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› hellibito Advanced Health Smartwatch User Manual

hellibito 19c639ab-3a1a-4ec3-a711-496698f22802

hellibito Advanced Health Smartwatch User Manual

Model: 19c639ab-3a1a-4ec3-a711-496698f22802

INTRODUCTION

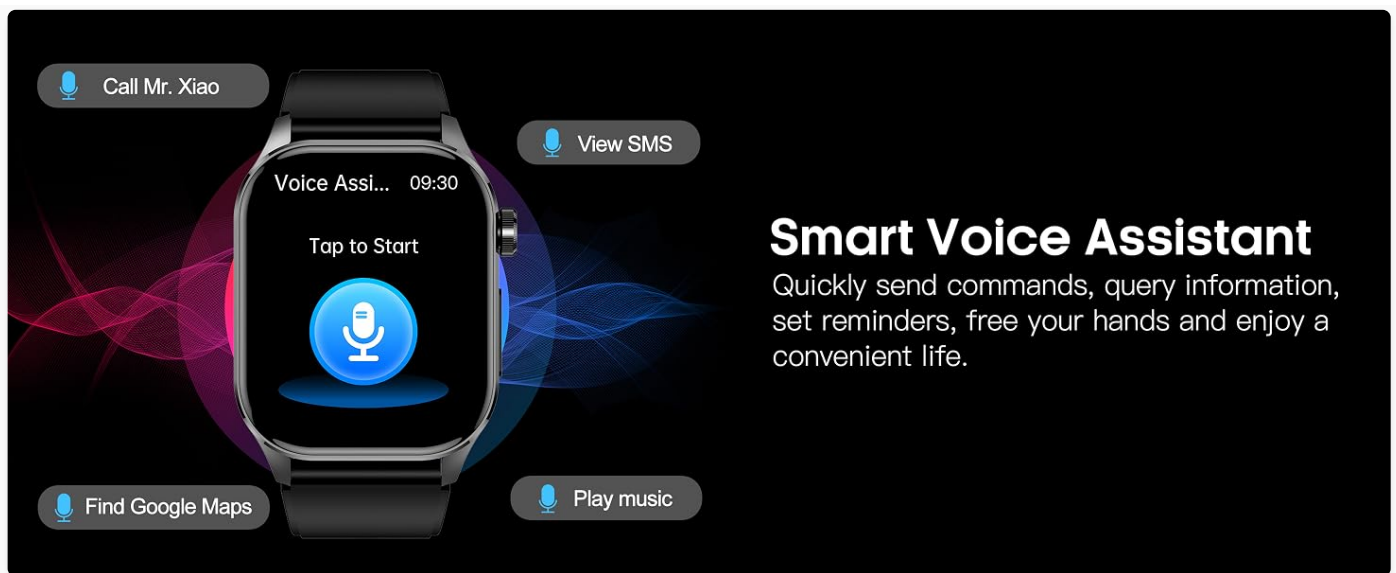
This manual provides detailed instructions for the setup, operation, and maintenance of your hellibito Advanced Health Smartwatch. This device is designed to assist in monitoring various health metrics and tracking fitness activities. Please read this manual thoroughly to ensure proper use and to maximize the benefits of your smartwatch.

The hellibito Advanced Health Smartwatch is equipped with a high-performance optical sensor for real-time health data tracking, including heart rate, blood oxygen, body temperature, blood pressure, sleep quality, and stress levels. It also offers comprehensive activity tracking with over 150 sports modes and smart communication features like Bluetooth calls and notifications.

WHAT'S IN THE BOX

Upon unpacking, please verify that all the following items are included:

- hellibito Advanced Health Smartwatch
- Charging Cable
- User Manual (this document)



Smart Voice Assistant

Quickly send commands, query information, set reminders, free your hands and enjoy a convenient life.

Image: Package contents and dimensions of the hellibito Advanced Health Smartwatch. The image displays the smartwatch, charging cable, and user guide, alongside measurements for the watch face (38mm/1.5 inches) and thickness (11mm/0.43 inches).

