Tovendor

Fitness Tracker User Manual
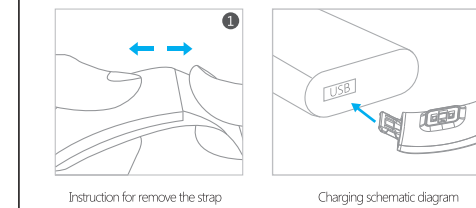
1. Description Of Appearance

1) Product Instructions

- Main Casing
- Display Screen
- Light Sensors
- Touch Area
- Watch Strap
- USB Charging

Tips: Some interfaces are turned off by default. If necessary, they can be enabled in the APP Settings > Switch Settings.

2) Elementary Operation

Instruction for remove the strap   Charging schematic diagram
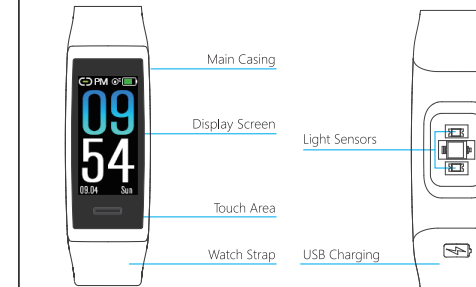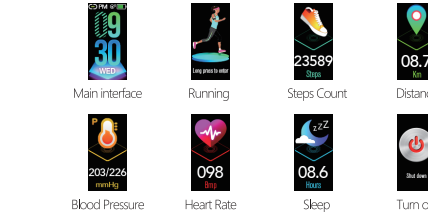
3) Packaging List

Bracelet base *1   Gift box *1   User manual *1

2. Initial Use Instructions

1) Bracelet Display Interface

The default display after turning on the device is time interface. Tap the touch area and user can change between multiple functional interfaces.

- Main interface
- Running
- Steps Count
- Distance
- Blood Pressure
- Heart Rate
- Sleep
- Turn off

4) How To Use The Touch Button

The wristband is touch button, please do not press it again, after entering any function interface, click the touch button again to enter the next interface in turn.

A. Main screen bright screen start, in the of screen state, long press the bottom of the bracelet , you can brighten the screen.
B. Press and hold on the calorie interface for 3 seconds to select whether to clear all current data.
C. Raise the hand and turn the wrist to brighten the screen. In the off-screen state, raise the hand and turn the wrist 90° to the chest, and wake up the bracelet.

3. Introduction Of Main Functions

1) Starting Up/Shutdown

In the off state, long press the touch button for 3 seconds to boot, enter the main interface, Long press for 3 seconds, enter the Bluetooth address and software version interface. After 5 seconds of no operation, the device automatically goes out of standby. Switch to the device shutdown interface and press and hold the touch button for 3 seconds to shut down.

2) Motion Monitoring

Click the touch button on the main interface of the device to enter the motion monitoring interface, and press and hold for 3 seconds to enter the sport mode. (There are three interfaces in the sports mode, the main interface of the sports mode, the pause interface, and the exit interface). At this time, the main interface of the sports mode starts to record the exercise duration, the step count, the calories, and the exercise heart rate. This interface will automatically return to the external time main interface after 3 seconds of no operation, showing the screen after 1 second. Turning on the light again or turning the wrist screen is still in the main interface of the sports mode.

3) Sleep Monitoring

Click the touch button on the main interface of the device to enter the sleep monitoring interface, showing the total sleep time last night. Standby after 3 seconds of no operation. Press and hold for 6 seconds in the sleep interface to clear the Bluetooth password.

It goes back to the setting interface automatically after the click, and pop-up Bluetooth matching request interface. Click on the "match" to make connection, operations in the following figure. If no device is found, pull down to refresh the page manually.

4) Manual Heart Rate Test and Automatic Monitoring

Click the touch button on the main interface of the device to enter the heart rate detection interface and start detection. After the test is completed, the real-time heart rate value result is displayed. If the heart rate cannot be measured, it will always display 0. After accumulating data for 60 seconds, the device will enter into standby mode and this is not dependent upon receiving results to the test. The data tested through the device will not be saved.

