

WuzuTech P1

WuzuTech Herz P1 Smart Band Instruction Manual

Model: P1

1. INTRODUCTION

Welcome to the WuzuTech Herz P1 Smart Band. This device is designed to help you monitor your daily activity, sleep patterns, and overall health. Please read this manual carefully to ensure proper use and optimal performance. The Herz P1 Smart Band is a lightweight, comfortable wearable that tracks various biometrics throughout the day and night. It connects to a dedicated app on your smartphone to provide detailed insights into your health data.

2. WHAT'S IN THE BOX

Upon unboxing your Herz P1 Smart Band, verify that all components are present:

- 1x Herz P1 Smart Device
- 1x Instruction Manual (this document)
- 1x Quick Start Guide
- 1x Product Box
- 1x USB Magnetic Charging Cable
- 1x Silicone Strap (pre-attached or separate)
- 2x Adjustable Nylon Straps (long and short, Rose Mist color)

What's In The **Package?**



2 x FlexPro Wristband

Image: Contents of the Herz P1 Smart Band package. This includes the smart band device, a USB magnetic charging cable, an instruction manual, a quick start guide, a product box, a silicone strap, and two adjustable nylon straps.

Exceptional Battery Life ⚡



 **1 ATM Water Resistant**

 **175 mAh Battery**



1.5 Hours
Fast Charging

30 Days
Battery Life

60 Days
Standby

Image: Two FlexPro nylon wristbands in Rose Mist. The longer strap measures approximately 26 cm (10.24 inches) and the shorter strap measures approximately 22 cm (8.66 inches), providing options for a custom fit.

3. SETUP GUIDE

3.1 Charging the Device

Before initial use, fully charge your Herz P1 Smart Band. Connect the magnetic charging cable to the charging points on the back of the device and plug the USB end into a power source (e.g., computer USB port, USB wall adapter).

