

HYBRID 2

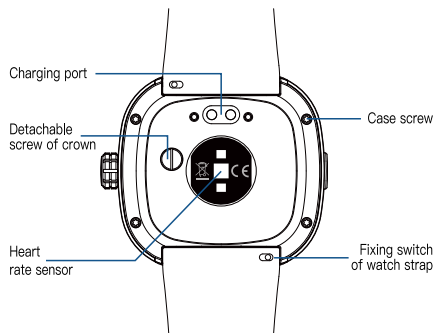
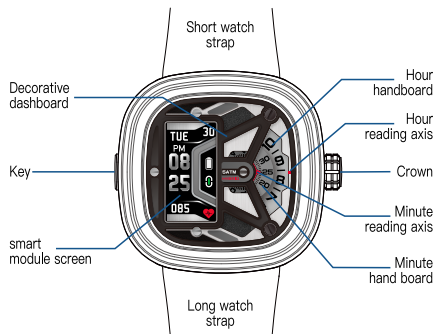
User Manual

English • Deutsch • Русский • España • Português
Italiano • 日本語

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Overview of watch

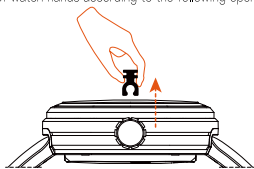


- 1 Remove the protective stickers on the glass and heart rate sensor before first time of use.

Time of watch hands

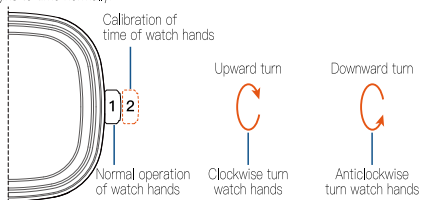
Before use

For the first time of use, please remove the **pause device** fixed on the crown and calibrate the time of watch hands according to the following operation.



Calibrate the time of watch hands

Pull the crown to the 2nd section, the board of watch hands pauses and it enters the calibration state, turn the crown to calibrate the time of the board of watch hands, press the crown back to the 1st section, and then the board of watch hands begins to time normally.



Check the time of watch hands

The board of watch hands clockwise runs periodically. When the **hour reading axis** points at the number of 1 or the one between 1 to 2 of the **hour hand board**, the current time is 1 o'clock; and the scale of the **minute hand board**, at which the **minute reading axis** points, is the minute of the current time.



1:00



1:52



- There is no second hand in the watch, and the board of watch hands jumps once every 1 minute during running.
- The button cell used in the quartz watch core is independent from the smart module and can continuously work for 3 years. If you need to replace the button cell, please consult the professional clock repair shop with the manual.

- 1 All the following functional operation guidelines are only for the smart module of the watch (screen display function). If you need to know the timing function of the watch hands, please refer to the **Time of watch hands** in the manual.

ON/OFF

ON

- When the watch is in the OFF state, **long press the key of the watch**, and the smart module is ON.
- When the watch is in the OFF state, connect with a charger for charging, and the smart module is automatically ON.

OFF

In the ON state, switch the watch screen to the **OFF interface**, and **long press the key**, and then the smart module is OFF.

- 1 It is automatically OFF when the power of the smart module runs out. At this time, it cannot turn on the watch by pressing the key. Please connect the watch with a charger to turn on the watch.




Connect with a mobile phone

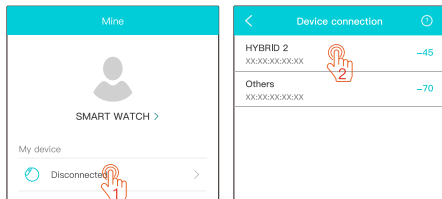
Download and install APP

Please search for the latest version of "H Band" APP in the mobile application market or App Store and download and install it; or download and install H Band APP by scanning the QR code below.



Connect with a mobile phone

- Open H Band APP, click **Click to connect device** in the **Dashboard**, or click **Mine > Disconnected**, APP automatically searches the watch and lists the Bluetooth device names, click **"HYBRID 2"**, and then the main interface of the watch will display the connected icon  after successful connection.
- When the watch has reset the device password, click **"HYBRID 2"** in the list of connected devices, and you need to input the device password in APP to continue connecting with the watch. Please refer to the manual **Device password** for how to reset or clear the device password.



- 1
- Make sure the mobile phone has started the Bluetooth function and keep the watch as close as possible to the mobile phone during the connection.
 - H Band is compatible with the mobile phone systems of Android 4.4 or iOS 8.0 and above.

