

User Manual

V1.4

Product Features

Main Body	Compatible for	iOS system 8.0 version or above . Compatible system: Android system 4.4 version or above ;Support with bluetooth 4.0 version Android mobile phone
	Waterproof Level	Ip67
Screen	Screen Material	OLED
	Key Type	Touch Key
	Operation	Palming bright screen
Communication functions	Calls to remind	Support
	SMS Reminder	Support
	Third-party messaging reminder	Wechat/QQ.
Monitoring functions <small>(Only for reference, non-medical use)</small>	Sports	Pedometer、 Calorie Consumption Distance Calculation、 Time
	Sleep	Total sleep time/Deep sleep / Light sleep; Health
	Health	Heart rate/Blood oxygen / Blood pressure 、 Fatigue
Anti-lost function	Smart Anti-lost	Support
Connected way	Bluetooth	BLE 4.0
Battery Specification	Battery size	Lithium polymer
Product List	Smart bracelet* Charging cable*Package *manual	

How to use

1. Guide for first time using

- a. First time to use bracelet ,needs long press touch key of the screen to start up
- b. If it is fail to start up ,please make sure whether the bracelet needs to be charged or not .

- c. If bracelet is out of batteries ,please charge it .
- d. When bracelet is power on ,need bind it with"Hero Band" APP to make time synchronized .
- e. Complete to bind with APP ,enjoy new experience comes from the bracelet .

Functions Introduction :

a. Sports Pedometer

Everyday it will record the data of steps、 walking time、 calorie consumption、 distance calculation .

b. Sleep Monitor

Detect the sleep quality everyday ,including deep time 、 light time

c. Health Detection

Detect infoamtion such as :heart rate /blood oxygen 、 blood pressure、 fatigue (Only for reference,non-medical use)

d. Clock alarm/SMS reminder

Clock alarm/Calls /SMS / Wechat/QQ/Sedentary /Drink water

e. Remote camera

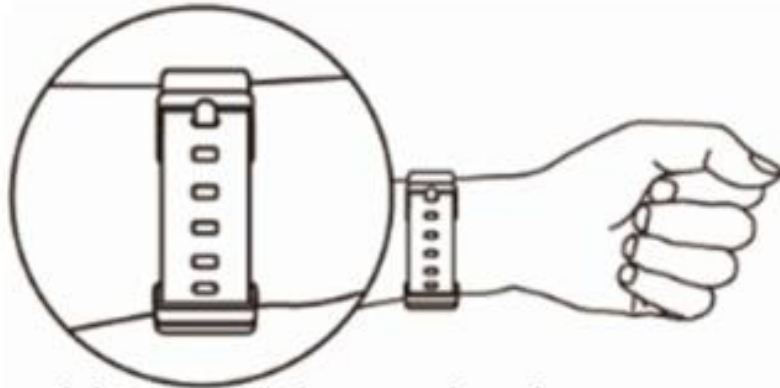
Support remote control mobile camera to take photos.

Appearance introduction:



Assembly and wear :

- a. Remove the bracelet
- b. Wear it on wristband ,adjust wristband to suitable size .

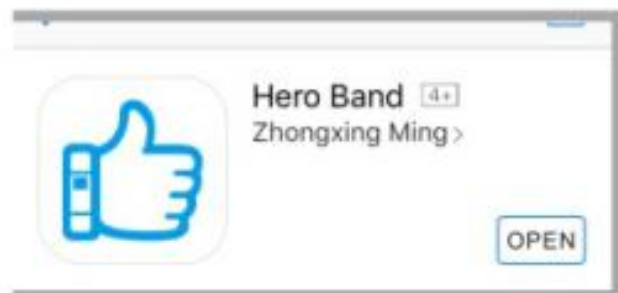


Download/Install bracelet's Application :

Scan the following QR code or download "Hero Band" from Android market or Apple store



