

ECG/ BLOOD GLUCOSE/ BLOOD PRESURE SMART
BRACELET

iSEN EP02



User manual

Device's structure



Disassembly and wear

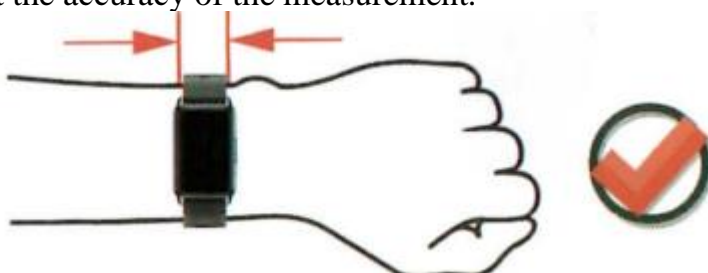
1. Disassembly

Align the metal pin on the left end of the watch strap with the hole at the connection point of the bracelet, flip the metal ball on the right and align the hole on the right to complete the installation and disassembly.



2. Wear

Better worn the watch at 1-2 cm behind the ulnar neck of the wrist. When wearing, make sure that the bottom of the watch is close to the skin to avoid light leakage of the sensor and affect the accuracy of the measurement.



Charge

This is magnetically charge, so only need to align it with the charging port and automatically attach it.



Power on / off

Switch on: Long press the screen to power on.
Switch off: On settings and find out switch off.



Install APP and Bluetooth connection

1. Turn on the device, turn on the Bluetooth of your mobile phone, scan the QR code bellow or search H BAND in the App store/Google play store to download and install.



2. Register and log in – please register with an email or mobile number if you don't have a H BAND account, or you can choose Login without an account to enter.



3. Open the APP, to the connection interface please tap Scan Device, turn on the Bluetooth, then find the corresponding device to connect. Also can go to the data panel to get connect.



Operation guide of the device function interface



Device function introduction

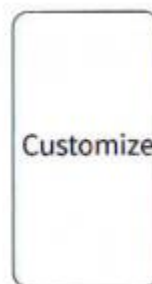
1. Time, Date and Week

For the first time please connect to the APP to sync the correct time, date and week

2. Dial switch

Long press the screen to switch the dial style.

Note: to customize the watch face please go to APP settings (mine-EP02-dial settings)



3. Shortcut set

Swipe down on the main time interface to enter the drop-down shortcut interface.

The specific functions are as follows: Do not disturb/ Brightness/ Find phone/ About/ Settings



4. Workouts

Press the bottom on the right side of the watch to find the sport as follows: outdoor running, outdoor walking, indoor running, indoor walking, hiking, stepper, outdoor cycling, indoor cycling, elliptical, machine, rowing machine and more than 20 kinds of sports to chose.



