



Please check the list of following when you open the box:

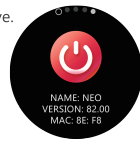
1. NEO Smart Watch*1
2. Charging USB Cable*1
3. User manual*1
4. Leather Straps*1

Download & Pairing

1. Long press the power button to turn on.
2. Scan the following QR code to install APP or Download "H Band" App from App store or Google play, by searching for "H Band".



- Compatibility System: Android 4.4 and above, iOS 8.0 and above.
3. Enter the APP "Dashboard" to bind the device.
 - Step1: Enable BT on the mobile phone.
 - Step2: Open "H Band" APP, tap "Connect a device" to bind.
- * Please keep BT address consistent with your smart watch when you connecting.
* Slide right on the default interface to check BT address.



Functions (Slide from the default interface)

1. Main Interface (Default interface)

- 1.1. Power on: Long press power button for 5seconds, slide the default interface up and down for different smart watch interfaces.



1.2. Power off: Long press power button for 5seconds

- 1.3. Wake up screen : press the power button; find the "APP" setting and click it to enter, click the "Switch" and turn on the "turn the wrist", and also enter Hband menu "Mine"-"NEO"-turn on "turn wrist detection" at same time.
2. Steps record (Steps, distance, calorie).
3. Sleep monitor (it will record your sleep)



4. Function interface



4.1 Heart Rate monitor



4.2 Blood Pressure 4.3 Stopwatch 4.4 Timer (manually adjust time span)



4.5 Information (save 3 messages) 4.6 Sport (Slide right for return or ending)



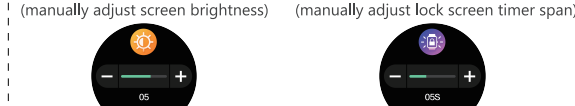
4.7 Female physiological cycle reminder (enter APP "setting"--tap "head portrait"--edit "Gender" into "female"--choose your status.



4.8 Find my phone (the phone rings when BT connected with smart watch)



4.9.1 Brightness (manually adjust screen brightness) 4.9.2 Lockscreen (manually adjust lock screen timer span)



4.9.3 On-Off interface



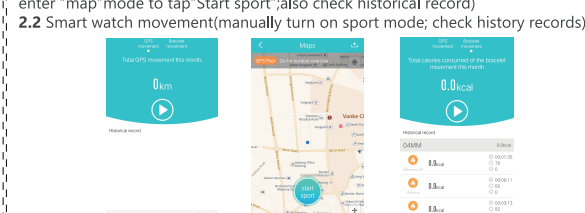
APP functions

1.3.1. APP data record interface (Steps, Sport, Sleep, heart Rate, Blood pressure)



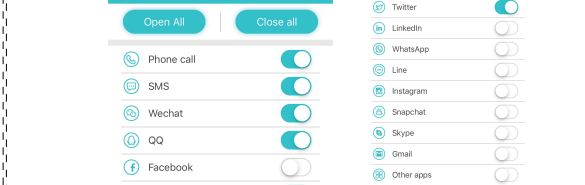
2. Sport

- 2.1 GPS movement (manually turn on sport mode; click on the screen and enter "map" mode to tap "Start sport"; also check historical record)
- 2.2 Smart watch movement (manually turn on sport mode; check history records)