SETUP

1. Charging the Smartwatch

Before initial use, fully charge your smartwatch. Connect the provided charging cable to the charging port on the back of the watch and plug the USB end into a 5V/2A power adapter (not included) or a computer's USB port. A full charge typically takes approximately 2 hours.



Bluetooth 5.2 Calls

It allows you to easily answer calls while exercising, working or doing housework.

Image: The smartwatch connected to a charging cable, illustrating the charging process and indicating battery life metrics: 2 hours for charging, 4-7 days of typical use, and over 15 days of standby time.

2. App Download and Pairing

To unlock the full functionality of your smartwatch, download the companion application, "H Band," from your smartphone's app store. The app is compatible with Android 4.4 and above, and iOS 8.2 and above.

1. Download and install the "H Band" app on your smartphone.
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the "H Band" app and follow the on-screen instructions to pair your smartwatch. The pairing process is designed to be fast and stable.

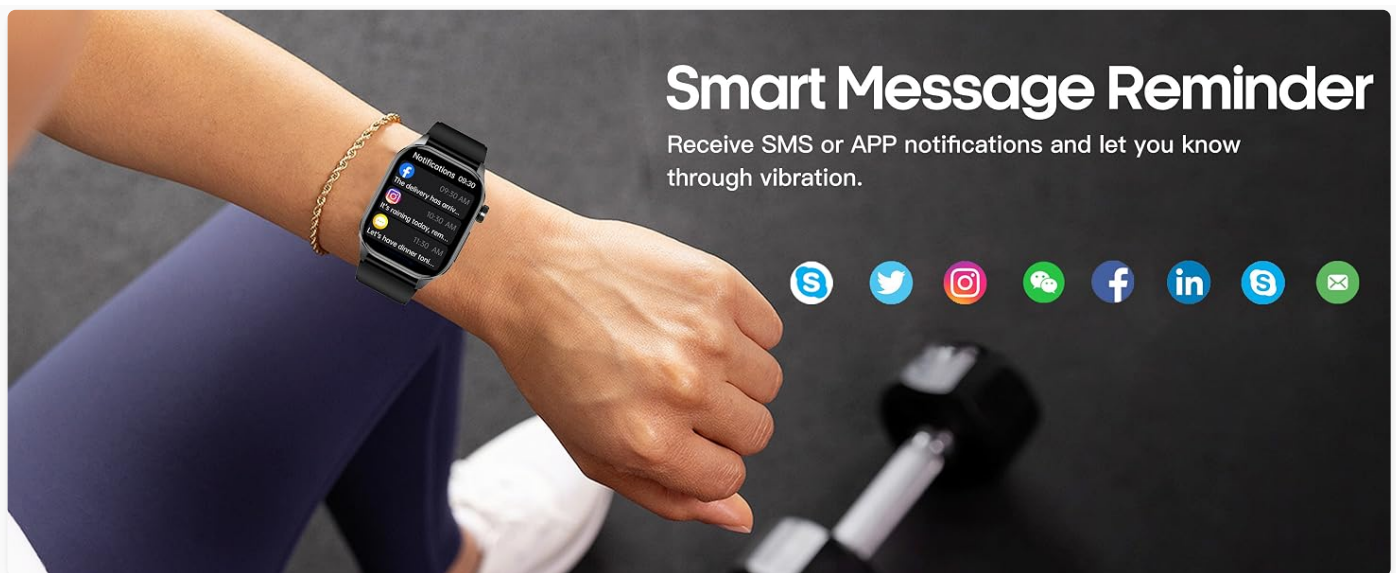


Image: The smartwatch displaying health data, positioned next to a range of smartphones (iPhone, Samsung, Google Pixel, Xiaomi, Huawei, OPPO), illustrating its wide compatibility with Android 4.4+ and iOS 8.2+ devices.