5. Pedometer

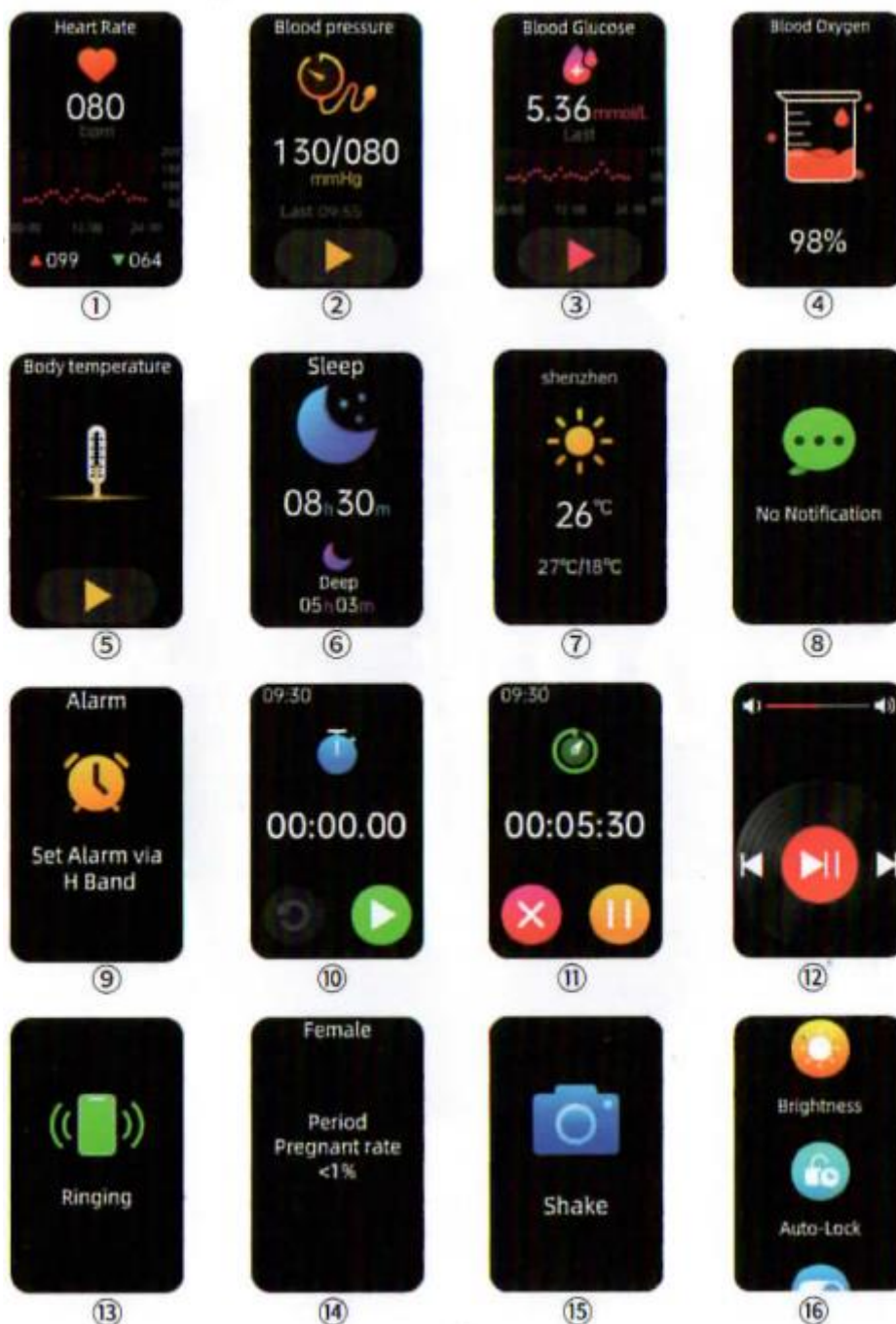
Steps, calories burnt and distance will be shown on the interface.

6. Heart rate monitor

Switch to the interface, hart rate automatic measurements, the icon starts to flash then shows the result.

7. Blood pressure monitoring

Switch to the interface tap the triangle button below the icon starts to flash then shows the result.



8. ECG test

Switch to the interface of ECG click the button of the ECG test state And put your finger against the right electrode pad (Please make sure that the device is worn on your wrist properly and the skin is moist till the result is out). The result by this manual testing on bracelet will not be saved on app. If you want to save the data please start the ECG test on app that data will be shown on a graph.



9. Blood glucose monitoring

Switch to the interface tap the triangle button below the icon starts to flash then choose the result.

10. Blood oxygen monitoring

Switch to the interface blood oxygen automatic measurements that I can start to flash then shows the result

11. Body temperature monitoring

Switch to the interface tap the triangle button below the icon starts to flash then shows the result.

12. Sleep monitoring

Switch to the interface check the duration of deep sleep light sleep duration of total sleep and sleep quality.

13. Weather

When the device is connected to the app the weather will automatically be synced.

14. Notification

Synchronize incoming calls, text messages, QQ, WeChat and other application software messages, never missing any important messages anytime anywhere

15. Alarm

Switch to this function interface ,to find clock,when the alarm not set, it is shown on the right side:

APP find "My", Tap "EP02" to find "Alarm Settings", tap on the upper right corner "+", after the setting is completed it will be shown on the device.