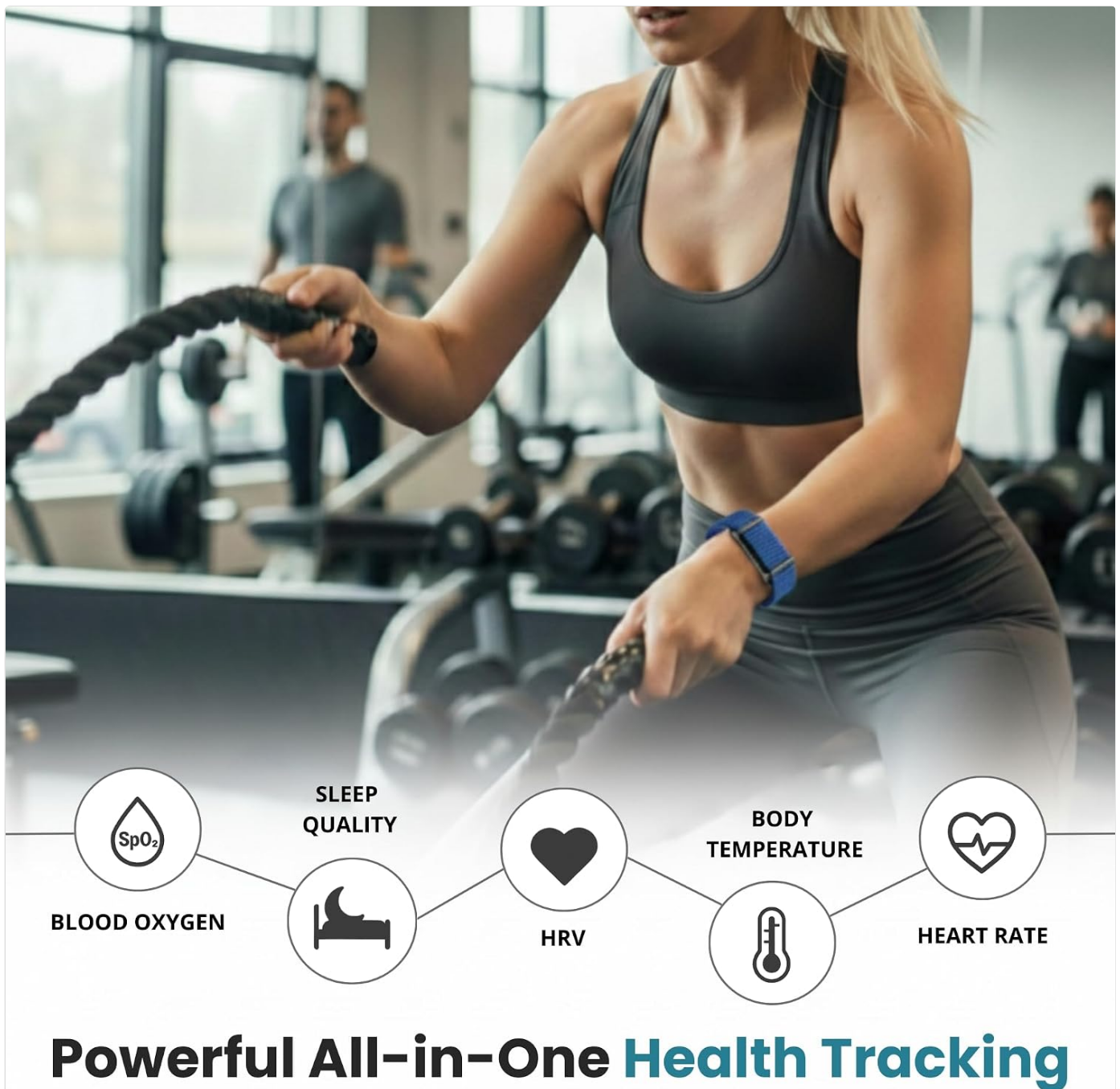


Image: The Herz P1 Smart Band on a wrist, illustrating its battery features. It has a 175 mAh battery, charges in 1.5 hours, offers up to 30 days of battery life, 60 days of standby time, and is 1 ATM water resistant.

The device supports fast charging, reaching full capacity in approximately 1.5 hours. A full charge provides up to 30 days of typical usage.

3.2 App Installation and Pairing

The Herz P1 Smart Band requires the Herz App (also known as QRing App) for full functionality. The app is compatible with both iOS and Android devices and does not require any subscription fees.

1. **Download the App:** Scan the QR code provided in the quick start guide or search for "Herz App" or "QRing App" in the Apple App Store or Google Play Store. Alternatively, visit www.qcwireless.cn/QcRing/index.html.
2. **Create an Account:** Follow the on-screen instructions to create your user account.
3. **Pair the Device:** Ensure your smartphone's Bluetooth is enabled. Open the Herz App and follow the prompts to search for and pair your Herz P1 Smart Band.
4. **Complete Setup:** Once paired, the app will guide you through any necessary profile setup or initial synchronization.

