

novasmart

# Smartband

USER GUIDE



**runR IV**  
Smartwatch

GB

## GETTING STARTED

Read this user guide carefully before using the product. It contains important information for your safety as well as use and maintenance advice. Keep this user guide for future reference. If this product is passed to a third party, this user guide must be included.

## SAFETY ADVICES

- The product contains electrical components that could cause injury if not handled properly.
- Do not open the enclosure or disassemble the product.
- Do not use the product if the screen is cracked or damaged.
- Do not expose the product to extremely high or low temperatures.
- Do not use the product in a sauna or steam room.
- Do not leave the product in direct sunlight for an extended period of time.
- Do not dispose the product in a fire. Built-in battery could explode.

- The product features a built-in battery, which is not user replaceable.
- Do not check call notifications or other data on the product's screen while driving or in other situations where distractions could be hazardous.
- This product is not a toy and should not be used by children.
- This product is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease.
- The distance travelled may be inaccurate. It is for reference only and should not be used as any navigational reference.
- Wearing the product snugly can lead to skin irritation due to rubbing and friction. Remove the product periodically to allow your skin to dry and breathe.
- Do not wear the product too tight. This might restricts blood flow, potentially affecting the heart rate signal.
- The product should usually rest a finger's width below the wrist bone, as you would normally wear a watch.
- This product has been classified as IP67 and is protected against the effects of temporary immersion in water.

### **Consult your doctor prior to use if you**

- Have a medical or heart condition or any preexisting conditions that might be affected by your use of this product.
- Are taking any photosensitive medicine.
- Have epilepsy or are sensitive to flashing lights.
- Have reduced circulation or bruise easily.
- Begin or modify any exercise program.

Prolonged contact may contribute to skin irritation or allergies in some users. If you notice any signs of skin redness, swelling, itchiness or other skin irritation, please discontinue using the product. Continued use, even after symptoms subside, may result in renewed or increased irritation. If symptoms persist, consult your doctor.



### **CAUTION**

- The device may cause skin irritation.

## Blood pressure notice

- Blood pressure can be subjected to wide fluctuations in a short period of time as its level depends on many factors. Usually the level of blood pressure is lower in summer and higher in winter. It can change with atmospheric pressure and is affected by many factors, e.g. physical work, emotional state, stress, meals, dietary pattern, etc.
- Different medicines, alcohol and smoking can exert a large influence on the level of blood pressure. Do not smoke, drink caffeinated beverages or exercise within the 30 minutes before measuring your blood pressure.

### CAUTION

- ! Only a medical practitioner is qualified to interpret your blood pressure measurements. Use of this Smartband should not replace regular medical examinations.
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## INTENDED USE

This Smartband is intended for monitoring fitness-related metrics such as heart-rate, blood pressure, distance walked or run, calorie consumption, menstrual cycle tracking and quality of sleep. Data measured should not be used for any medical, ambulatory or dietary reference.

## YOUR PRODUCT



1. Bracelet
2. Screen
3. Function key

- 4. Charging plates
- 5. Blood pressure sensor
- 6. Heart rate sensor



- 7. Charging clip with USB cable

## CHARGING

- Plug the charging cable into the USB port on your computer or mains charger with 5V charging output. Charging range: from 200 mA to 2A.
- Connect the charging clip to the charging plates located on the back of the product. Make sure the charging plates are aligned with the pins on the charging cable.
- Average charging time should take ca. 2 hours.

## TURNING ON AND OFF

### To turn on

- Press and hold function key for 3 seconds.
- The Smartband vibrates, turns on and a main screen with a time and date is shown.



### To turn off

- Go to the turning off menu as shown.
- Press and hold function key for 3 seconds.
- The Smartband vibrates and turns off.



## “H BAND” APP

For the best experience download and install the “H Band” app on the App Store, Google Play or by scanning the following QR code.

