

[Manuals.plus](#) /

› [wgzixezn](#) /

› wgzixezn E500 Smart Watch User Manual

wgzixezn E500

wgzixezn E500 Smart Watch User Manual

Model: E500

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your wgzixezn E500 Smart Watch. Please read this manual thoroughly before using the device to ensure proper function and to maximize your user experience.

PACKAGE CONTENTS

- Smart Watch x1
- Magnetic Charging Cable x1
- User Instructions x1
- Packing Box x1

1. SETUP

1.1 Charging the Device

Before first use, fully charge your E500 Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power source. A full charge takes approximately 3-4 hours.



Image: The E500 Smart Watch connected to its magnetic charging cable, illustrating the charging process.

1.2 App Installation and Pairing

To unlock the full functionality of your E500 Smart Watch, download and install the **H Band** application on your smartphone. The watch is compatible with iOS 9.0/Android 5.0 or later and Bluetooth 5.1 or later.

1. Search for "H Band" in your smartphone's app store (Apple App Store for iOS, Google Play Store for Android).
2. Install the application.
3. Open the H Band app and follow the on-screen instructions to create an account or log in.
4. Enable Bluetooth on your smartphone.
5. In the H Band app, navigate to the device pairing section and select your E500 Smart Watch from the list of available devices.
6. Confirm the pairing request on both your watch and smartphone.

Once paired, the watch will synchronize data with the app, and you can customize settings and view detailed health and activity reports.

2. OPERATING INSTRUCTIONS

2.1 Basic Navigation

- **Touch Screen:** The 1.92-inch touch screen allows for intuitive navigation. Swipe left/right, up/down to access different functions and menus.
- **Side Button:** Typically used to return to the home screen, power on/off, or activate specific functions depending on the context.
- **Wrist Light Screen:** Raise your wrist to automatically illuminate the screen.



Image: The E500 Smart Watch displaying its 1.92-inch true color screen with health metrics and time.

2.2 Health Monitoring Functions

The E500 Smart Watch offers comprehensive health monitoring features. **Note: The data from this smartwatch is for reference only and should not be used for medical purposes.**

- **Blood Glucose Monitoring:** The watch features a non-invasive blood glucose monitoring chip. Wear the watch on

Exquisite body with great potential

Tempered glass mirror surface, transparent and wear-resistant.
Daily friction and bumps are not easy to leave marks.
Zinc alloy watch frame, with comfortable back shell, light, sturdy, scratch-resistant and wear-resistant. From the surface to the inside, it is beautiful and more textured



Various dials

Cloud dial push, switch at will

A variety of well-designed dials are built in, and a variety of cloud dials can be pushed and replaced at will. Find the dial that belongs to your heart and wear your personality.



your wrist to obtain readings. Detailed trends and analysis are available in the H Band app.

- **ECG + PPG Monitoring:**

- **On-Wrist ECG:** To collect an ECG, navigate to the ECG function on the watch and press the "ECG" button. For more accurate results, ensure the watch is snug on your wrist.
- **Chest Patch Real-time ECG Analysis:** For advanced ECG monitoring, use the provided chest patch. Connect the watch to the chest patch as instructed in the app. This method can monitor up to 10 types of abnormal signals such as atrial fibrillation, bradycardia, and arrhythmia.
- **Heart Rate Sticker Monitoring:** An alternative method for heart rate monitoring using a sticker.

- **Heart Rate Monitoring:** Continuously monitors your heart rate throughout the day. View real-time data on the watch or detailed graphs in the app.
- **Blood Pressure Monitoring:** Provides blood pressure readings.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Body Temperature Monitoring:** Tracks your body temperature.
- **Sleep Monitoring:** Automatically tracks your sleep patterns, including deep sleep, light sleep, and wake times.
- **HRV (Heart Rate Variability):** Monitors heart rate variability for insights into your autonomic nervous system.

Say goodbye to blood collection
painless and needle-free

Non-invasive measurement Real-time blood sugar control

The core patented new algorithm evaluates the user's health, stores data on the mobile phone, accurately calculates, comprehensively evaluates, and pushes personalized blood sugar interval values. At the same time, it analyzes and judges the trend of blood sugar fluctuations, so that you can timely and reasonably adjust your diet, adjust blood sugar, and effectively prevent it in advance.



Note: This product is not a medical device product. The test data is for reference only and cannot be used as medical data!

02 Handheld mode: You can measure ECG by hand



After removing the watch strap, buckle it on the ECG stand.
The heart rate and ECG waveform can be detected in PTT mode.

03 Heart rate belt mode: wear heart rate belt monitoring



Wear the ECG stand on the chest through the heart rate belt,
The heart rate and ECG waveform can be detected in PTT mode.

04 Chest sticker mode: wear heart rate sticker monitoring



Paste the ECG stand on the chest through the chest sticker,
The heart rate and ECG waveform can be detected in PTT mode.

ECG detection

Based on intelligent pulse wave technology and medical hardware standards, through ECG. Measurement principle, collect cardiac bioelectrical signals, 30s view ECG data.



4 modes for more accurate monitoring

01 One-key monitoring on wrist measurement



In ECG measurement mode, long press the "ECG button" on the watch (or click "Start Test" on the APP) to start the measurement.

Image: The E500 Smart Watch displaying ECG and blood glucose measurement interfaces, along with various measurement methods including on-wrist, chest patch, and heart rate sticker.

Health Tracking For You



Image: The E500 Smart Watch displaying an overview of health tracking data including SpO2, Sleep, Heart Rate, and Blood Pressure.

2.3 Activity Tracking and Sports Modes

The E500 Smart Watch supports 20 sports modes to track your physical activity.

- **Available Modes:** Outdoor Running, Indoor Running, Outdoor Cycling, Indoor Cycling, Outdoor Walking, and more.
- **Data Tracking:** In sports mode, the watch tracks steps, calories burned, distance, and other relevant metrics.
- **Accessing Sports Modes:** Swipe on the watch screen to find the sports mode menu and select your desired activity.

Multiple sport modes

Expand your boundaries

It supports a variety of sports modes such as running, cycling, and hiking, and can monitor important data such as sports center rate, distance, speed and calorie consumption in real time, helping you explore the larger world and constantly expand your boundaries.



Image: The E500 Smart Watch displaying various sports mode icons and a user engaging in outdoor running, with activity data shown on the watch face.

2.4 Notifications and Communication

Once paired with your smartphone, the E500 Smart Watch can receive notifications.

- **Call Reminders:** The watch will vibrate and display incoming call information.
- **Message Reminders:** Receive SMS and app notifications (e.g., WhatsApp, Facebook, Line) directly on your watch.
- **Mute Alarm Clock:** Set silent alarms that vibrate on your wrist.

Incoming call real-time message push

After the App is connected and paired, the watch can vibrate to remind. Display message content, caller number, effectively solve the noisy environment. Meetings and other situations where it is inconvenient to look at the phone



Image: The E500 Smart Watch displaying incoming call and message notifications from various social media applications.

2.5 Other Functions

- **Remote Photo Control:** Use your watch as a remote shutter for your smartphone camera.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks).
- **Sedentary Reminder:** Reminds you to move after periods of inactivity.

- **Drink Water Reminder:** Prompts you to stay hydrated.
- **Weather Display:** Shows current weather conditions.
- **Countdown/Stopwatch:** Built-in timing functions.
- **Find Phone:** Helps locate your paired smartphone.
- **Breathing Exercise:** Guided breathing exercises for relaxation.
- **Calculator:** Basic calculator function.
- **Customizable Dials:** Change the watch face to suit your style.

Make life more convenient make work more efficient

Breathing exercise, message reminder, call rejection, SMS reminder, time alarm, music control, remote phone camera, stopwatch, countdown, calculator, sedentary reminder, women's health, looking up your phone, weather forecast..



Image: The E500 Smart Watch displaying various utility functions such as timer, alarm, remote camera control, calculator, and brightness adjustment.

3. MAINTENANCE

- **Cleaning:** Wipe the watch screen and body with a soft, dry cloth. If necessary, use a slightly damp cloth and then dry thoroughly. Avoid harsh chemicals or abrasive materials.

- **Water Resistance:** The E500 Smart Watch has an IP67 waterproof rating, meaning it is resistant to splashes and brief immersion. It is suitable for hand washing. **Do not use for diving, swimming, or in saunas/hot showers, as steam and high temperatures can damage the device.**
- **Charging:** Use only the provided magnetic charging cable. Ensure the charging points are clean and dry before charging.
- **Storage:** Store the watch in a cool, dry place when not in use.

4. TROUBLESHOOTING

Problem	Possible Solution
Watch does not power on.	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Cannot pair with smartphone.	• Ensure Bluetooth is enabled on your smartphone. • Make sure the watch is within Bluetooth range of your phone. • Restart both the watch and your smartphone. • Check if the H Band app is updated to the latest version. • Forget the device in your phone's Bluetooth settings and try pairing again through the H Band app.
Inaccurate health readings.	• Ensure the watch is worn snugly on your wrist, not too tight or too loose. • Clean the sensors on the back of the watch. • Avoid excessive movement during measurements. • Remember that readings are for reference only and not for medical diagnosis.
Notifications not received.	• Ensure the watch is paired and connected to your smartphone via Bluetooth. • Check notification permissions for the H Band app in your phone's settings. • Verify that notification settings are enabled within the H Band app for the desired applications. • Ensure your phone's "Do Not Disturb" mode is not active.
Short battery life.	• Reduce screen brightness. • Limit continuous heart rate monitoring or other intensive features if not needed constantly. • Ensure the watch is fully charged each time.

5. SPECIFICATIONS

Product Model	E500
Display	1.92-inch (240*284 resolution)

Battery Capacity	280mAh
Charging Time	Approximately 3-4 hours
Usage Time	Approximately 5-7 days
Bracelet Size	260*35*12MM
Water Resistance	IP67 (Splash resistant, not suitable for diving or sauna)
App Name	H Band
Compatibility	iOS 9.0/Android 5.0 or later, Bluetooth 5.1 or later
Connectivity Technology	Bluetooth
Special Features	Activity Tracker, Heart Rate Monitor, Music Player, ECG, Blood Glucose, SpO2, Blood Pressure, Temperature Monitor

6. WARRANTY AND SUPPORT

Information regarding warranty coverage and customer support is typically provided with your purchase documentation or can be found on the official wgixezn website. Please refer to those resources for details on warranty periods, service procedures, and contact information for technical assistance.

For further assistance, please contact the retailer or manufacturer directly.

7. IMPORTANT SAFETY INFORMATION

- This device is not a medical device. The health data provided is for reference only and should not be used for medical diagnosis or treatment. Consult a healthcare professional for any health concerns.
- Keep the device away from extreme temperatures, direct sunlight, and corrosive liquids.
- Do not attempt to disassemble or repair the device yourself. This will void the warranty and may cause damage.
- Keep out of reach of children.

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