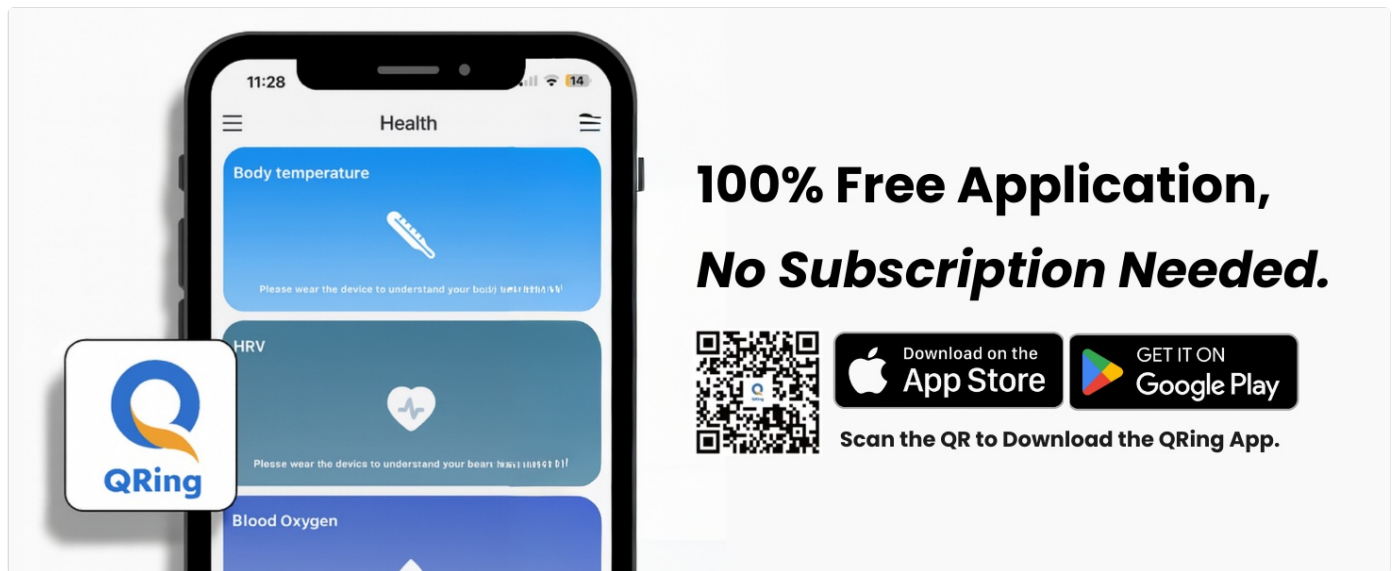


Image: The Herz App interface on a smartphone, showing various health metrics. QR codes are provided for downloading the app from the Apple App Store and Google Play, highlighting that it is a 100% free application with no subscription needed.

3.3 Attaching the Straps

The Herz P1 Smart Band comes with interchangeable straps. To attach or change a strap:

1. Align the strap with the connection points on the smart band device.
2. Gently push the strap into place until it clicks securely.
3. Ensure both ends of the strap are firmly attached before wearing.

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Video: Herz P1 Smart Band Unboxing and App Setup. This video demonstrates how to unbox the device, attach the straps, and connect it to the companion app.

4. OPERATING INSTRUCTIONS

The Herz P1 Smart Band operates continuously to track your health metrics. Data is synchronized with the Herz App on your smartphone.

4.1 Activity Tracking

The device automatically tracks your daily movement, including steps, distance, and calories burned. Wear the band comfortably on your wrist throughout the day for accurate data collection.

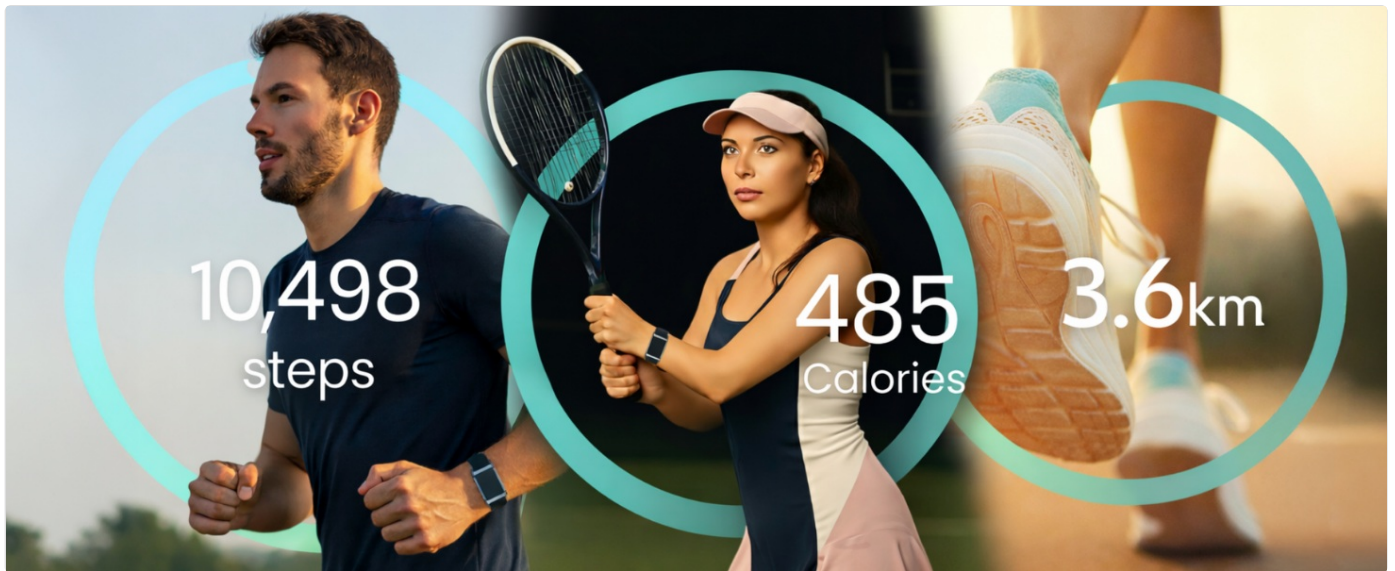


Image: Visual representation of activity tracking, showing a person running and another playing tennis. Overlays indicate tracked metrics such as steps (10,498), calories burned (485), and distance (3.6 km).

