

Smart watch English User Manual

Smart Watch M100 User Manual

ON/OFF

1. When the watch is off, charge it or press and hold for 3 seconds. The bracelet vibrates to turn on;
2. Change to shutdown interface in start-up state, and have a long press on shutdown interface for 3 seconds to power off.

BAND OPERATION

1. Slide to light up screen or change display in start-up state;
2. No operation default five-second screen, users can connect to the mobile APP to modify the screen time;
3. The factory default setting of the band (heart rate monitor for 24 hours). Users can turn on or off in the general settings of APP interface.

HOW TO INSTALL APP

Scan the following QR code or downloads the "H Band " in application markets to install the paired APP. Demands on Device: IOS 9.0 or above; Android 5.0 or above.



Scan QR code for download and installation "H Band"

CONNECT WITH DEVICE

Open the APP click "Device" "Add Device" "Select Device", click the corresponding model, and follow the prompts to connect (see the operation Demands on Device: IOS 9.0 or above; Android 5.0 or above.



(SKETCH MAP)

Wireless connection: After successful pairing, APP will automatically save watch Wireless address. When APP is opened or operated in the background, it will automatically search and connect the watch.
Data synchronization: Manually drop APP main page down to synchronize data; the watch can save offline date of 7 days. The date is more, the synchronization time will be longer. It will take no more than 2 seconds to synchronize data. After synchronization, "synchronization finish" will be popped up.

TRAINING

Click to enter the sports interface, multiple sport modes, select a specific sports item, click to start monitoring after three seconds, press the upper corner button or slide to the right to pause, click " " to end.

STATUS

Change to the status interface to view the current step count, distance, and calorie status. The distance and calories are calculated and displayed according to the current walking steps, the height and weight set by the APP personally.

WEATHER

Change to the weather interface, you can view the weather and temperature conditions.

LED FLASHLIGHT

Pull down the screen on the main dial and click the flashlight icon to turn on the flashlight on the side of the watch. Avoid turning on the side light for a long time to extend battery life

ALARM CLOCK

Enter the alarm clock interface, you can add or delete alarm clocks, and you can set up to multi groups of alarm clocks, or APP side settings.

MORE

Stopwatch: Click to start timing, swipe to the right to exit back to the previous interface when the timing is stopped.

Timer: Change to the timer interface, you can choose to set the time or add a custom time.

Find a mobile phone: Change to the search interface, click to find a mobile phone in the connected state, and the mobile phone will send a ringtone to remind you.

SET UP

Watch face: Click this interface to change the watch face left and right, and click to select the watch face.

Theme: Click this interface to choose from variety interaction modes.

Brightness adjustment: Click to select different brightness, there are four levels of brightness.

Bright screen duration adjustment: Click to select the bright screen duration, which are 5 seconds, 10 seconds, and 15 seconds, or APP side settings.

Sound setting: Click to enter the sound setting interface, you can choose to turn on or off the entertainment/call ringtone.

About: Click this interface to view the firmware version number and Wireless address of the bracelet.

Factory reset: Click this interface to choose factory reset (clear all data) or cancel.

Shutdown: Click this interface to select shutdown or cancel shutdown.

APP download: Click this interface, scan the QR code, and download the APP.

PRECAUTIONS

Please prevent your watch from being shocked, or exposed under high temperature or blazing sun for a long time.

Please don't disassemble, repair or change the device.

The device should adopt current 0.5A to charge, it is forbidden to charge with over-voltage power supply.

It should be used within the temperature of 0 degrees - 45 degrees. It is forbidden to throw into fire, avoiding explosion.

Please charge after drying the band with soft cloth, otherwise, it will corrode charging touch points, leading to charge fault.

Please keep away from chemical substance such as gasoline, cleaning solvent, propanol, alcohol or insect repellent.

Please don't use the product in high voltage and high magnetic environment. In case of sensitive dry skin or too-tight wearing, you may be uncomfortable.

Please don't take a hot bath by wearing it.

Please dry sweat in your wrist timely for its possibility to lead to skin itch or allergy by long-time touch with soap, sweat, allergens or contaminated ingredients. In case of frequent use, it is suggested to clean weekly.

Please wipe with a damp cloth, and remove oil or dust by mild soap.

Do not open more push without special requirements.

COMMON PROBLEM

How to do when it cannot connect with Wireless? (low speed/ failed to connect or reconnect)

Please confirm whether your device is IOS9.0, Android 5.0 or above.

It takes time differently for each connection caused by the signal interference of wireless connection. If it fails to connect for a long time, please confirm that you use it in environment without magnetic field or interference of multiple Wireless device.

Turn on again after turning off the Wireless.

Turn off the background applications of mobile phones or restart your mobile phones.

Please don't make your mobile phones connect with other Wireless device or functions at the same time.

Please check whether the APP is operated normally in the background. Otherwise, it may fail to connect.

Information to User

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions:

(1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Important

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. The uses of equipment generates and radiates radio frequency energy, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.