Hero Band

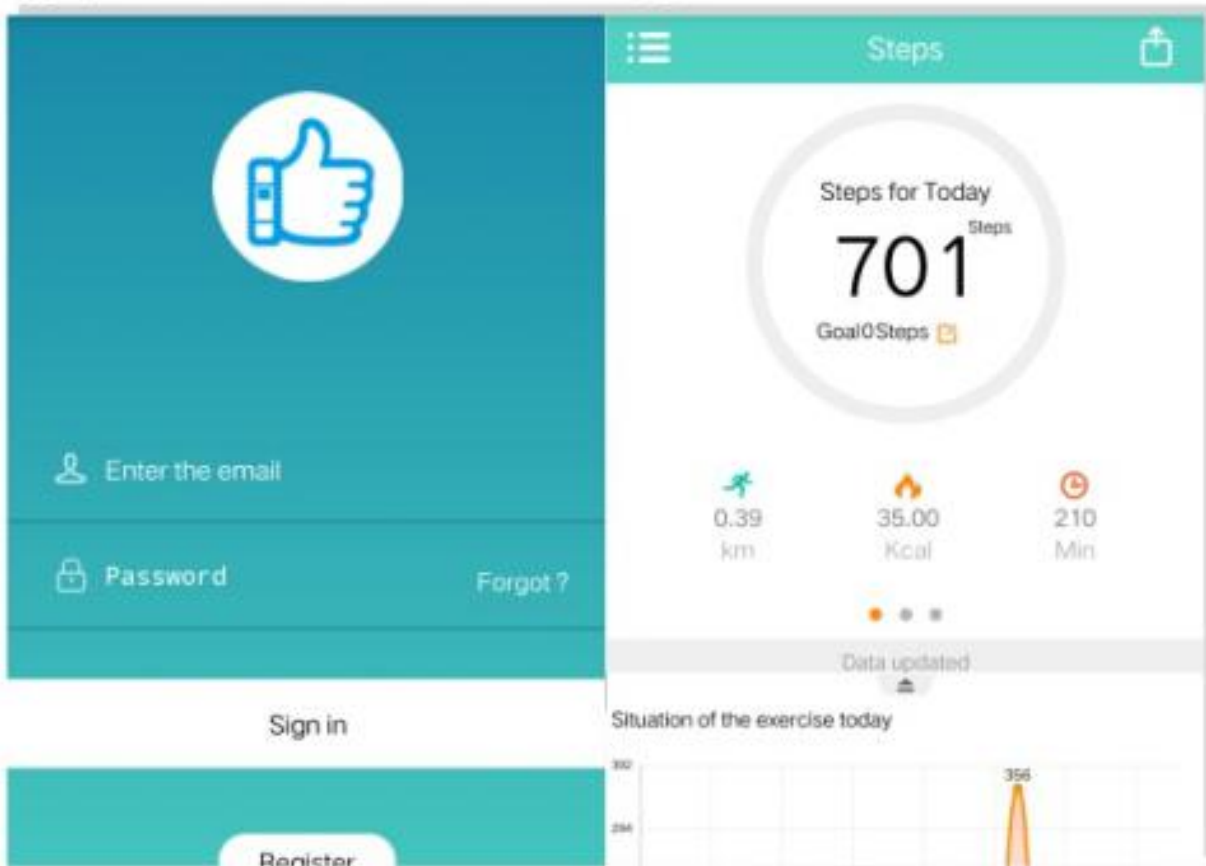


Bracelet binding introduction :

- a. Open the APP ,then complete user's register
- b. Then finish the binding as the hints .

Device Connection Introduction

① Open Hero Band APP, enter into the home page



② APP will detect whether user's mobile phone bluetooth is on or not automatically, if not, please operate as the APP hints to open mobile phone bluetooth.


③ If bracelet bind with APP, enter into the home page of APP. When users pull home page down, APP will connect with the bracelet automatically.



④ If bracelet do not bind with APP, users need to enter into sidebar's menu, then enter into "Connect Device" to bind bracelet, if it is completed, APP will connect with bracelet automatically.



Bracelet operation guide :

Finished bracelet binding ,bracelet begins to record and analysis the data of sports ,sleep .

