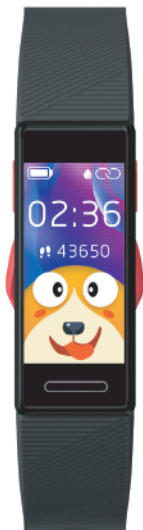


INSTRUCTIONS

Heart Rate Tracker

Built in USB charger, Charge cable is not required.



Thank you for purchasing our bracelet.
Please read the manual carefully before using it .

HOW TO USE:

1. Please connect with smartphone via the App "H Band" not Bluetooth.
2. Sleeping Data updated every 24 hours, please don't think it doesn't work when you get up.
3. Alarm, Sedentary Alert, SMS&SNS Alert feature need to set up in the App, tap "Mine" -> "Y99C" -> begin set up.
4. Please set "H Band" auto run in the App management if meet connect problem in Android smartphone, authorize "H Band" and turn on all switches in App permission.
5. The tracker is automatically synced with your smartphone via bluetooth (Such as **time and date**). You can make the desired settings on the app.

Settings

Use H Band APP on your iOS or Android smartphone (No Ipad or Computers) as follows.

Note: The hardware and system of your phone shall meet the following requirements.



iOS 8.0 or above



Android 4.0 or above

1. Search and download H Band APP

- ① Search and download H Band APP from the Apple Store, Google Play Store or other app stores.
- ② Scan the QR code. It probably has a problem to open the link by scan tools of your cell phone, please copy the link and open it through browsers.



H Band



2. Product activation and installation

The product must be activated by charging before initial use, and then charge the product to ensure normal power supply. The hand ring will automatically power on.

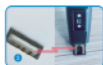
How to charge?



Rotate at 45 degrees, remove the strap



Take apart the watchband, and one end of the inside with the charging symbol is the usb charging port



The end of the usb chip is inserted into the usb charging tank



Switch on the power and start charging

Working time: continuously working for 5 days under normal conditions.

3. Connect the bracelet

Open Bluetooth and H Band APP, click connection in APP, select **Y99C** to connect, please choose to allow access location info. When the tracker is connected successfully, the sign on the upper left corner of it is displayed like this: 

Notes while connecting:

- ① Bluetooth is turned on
- ② Sufficient power in the bracelet
- ③ Keep your cell phone and bracelet within 50cm when connecting
- ④ If your phone can't find the bracelet in the APP, please open all permissions of H Band software in your phone settings.

Common Questions:

The equipment could not be found when connecting?

1. Ensure that the Bluetooth of the smartphone is on, the smartphone operating system should be Android 4.4 and above, or IOS 8.0 and above.
2. Ensure that the distance between the phone and the device is less than 0.5 meters. After connection, the device should be kept in a valid range (normally less than 10 meters).
3. Ensure that the equipment is not being recharged.

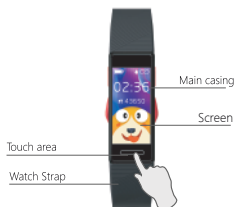
If you still have problems after charging, please be free contact us: mgaolo@qq.com

Occasional Bluetooth connection failed?

1. The Bluetooth service has an exception after the phone restarted.
2. Restart the phone or the Bluetooth service, then it can connect properly.

4. Appearance Introduction

- ① Names of different parts



5. Functions introduction

(1) Interface



Main Interface



Motion



Meter / Calorie
/ Mileage



Heart rate



Sleep



search/look for



Stopwatch



Countdown



Shutdown

Note: Interfaces of finding the phone, stopwatch, and countdown are closed by default, which will be displayed on the bracelet after turning them on in the APP settings- My device-Switch setting.

Setting the interface

Make sure the bracelet and APP are connected. Enter APP, click Settings - **Y99C** - Main interface style settings - select the corresponding style. It can be checked on the screen of the tracker.

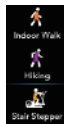
(2) Turn on/turn off

Turn on: On power, touch the screen and hold for about 4 seconds, enter the main interface; Touch the button and hold for 4 seconds, enter Bluetooth address and software version interface.

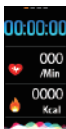
Off power: Switch to the shutdown interface and touch the screen for 4 seconds.

(3) Sport mode

1. Press the sport mode option for 4 seconds for you to enter into sport mode .
There are 11 sports modes in total



- a. You can click the touch key to choose your sport mode
- b. Press and hold the touch key for 2 seconds to enter your sport mode



2. Exit sport mode

Switch to interface of the photo 1

Click the touch button, enter the interface of the photo 2

Then click the touch button for 4 seconds, Yan can exit sport mode.