4.2 Health Monitoring

The Herz P1 Smart Band continuously monitors several key health metrics:

- **Heart Rate:** Tracks your heart rate throughout the day.
- **Blood Oxygen (SpO2):** Measures blood oxygen levels.
- **HRV (Heart Rate Variability):** Provides insights into your autonomic nervous system.
- **Body Temperature:** Monitors your skin temperature.
- **Stress Trends:** Analyzes patterns to indicate stress levels.

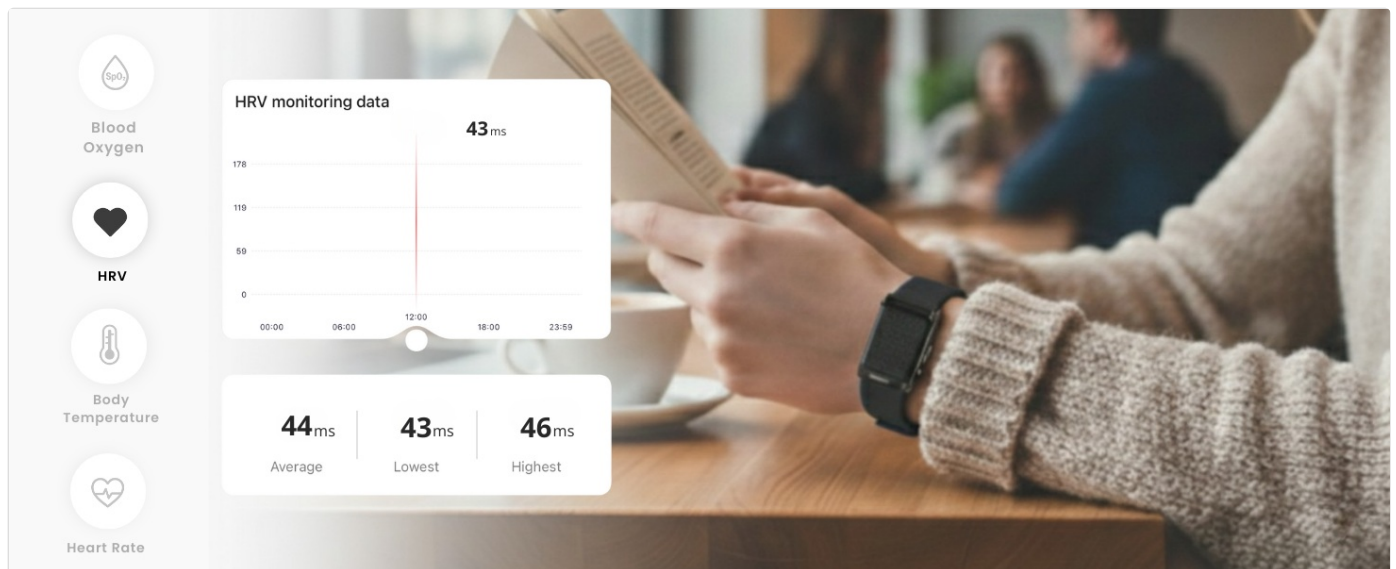


Image: A person exercising, wearing the smart band. The image displays a graph of scheduled blood oxygen data, showing a 99% reading, along with average, minimum, and maximum values.



Image: A person meditating, wearing the smart band. The image displays skin temperature monitoring data, showing a reading of 36.5°C, along with average, minimum, and maximum values.

All-day comfort you barely feel.

 0.88 oz (25 g)

0.31 in (8 mm) Thickness

Premium Zinc Alloy



Image: A person wearing the smart band. The image displays a graph of scheduled heart rate data, showing a reading of 78 bpm, along with average, minimum, and maximum values.

4.3 Sleep Tracking

The Herz P1 Smart Band automatically monitors your sleep cycles, including sleep duration, light sleep, deep sleep, and overall sleep quality. Wear the band while sleeping for comprehensive sleep analysis.

Lightweight Nylon

For maximum comfort.