<p>Main screen : Date,time,battery capacity , bluetooth status</p>	 <p>short press key to enter into heart rate page</p>
<p>Heart rate page : It shows heart rate data</p>	 <p>①short press key to enter into pedometer interface. ②Long press key to detect the heart rate ,10seconds later ,it will show current data ,long press key again could stop detection.</p>
<p>Pedometer page : It shows current day's steps</p>	 <p>short press key to enter into calorie page</p>
<p>Calorie page : It shows current calorie consumption</p>	 <p>Short press key to enter into distance page</p>
<p>Distance page : It shows distance for current day</p>	 <p>Short press key to enter into sleep page</p>
<p>Sleep Page : It shows the sleep time of yesterday</p>	 <p>Short press key to enter into camera page</p>
<p>Display blood pressure measurements</p>	 <p>1. short press into the camera interface 2. press start to measure blood pressure</p> <p>blood pressure Count down Display 3D values</p>

<p>Camera page : APP remote camera</p>	 <p>①If APP do not enter into the bracelet camera page , long press bracelet 's key to remote control APP enter into camera page</p> <p>②If APP open camera page ,long press key could control APP (mobile phone) to take photos</p> <p>③Short press key to enter into the shut down page</p>
<p>Shut down page : Makes bracelet power on/off</p>	 <p>Long press key ,bracelet will be power off ,short press will enter into main screen</p>

APP operation instruction

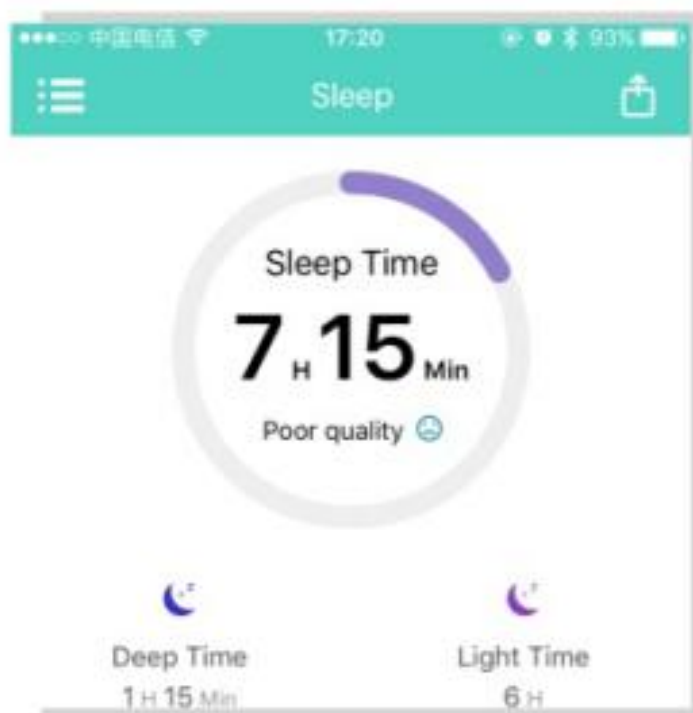
- ① Open the APP ,please register and fill up user's information ,binding the bracelet .
(Finished register,users could log in directly)



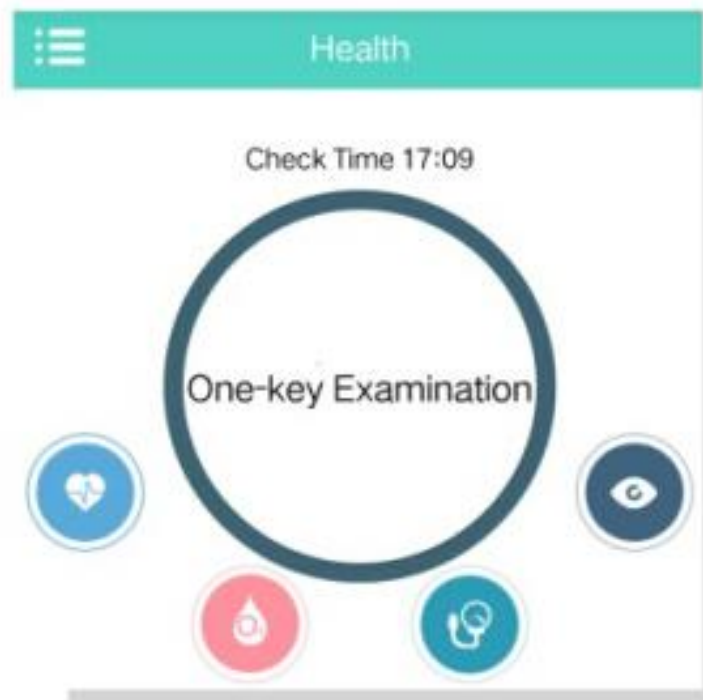
- ② Enter into the home page ,pulling the page down to sync the new information with bracelet ,check the sport information of the current day ,including steps , calorie 、 distance and time .