3. Initial Configuration

After pairing, configure essential settings directly on the watch or through the app.

Setting Time and Date:

1. Open the watch home screen and tap to enter the "Settings" menu.
2. Find and tap the "Date & Time" option in "Settings".
3. Turn on the 24-hour format if desired.
4. Set the current date.
5. Set the current time.
6. Confirm the settings to save changes automatically.

150+ Sports Modes

Meet various sports needs, track data in **real time**, and help you enjoy daily smart fitness training.

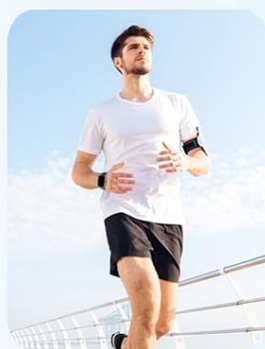


Image: A visual guide demonstrating how to set the time and date on the smartwatch, showing menu navigation and selection steps.

Turning on All-day Automatic Health Monitoring:

1. Turn on the watch and go to "Settings".
2. Find and click "Health & Monitor" in "Settings".
3. Turn on the required all-day automatic health monitoring functions (e.g., Blood Oxygen, Heart Rate, Blood Pressure, Temperature).

4. Alternatively, in the app, go to "My Device" and click "Switch Settings" to enable these features.

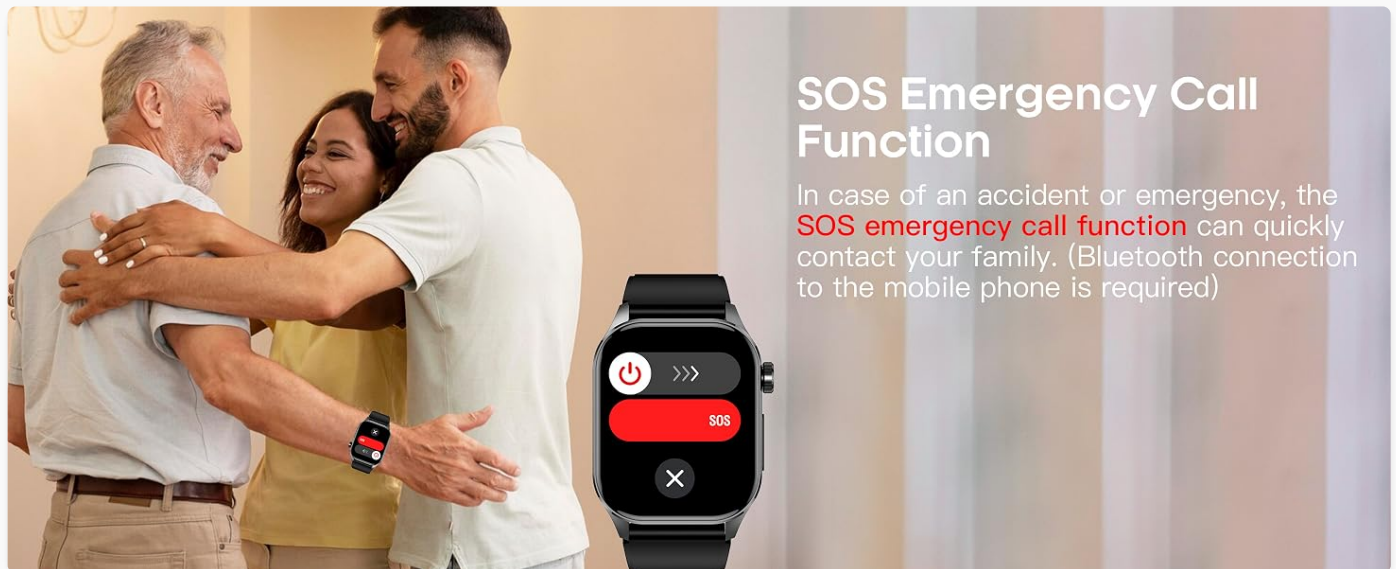


Image: Instructions for activating continuous health monitoring on the smartwatch, showing menu paths on both the watch interface and the connected smartphone application.

