



spovan ECG+PPG+SPO2 Smart Watch User Guide

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spovan

ECG+PPG+SPO2 Smart Watch



User Guide

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Power On/Off

Power on: long press the button to turn on the device.

Power off: switch to the interface of power off, then long-press the touch area to turn the device off.

Charge It is a magnetic suction charging cable, please make sure the cable matches the charge point correctly.



Charge

It is a magnetic suction charging cable, please make sure the cable matches the charge point correctly.



The structure



Wear Guidance

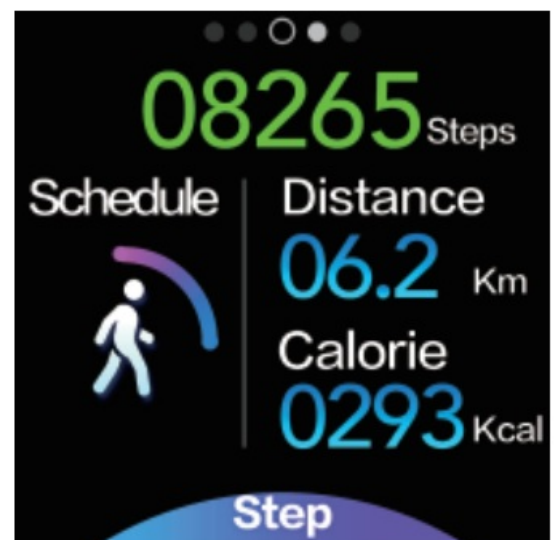
The best wear position is 1-2cm behind your wrist ulnar styloid. please make sure to wear the sensor close to the wrist skin. in order to get accurate results.



Bracelet interface and functions

1. Time, date,&week

When the device has been connected to your phone, the clock, date, and week will be auto-synchronized.



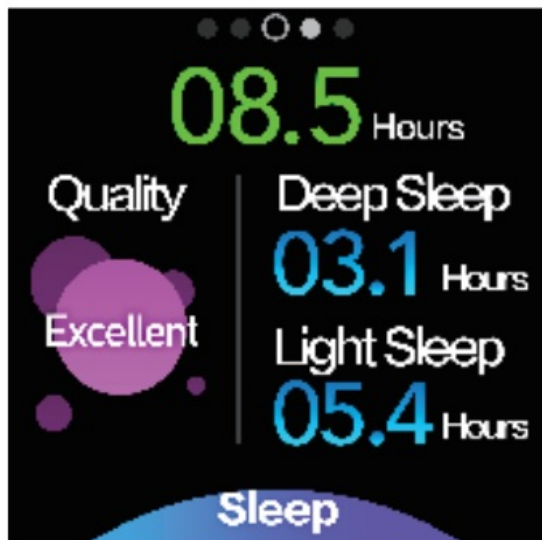
2. Pedometer, calories & distance

Steps, percentage of goal completed, calories burnt and distance will be shown on this interface.

3. Sleeping monitoring

Switch to this interface to view the duration of deep sleep and shallow sleep. Sleep duration and sleep quality

need to be set in-app.

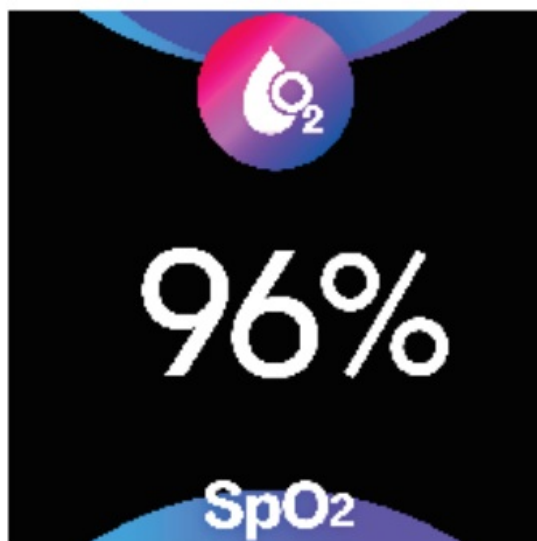
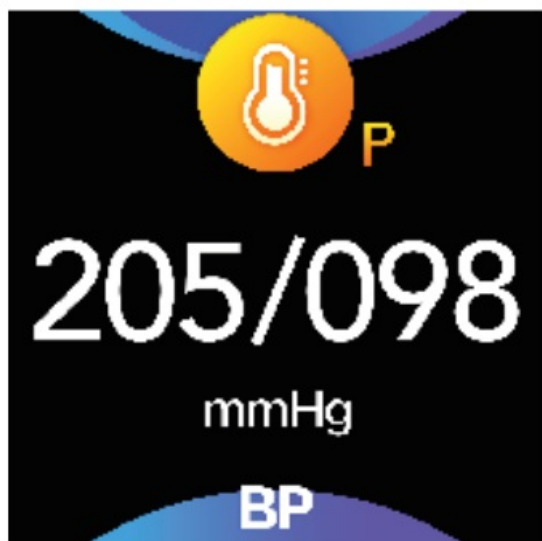