**App Store**



**Google Play**



**“H Band” app allows to use additional features, such as**

- Synchronization of date and time with your phone
- Dashboard with overview of all data measured
- Continuous heart rate and blood pressure monitoring
- Heart rate alarm
- Setting personal sport and sleep goals
- Running tracker with GPS map support
- Overview of sleeping patterns
- Notifications for incoming calls, text messages, Facebook, Twitter, WhatsApp, WeChat, etc.
- Alarm settings
- Sedentary settings

## PAIRING

- Turn on the Smartband.
- Activate Bluetooth connection on your phone.
- Open “H Band” app.
- Go to “Settings” > “My device” and from the list of devices select Smartband name to pair with.
- Once Smartband and smartphone are paired, the Bluetooth symbol appears on the date and time screen.

### TIP

**i** You can use “H Band” app by either creating new user account or by using guest account. After installing “H Band” app you may be required to enter user information, such as height, weight, skin tone, age and gender.

Once Smartband and smartphone are paired, the app automatically starts data synchronization.

## WAKING UP SCREEN

To preserve battery screen goes off when not in use. It wakes up automatically when you turn your wrist towards you. To disable waking up feature or to set a specific time frame when it is disabled (e.g. to stop screen from going on at night) open “H Band” app and go to “Settings” > “My device” and then “Turn wrist detection”.

### **i** TIP

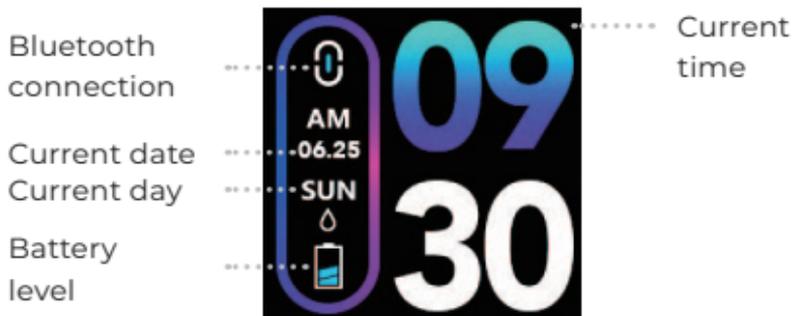
The time at night can be still checked by single-tapping function key.

## TOGGING THROUGH MENUS

The default or “home” screen is the time and date screen. Press function key to move to through the menus.

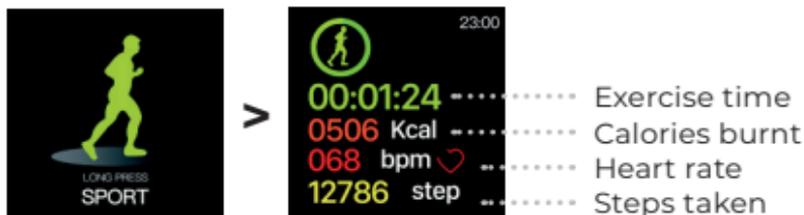
## 1. Time and date screen

Once Smartband and smartphone are paired, the time and date is automatically synchronized. If the synchronization fails, open “H Band” app, go to “Dashboard” and swipe the screen down.



## 2. Sport mode

When in sport menu, press and hold function key for 3 seconds to enter sport mode.



## During the exercise, tap an function key to

-  Pause training session
-  Resume training session
-  Exit training session

To confirm the action, press and hold function key for 3 seconds.

### TIP

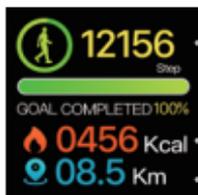
**i** The heart rate measurements taken in sport mode are not synchronized with “H Band” app.

### 3. Pedometer mode

Shows steps taken during the day. The steps will not be counted if you do not swing your arms during the walk or exercise session.

### 4. Distance counter mode

By default, distance walked or run is shown in kilometres. To change the unit to imperial “foot”, open “H Band” app and go to “Settings”> “Unit setting”.



..... Steps taken

..... Calories burnt

..... Distance walked

## 5. Calorie count mode

### TIP



In order to most accurately count calories burnt, open “H Band” app and enter user information, such as height, weight, age and gender. It is necessary for determining your personal \*BMI.

\* Body mass index (BMI) is a measure of body fat based on your weight in relation to your height and applies to most adult men and women aged 20 and over.

### CAUTION



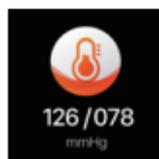
Data shown are for reference only and should not be used as any medical or dietary reference.

## 6. Blood pressure monitor

Measures your current blood pressure.