OPERATING INSTRUCTIONS

Health Monitoring

The smartwatch provides real-time monitoring of several key health indicators.

- **Heart Rate Monitoring:** Utilizes a photoelectric sensor and light source technology to monitor dynamic heart rate 24 hours a day.
- **Blood Oxygen Monitoring:** Intelligent red light blood oxygen saturation monitoring tracks blood oxygen status at any time.
- **Body Temperature Monitoring:** Provides real-time body temperature readings.
- **Blood Pressure Monitoring:** High-performance real-time monitoring technology and PPG sensors enable dynamic blood pressure monitoring.
- **Sleep Quality Monitoring:** An intelligent sleep monitoring algorithm helps manage and improve sleep patterns.
- **Stress Level Monitoring:** Tracks body's stress changes in real time to help maintain physical and mental balance.
- **HRV Monitoring:** Analyzes Heart Rate Variability data to provide insights into heart health.
- **Blood Glucose Monitoring:** Provides blood glucose readings.

All-Day Health Insights



Image: The smartwatch screen showing a dashboard of health insights, including sleep duration, blood oxygen levels, heart rate, HRV, stress levels, and blood pressure readings.

Blood Pressure Monitoring

High-performance real-time monitoring technology and **PPG sensors** enable dynamic blood pressure monitoring, helping you proactively manage your blood pressure health.



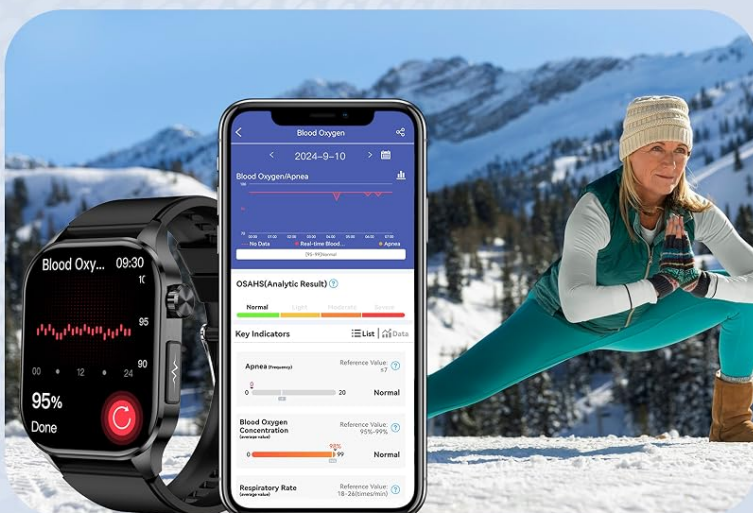
Image: The smartwatch displaying current blood pressure readings, accompanied by a user wearing the watch and a smartphone screen showing a detailed graph of blood pressure monitoring over time.



Heart Rate Monitoring

Using **photoelectric sensor** and **light source technology**, it monitors your dynamic heart rate **24 hours** a day.

Image: The smartwatch displaying current heart rate, with a user wearing the watch during an outdoor activity and a smartphone screen showing a detailed graph of heart rate monitoring over time.



Blood Oxygen Monitoring

Intelligent **red light blood oxygen** saturation monitoring always cares about blood oxygen health and tracks blood oxygen status at any time.

Image: The smartwatch displaying current blood oxygen levels, with a user wearing the watch during a stretching exercise and a smartphone screen showing a detailed graph of blood oxygen monitoring over time.



Scientific Sleep Monitoring

Intelligent sleep monitoring algorithm, more scientific sleep monitoring management and improvement, help you sleep peacefully.

Image: The smartwatch displaying sleep duration and quality, with a user wearing the watch while sleeping and a smartphone screen showing a detailed breakdown of sleep stages and efficiency.



Image: The smartwatch displaying current stress levels, with two individuals wearing the watch, illustrating how the device tracks and presents stress changes in real-time.