4. Heart rate monitoring

Switch to this interface, the bracelet will automatically start the single heart rate measurement mode, and the heart rate icon will flash until the test results are displayed.

5. Blood pressure monitoring

Switch to this interface, the device starts a single BP measurement automatically with the icon of BP flashing. . It will remind with a vibration after the measurement is finished.

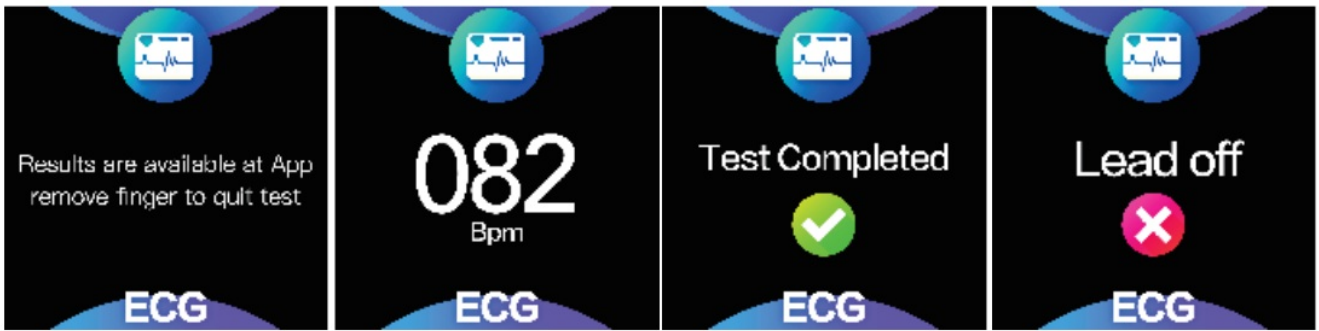


6. Blood oxygen detection


Switch to this interface, the bracelet will automatically start the blood oxygen test mode, and the icon will flash until the test results are displayed.

7. ECG test

Switch the bracelet to the ECG test interface and press the touch key for 3 seconds to enter the ECG test mode (please ensure that the electrode piece of the bracelet is close to the wrist skin and keep the skin moist to prevent the lead from falling off) until the test result is displayed. The results of the test on the bracelet will not be saved in the app.







8. Sport mode

In the multi-function menu, long-press sato enter the exercise mode'  to view the exercise time, calorie consumption, real-time heart rate, and steps. In this mode, you can switch the screen and select the pause, continue, and exit options. As shown in the figure below.

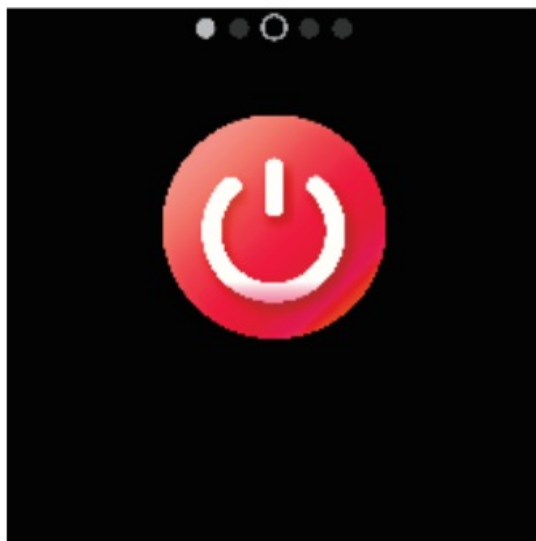


9. Other functions

In the multi-function menu, you can also enter stopwatch  at countdown  , informational  , and set function:  .

