopwatch for timing activities.
- **Sedentary Reminder:** Set reminders in the app to prompt you to move if you've been inactive for too long.
- **Alarm:** Set silent alarms through the app to wake you up or remind you of events.
- **Find Phone:** Use this feature on the tracker to make your connected phone ring, helping you locate it.
- **Camera Control:** Remotely control your smartphone's camera by shaking the tracker or tapping its screen (feature dependent on app settings).

7. MAINTENANCE

7.1 Cleaning

To maintain your tracker's appearance and functionality:

- Wipe the device regularly with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive cleaners.
- Ensure the charging contacts are clean and dry before charging.

7.2 Water Resistance (IP67)

The HETP W8 is IP67 rated, meaning it is protected from dust and can withstand immersion in water up to 1 meter for up to 30 minutes.

- It is suitable for daily use, such as hand washing and exposure to rain or sweat.
- **Important:** Do not use the device in hot water baths, saunas, swimming, diving, or any other scenarios involving high-pressure water or prolonged immersion, as this may damage the device.

8. TROUBLESHOOTING

If you encounter issues with your HETP W8 Fitness Tracker, try the following solutions:

Problem	Possible Solution
Device does not turn on or respond.	Ensure the device is fully charged. Connect it to a USB power source for at least 10 minutes.
Cannot pair with the app.	Make sure Bluetooth is enabled on your phone. Ensure the tracker is charged and within range. Restart both the tracker and your phone. Try pairing through the "H-Band" app, not directly via phone's Bluetooth settings.
Inaccurate heart rate/blood pressure readings.	Ensure the tracker is worn snugly on your wrist, about one finger's width from your wrist bone. Remain still during measurements. Clean the sensor on the back of the device.
Notifications are not received.	Check if notifications are enabled in the "H-Band" app settings. Ensure the app is running in the background and your phone's notification permissions are granted to the app.
Short battery life.	Reduce screen brightness. Disable continuous heart rate monitoring if not needed. Ensure the device is fully charged each time.

If the problem persists, please refer to the support section or contact customer service for further assistance.

9. SPECIFICATIONS

Key technical specifications for the HETP W8 Fitness Tracker:

- **Brand:** HETP
- **Model Name:** W8
- **Color:** W8-Black
- **Operating System:** Android (compatible with iOS)
- **Connectivity:** Bluetooth, USB
- **Special Features:** Heart Rate Monitor, Blood Pressure Monitor, Pedometer, Sleep Monitor, GPS (connected), Stopwatch, Alarm, Sedentary Reminder, Camera Control, Find Phone
- **Compatible Devices:** Smartphones (iOS 8.0+, Android 4.4+)
- **Battery Composition:** Lithium Polymer
- **Water Resistance:** IP67

- **Battery Life:** 7+ days moderate use, 10+ days standby (approx.)

10. WARRANTY AND SUPPORT

HETP is committed to customer satisfaction.

- **Satisfaction Guarantee:** We offer a 100% satisfaction guarantee. If you have any questions or issues with your product, please do not hesitate to contact us.
- **Customer Support:** For technical support, troubleshooting assistance, or warranty claims, please reach out to HETP customer service through the contact information provided with your purchase or on the official HETP website.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question