Data storage

It is recommended to log on H Band APP with a registered account, and the data will be uploaded to the cloud server synchronously. If log on without an account, the data will only be stored in the mobile phone.

Pair device

Open H Band APP, click **Mine > My device**, and click to open **Pair device** switch. Watch data will be synchronized and uploaded to the cloud server, otherwise, the watch data will only be stored locally in the mobile phone.

Screen control

Operation of key

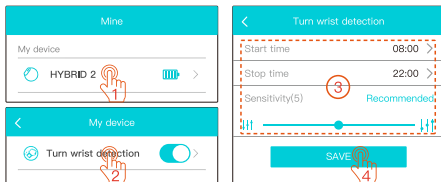
- Short press the key of the watch to circularly switch the screen interface.
- Long press the key of the watch to enter the subinterface of the current interface function or execute the current interface function.

Light the screen

- In the screen-OFF state, **short press the key** to light the screen for 3 seconds.
- In the screen-OFF state, when APP has started the function of lighting the screen by turning wrist, the user wearing the watch normally can **inward turn wrist or raise hand** to automatically light the screen for 3 seconds.

Light the screen by turning wrist

The function of lighting the screen by turning wrist is turned on by default. Open H Band APP, click **Mine > My device > Turn wrist detection** to set the time period and sensitivity for turning on the function of lighting the screen by turning wrist, click **SAVE**. Click the switch of **Turn wrist detection** to open or close the function.



Screen OFF

The screen is automatically OFF if there is no operation for 3 seconds after the screen is lit. It will go back to the main interface to display when the screen is lit again in any condition that the screen is OFF.

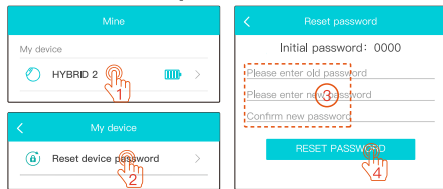
- 1 Reducing the sensitivity of lighting the screen by turning wrist can relatively reduce the power consumption of the watch.

Device password

The initial device password of the watch is "0000". After resetting the device password of the watch, it needs to input the device password when connecting the watch with APP.

Reset device password

Open H Band APP, click **Mine > My device > Reset device password**. Input the old password and new password on the reset password page, and click **RESET PASSWORD** to confirm the setting.



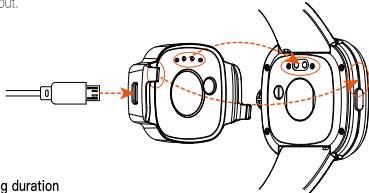
Clear device password

If you forget the device password, switch the watch screen to the interface of **Sleep monitoring > Long press the key** for 6 seconds, and then you can reset the device password to the initial password.

Charge the watch

Charge

Please connect the watch with the charger firmly, and then use the Micro USB charging cable to connect the charger with the power supply until the dynamic charging icon appears on the watch screen. In the charging process, the key-activated watch only shows the main interface, and other operations cannot be carried out.



Charging duration

The watch can be fully charged within two hours. When the screen charging icon changes from dynamic to static, it indicates that the power is full. Please disconnect the charger in time after it is fully charged.

Lower power state

When the watch power is less than 6%, the watch will vibrate to remind and enter a low-power state. In the low-power screen-OFF state, the low-power icon will flicker at first in Key activation, and then it enters the main interface. In the low-power state, the watch only displays the screen content for reminding the message and call but not vibrate.



- Please use a charger with rated output voltage of 5V and rated output current of 1 to 2A or an electric USB interface to charge the watch.
- Dry the charging port before charging to prevent the short circuit or any other risk of metal contacts caused by dirt or water.

Sport monitoring

Wearing the watch correctly will automatically record the data of the steps, distance and calories of your daily activities. You can view sport data in the two methods as follows.

Method 1

Switch the watch screen to the corresponding functional interface by pressing the key, and then you can view the data of steps, distance and calories of the day.



Steps



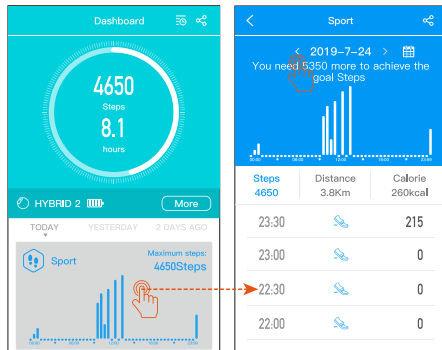
Distance



Calories

Method 2

Target progress and sport data for the last three days can be viewed through the APP data panel. Click **Dashboard > Sport card** to view detailed data and historical data.