Activity Tracking

The smartwatch supports over 150 sports modes and provides all-day activity tracking.

- **Sports Modes:** Select from a wide range of activities like running, cycling, basketball, dancing, and more to record specific exercise data.
- **All-day Activity:** Automatically tracks steps, calories burned, distance, and heart rate throughout the day.

150+ Sports

IP68 waterproof & all-day activity tracking



Image: The smartwatch interface showing a selection of over 150 sports modes, including running, walking, and treadmill, alongside images of individuals participating in hiking, baseball, and skiing, demonstrating its versatility for various activities.

380 mAh Battery Life Time

Note: Battery life depends on usage. For best results, use a 5V charger and avoid chargers over 5V/2A.



2H
Charging Time



4-7 Days
Time of Use

15+ Days
Standby Time



Image: The smartwatch displaying its cycling mode and a collection of icons representing over 150 sports, accompanied by images of individuals engaged in cycling, tennis, rock climbing, and mountain biking, highlighting its extensive sport tracking capabilities.

Size & Package Contents



38mm/1.5inches



11mm/0.43inches

Image: The smartwatch displaying activity data such as heart rate and calories, with a user cycling and a smartphone app showing a mapped route, illustrating the all-day activity tracking feature.

Communication Features

- **Bluetooth 5.2 Calls:** After connecting to your phone via Bluetooth, you can answer or make calls directly from your smartwatch.
- **Notifications:** Receive real-time APP message notifications (e.g., Facebook, WhatsApp, Instagram) through vibration.
- **AI Voice Assistant:** Built-in AI voice assistant allows for easy voice control of music playback, reminder settings, and other operations.



Image: The smartwatch displaying call functions (keypad, contacts, call history) and notification icons for various social media apps, demonstrating its Bluetooth call and message reminder capabilities.

2.04" AMOLED Display

Enjoy a more vivid visual experience

- 368*448 High Resolution
- Brightness Adjustment
- Turn Wrist to Wake



Image: The smartwatch displaying call history, with a user wearing the watch and a smartphone, illustrating the Bluetooth 5.2 call function for answering and making calls.

Always-On Display

- Digital and pointer dial screen-off style
- In the screen off mode, you can check the time without turning on the screen



Image: The smartwatch displaying a message notification from Facebook, with a user wearing the watch during exercise, demonstrating the smart message reminder feature.

150+ Watch Faces

Easily switch watch face styles or customize them to make your watch fit every occasion.



Image: The smartwatch displaying its voice assistant interface, with examples of commands like 'Call Mr. Xiao', 'View SMS', 'Find Google Maps', and 'Play music', highlighting its hands-free control capabilities.

Customization

- **Personalized Dials:** Choose from over 150 high-definition online dials through the app.
- **DIY Dials:** Upload your own photos to customize the watch face.



Image: The smartwatch displaying multiple watch face options, including customizable ones, alongside a smartphone app interface for selecting and personalizing watch faces with photos.

Other Functions

The smartwatch integrates multiple practical functions for daily life management.

- Time display and weather forecast.
- Music and camera control.
- Alarm setting and phone search.
- Menstrual cycle tracking.
- Calculator, flashlight, and games.
- **SOS Emergency Call Function:** In case of an accident or emergency, this function can quickly contact your family (requires Bluetooth connection to the mobile phone).

Multifunctional Smart Watch



Image: The smartwatch displaying a comprehensive array of functional icons, including calculator, stopwatch, camera, timer, alarm clock, music, games, stress monitoring, water drinking reminder, weather, flashlight, search, HRV, body temperature, menstrual tracking, respiratory training, do not disturb mode, sedentary reminder, voice assistant, and blood pressure.



Stress Monitoring

Track your body's **stress changes** in real time, manage stress easily, and maintain physical and mental balance.

Image: A collage illustrating various practical functions of the smartwatch, including camera control, music control, menstrual cycle tracking, weather forecast, calculator, flashlight, find phone, and games.