10. Power Off

Switch to this interface to view the device name and version number, Bluetooth ID. Long press the touch button to turn off the machine.



Parameter Main chip: NODIC 52832

Sensor: Si1182 Screen

Size: 1.54"TFT

Resolution: 240*240

Battery: 230 mAh
Waterproof grade: IP67
Standby time: 15 days
Support mobile system: IOS 8.0 or above, Android 4.4 or above
Heart rate detection: support
Blood pressure monitoring: support
Blood oxygen testing: support
ECG support test
Bluetooth version: 5.0

Note: this bracelet test data is only for reference, not for medical data.

About APP installation and Bluetooth connection

1. Turn on the device.
2. Turn on Bluetooth on your smartphone.
3. Scan the below QR or search "H band" APP in Google Play Store or Apple Store.



<https://www.vphband.com/hband/hband.html>

4. Open the app, click the connected device, and select the correct Bluetooth name from the list of connected devices, when successfully connected, the bracelet will synchronize the time, date, and cycle of the mobile phone.

Bluetooth off

1. Disconnect Bluetooth in-app.
2. Turn off the background operation of the mobile phone.
3. From mobile phone settings-Bluetooth-ignore or delete the paired Bluetooth.

App function interface description

After the installation, please input the correct personal information: as required, and then pair it with the bracelet.

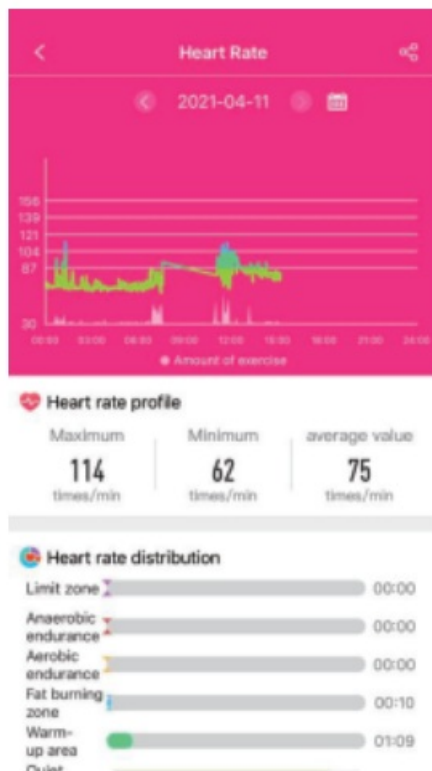
Data panel

Steps: check the total steps, calories, distance, etc.

Sleep: view historical sleep data (depth, depth, awake time, etc.)

Heart Rate:


(1) Turn on the automatic detection in the app switch setting, and continuously detect the heart rate with the bracelet. Count the average value every minute and record it in the app. The heart rate interface can view the whole day heart rate curve.



Heart rate details

Exercise volume distribution


Time	Heart Rate (bpm)
15:05	81/82/76/77/82(bpm)
15:00	79/79/81/76/75(bpm)
14:55	82/79/75/80/81(bpm)
14:50	85/84/84/84/85(bpm)
14:45	75/80/81/75/75(bpm)
14:40	81/80/75/81/76(bpm)
14:35	79/82/82/82/76(bpm)
14:30	83/80/79/76/76(bpm)
14:25	80/81/80/81/82(bpm)
14:20	81/76/76/82/82(bpm)
14:15	93/91/90/90/76(bpm)
14:10	83/80/82/87/87(bpm)

(2) You can also click the icon  to test the heart rate on the app, then get the result, please click stop, and the result will not be saved on the app.

