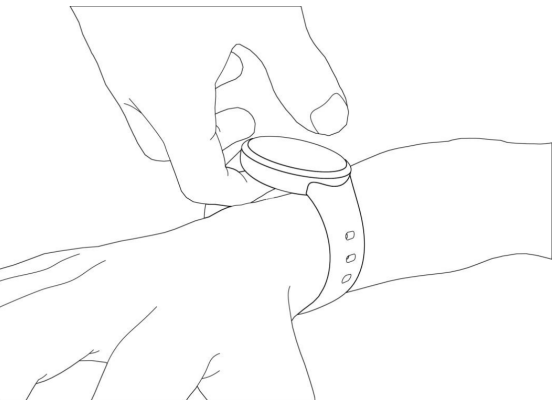


KIDS FITNESS WATCH

OPERATING GUIDE



H39L

Thank you for purchasing our smartwatch.
Please read this manual carefully before use.

NOTE: Because children's skin is relatively tender, please leave a distance of one finger when wearing the watch, so as to avoid discomfort caused by the child's long-term skin not being able to contact the air.

Setting

Use H Band APP on iOS or Android smartphones (excluding tablets and computers) as follows.

Note: Your smartphone's hardware and system should meet the following requirements.



IOS 8.0 or above mobile
Bluetooth **4.0**



Android 4.4 or above

1. Search and download H Band APP

1. IOS users please search and download "H Band" from APP Store;
2. Android users please search for "H Band" and download and install it in Google Play and 360 application markets, as well as the application markets provided by Huawei, Xiaomi, OPPO and Vivo. Scan the QR code. There may be problems opening the link with the smartphones scanning tool. Please copy the link and open it through the browser.





2. Watch and mobile phone binding connection

1. APP connect H39L:

Open Bluetooth on your phone, go to "My" on the APP page, find "Devices", and click the name of the device you want to connect "H39L". Select H39L to connect, please select allow access to location information, if there are multiple devices nearby, please filter according to the MAC address of the watch, the MAC address can be viewed in About Device of the watch setting function.



The symbol is displayed as: 
If you see the  symbol, it means not connection succeeded, Please try again.

2. Considerations when connecting:

- ① Bluetooth is turned on
- ② The watch has sufficient electricity
- ③ When connecting your smartphone and watch, please keep it within 50 cm.
- ④ If the smartphone cannot find the watch in the app, please turn on all permissions for the H Band software in the smartphone settings.

FAQ:

Could not find the device while connecting?

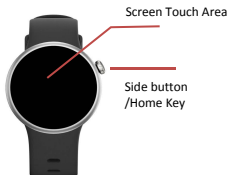
1. Make sure your smartphone's Bluetooth is turned on, and your smartphone's operating system should be Android 4.4 and above; or IOS 8.0 and above.
2. Make sure the distance between the smartphone and the device is less than 0.5 meters. Once connected, the device should remain within effective range (usually less than 10 meters).
3. Make sure the device has enough power. If you still have problems after charging, please feel free to contact us.

What should I do if the Bluetooth connection fails?

Restart your smartphone or Bluetooth service to connect properly

3. Appearance

① Names of different parts



Note: To ensure the data is valid, please enter the real gender, height weight and skin color in APP's personal data.

4. Function Introduction

(1) Interface



Main Interface



Step counting



Sleep



Heart rate



Music



Information
Reminder



Countdown



Stopwatch



Remote control
photographing

Setup Interface

Make sure the watch and app are well connected. Enter the device app, click My H39L-Dial Settings-select the appropriate watch screen display style and indicate successful replacement.



Screen Operation:

Swipe up and down, left and right



(2)Screen drop-down interface function introduction

Find Mobile Phones

Device brightness



Do Not Disturb

Set up

Device Information

(3) Startup/Shutdown

Turn on: when the device is off status, long press the key button for 4 seconds to turn it on and enter the time interface, After 5 seconds without operation, the device will turn off the screen automatically and enter the stand by mode.

Turn off: long press the down key button for 4 seconds to turn it off.

(4) Function Interface

Press the side Key to enter the function selection interface, slide up and down to select the required function for operation, and press the side Key again to return to the main interface.



(5) Steps, Calories, and Miles

Enter the step counting interface to display the current step number, target progress, calories and distance of the day. The screen will close after 5 seconds. The acceleration sensor detects the step with a small error (within 10%) within a reasonable range.

(6) Sport Mode

1. Press the side button briefly to enter the function selection interface and select the sports mode. There are 19 sports modes in total. You can click to select the exercise mode, and the data page will display the running time, exercise heart rate, running distance, calories and step count in real time.



2 Exit Sport Mode

Swipe the screen to the left and tap the icon on the left to confirm the end of the campaign to exit. Click the icon on the right to pause or continue the movement.



3. Data preservation

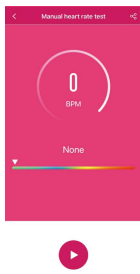
If the exercise time is less than 1 minute, it will remind the user that the data was not saved successfully.



The screen will automatically return to the main screen after 4 seconds, but the sports mode will work in the background.

