

Smart bracelet

Smart Bracelet User Manual

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Thank you for purchasing the Smart Bracelet. This instruction will help you to bind the Smart Bracelet with any mobile device through the Bluetooth and get information about Time, Pulse checking, Call ID, Alarm, Walking steps, Calorie burning, Blood Pressure, Blood Oxygen and looking for binded device.

Rechargeable batteries

It is recommended to charge the new battery for 3 hours before first time use. The charging unit is a clip with pins. Please connect these pins to the dots on the back of the bracelet. The other end of the USB connector must plug into the computer or the power adapter. After connecting the device will start to charge and the battery icon will display on the screen and will begin to fill. The fully charged battery should last 6 days under the normal use.

Main body Dedicated charger

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Specification

The battery specification: 90mAh lithium polymer battery
Display: LCD 0.96" Colorful screen 80*160
Band: 253*19*11 mm
Bluetooth chip: Nordic52832
Bluetooth Core: 4.0BLE (Low efficiency)
Charging way: Thimble
Waterproof grade: IP67
Platform Requirements: Android 4.4 and above;
Bluetooth 4.0; Iphone 4s and above, IOS 9.0 and above

Functions

Time	Sedentary
Steps	On/Off (Long press to On or Off)
Distance	Reminder (Can display name or the phone number)
Calories	Find the phone
Sleep monitoring	Blood Oxygen
photograph Idle alert	Message push of Facebook, WhatsApp, Line etc. And can also display message content
Timer	
Heart Rate	
Blood Pressure	

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Install APP

Scan the QR code or install the APP "QBAND" from "App store" or "GooglePlay". The first time you open QBAND, you go to the login screen, and you can login in a variety of ways

IOS Google

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Band binding

Tap the bottom right icon Setting. The Setting screen will appear. After tap an allow sign on the first line, and the Binding Equipment screen will appear.

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APP interface

As shown in the left picture, the power note required for the setting diagram of the red arrow head mark; if the fruit is apple hand machine, the "blue tooth please match" box will be popped out, and the "match" box will be shown in figure 3

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Setting interface

As shown in the left figure: 1. Interface on the first page (sleeping data, heart rate data, blood pressure data, electrocardiogram);

Setting interface

As shown in the figure on the left: click to bind the device, open and unbind the required device

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健康智能手环 | 使用说明书

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感谢您购买使用本公司智能手环产品。为了让您轻松体验产品，我们配备了详细的说明书。智能手环和移动设备绑定成功后，可以实现查看时间、脉搏心率、血压、血氧、来电显示、闹钟、步数、卡路里消耗、睡眠管理、拍照和找手机等。

充电电池

第一次使用产品，我们建议充电时间至少3小时。充电装置是一个七字型夹子。请把夹子的充电顶针对准手环底部的金属触点，将另一头的USB插入电脑或者充电器上。如果连接成功后，开始充电并在屏幕上会显示充电符号直至充满。产品电池充满后，正常使用时间为3-7天。

主机 专用充电夹

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基本参数

电池规格: 90mAh 聚合物锂电池
显示屏: LCD 0.96" 彩屏 80*160
表带: 253*19*11 (mm)
蓝牙芯片: Nordic52832
蓝牙版本: 4.0BLE (低功耗)
充电方式: 充电夹接触式顶针
防水: IP67
系统要求: Android 4.4版本及以上, iOS 9.0及以上版本, 支持蓝牙4.0及以上的手机。

手环功能

时间显示	久坐提醒
步数	关机 (长按关机)
卡路里	来电提醒 (显示姓名号码)
睡眠监测	信息推送 (微信、qq等) 显示名称和信息内容
遥控拍照	查找手机
定时闹钟	血氧监测
心率监测	
血压监测	

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APP安装

扫描以下二维码或进入 "Appstore" / 各大安卓应用市场 (应用宝 / 华为商城、谷歌市场、应用汇、手机助手、安智市场、豌豆荚) 下载并安装 "QBAND"。首次打开QBAND, 首先进入登录界面, 可以选择多种方式登录

Android IOS

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绑定手机

- 打开手机蓝牙
- 打开APP->进入设置页面->点击"绑定设备"自动进行搜索->点击搜索到的手环名称->绑定成功
- 如果是苹果手机, 绑定后会弹出"蓝牙请求配对"框, 点击"配对"。

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APP主界面

如左图所示: 点击红色箭头标注的设置图标设置所需要的功能
注: 如果是苹果手机, 弹出"蓝牙请求配对"框, 点击"配对"图3所示。

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设置主界面

如左图所示: 一、首页页面 (睡眠数据、心率数据、血压、心电图) 二、运动轨迹数据 三、设备绑定及个人信息设置

设置主界面

如左图所示: 点击绑定的设备, 设置所需要的开关和解绑设备

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Main interface

As shown in the figure on the left, it is the main interface of the bracelet. The interface displays the Bluetooth connection status, battery capacity information, time and date contents. When the bracelet is used for the first time, and Bluetooth is not connected to the mobile phone, the display time and date may be wrong (this phenomenon is normal), when the bracelet connected to the phone APP, the time and date automatically updated and adjusted to the correct time and date.