SOS Guardian on Your Wrist



Image: The smartwatch displaying an SOS emergency call screen, featuring a prominent red SOS button, with a family in the background, emphasizing the safety feature.

Rich and Practical Functions



Image: The smartwatch displaying its SOS emergency call function, with a family embracing in the background, highlighting the importance of this safety feature for quickly contacting loved ones during emergencies.

MAINTENANCE

To ensure the longevity and optimal performance of your hellibito Advanced Health Smartwatch, follow these maintenance guidelines:

- **Cleaning:** Regularly clean the watch screen and strap with a soft, dry cloth. If necessary, use a slightly damp cloth and mild soap, then dry thoroughly. Avoid harsh chemicals or abrasive materials.
- **Water Resistance:** The smartwatch is IP68 waterproof, meaning it can withstand splashes, sweat, and brief immersion in water (e.g., washing hands). However, it is not suitable for hot water, diving, or high-pressure water activities. Avoid prolonged exposure to water.
- **Charging Port:** Keep the charging contacts clean and dry to prevent corrosion and ensure efficient charging.
- **Storage:** Store the smartwatch in a cool, dry place when not in use.

IP68 Waterproof More Reassuring



Image: The smartwatch being splashed with water, illustrating its IP68 waterproof capability, suitable for daily wear and light water exposure.



Widely compatible

Android 4.4 and above ios 8.2 and above

App: H Band (Note: Our app works [without any additional cost.](#))



iphone 6-16Series



Samsung Series



Google Pixel series/OnePlus series/Xiaomi series/Huawei series/OPPO series...

Image: The smartwatch being splashed with water, reinforcing its IP68 waterproof rating and suitability for outdoor exercise, sweaty workouts, or daily wear without worry.

TROUBLESHOOTING

If you encounter issues with your smartwatch, refer to the following common troubleshooting steps:

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- **Cannot Pair with Phone:** Make sure Bluetooth is enabled on your phone and the watch. Ensure the watch is within range of your phone. Restart both the watch and your phone, then 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 sensor on the back of the watch. Environmental factors and individual physiology can affect readings. Consult a medical professional for accurate health assessments.
- **Notifications Not Appearing:** Check the "H Band" app settings to ensure app notifications are enabled. Verify that your phone's notification permissions are granted to the "H Band" app. Ensure the watch is connected via Bluetooth.
- **Short Battery Life:** Reduce screen brightness, disable unnecessary continuous monitoring features, and limit frequent use of power-intensive functions like calls. Ensure you are using a 5V charger.
- **Touch Screen Unresponsive:** Restart the smartwatch. If the issue persists, ensure the screen is clean and dry.

SPECIFICATIONS

Feature	Detail
Model Number	19c639ab-3a1a-4ec3-a711-496698f22802
Screen Size	2.04 Inches
Display Resolution	368*448 (AMOLED)
Item Weight	6.4 ounces
Battery Capacity	380 Milliamp Hours (Lithium Polymer)
Charging Time	Approx. 2 hours

Feature	Detail
Typical Usage Time	4-7 Days
Standby Time	15+ Days
Connectivity Technology	Bluetooth 5.2
Water Resistance	IP68
Operating System	Android (compatible with Android 4.4 and above)
iOS Compatibility	iOS 8.2 and above
Memory Storage Capacity	64 GB
Special Features	Activity Tracker, Alarm Clock, Health Monitor, Notifications, Weather Forecast, AI Voice Assistant, SOS Function
GPS	GPS Via Smartphone



Image: The hellibito Advanced Health Smartwatch in black, showcasing its vibrant display with health monitoring data and activity tracking visuals.

WARRANTY AND SUPPORT

For warranty information, technical support, or any inquiries regarding your hellibito Advanced Health Smartwatch, please refer to the contact details provided on the product packaging or the official hellibito website. Keep your purchase receipt as proof of purchase for warranty claims.

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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