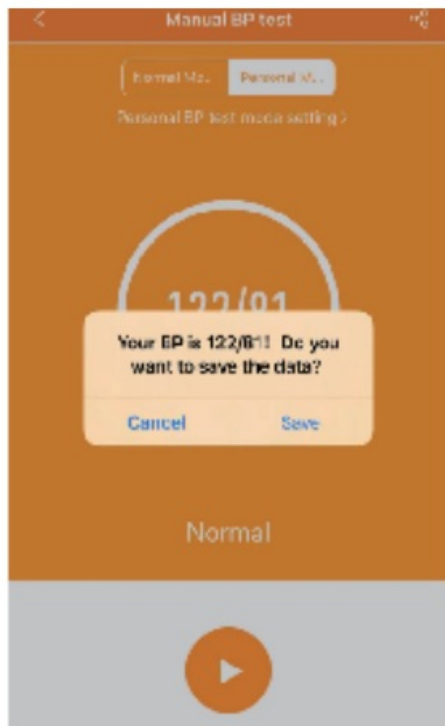
Blood Pressure:

(1) When you turn on the real-time blood pressure, you can view all data for a whole day. Blood pressure data is automatically detected by the bracelet every 5 minutes.



(2) Click the icon  for a single manual blood pressure test (please remain still before testing is finished) you can choose to keep the result or not. There are two modes in this test interface: normal mode and private mode.

when using the private mode, please set private blood pressure reference data in-app settings.

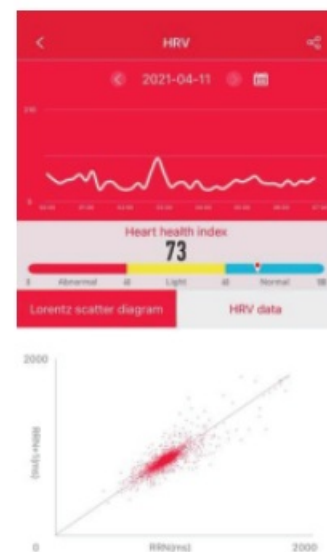


HRV

HRV: When the device is properly worn, it will detect HRV every minute from 0:00-8:00, the data will be saved and shown on an app chart.

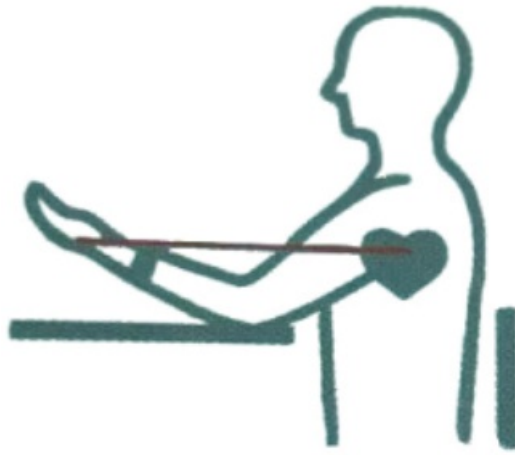
Lorentz Scatter Diagram:

Comet: common form for normal adults. Rocket: common among snoring people or people with apnea syndrome. Shuttle: common among patients of minor myocardial ischemia. Baton: common among patients with coronary heart disease. Grenade: common among patients with atrial fibrillation. Fork: common among CHF patients. Stub: common among people with large cardiac load, or normal people after drinking. Rice: common among patients with arrhythmia, PVT in most cases. Torpedo: common among patients with sinus tachycardia.




ECG:

Please keep your arm at the same horizontal level with your heart.



Please wear the device properly. and make sure the skin is moist when touching the electrode.



Click the icon  to start the manual ECG detection. Please keep your index finger on the electrode on the side of the bracelet until the detection is finished.

The test results will be saved and displayed on the app icon.

Diagnosis of disease:

Sinus tachycardia: It's an abnormal heart rate caused by emotion, smoking, drinking, etc.

Sinus bradycardia: Common among snoring people or people with apnea.

Myocardial ischemia: it's common among CAD patients.

Atrial escape: The atrial pacemaker is activated to control the ventricle.

Premature atrial contraction: Also known as atrial premature beats (APB), is a common cardiac dysrhythmia characterized by premature heartbeats originating in the atria. Ventricular escape: The ventricular pacemaker is activated to control the ventricle.

Sinus arrest: It happens among people who have pharyngeal stimulation. Premature ventricular contractions are common among middle and aged people. Atrial fibrillation: Often happens to people over 60 years old.

Ventricular flutter: Among patients with CAD, myocarditis.

Junctional escape beat: A protective mechanism for the ventricular pauses. Usually no need for medical treatment.

Junctional premature beat: A type of arrhythmia. A premature heartbeat in some special cases.