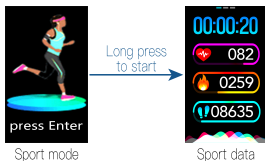
- It needs to maintain the normal connection between APP and watch when viewing real-time sport data through APP.
- Sport data are automatically zeroed at 0 o'clock everyday.

Sport mode

Open the sport mode, and the watch can record your sport time, heart rate, calories and steps. You can pause the sport manually. Through APP, you can view the sport history, data details and curves.

Start watch sport

Switch the watch screen to the **Sport mode** interface by pressing the key, and **long press the key** to start sport.



Long press to pause



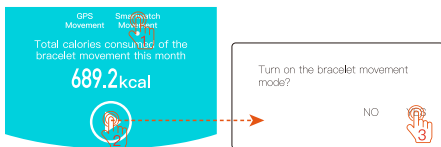
Long press to continue



Long press to end

Start APP Running

Open H Band APP, click **Running > Smartwatch Movement > Start button**, click **Yes** in the pop-up dialog box, and the watch enters the sport mode. App can end the sport, and it needs to operate at the watch end for pausing the sport. It needs to maintain the normal connection between APP and the watch to start APP sport.



GPS Movement

Open H Band APP, click **Running > GPS Movement > Start button > Start sport button**, then APP starts GPS Movement. The GPS Movement function is independent from the watch when used. It can record the trajectory, distance, speed, pace and calories of the sport.



- Open the sport mode, and when the watch is judged to be in a non-sport state for a long time, it will automatically end the sport.
- The watch end only saves the data of the latest three sports. When the watch connects to APP, the sport data will be uploaded to the mobile phone automatically.
- For GPS Movement, please open the positioning function of the mobile phone.

View sport details

Open H Band APP, click **Running > Smartwatch Movement**, click the historical record you want to view on the sport page to enter the corresponding sport **data details** page; and click **Running > GPS Movement** to view the historical record and detail data of GPS Movement.



Heart rate measurement

Real-time measurement

- Wear the watch correctly, switch the watch screen to the **heart rate measurement** interface by pressing the key, and the watch begins to measure the heart rate. The watch screen will be automatically OFF when there is no operation for 60 seconds during measurement.
- Wear the watch correctly, open H Band APP, click **More > Heart rate button** on the data panel, and APP enters the measurement page, click the **Start button**, and then the watch starts to measure the heart rate, but it is in the screen-OFF state.



BPM
Heart rate measurement

Automatic monitoring

Open the automatic monitoring of heart rate, then the watch will automatically measure the heart rate every 30 minutes. The automatic heart rate monitoring function is opened by default. Open H Band APP, click **Mine > My device > Switch setting > HR automatic monitoring** switch to open or close the function.

Heart rate alarm

When your monitored heart rate exceeds the upper limit, the watch will vibrate and display the heart rate alarm interface.

Open H Band APP, and click **Mine > My device > Heart rate alarm** to open heart rate alarm. Click **Heart rate alert** to enter the interface for setting the upper limit of heart rate alarm.



Heart rate alarm



Turning off the function of automatic heart rate monitoring, automatic blood pressure monitoring or heart rate alarm can reduce the power consumption of the watch.

View heart rate data

View the heart rate curve of the day through the heart rate card of the H Band APP **Dashboard**, click the **Heart Rate card** in the **Dashboard**, and view detailed data and historical data.

Blood pressure measurement

Real-time measurement

- Wear the watch correctly, switch the watch screen to the **Blood pressure measurement** interface by pressing the key, and the watch begins to measure the blood pressure. The watch screen will be automatically OFF when there is no operation for 75 seconds during measurement.
- Wear the watch correctly, open H Band APP, click **"More"** button **>Blood pressure button**  on the data panel, and APP enters the measurement page, click the **Normal-Start button** , and then the watch starts to measure the blood pressure, but it is in the screen-OFF state.



Blood pressure measurement



Private mode

BP Private mode

In the private mode of blood pressure, the watch calibrates blood pressure measurement through the reference values inputted by you so as to obtain more accurate blood pressure data. Open the private mode of blood pressure, a **"P"** icon will appear on the blood pressure measurement interface of the watch.

Open H Band APP, click **Mine >My device> BP Private mode** switch to turn on the private mode of blood pressure. Click **BP Private mode** to set the daily reference values of blood pressure.