### One-time measurements

To make a quick and one time measurement, simply go to blood pressure menu as show, rest your arm on a table so the Smartband is at about the same height as your heart and wait ca. 1 minute.



### **i** TIP

One-time measurements are not synchronized with "H Band" app.

### Regular blood pressure measurements

To save all your blood pressure measurements made on regular basis, the measurements have to be initiated from "H Band" app.

*To do so*

1. Open "H Band" app and go to "Dashboard", scroll down and click on  icon.
2. Select either "Normal mode" or "Personal mode".
3. Start the measurement by pressing the start key .

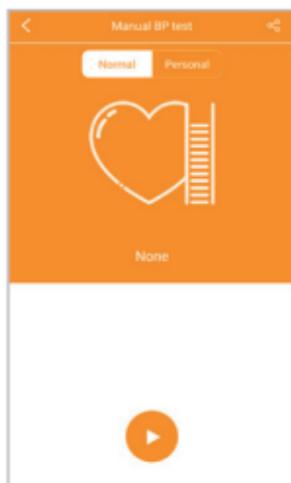
## NOTE

**i** The Smartband automatically monitors your blood pressure in 1 hour intervals, then it synchronizes the measured value with “H Band” app every 1 hour. To turn an automatic blood pressure monitoring open “H Band” app and go to “Settings” > “My device” > “Switch setting” and tap on “BP automatic monitoring”.

## TIP

**i** “Personal mode” is recommended for people suffering from hypertension or hypotension. It allows for more accurate data benchmarks based on pre-measured personal blood pressure (in “normal” idle body mode; so called hypotension). To set your personal blood pressure go to “Dashboard” >  > “Personal mode” > “Personal BP test mode setting” menu.

It is important to take the blood pressure readings at the same time each day, such as morning and evening.



## 7. Heart rate monitor

Measures your current heart rate.

To start manual measurement simply go to heart rate menu as show and wait ca. 10 seconds.



### One-time measurements

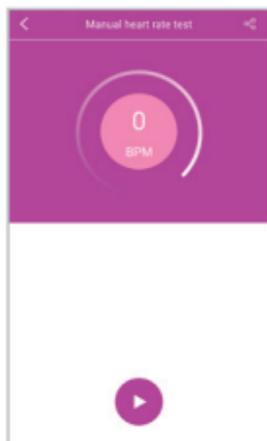
Manual measurements from that menu are not synchronized with “H Band” app. Instead the Smartband automatically monitors your heart rate in 10 minute intervals, then it synchronizes the measured value with “H Band” app every 30 minutes. To turn on automatic heart rate monitoring open “H Band” app and go to “Settings” > “My device” > “Switch setting” and tap on “HR automatic monitoring”.

## Regular heart rate measurements

To save all your heart rate measurements made on regular basis, the measurements have to be initiated from “H Band” app.

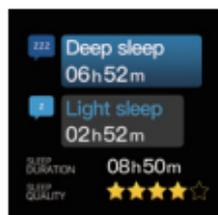
*To do so*

1. Open “H Band” app and go to “Dashboard”, scroll down and click on  icon.
2. Start the measurement by pressing the start key .



## 8. Sleep monitor

Monitor your last sleep times on daily basis. To view your sleep records, open “H Band” app and go to “Dashboard” > “Sleep” menu.



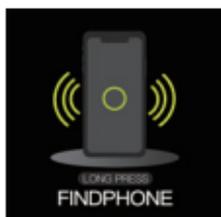
## FINDING SMARTPHONE

### TIP

**i** The “Finding lost phone” feature needs to be first activated from app settings menu. Open “H Band” app and go to “Settings” > “My device” > “Switch setting” menu and tap on “Find cell phone”.

### To find lost smartphone

1. Go to the finding lost smartphone menu as shown.
2. Press and hold function key for ca. 4 seconds.
3. If the smartphone is within the Bluetooth connection range, it will ring.



## USING STOPWATCH

### TIP

**i** The “stopwatch” feature needs to be first activated from app settings menu. Open “H Band” app and go to “Settings” > “My device” > “Switch setting” menu and tap on “Stopwatch function”.



- When in stopwatch menu as shown, press and hold function key for ca. 3 seconds to enter stopwatch mode.
- Tap function key to start stopwatch and tap again to pause.
- Press and hold function key for ca. 3 seconds again to exit stopwatch mode.