(7) Manual detection and automatic monitoring of heart rate

Swipe the screen to the right on the main interface of the device to enter the heart rate detection interface and start the detection. After getting the measurement result, it will keep measuring and displaying the real-time heart rate value. Regardless of whether the result is measured or not, the device will automatically turn off the screen and standby after 60 seconds of cumulative detection. The heart rate measured on the device will not be saved. You can also access the heart rate manual test interface on the APP data panel-H39L-More Operations-Heart Rate icon, and the heart rate test results operated on the APP will not be saved. Turn on the heart rate automatic detection switch at the APP side, the device will automatically monitor heart rate 24 hours a day collecting data every 10 minutes and displaying data every 30 minutes. After data synchronization, you can view the test results on APP for details.



APP Test Mode



Heart Rate Data Panel

1. As soon as you put on the watch, it will automatically detect your heart rate, steps and calories and sync them to the app.
2. The default is the automatic heart rate monitoring function, which automatically detects the heart rate every 30 minutes, if you want to turn off this function. Please set it in the APP. My Device - H39L - Switch Settings - Automatic Heart Rate Monitoring - Turn off
3. For more accurate heart rate monitoring, please be tighter than usual during exercise.

(8) Heart Rate Alarm

The watch will automatically detect the heart rate. If the data reaches a warning number or higher, the watch will automatically alert you. The default warning value for heart rate is 115, which you can reset according to your situation.



(9) Sleep Monitoring

Enter the sleep monitoring interface to display the total sleep time of the previous day. This function runs automatically. Generally, you can know the data 10-30 minutes after waking up.

(10) Information Reminder

Open APP-Settings-My Device -Message Reminder Turn on or off the reminder function. If you want to show the message, please set it in the corresponding APP.

(11) Stopwatch

Press the watch key shortly to select the stopwatch function, click the touch key to start running for seconds once, then press Pause, then press Continue, cycle in turn, and slide the right screen to exit running for seconds.

Note: After entering the stopwatch interface, the device will temporarily block all reminders that need and push work need to occupy the screen. The maximum timing time value of the stopwatch is 99 minutes and 59 seconds.

(12) Countdown

Press the key on the watch shortly to select the timer function. After setting the time and pressing "Start", the countdown time will be displayed. At the end of the countdown, it will vibrate and remind. Swipe the screen to the right to exit the countdown.

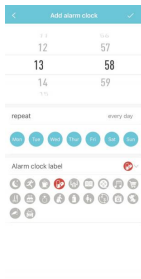
(13) Call Reminder

After setting up the call reminder, when someone calls, the watch will keep vibrating. You can mute by pressing the touch key for a short time and refuse to answer by pressing and holding the touch key.



(14) Alarm Clock

In APP, you can set the alarm clock and select the icon on the right. The maximum number of alarm clocks is 19.



Alarm Clock Test

Exercise Reminder-Memory Exercise

Set the reminder time in APP, if it is, the watch will remind

(15) Music

After the APP is successfully connected to the watch, click the music option in the function interface to play the music from your smartphone.

(16) Looking for Smartphones

Keep "H Band" running in the background of your smartphone. Tap the Find Smartphone option in the function screen, and the smartphone connected to the watch will ring. Be careful to keep the smartphone in ringing mode.

(17) Remote Control of Smartphone Camera

Connect the watch and open the APP, click "H39L"-take photos, turn on the camera of the smartphones, select take photos in the watch function options. click the take photos icon or shake it to take photos.

(18) Wear Test

When the switch of the application is turned on, your wrist will be detected during wearing to avoid wearing failure.

5. Frequently Asked Questions

Q: How to deal with upgrade failure?

A: If the initial upgrade fails, please reconnect device on APP, and the system will automatically remind you to upgrade.

Q: Why is the heart rate (sleep) test not allowed?

A: First of all, watch device monitors human activities through electronic sensors. It is normal for consumer products to have certain errors. Please treat the data objectively.

Q: Where do I set APP permissions?

A: Android Phone-Setting-Rights Management-Find "H Band" Application-Setting Trust This Software

1. If the smartphones are equipped with security management or cleaning acceleration applications, please set "H Band" as a white list (trust list);
2. In the rights management program of the smartphones system, please set "H Band" as a trust application. Caller ID and other functions need to obtain rights to realize the functions.

Q: How to set the time display mode?

A: The device synchronizes the time display mode of the smartphones. If the smartphones are set to 12-hour system, the device will be displayed to 12-hour system.

6. About Waterproofing

The waterproof grade of the watch is IP68, which means that dust can be prevented from inhaling; Prevent short-term soaking The allowed activity scenes in the activity area are as follows: wearing, washing face and hands in rainy days

Product Parameters

Product Model	H39L
Battery capacity	155mAh
Operating Voltage	3.7V
Data Transmission	BT5.0
Main engine weight	17g
Charging Valtage	5V
Charging Current	100mA
Operating Temperature	-10°C-45C
Waterproofing grade	IP68
Working hours	5days
Working frequency wave	2402-2480MHZ
Maximum transmit power	1.377dBm

IC Caution:

This device complies with Industry Canada licence-exempt RSS standard(s).

Operation is subject to the following two conditions:

- (1) This device may not cause interference, and
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

This device is not medical device, and the data and information provided are for reference only

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage, et
 - (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.
- Le matériel a été évalué pour répondre aux exigences générales d'exposition aux radiofréquences. Le dispositif peut être utilisé dans des conditions d'exposition portables illimitées.

FCC Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.?
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction