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## EnergyPort H29

# EnergyPort Smart Bracelet H29 User Manual

Model: H29

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## INTRODUCTION

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This manual provides essential instructions for setting up, operating, and maintaining your EnergyPort Smart Bracelet H29. Please read this manual thoroughly before using the device to ensure proper function and optimal performance.



Image: The EnergyPort Smart Bracelet H29 shown with both a silicone strap and a nylon strap, highlighting its versatile design.

## WHAT'S IN THE BOX

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Verify that all items are present in the package:

- EnergyPort Smart Bracelet x1
- Instruction Manual x1
- Magnetic Charging Cable x1
- Replacement Straps x2 (one silicone, one nylon)

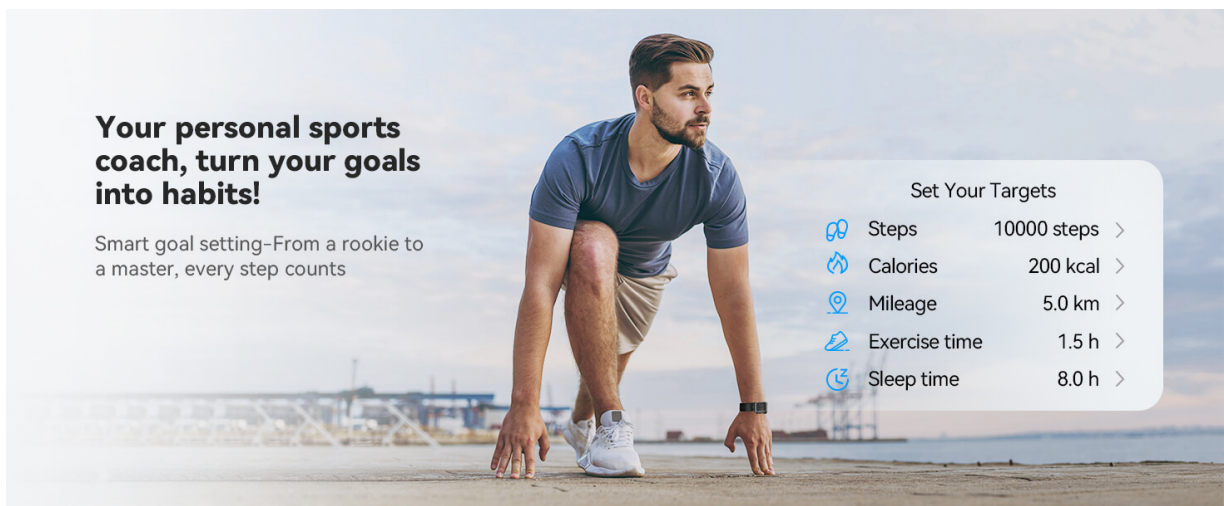


Image: A visual representation of the package contents, including the smart bracelet, user manual, charging cable, and two interchangeable straps.

## SETUP

### 1. Initial Device Activation and Bluetooth Wake-up

1. To turn on the device, press and hold the button for 3 seconds. The device will vibrate once, and a green light will flash, indicating successful startup.
2. To wake up Bluetooth, press and hold the button for 10 seconds while the device is on. The device will vibrate twice in succession, and a green light will flash, indicating successful Bluetooth wake-up.

### 2. App Installation and Pairing

Download the companion application to your smartphone to manage your device and view health data.

- Scan the QR code provided in the manual or on the product packaging, or visit [QWatch Pro App](#) to download the "QWatch Pro" app.
- Enable Bluetooth on your smartphone.
- Open the "QWatch Pro" app and follow the on-screen instructions to add your device. Select "H29" from the list of available devices to pair.

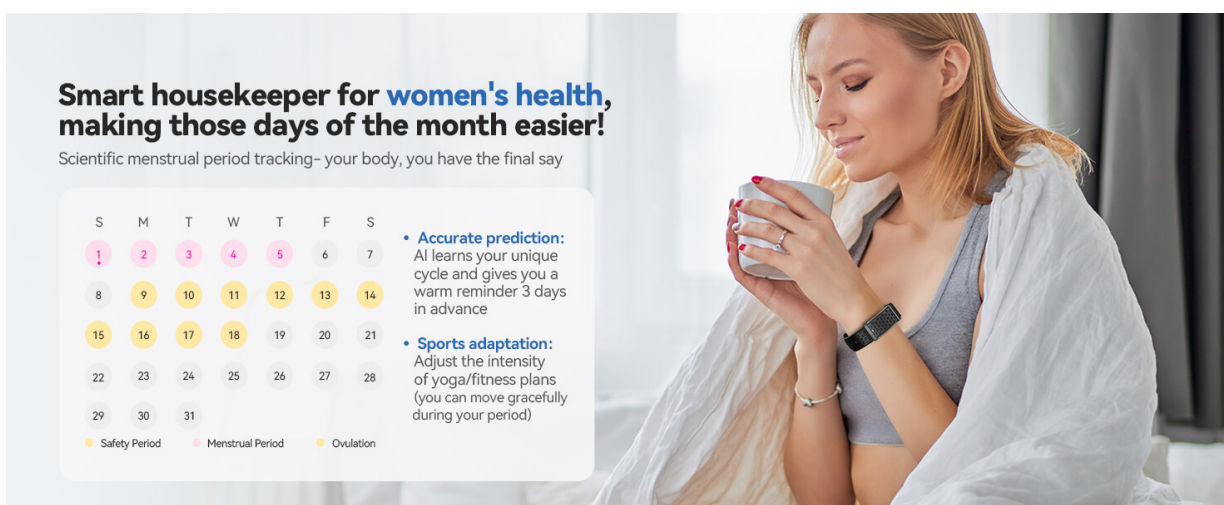


Image: A visual guide demonstrating the steps to activate Bluetooth on the bracelet and pair it with the QWatch Pro application on a mobile device.

## OPERATING INSTRUCTIONS

## Health Monitoring

The EnergyPort Smart Bracelet H29 provides continuous monitoring of various health metrics:

- **Heart Rate:** 24-hour continuous heart rate monitoring with real-time warnings for high heart rate during exercise and automatic recording of resting heart rate.
- **SpO2 (Blood Oxygen):** Automatic detection of blood oxygen saturation, useful for high-altitude activities and monitoring during sleep.
- **Blood Pressure:** Continuous blood pressure tracking with instant reminders for abnormal situations and daily reports.
- **Sleep Tracking:** Monitors sleep duration, deep sleep, light sleep, and awake times to provide a comprehensive sleep analysis.
- **Stress Monitoring:** Conduct stress tests and analyze stress levels throughout the day.
- **HRV (Heart Rate Variability):** Provides insights into your body's recovery and stress response.
- **Menstrual Cycle Tracking:** AI-powered prediction of menstrual cycles with reminders and exercise adjustments.

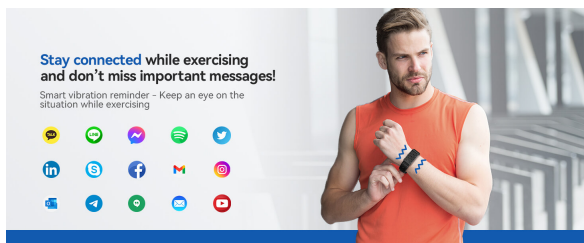


Image: Sleep data from the QWatch Pro app, illustrating sleep patterns and duration.

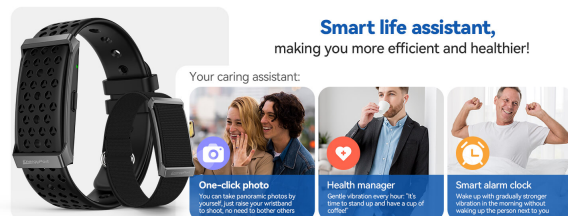


Image: Heart rate monitoring during exercise, showing real-time data and alerts.