User can find the Heart Rate icon at the bottom of the APP interface. Tap the icon and the device enters the manual Heart Rate Test Interface. While in this mode, the user can use the device to test their heart rate manually. The data tested through the device will not be saved.

5) Manual, Automatic and Private Mode of Blood Pressure Testing

Press the touch area in the device main interface to enter into the Blood Pressure Testing interface. The first time depends on the user's body condition. It is normal for the test to take longer. The numerical display during the test is «-.-». If there is no blood pressure result, the device will display «-.-/-.-». If this appears, please ensure that the sensor is close to the skin. Please keep your body relaxed and still during the test. After 30 seconds of testing, the device will enter into standby mode, regardless of whether results have been displayed. The results captured on the device will not be stored. The user can find the blood pressure icon at the bottom of the APP interface and can enter into the manual blood pressure test interface from there. The user can choose General Mode or Private Mode to test and he can choose to save or discard the test results obtained through the APP.

Turn on the automatic blood pressure monitoring through the APP, the device will automatically capture the test results of the user every one hour during deep time at night. The default monitoring time period is 22:00-08:00. After syncing, the results captured during the night will be presented at the blood pressure interface. The test requires users to be still during the testing period, if the user is not yet asleep during this period of time then some of the data will not be recorded. If the user has accepted blood pressure results through professional medical instruments, they can enter this data in the Private Mode of Blood Pressure of the APP. (Attention: To those users who are aware of their high blood pressure, please take the real blood pressure reading before using any blood pressure medicine). To make sure the test result is valid, please input the actual blood pressure. If the device has been set to test in private mode, then the Private Mode has to be cancelled before any more tests for other people can be taken.

6) Phone Tracking

"H Band" must be running in the background on the phone to use this feature. To track their phone, the user must turn the device Mode to "seek phone." A long press on the touch area will cause the phone to respond.

7) Count-Down

After setting the Count Down Mode the count-down begins. A sand clock will display on the device screen. And the device will vibrate both when count-down begins and finishes. A quick start switch can also be set for high frequency events. A long hold on the Touch Area will initiate the Count Down quick start.

8) Stopwatch

The stopwatch can be switched on using the Stopwatch function in the APP. Once it is turned on, the device will go into Stopwatch mode. While the stopwatch is running, tap on the touch area to pause or continue the count. And the longer you press stops the count.
Attention: While in stopwatch mode, all timed reminders and pushes notifications will be temporarily blocked. The maximum time count reaches up to 99 min 59 sec.

9) Alarm Clock and Events Reminder

Multiple alarms can be set through "Settings" in the APP. Snooze reminders for the alarms can be set within the APP. This function can also add tags for important things which happening in the future. When set time arrives, the device will vibrate and show those tags.

10) Sedentary Reminder

The function can be turned on using the APP. The user can set a time value for the warning. When the device detects that the user has sat or kept still for the set time limit, the device will vibrate to remind the user to move around.

11) Notifications/ Pushes

When a new message arrives, the device vibrates and the screen shows relevant notifications and corresponding icons.
Attention: please switch on APP notifications first. Relevant communication tools should be set to allow contents to be shown on the device screen.

12) Heart Rate Warning

Using the APP, the user can choose to turn on the heart rate warning and preset the upper limit of their heart rate. If the device detects that the user's heart rate has reached or exceeded the preset value, it will vibrate and display the following icon on the device screen ♥↑.

13) Remote Photograph

To use the device to take a remote photograph, the user can turn on the Camera Mode in the APP, then tap the touch area or quickly shake the wrist.