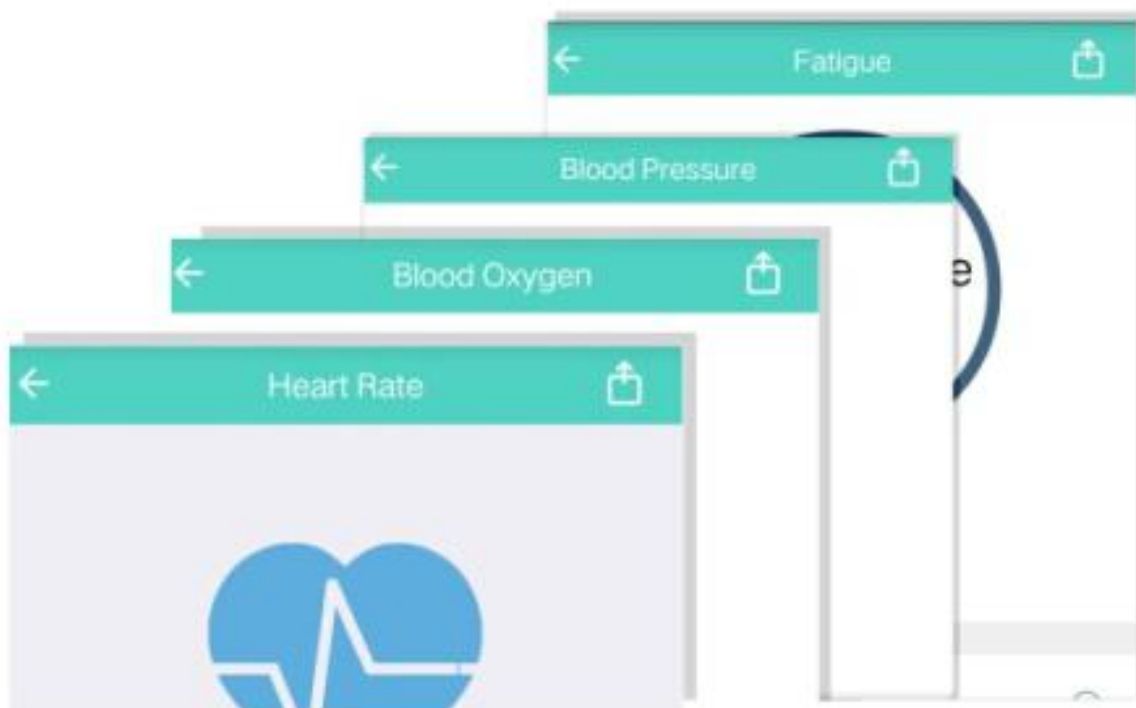
- ③ Slid the page left,enter into sleep page ,users could check the sleep history including total sleep time /deep time /light time .



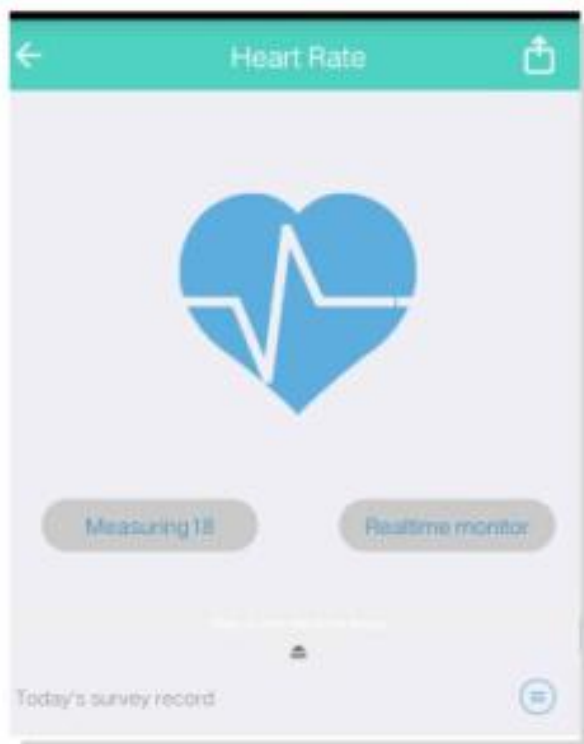
- ④ Slid the page left again ,enter into health page ,click One-key Examination ,it will detect the current heart rate /blood oxygen 、 blood pressure、 fatigue data .