Step interface

As shown in the figure on the left, it is the step interface of the bracelet. It mainly displays the total steps of the day. The content can also be viewed in the mobile phone APP after connecting the bracelet.

Mileage interface

As shown in the left figure, it is the mileage (distance) interface of the bracelet. The interface mainly displays the total distance of the day. The content can also be viewed in the mobile phone APP after connecting the bracelet.

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Kcal

As shown in the figure on the left, it is the calorie (energy consumption) interface of the bracelet. The interface mainly shows the total number of calories consumed on that day. The content can also be viewed in the mobile phone APP after connecting the bracelet.

Sleep interface

As shown in the figure on the left, it is the sleep state page, which shows the total time of last night's sleep, and it can also be viewed in the phone APP after connecting the bracelet. No additional settings for sleep mode. The device can detect sleep and change to sleep mode automatically after 8pm. And automatically show sleep time after get up.

BO and HR measurement

As shown in the figure on the left, the blood oxygen and heart rate interface is measured, which can also be viewed in the phone APP after connecting the bracelet.

- Switch to the page, the icon will be dynamic changes after 1 second, meanwhile the back of the bracelet sensor also began to flash, then began to measure.
- Measurement, the value will be real-time beating changes after 10 seconds, off screen after 30 seconds, but still measure until the screen returns to the main interface after 5 seconds.

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Blood pressure interface

the interface is switched, the bracelet will stop the measurement. As shown in the figure on the left, the blood pressure interface is measured. The content can also be viewed in the mobile phone APP after connecting the bracelet, as same measurement method as blood oxygen and heart rate, after 30s the values display, and the device has a vibration once it stops, off screen after 3 seconds. Note: Please keep the static state during the measurement. Do not press the button to switch the interface. When

ECG

As shown in the left interface eeg waveform and heart rate value, press the interface and place your finger on the electrode. Check the eeg report by clicking the eeg function on the A, P, P interface

Find the phone interface

When the APP is running in the background of the mobile phone, long press the bracelet to find the icon of mobile phone function until there is a vibration reminder. Enter the function of looking for mobile phone, music reminder will appear. Click the bracelet to find the icon interface again, and the interface will loop to the next interface

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Shutdown interface

1. As shown in the left interface, the device address and device software version information are displayed. Long press to select shutdown or restore factory Settings

Screen saver interface

- The picture on the right and left is the screen protection interface
- When this boundary is on, the display can be changed with long press to the next cut

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Attention

- Do not puncture the device.
- Do not expose the band to solvents such as benzene, thinner.
- Do not expose the band to strong magnetic field an electric field.
- Do not leave the device exposed to a heat source or in a high-temperature location, such as in the sun in an unattended vehicle.
- Do not puncture or incinerate the device or battery.
- Replaceable coin cell batteries may contain perchlorate material. Special
- You cannot have a bath with it. (The temperature should be under 35)

Heart Rate Tips

- Most people has the heart rate of about 60-120.
- Most people resting heart rate is 60 to 90 beats / minute, the optimal heart rate is up to 70 beats / minute.
- The heart rate of athletes and trained people is 40 to 60 beats / minute.
- Heart rate is always changing and after exercise, after eating, personal circumstances factors, good or bad mood, etc., are heart rate constantly changing factors.
- When doing Aerobic exercise to on effective and safe condition, people's heart rate is 170, minus age, people should hold the heart rate between 108 to 144.

Please exercise regularly, proper diet, weight control, psychological adjustment, to make themselves more healthy and happy every day.

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Blood Pressure Tips

- Systolic blood pressure, arterial blood delivered to the highest value when referred to as "high pressure", the heart for the next time the lowest blood pressure value reserve dilate when blood is called "low-voltage", are referred to as systolic and diastolic blood pressure.
- Most people has the heart rate of 80 blood pressure (low pressure) to 120 (high pressure) around.
- Within the normal range, blood pressure has differentiation of age, gender. Generally, the elderly have the higher blood pressure than the young, men have the higher blood pressure than the young, men have the high blood pressure than women.
- Blood pressure is always changing and after exercise, after eating, personal circumstances factors, good or bad mood, etc., are heart rate constantly changing factors.

Warning

Please follow medical advice, take measurement results as self-diagnosis and treatment basis is very dangerous. Users with blood circulation disorders, blood pressure disease please take the treatment under the guidance of a doctor, product measurements are for reference only, and not for any medical use basis.

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Warranty Card

Thank you for buying the bracelet. In order to enable you to enjoy perfect after-sales service, please keep this card properly.

- Since the date of the sale of the product, warranty is a year.
- Warranty requires by virtue of this card, and must provide proof of purchase (shopping invoice or online mall transaction records/order number).
- The following conditions are not within this scope of the warranty

Purchases in the online shopping mall dealer of unauthorized; The damage and failure caused by unauthorized disassembly and assembly and modification of the product; Damage and failure caused by falling during use and transportation; Damage and failure due to improper use or not in accordance with the use of the instruction manual. Bracelet have repaired by unauthorized repair department.