14) Female function

A: The female function is only for female users. When the personal data is male, there is no operable window to set. The following description is only for the case where the personal data is female.
B: When the user first uses the App and connects to the female bracelet, the App will prompt whether to go to the settings. After going to the home, set the life status, that is, only the menstrual period, the pregnancy period, the pregnancy period, the mother period, and then Enter the corresponding sub-menu to select the basic information corresponding to you.
C: Modify the menstrual period and the bracelet notification, the monthly calendar can only modify the relevant letters from the last menstrual start date to today interest. The calendar can modify the start date of the menstrual period and the end date of the menstrual period. Dates during pregnancy: The responsible bracelet notification bar can turn the set female notifications on and off.
D: During the menstrual period, the main interface will have four status icons displayed.
Menstrual period ☾   Safety period ◯   Ovulation ◐   Ovulation day ◑

4. Using Notes

1) This device uses 5V500mAh charging. Do not use ultra voltage load power supply, resulting in hardware damage.
2) Please wipe the water before charging operation, otherwise it will lead to be wrong, corrosion charging contact points.
3) Please do not disassemble or rebuild this machine. This will cause problems or hinder product warranty.
4) This product is made of precision parts, please do not drop this product and hit it with hard objects, otherwise may cause it's surface grinding or hardware damaging.
5) This is an electronic monitoring product, data received from it cannotbe used as medical reference and is for reference only.
6) Blood pressure testing tip: Keep your body relaxed and still while testing. Keep device at the same height as where your heart is (like the picture on the right), and don't talk while you are testing.
7) Please wipe your body and wrist sweat drops in time. If the strap for a long time contact soap, sweat or pollution components, may cause skin allergies, itching.
8) The bracelet theoretically supports operating systems, IOS 8.0 systems and above and Android systems version 4.4 and above, with Bluetooth 4 mobile or tablet devices do not support all mobile device models, specific to the actual prevail.

5. Seventh, FAQ

Q: Why can't I find the bracelet when matching?
A: 1. Please confirm you have opened Bluetooth of your mobile phone, while ensuring that the bracelet and mobile phone are within the range of 0.5 meters. After the completion of matching, the effective communication distance is 10 meters within a spacious space.
2. Please check whether the bracelet has electricity. Please contact us if it is still not resolved after charging.
3. Bracelet is beyond connection distance is no remind function effectively.

Q: Why is the sleeping heart rate test result inaccurate?
A: Wearable devices monitors human activities through electronic sensors, and they are at the consumer electronics level. It is normal for certain deviation. The user should treat data objectively.

Q: Why it can't connect to the Bluetooth device sometimes?
A: Some phones have abnormalities for bluetooth Tru to re-start thephone Bluetooth or restart the phone, so that it can be connected. normally.

Q: How to set/ reset the password?
A: In order to avoid the connection of the bracelet, the password can be set on the APP side.
1. Open the reset device password and set it. The old password is 0000 for the first time, then enter the new password. If you think the password is not suitable, you can reset it again. The old password is the new password set for the previous time.
2. If the password is forgotten, the password can be cleared by 3 seconds in the device-side sleep interface. When the APP and connects to the hand ring end again, it can be connected without entering the password. When the device password is reset, the old password will be restored to 0000.

Q: Why can't appear blood pressure/ heart rate manual test synchronization to the APP?
A: APP (H Band) blood pressure/ heart rate manual monitoring data is not synchronized to the mobile phone above, can only be synchronized APP set automatic monitoring data to the H Band above view.

6. Basic parameters

Main control chip	NRF52832
Body weight	52g
Data transmission	Bluetooth40
Battery	Polymer Lithium
Battery capacity	100mAh
Charging voltage	5V
Operating temperature	–10~50℃
Waterproof	IP68

Equipment requirements: IOS 8.0 and above models,
Android 4.4 and above Bluetooth 4.0) models.

2. Software Download

A. Search keyword "H Band" in the APP Store, Android market to download it for installation.
B. Or scan the QR Code to download H Band.

3) Bluetooth Connection

A. Turn on the Bluetooth of the phone.
B. Open the "H Band" APP application interface, and click on the connected device in the "Settings" menu.
C. APP searches the name of the Bluetooth bracelet, and click the name of the Bluetooth device.