Automatic monitoring

Turn on the function of automatic blood pressure monitoring, and the watch will automatically measure blood pressure every 10 minutes. Open H Band APP, click **Mine > My device > Switch setting > BP automatic monitoring** switch to turn on or off the function.

Sleep monitoring

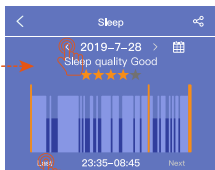
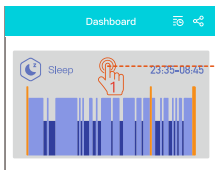
Wear the watch to sleep, the watch will automatically monitor your sleep time, wake-up time, deep sleep and light sleep duration and wake-up times.

- Switch the watch screen to **Sleep monitoring** interface by pressing the key, and then you can view the sleep duration of the day.



Sleep monitoring

- Open H Band APP, click **Dashboard** to view the sleep data of the day on the **Sleep card**. Click **Dashboard > Sleep card** to view detailed data and historical data.
- There is a long waking time during sleep. The sleep data of the day will be recorded into multiple segments. Click the **Last** or **Next** of the sleep details page to view the sleep records of different time segments.

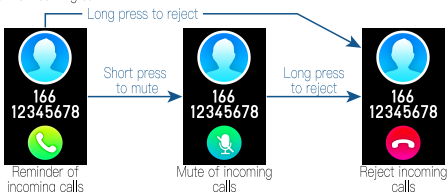


Reminder of calls and messages

- Open H Band APP, click **Mine>My device >Message notification**, and click the **switch button** to open the APP, short message or incoming calls that need to be reminded.
- Android mobile phones need to click **Mine >Help** in H Band APP, and set the relevant mobile phone authority according to the guidance of the help.

Reminder of incoming calls

When the watch connection is normal, and H Band has turned on the reminder of incoming calls. If there is an incoming call, the watch will vibrate to remind and display the call number or name. The watch keys can control the mute mode or hang up the incoming call.



Reminder of message

The watch connection is normal, and H Band has opened the corresponding APP reminder. When there is a new message in the state column of the mobile phone, the watch will vibrate to remind and display the message content. Short press the key to turn pages to view the message, and short press the key on the last page of the message content to go back to the main interface.



Message push

- A new push message will replace the unread message and be displayed on the screen. If the sport mode or stopwatch function is being performed, the watch will not be able to receive the push message.

Alarm clock

Connect the watch with H Band APP to set and turn on the alarm clock. The watch will vibrate at the set time and display the alarm clock label for 10 seconds, during which the alarm can be released by pressing the key. Set the repetition cycle of the alarm clock, and the watch will periodically and repeatedly remind, otherwise, only remind once.



Alarm clock label



Sport label

Set alarm clock

Open H Band APP, click **Mine > My device > Alarm settings > "+"** to set the time, repetition cycle and alarm clock label, and click "✓" to save the alarm clock settings. Click the saved alarm clock to edit or delete the alarm clock.

Reminder of sedentary behavior

Normally wear the watch and turn on the function of reminder of sedentary behavior. When the watch monitors that your sedentary duration exceeds the set interval, the watch vibrates and displays the interface of reminder of sedentary behavior.

Set the reminder of sedentary behavior

Open H Band APP, click **Mine>My device > Sedentary setting** to set the time segment and interval of reminder, and click **SAVE**. Click the switch button on the right side of the reminder of sedentary behavior to turn on or off the function.



Reminder of Sedentary Behavior

Reminder of goal achievement

When the sport steps of the day reach the set goal, the watch vibrates and displays the interface of reminder of goal achievement.

Set Steps goal

Open H Band APP, click **Mine > Steps goal** to set steps goal steps, click **SAVE**.

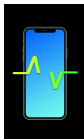
① Refer to steps goal setting for sleep goal setting.



Reminder of goal achievement

Reminder of disconnection

Open H Band APP, click **Mine > My device > Switch setting**, and click to turn on the **Disconnect alert** switch. When the watch is disconnected from mobile phone Bluetooth, the watch vibrates and displays the interface of reminder of disconnection.



Reminder of disconnection

Replace main interface

Open H Band APP, click **Mine>My device >Settings of main interface style** to select the appropriate interface style, and the watch will automatically switch to the corresponding main interface.



Default style



Style1



Style2



Style3

Search for mobile phone

Open H Band APP, click **Mine>My device >Switch setting**, and click to turn on the switch of **Find phone** (after turning off the switch of Search for Mobile Phone, the watch screen will not display the function of search for mobile phone).