Use information (Please fill in before mailing)

Name: _____ Connect: _____

Address: _____

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主界面

如左图所示, 是手环的主界面, 该界面内容显示蓝牙连接状态, 电量容量信息, 时间和日期内容在手环第一次使用时, 蓝牙没有连接手机APP时, 显示时间和日期有可能是错误的 (这个现象是正常的), 当手环接手机后, 在手机APP中查看。连接手机APP时, 时间和日期自动重新并调为正确的时间和日期。

计步界面

如左图所示, 是手环的计步界面, 界面主要显示当前步数。

距离界面

如左图所示, 是手环的里程米 (距离) 界面。该界面显示一天的总距离, 该内容在连接手机后, 可以在APP中查看。

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卡路里界面

如左图所示, 是手环的卡路里能量消耗界面, 该界面主要显示当天消耗卡路里总数, 该内容也可以在连接手环后, 在手机APP中查看。

睡眠界面

如左图所示, 是手环的睡眠界面。该界面显示一天的睡眠时间, 该内容在连接手机后, 可以在APP中查看浅睡, 深睡记录。

心率界面

如左图所示, 是测量心率界面, 该内容也可以在手机APP端显示。

- 切换到该页面时, 1秒后图标会发生动态变化, 同时手环背面感应灯也开始闪烁, 表示开始测量;
- 测量时, 数值会实时跳动变化, 30秒后灭屏 (心率先在测试中), 15秒后返回主界面停止测试。

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血压界面

如左图所示, 是测量血压界面, 该内容也可以在连接手环后, 在手机APP中查看, 与血氧心率测量方法相同, 30S左右出现血压数值同时震动和提示, 再15S后返回主界面。注意: 测量期间请保持静止状态, 测量时不要点按按键切换界面, 界面被切换时, 手环将停止测量。

心电图界面

如左图界面心电图波形和心率值, 按到此界面把手指按在电极上。在APP界面上点击心电图功能可以查看心电图报告

寻找手机界面

APP在手机后台运行状态下, 长按手环找手机功能图标直至出现震动提醒, 进入找手机功能, 手机会出现音乐提醒, 再次点击手环找手机图标界面, 界面的循环至下一个界面

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关机界面

如左图界面显示, 显示设备地址、设备软件版本信息。
长按选择关机或恢复出厂设置

屏保界面

- 左图所示是屏保界面
- 在此界亮屏时可以长按依次切换显示

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注意事项

- 切勿严重撞击主机。
- 切勿接触苯、稀释剂等化学物品。
- 请不要靠近强磁场、电击站。
- 请勿直射光线或发热器具。
- 切勿自行拆卸、修理、改造。
- 废弃包装、电池、旧电子产品, 请分类妥善处理。
- 洗澡时不宜佩戴。(温度不能超过35C)

心率小知识

一般人心率在60-120左右, 安静时心率为60-90次/分钟, 最佳心率为70次/分钟左右。一般运动员与经过训练的人心率在40-60次/分钟。有氧运动达到有效而安全时人的心率为170-年龄, 或在108-144之间。心率一直是变化的, 运动过后、饮食过后、个人情况因素、心情的好坏等, 心率都在不断的变化。坚持运动、合理饮食、控制体重、心理调试, 健康快乐每一天

血压小知识

心脏收缩将血液输送至动脉时的压力最高值称之为"高压", 心脏为储备下一次血液而扩张时的压力最低值称之为"低压", 分别被称作收缩压、舒张压。一般人在80 (低压) -120 (高压) 左右。在正常范围内, 血压值有年龄、性别的差异, 一般来说, 中老年人的血压比年轻人要高, 男性的血压比女性的要高。血压一直在变化的, 运动过后、饮食过后、个人情况因素、心情的好坏等, 心率都在不断的变化。

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保修条款

为了您能够享受完善的售后服务, 请妥善保管此卡。

- 从购买本产品之日起, 享受一年的免费保修服务。
- 保修凭此卡, 并提供购物凭证 (购物发票或网上商城交易记录/订单号)。

以下情况不在保修范围之内:

- 在非SEFFREE授权网上商城经销商处购买机器;
- 擅自拆装、改装该产品而造成的损坏与故障;
- 在使用、搬运过程中跌落而造成的损坏与故障;
- 因不当使用或不按照使用说明使用而造成的损坏与故障;
- 因不当保养、不当保存而造成的损坏与故障;
- 由非SEFFREE公司授权的维修点维修过的机器。

用户信息 (邮寄前请填写)

姓名: _____ 联系方式: _____

地址: _____

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警告

请遵从医生指导, 依次测量结果自我诊断及治疗。患有血液循环障碍, 血液疾病的用户, 请在医生的指导下进行治疗。本产品的测量结果仅供参考, 不作为任何医疗用途及依据。

合格证

型号: 智能手环
检查员: _____

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