Left bundle branch block: Caused by underlying disease common among people above 40 years old.

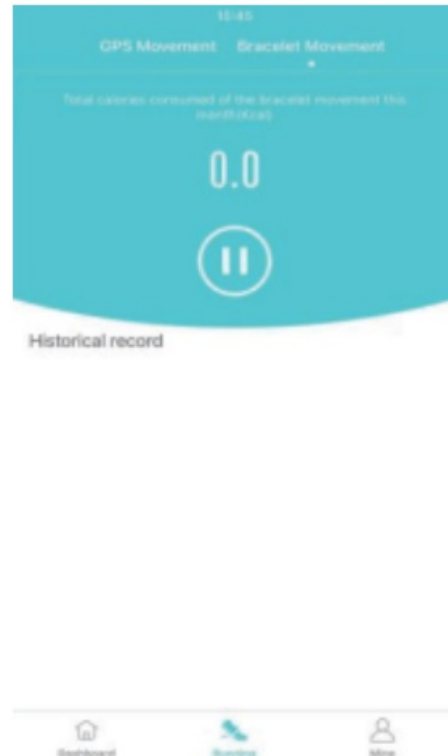
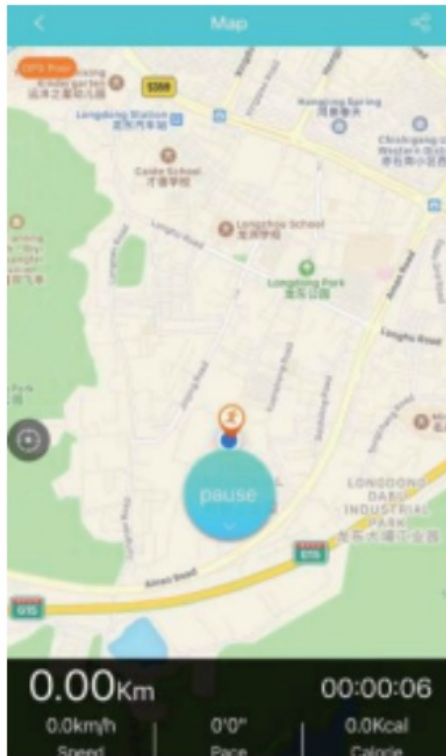
Movement mode

1. GPS movement

Click to start the movement and allow it to get the position. During the movement, you can try to check the movement track, movement time, speed, pace, and calories.

2. Bracelet exercise

Click start and the bracelet will enter the automatic exercise mode to view the real-time heart rate, exercise time, calories, and steps.



Mine

My device: click "Connect device", click "connected device" to set up the following functions

1. Message reminder: select to open the reminder function.
2. Alarm clock setting: set the alarm time, and Up to 20 alarm groups can be set.
3. Sedentary reminder: set the reminder period, and interval.
4. Heart rate alarm: set the upper limit of the heart rate reminder.
5. Turning wrist to light screen: set the function of raising a hand to the light screen.
6. Bind device: upload data to the cloud after opening.
7. Private blood pressure mode: turn on and set the private blood pressure reference level.
8. Duration of the bright screen: set the duration and time period of the screen.
9. Switch setting: the opening and closing of automatic heart rate detection, automatic detection of blood oxygen, automatic blood pressure detection, and so on.
10. Photo: click the ring button to take photos by remote control.
11. Countdown: sets the countdown time and whether it is displayed on the bracelet.
12. Reset password: you can reset the matching password of the bracelet to prevent other mobile phones from pairing with the bracelet. Initial password: 0000.
13. Firmware update: update the bracelet firmware.
14. Clear data: restore factory settings.
15. Dial set: you can choose the main interface.

Exercise goals: set daily exercise goals.

Sleep goal: set sleep goal according to personal situation. Unit setting: select English or metric units. Wechat

Sports: please follow the instructions to connect wechat sports.


FCC Warning

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.
Any 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. This equipment generates uses and can radiate radio frequency energy and, 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 requirements. The device can be used in portable exposure conditions without restriction.

Documents / Resources

	spovan ECG+PPG+SPO2 Smart Watch [pdf] User Guide SW12, 2A5HI-SW12, 2A5HISW12, ECG PPG SPO2 Smart Watch
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