Image: A woman sleeping, wearing the smart band. The image displays sleep monitoring data, including Sleep Duration (7 hours 22 minutes), Light Sleep (1 hour 4 minutes), Deep Sleep (6 hours 18 minutes), and an overall Sleep Quality rating of Excellent.

4.4 Smart Features

The Herz P1 Smart Band offers additional features accessible through the app:

- **Message Notifications:** Receive alerts for incoming messages.
- **Incoming Call Reminder:** Get notified of incoming calls.
- **Find My Band:** Locate your band if misplaced.
- **Do Not Disturb Mode:** Silence notifications during specific times.
- **Photo Control:** Remotely trigger your phone's camera.
- **Alarm Clock:** Set silent, vibrating alarms.
- **Menstrual Period Tracking:** Monitor menstrual cycles.

Durable, Lightweight Comfort

 **0.88 oz (25 g)**

0.31 in (8 mm) Thickness



Quiet Design
Vibration-Only Alerts.



Barely-There Comfort
Feather-Light And Breathable.

Image: A collage illustrating the smart features of the Herz P1 Smart Band. These include 'Find My Band', 'Message Notification', 'Incoming Call Reminder', 'Do Not Disturb Mode', 'Photo Control', 'Alarm Clock', and 'Menstrual Period' tracking.

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Video: Herz P1 Smart Band Key Features. This video provides a quick overview of the main functionalities and benefits of the smart band.

5. MAINTENANCE AND CARE

5.1 Cleaning

To maintain the cleanliness and functionality of your Herz P1 Smart Band:

- Wipe the device and straps regularly with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as these can damage the device.
- Ensure the charging contacts are clean and dry before charging.

5.2 Water Resistance

The Herz P1 Smart Band features 1 ATM splash resistance. This means it can withstand sweat, rain, and handwashing. It is **not** intended for swimming, showering, or full water submersion. Prolonged exposure to water or high-pressure water jets may cause damage.

5.3 Battery Care

To prolong battery life:

- Avoid extreme temperatures.
- Charge the device regularly, but avoid leaving it fully discharged for extended periods.
- Use only the provided magnetic charging cable.

6. TROUBLESHOOTING

If you encounter issues with your Herz P1 Smart Band, try the following steps:

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger for at least 30 minutes.
- **Not pairing with app:** Make sure Bluetooth is enabled on your phone and the band is within range. Restart both the band and your phone, then try pairing again.
- **Inaccurate data:** Ensure the band is worn snugly but comfortably on your wrist. Avoid wearing it too loosely or too tightly.
- **App not syncing:** Check your internet connection. Close and reopen the app. Ensure the app has necessary permissions on your phone.
- **Short battery life:** Review usage patterns. Features like frequent notifications or continuous high-intensity tracking can consume more power. Ensure the device is fully charged.

If problems persist, refer to the support section for contact information.

7. SPECIFICATIONS

Feature	Specification
Model Number	P1
Brand	WuzuTech
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Compatible Devices	Smartphone (iOS and Android)
Display Type	No Display
Water Resistance Level	Water Resistant (1 ATM)
Water Resistance Depth	10 meters
Metrics Measured	Heart Rate, Sleep Duration, Stress, Body Temperature, Blood Oxygen Monitor
Special Features	Activity Tracker, Sleep Monitor, Notifications, Splash Resistant, App Connected
Supported Application	Herz App (QRing App)

Feature	Specification
Band Material Type	Nylon
Closure Type	Velcro
GPS	No GPS
Weight	0.88 oz (25 g)
Thickness	0.31 in (8 mm)

8. WARRANTY AND SUPPORT

8.1 Warranty Information

WuzuTech provides a limited warranty for the Herz P1 Smart Band against defects in materials and workmanship under normal use for a period of one (1) year from the date of original purchase. This warranty does not cover damage caused by accidents, misuse, unauthorized modifications, or failure to follow the instructions in this manual. Please retain your proof of purchase for warranty claims.

8.2 Customer Support

For technical assistance, troubleshooting, or warranty inquiries, please contact WuzuTech customer support through the following channels:

- **Website:** Visit the official WuzuTech website for FAQs and support resources.
- **Email:** Refer to your product packaging or the official website for customer service email addresses.
- **In-App Support:** Some support options may be available directly within the Herz App.

When contacting support, please have your product model (P1) and purchase details ready.

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

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

Open the live page

<https://manuals.plus/asin/B0GMW58L74>

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