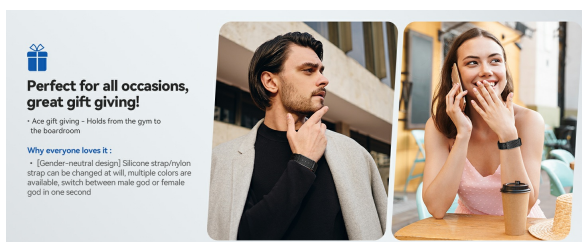


Image: Blood oxygen saturation monitoring, particularly useful for high-altitude activities.

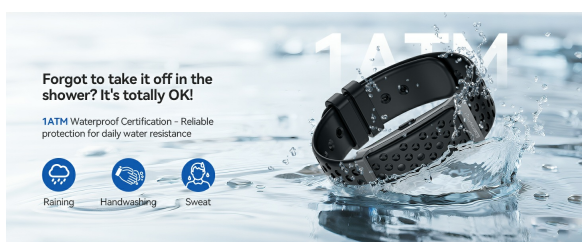


Image: Blood pressure tracking and reporting via the companion app.

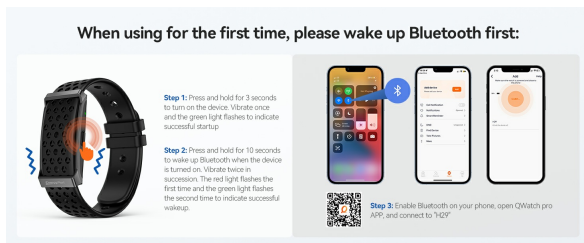
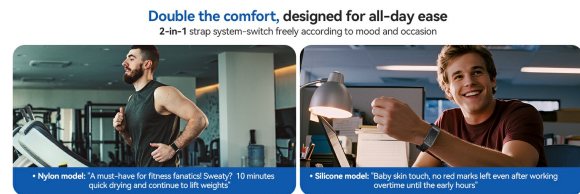


Image: Menstrual cycle tracking interface, showing predictions and adaptations.



"Easier than changing sneakers - use breathable mesh straps for morning jogging, and pink silicone straps for dates, this is true smart life"  
Image: Smart health coach features including stress tests, nap mode, breathing exercises, and fatigue analysis.

## Activity Tracking

The bracelet supports over 170 professional sports modes and tracks your fitness journey:

- **GPS Tracking:** Automatically syncs GPS routes for outdoor activities (e.g., running, hiking) to your phone app.
- **Sport Modes:** Access 170+ modes for various activities, from gym workouts to outdoor adventures.
- **Goal Setting:** Set smart goals for steps, calories, mileage, exercise time, and sleep time to guide your progress.

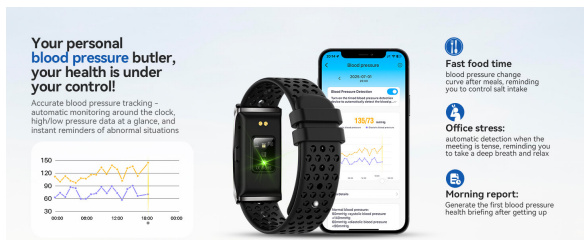


Image: GPS tracking of an outdoor run, displaying distance and route on the app.

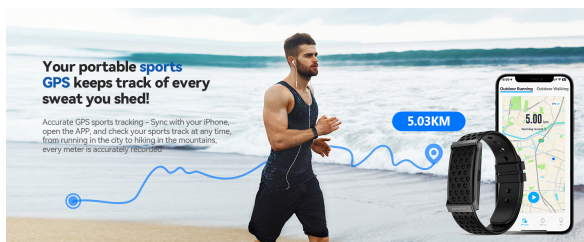


Image: Illustration of the wide range of over 170 sports modes available for tracking.