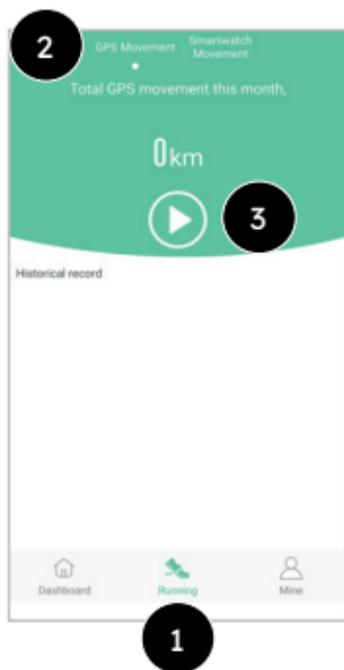
## COUNTDOWNTIMER

### TIP

The “Countdown” feature needs to be activated from app settings menu. Open “H Band” app and go to “Settings” > “My device” > “Countdown” menu and tap on “Interface display”. Now the countdown can be activated from “H Band” app. Countdown interval can only be set from “H Band” app.

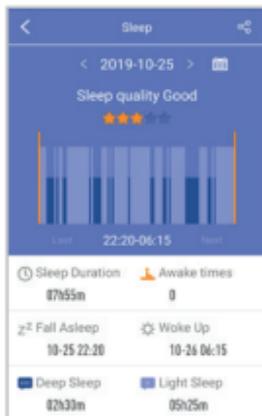
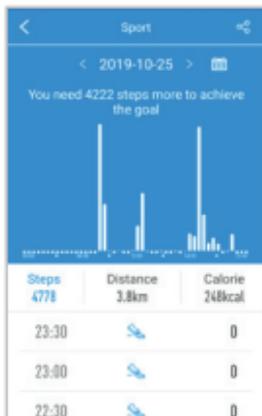
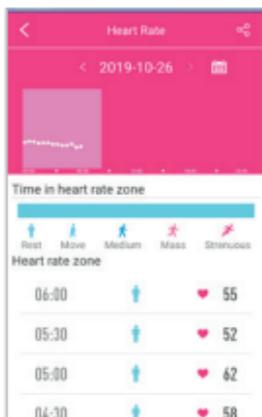
## GPS SUPPORTED RUNNING

1. Open “H Band” app and tap on “Running”.
2. Tap on “GPS movement”.
3. Tap on ► to start running exercise.



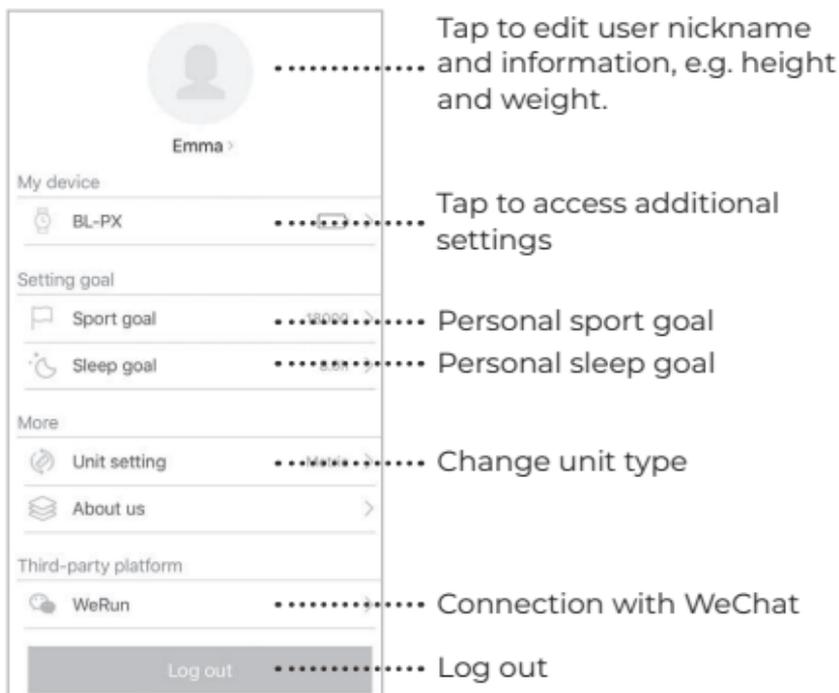
# DASHBOARD

Dashboard allows you to view history of all measurements taken.