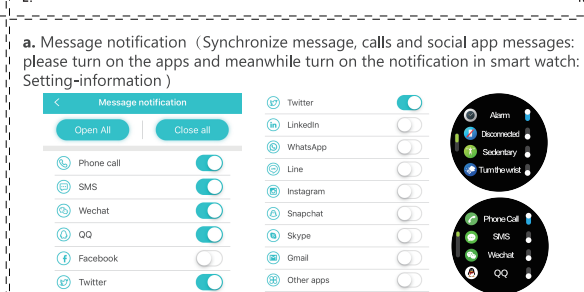


3. Setting interface

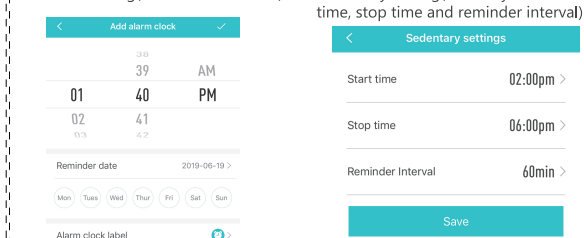
3.1 My device



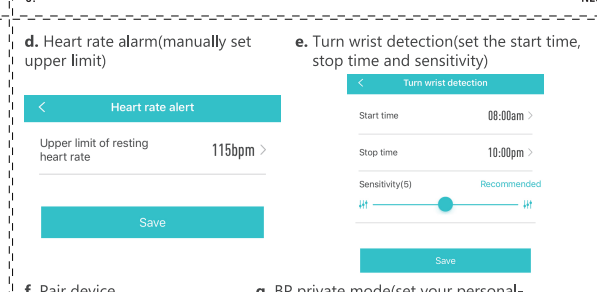
a. Message notification (Synchronize message, calls and social app messages; please turn on the apps and meanwhile turn on the notification in smart watch; Setting-information)



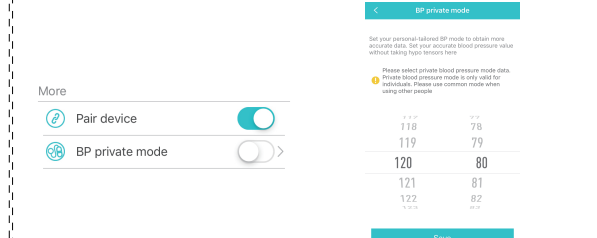
b. Alarm setting (set the watch alarm) c. Sedentary setting (manually set the start time, stop time and reminder interval)



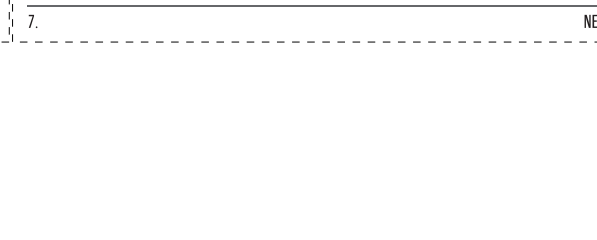
d. Heart rate alarm (manually set upper limit)



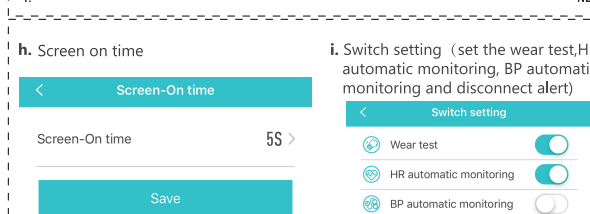
e. Turn wrist detection (set the start time, stop time and sensitivity)



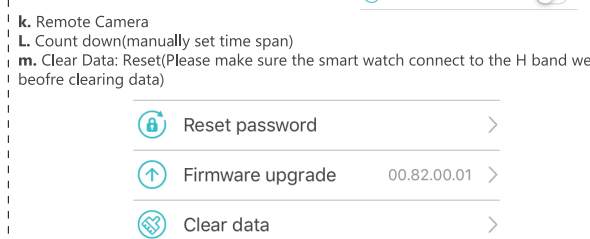
f. Pair device g. BP private mode (set your personal-tailored BP mode to obtain more accurate data)



h. Screen on time i. Switch setting (set the wear test, HR automatic monitoring, BP automatic monitoring and disconnect alert)



k. Remote Camera l. Count down (manually set time span) m. Clear Data: Reset (Please make sure the smart watch connect to the H band well before clearing data)



Warm notes

1. Connect BT:
- A. Please turn on your phone BT and turn on smart watch before connecting;
- B. Please ensure your smart watch didn't connect other phone before connecting;

C. Please make sure the phone is close to the watch when you are connecting;

2. Please give the all authorization for Hband APP in phone, and run the Hband APP in the background all the time, otherwise you will not receive the messages.
3. Battery Recharge: Power adaptor: 5V 0.5~1A requirement. If the watch won't be used for long period, please ensure a full charging every month and turn it off after get full charged.

Disclaimer

Warning: This product is not a medical device. The smart watch and its applications should not be used in diagnosis, treatment or as a preventive treatment for diseases and sickness. Please consult medical professionals before changing exercise habit or sleep habit to avoid serious injuries. The manufacturer reserves the right to modify and improve any functions description in this user guide and continuous update of the new content without further notice.

Our customer service team will continue to work hard to do better. Here's our contact informations:

- ✉ Service@zablaze.com
- 🌐 www.zablaze.com/support
- 📺 Operate the video (Youtube)