If you want to "pause", you can press the touch button for 2 seconds

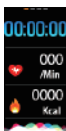


photo 1



photo 2



photo 3

3. Data saving

- a. If the sports last less than 1 minute, the user will be reminded of unsuccessfully saving the data.



- b. The screen would return automatically to the main interface within 4 seconds but Sport mode will work in the background.

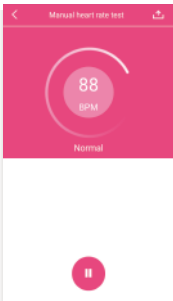
(4) Steps, calorie, mileage

Enter the step counting interface, which shows the current number of steps, target progress, calories, distance of that day. The screen would off after 5 seconds. The steps are detected by the acceleration sensor, a small amount of error (within 10%) is in a reasonable range.

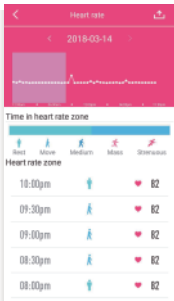
(5) About heart rate

- Heart rate testing

Enter heart rate interface, the bracelet would test automatically. In the beginning, the data would fluctuate, but it will gradually stabilize. After the test, it would show the result. If your heart rate can't be detected, the screen would show in this way, ---/---. If there is no operation, the screen would be closed after 60s. (No matter whether the heart rate is detected or not).



APP Testing Mode



Heart Rate Data Panel

● Heart rate monitoring

- ① As long as you wear the bracelet, it will automatically detect your heart rate, steps and calories, and sync to APP.
- ② Automatic heart rate monitoring is on as default and it automatically detects every 30 minutes / If you want to turn it off, please set it in the app: Settings - **Y99C** - Switch setting - HR automatic monitoring-turn off
- ③ To monitor your heart rate more accurately, please keep it a bit tighter than usual when you are taking exercise.

(6) Sleep monitoring

The watch will track your sleep from 22:00pm~8:00am.

Enter the sleep monitoring interface, which shows the total sleep time of the previous day. This function works automatically. Generally, you can know the data 10-30 minutes later after getting up

(7) Looking for a cell phone

Keep the H Band working in the background on your phone, if you switch the interface to the searching mode and hold for 4 seconds, and the phone connected to the watch would ring and vibrate.

(8) Stopwatch

Turn on the stopwatch in the APP, then turn to the stopwatch interface by pressing the screen and holding for 4 seconds.

(9)Countdown

Turn on the countdown in the APP and choose a time period, after pressing OK, the bracelet would automatically display the countdown. Press and hold for 3 seconds, it would be turned off.

(10) Information reminder

Turn on APP- Settings-My device-Message alert, turn on or turn off the alert. If you want to display the messages, please set in the corresponding APP.

(11) Call reminder

After setting up a call reminder, the bracelet would continually vibrate when someone calls in. You can make it mute by short touch and reject to pick by long touch.



(12) Alarm clock

In the APP, you can set alarms and choose the right icon. The maximum of alarms is 20.



Alarm clock time setting

Motion alert- remember to move

Set a reminding time in the APP, if it's the time, the tracker would alert.

(13) Heart rate alert

The bracelet automatically detects heart rates, if the data reaches the warning number or higher than that, the bracelet would automatically remind you, the default reminder value of heart rates is 115, and you can set a new one according to your situation.



(14) Remote control to camera of smart phone

Connect the bracelet and open the APP, click **Y99C**, take a photo, enter the camera interface, and the wrist screen automatically turns on. Then you can click the bracelet to take photos.

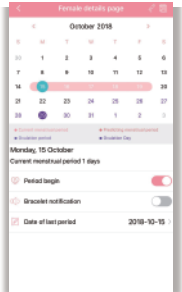


(15) Wearing test

When the switch in the APP is turned on, your wrist would be tested in the wearing process to avoid wearing miscarriage.

(16) Female physiological period

The female function is only used for female users. It would be turned on when setting the profile as a female in the APP. Set the data after turning on, that is, only record menstrual period, pregnant period, treasure mother period, then enter the secondary period and select your own basic information.



Data modification

(17) Battery icon status description



Low power



Charging

6.Apps and Features



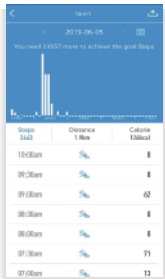
Open H Band to use the smart features of the watch.