## APP SETTINGS MENU

To access settings menu open “H Band” app and go to “Settings” menu:



To access additional settings tap on “My device”.

### ■ **Message notification**

Activate or deactivate message notifications from various apps.

### ■ **Alarm setting**

Set alarm clock.

- **Sedentary setting**  
Set sedentary reminder.
- **Heart rate alarm**  
Set heart rate limit alarm.
- **Turn wrist detection**  
Set screen waking up by turning a wrist.
- **Pair device**  
Activate or deactivate automatic data synchronization between smartphone and the Smartband.
- **BP private mode**  
Enter personal blood pressure for reference.
- **Switch setting**  
*Wear detection:* Activate or deactivate auto detection of the Smartband being worn.  
*HR automatic monitoring:* Activate or deactivate automatic heart rate monitoring.  
*BP automatic monitoring:* Activate or deactivate automatic blood pressure monitoring.  
*Find cell phone:* Activate or deactivate additional find cell phone menu on the Smartband.  
*Stopwatch function:* Activate or deactivate additional stopwatch menu on the Smartband.
- **Take photo**  
Take a remote photo by tapping on the Smartband.

- **Countdown**

Set or start countdown and enable its remote activation from the Smartband.

- **Reset password**

Set or reset the Smartband password to prevent other devices from connecting with it. Default password: 0000.

- **Settings of main interface style**

Select display style (7 styles available).

- **Firmware upgrade**

Upgrade the Smartband firmware.

- **Clear data**

Delete all measured data.

## MENSTRUAL CYCLE TRACKING

This Smartband features a menstrual cycle tracking. This is achieved by considering a direct correlation between the resting heart rate measurements from the Smartband and four menstrual cycle phases. In addition, if period days are entered regularly, the Smartband have the ability to predict future periods.

In a long term, the Smartband, by tracking menstrual cycles and heart rates, could also use the unique data collected to help conceive.

## To enter female data related to period cycles

- Open “H Band” app and go to “Settings”, tap on “user name” and then on  icon.
- At first, choose your current body state as shown on below menu and edit data specific for that state.



## Cycle tracking

After all related data are entered, the menstrual cycle is indicated by an icon located on the top of the screen.



**Menstrual period**



**Ovulation period**



**Safe period**

## CLEANING AND STORAGE

- Turn the product off before cleaning.
- Clean and dry the product regularly, particularly in areas in contact with the skin. Use a clean damp or anti-static cloth.
- Do not use chemical or abrasive cleaners.
- Clean the charging plates/port, blood sensors and heart sensor regularly as accumulated dust and lint could affect charging process.
- When not in use, store the product in its original packaging, out of reach of children and pets.

## TECHNICAL DATA

- Voltage: 5V
- Battery: Li-Po battery 5V/130mAh
- Range of current: 200 mA-2A
- Charging port: USB2.0
- Weight: ca. 50 g
- Size: ca. 240x45mm
- Charging time: ca. 2 h
- Standby time: ca. 5 days
- IP rating: IP67
- Bluetooth version: 4.0

## DISPOSAL INSTRUCTIONS

Used electrical and electronic products must not be discarded with household waste. The presence of the WEEE symbol on the product – or its packaging serves as a reminder of this. Some of the materials of which this product is comprised can be recycled if they are taken to an appropriate recycling centre. By reusing the components and raw materials of used products, you contribute significantly to protecting the environment. For further information on collection sites for used equipment, you can enquire at your town council, the waste treatment department, or the shop where you have purchased the product.



Do not dispose of in the household waste, as the product contains batteries. Return used batteries to a battery recycling centre.



Disposal of the packing materials should be done in accordance with local regulations.

## EU DECLARATION OF CONFORMITY

**3e oem sports** declares that the product: Heart Rate Monitor Smartband, complies with the essential requirements and other relevant provisions of Radio Equipment Directive (RED) (2014/53/EU) and other applicable Directives, hence CE mark has been attached to it:



**Produced in China for**

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