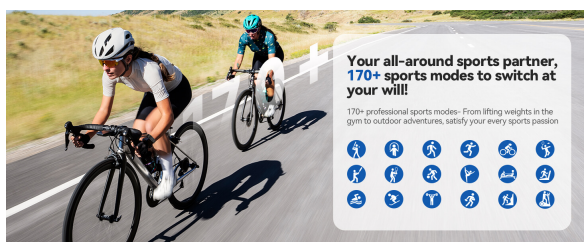


Image: Setting personal fitness goals within the app for various metrics.

## Smart Assistant Features

The bracelet offers convenient smart features to keep you connected and organized:

- **Notifications:** Receive customizable vibration alerts for calls, messages, and app notifications (e.g., Line, Facebook, Twitter, Instagram, Gmail, YouTube).
- **Camera Remote:** Take photos remotely by raising your wrist.
- **Reminders:** Gentle reminders for hydration, sedentary alerts, and other custom notifications.
- **Silent Alarms:** Set alarms that wake you with vibrations without disturbing others.

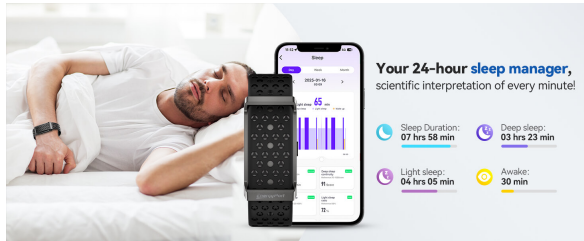


Image: Smart vibration reminders for incoming calls and messages from various applications.

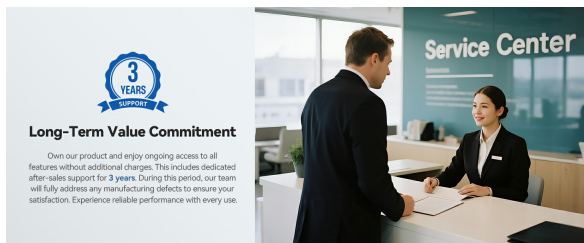


Image: Features like remote camera control, health management reminders, and smart alarms.

## COMFORT AND DESIGN

The EnergyPort Smart Bracelet H29 is designed for comfort and durability:

- **Lightweight Design:** Weighing approximately 25g, the bracelet is designed for comfortable 24/7 wear.
- **Dual Strap System:** Includes both a nylon strap (sweat-proof, quick-drying) and a silicone strap (hypoallergenic, soft) for different activities and preferences.
- **Military-Grade Durability:** Features a metal casing for enhanced drop and scratch resistance.



Image: The dual strap system, offering both nylon and silicone options for varied comfort and use.

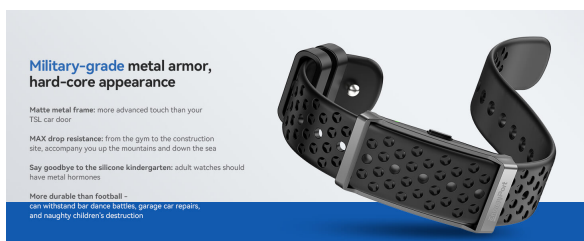


Image: The military-grade metal frame and durable construction of the smart bracelet.

## BATTERY AND CHARGING

The EnergyPort Smart Bracelet H29 features an ultra-long battery life:

- **Battery Life:** Up to 45-60 days standby, 20-30 days with regular use. A single charge can last approximately 30 days.
- **Charging:** Use the provided magnetic charging cable. Connect the cable to the charging contacts on the back of the bracelet and a USB power source.