On the Dashboard, you will see right away the summary of your daily activity. By selecting each option, you can see more details about the data from each activity the watch has collected.



Sport

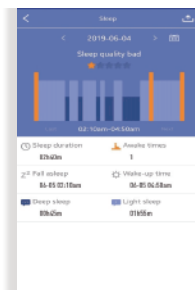
If you press Sport, you will see the number of steps, total distance, and total calories burned.



Sleep

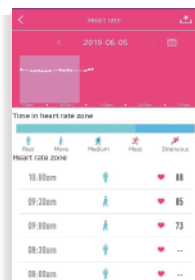
Here you will see in graphs the time and duration of your sleep and whether you had deep sleep or light sleep.

It also gives you the number of times you were awake and rates your sleep quality in a scale of 1 – 5.



Heart Rate

Aside from the time when the heart rate was taken, the device also detects the kind of activity you are engaged in when taking your heart rate. It shows the beats per minute, time, and whether you were active or at rest.



Running

Using this mode will allow H Band to track your location via GPS when you go on a run or biking. It also shows how fast you're going, your pace and how many kilo calories you have burned.



Settings

Here you can personalize your watch and select your goals.

- Total number of steps
- Hours of Sleep
- Unit of measurement
- Changing your tracker's main interface/ theme

Note: If your phone is connected to the **Y99C** , you can press My device and it will open another menu with more options to personalize your settings.

7. About the Waterproof

- ① The waterproof grade of the bracelet is IP68, which means that protection against dust inhalation; protection for short immersion.
- ② The activity scenes it allows are as follows:wear it in a rainy day and wash faces and hands,wear it for swimming and up to 3 meters diving
- ③ **Please do not wear a bracelet to swim in the sea or take a hot shower**

Product parameters

Product model	Y99C
Battery capacity	105mAh
Working voltage	3.7V
Data transmission	BT 4.0
Mainframe weight	25g
Charging voltage	5V
Charging current	100mA
Working temperature	-10°C-45°C
Waterproof grade	IP68
Working time	5Days
Working frequency wave	2402-2480MHz
Maximum transmit power	0.44dbm

This device complies with A Part 15 of the FCC Rules. The 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 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. 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.

Warning

Improper use, such as replacing batteries would cause the risk of explosion! Please dispose of used batteries properly.

Used batteries must not be treated with residual waste and must be disposed of separately. Dealing with the used batteries at common sites personally is free. The owner of the old battery is responsible for carrying these batteries to the sites or similar places.

You will help to recycle valuable raw materials and toxic substances through this little personal effort.

Notices

1. Don't use adapter with charging voltage $>5V$ and charging current $>2A$. The charging duration is 90min.
2. Don't charge the device when the environment is damaged by water.
3. The device is an electronic monitoring product and the result is for reference only instead of medical reference.
4. As the photosensor is a high sensing element, please keep it from hard objects to avoid possible damage. Sweat and dust may attach to the watch surface after one use it for some time, just clean it regularly with a soft cloth.
5. When you have problems in using the device, please contact us by email, we will help you to solve it until you are satisfied.

Q: Where to set the APP authority?

A: Find out "H Band" app in Android phone-set-authority management, set the software as trusted.

1. If your phone is installed with APP of security management and clearing and accelerating, please set "H Band" into the white list (Trust list);

2. In the authority management program of phone system, please set "H Band" as a trusted app, as this function is needed by the caller identification, etc. to obtain the authority.

Q: How to set the display mode of time?

A: The device synchronizes the phone's time display mode. The device will display 12-hour format if the phone is set as 12-hour format.

Q: When I first logged in to app, it asked me to register an account. I was worried about my personal information security.

A: The purpose of a registered account is that when you change the smart phone that have bound to the watch, you can synchronize data records to the new phone by logging in to your account. You can also choose to log in without an account, without impact for using it.

Q:What to do in case of upgrading failure?

A: The tracker's screen will not turn on, and the light on the back will be on all the time, which means the upgrade fails. In case of initial upgrading failure, please re-connect "dfulang" device in the APP and the system will automatically remind you to upgrade.

Q: How to reset the password?

A: Long press the touch key for 6s on the sleep interface, and the wristband will restore the initial connection password "0000" after vibrating once.

Q: Why is the heart rate (sleep) testing not accurate?

A: The wristband device monitors the body activities via the electronic sensor and is a kind of consumer grade product, so it is normal to have some errors. Please be objective.