The watch is connected with the mobile phone normally. Switch the watch screen to the interface of **Search for mobile phone** by pressing the key. The mobile phone vibrates and rings if **long press the key**, and quits the search if **short press the key**.



Search for mobile phone

Long press to start



Searching.....

Short press to end

Stopwatch

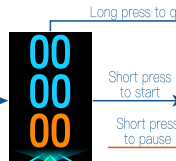
Open H Band APP, click **Mine>My device >Switch setting**, and click to turn on the **Stopwatch feature** switch (after turning off the Stopwatch Function Switch, the watch screen will not display the stopwatch interface).

Switch the watch screen to the stopwatch interface by pressing the key, and **long press the key** to enter the **Timer interface**.



Stopwatch

Long press to enter



Timer Interface

Short press to start



Timing...

Short press to pause

Long press to quit

Remote photograph

Open H Band APP, click **Mine> My device > Take photo**, the watch screen will display the photographing interface. **Short press the key or shake the watch** to photograph, and the photos will be automatically saved to the mobile phone album.



Photograph

Timer

APP starts timing

Open H Band APP, click **Mine> My device > Countdown timer> Start countdown**, set the time and click **Confirm**. When it reaches the set time, the watch vibrates and displays the timing reminder interface for 3 seconds.

Watch starts timing

Open H Band APP, click **Mine> My device > Countdown timer**, click to open the **Interface display** switch (turn off the Interface display switch, the watch screen will not display the timer interface), click **usual time** to set time, and click **Confirm**.

Switch the watch screen to the **timer interface** by pressing the key, and **long press the key** to time. When it reaches the set time, the watch vibrates and displays the timing reminder interface for 3 seconds.



Timer



Timing reminder

Function for female

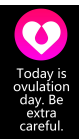
This function is only for female users. If the gender in personal data is changed to male, the watch will automatically screen the female function.

Open H Band APP, click **Dashboard>Female card** to enter the female details page, click to set the date of the **Period started**, and turn on the **Smartwatch notification** switch. The watch automatically calculates out the current physiological state, and displays the corresponding icon in the main interface of the watch, or pushes physiological information to the watch regularly.

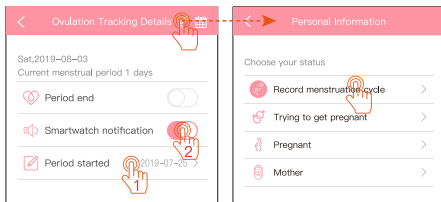
Menstrual period Safe period Period of ovulation Date of ovulation

Set physiological state

Open H Band APP, click **Dashboard> Female card > State icon**, select the physiological state and set personal information, click **SAVE**.



Physiological information



Product parameters

CPU	Nordic nRF52832	Memory configuration	512K+64M(FLASH) 64K(RAM)
Display screen	0.96 inch IPS color screen	Sensors	Acceleration sensor + optical heart rate sensor
Cell (smart module)	100mAh polymer cell	Button cell (watch core)	(SONY/Panasonic) SR626SW
Charging duration	<2 hours	Charging port	Thinble port of charging base
Input specification of charger	5V 1A	Key configuration	Physical key and crown
Life of smart module	5 days (depending on the usage condition)	Life of quartz watch core	3 years
Compatible system	Android 4.4 and above ; IOS 8.0 and above	Bluetooth version	BLE 4.0
Waterproof grade	5ATM	Product weight	70g (including silica gel watch straps)
Case material	Metal, fiber reinforced plastics, TPU	Watch body size	46*45*16mm
Watch strap specification	26mm	Parts	Watch body, watch straps, charging base and charging cable

Cleaning and maintenance

- Do not wear too loose or tight, and ensure that the watch does not slip on the wrist. Long-time friction and pressure may make the skin uncomfortable. Please take off your watch and relax your wrist in time.
- The watch cannot be used when you snorkel, have a hot water shower or sauna, dive or have any other activity with high-speed water currents or in deep water.
- Prevent the watch from being seriously impacted or falling on the ground or being scratched or collided by sharp objects.
- Keep your watch and skin clean and dry. Avoid contact with sweat, soap, sunscreen and other liquids.
- Do not expose your watch under the sun or use a hair dryer, etc., for external heating.

Our after-sales team will continue to provide you better service.
The following is our contact information:

✉ Service@zeblaze.com

🏠 www.zeblaze.com/support

📺 Operate the video(Youtube)



Scan the QR code to download H Band.