**24-hour heart rate monitoring, guarding your life rhythm at any time!**

Smart heart rate - accurate monitoring, real-time warning during exercise, automatic recording of resting heart rate during rest

175  
130  
85  
40

00:00 06:00 12:00 18:00 00:00

**When exercising:**  
Vibration reminder for high heart rate to prevent overtraining

**When working:**  
Stress heart rate fluctuation reminder, it's time to get up and walk

**When sleeping:**  
Generate a dedicated heart rate curve, abnormal heart rate reminder

Image: The magnetic charging process and the impressive 30-day battery life per charge.

## WATER RESISTANCE

The device is 1ATM waterproof, meaning it can withstand:

- Rain and splashes
- Handwashing
- Sweat during workouts

**Note:** Avoid immersion in hot water.

**Your portable health radar, breathing quality is clear at a glance!**

Blood oxygen saturation monitoring - automatic detection during mountaineering/fitness/sleep, early warning of hypoxia risk

100  
95  
90

00:00 06:00 12:00 18:00 00:00

**High-altitude hiking:**  
real-time blood oxygen data to prevent altitude sickness

**Lifting weights in the gym:**  
blood oxygen fluctuation monitoring during exercise to optimize training intensity

**Cold recovery period:**  
daily blood oxygen line record, health is more accurate

Image: The 1ATM waterproof certification, demonstrating resistance to daily water exposure.

## SPECIFICATIONS

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Feature	Detail
Model Name	H29
Brand	EnergyPort
Item Weight	4 ounces (approx. 25g for the device itself)
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
GPS	Via Smartphone
Compatible Operating Systems	Android & iOS (via QWatch Pro App)
Memory Storage Capacity	64 MB
Water Resistance	1ATM (10m depth)
Battery Life (Typical Use)	20-30 days
Standby Time	45-60 days

## MAINTENANCE

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- **Cleaning:** Regularly clean the device and straps with a soft, damp cloth. For the sensor area, gently wipe with an alcohol swab to ensure accurate readings.
- **Storage:** Store the device in a cool, dry place when not in use.
- **Avoid Extreme Conditions:** Do not expose the device to extreme temperatures, direct sunlight for prolonged periods, or corrosive liquids.

## TROUBLESHOOTING

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- **Device Not Turning On:** Ensure the device is charged. Press and hold the button for 3 seconds.
- **Bluetooth Connection Issues:**
  - a. Ensure Bluetooth is awake on the device (press and hold for 10 seconds).
  - b. Verify Bluetooth is enabled on your smartphone.
  - c. Restart both the bracelet and your smartphone.
  - d. Ensure the bracelet is within range of your smartphone.
  - e. If issues persist, try unpairing and re-pairing the device in the QWatch Pro app.
- **Inaccurate Readings (Heart Rate, SpO2, BP):**
  - a. Ensure the bracelet is worn snugly on your wrist, but not too tight.
  - b. Clean the sensor on the back of the device.
  - c. Avoid excessive movement during measurements.
- **App Not Syncing Data:**

- a. Ensure the bracelet is connected to the app via Bluetooth.
- b. Check your smartphone's internet connection.
- c. Close and reopen the QWatch Pro app.

## WARRANTY AND SUPPORT

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EnergyPort provides comprehensive support for your Smart Bracelet H29:

- **Warranty:** A 3-year warranty covers all manufacturing defects. EnergyPort will cover repair or replacement costs during this period.
- **Lifetime Support:** Enjoy free lifetime access to core features and ongoing support without additional subscriptions.

**Your smart health coach, unlock more hidden skills!**  
All-round health assistant - From stress management to energy recovery, meet your all-round health needs

**Stress Test**  
A quick test 30 seconds before the meeting, using data to tell you whether you should take this project

**Nap Mode**  
A quick test 30 seconds before the meeting, using data to tell you whether you should take this project

**Breathing training**  
With the vibration guidance of the bracelet, calm road rage in 3 minutes

**Fatigue level**  
Based on the prediction of heart rate variability, is it suitable to work overtime or go to bed tonight?

Image: Illustration of the 3-year support and long-term value commitment provided by EnergyPort.