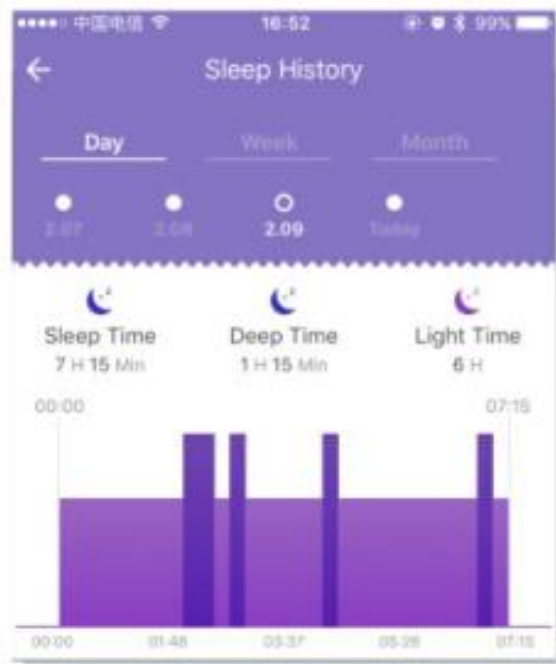
- ⑤ On health page,click heart rate /blood oxygen / blood pressure/fatigue icon, users could check the corresponding health data .



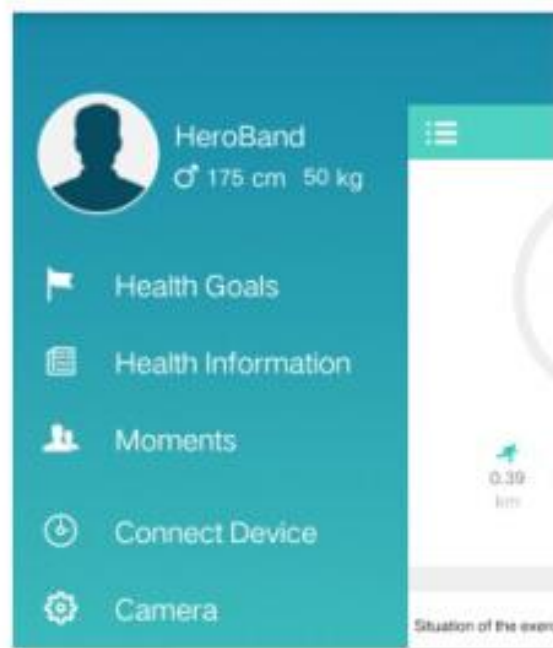
⑥ On health page,click start ,users could check the corresponding health data .



⑦ On home page /Sleep/Health/Health data page ,Swipe sleep page up ,users could check the sleep history .



⑧ On home page of APP ,Click the sidebar ,or directly slid the screen from left side to right side to enter into the sidebar ,click head portrait/Health Goal/Health Information/Moments/Conect Decive/Camera ,to enter into corresponding functions .



Palming bright screen function introduction

① Open "Hero Band" APP and enter into home page ,pull the home page down to connect the bracelet .

② Click menu at the top left corner to open the sidebar ,or directly slid the screen from left side to right side to enter into sidebar .



③ On the opened sidebar ,click and enter into "Connect Device"



④ On "Connect Device" ,click "Palming bright screen" to set the corresponding functions .Turn this function on ,you will enjoy the brilliant experience .



⑤ Support those following palming ways :

- a. Left/Right hand palming bright screen
- b. Raising bright screen
- c. nward turning bright screen
- d. Put hands down to shut down screen