16. Stopwatch

Tap to enter the stopwatch interface, Tap the middle button to start or pause,To recalculate, press the reset button, and press the exit button to return.

17. Timer

Find out timer in the function list, adjust the time to start timing.

18. Music

When the device is connected to the APP, The music player software has been installed on the phone just tap play to sync the device. Tap the middle play/pause button to control the

phone and play music.

19. Find phone

After Bluetooth is connected, tap on the device find phone function, the phone will vibrate and ring.

20. Female

Save personal information for women, This function can be set according to personal circumstances.

21. Camera

After the Bluetooth connection, enter the watch camera interface, you can control the phone to take remote pictures.

22. Settings

Find out setting in the function list, as follows: Brightness/Auto-lock/Switch/Date&time/H Band/Dial/ Notification/Language/About/Eraser Date/Power Off.

App function and instructions

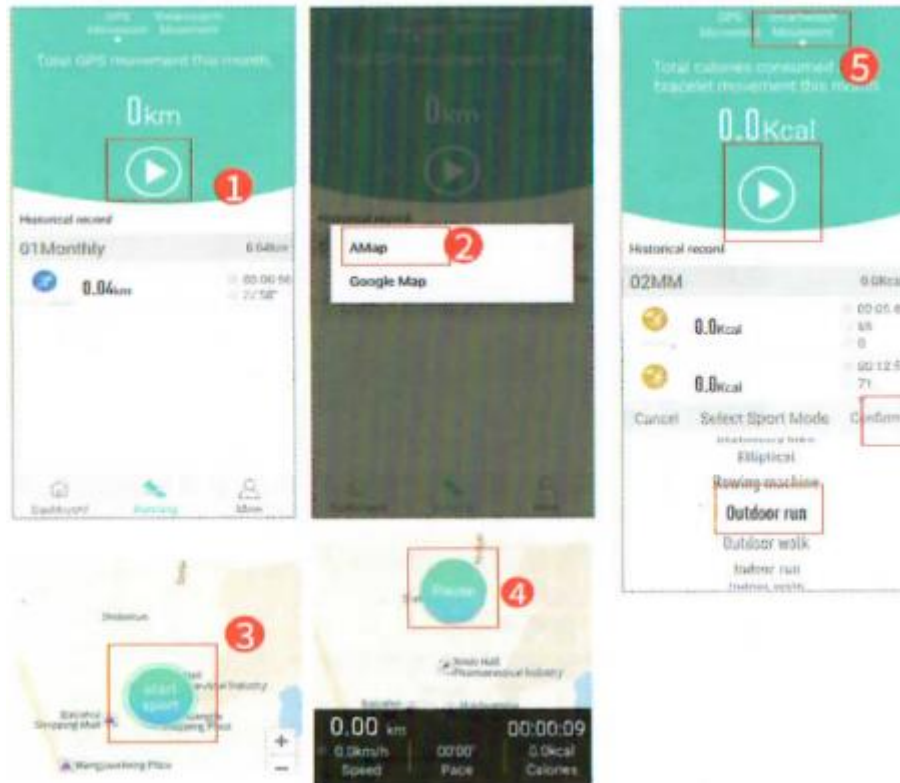
1. Dashboard

1. Step and time
2. More (heart rate, Blood Pressure, settings)
3. Steps distance and calorie data interface
4. Sleep data interface
5. Heart rate monitoring interface
6. Blood pressure monitoring data interface
7. ECG monitoring data interface
8. Blood oxygen monitoring data interface
9. HRV data interface
10. Body temperature data interface
11. Woman's menstrual cycle data interface
12. Blood glucose data interface



2. Movement

1. Select the GPS movement button in the app
2. Select the map software installed on the phone
3. Select start sport button
4. Go to an open area and select pause button if the GPS Signal is weak



When GPS exercise is completed select movement of the device tap start button and select exercise mode to confirm.

At the same time device will automatically switch to the data interface in the sport mode the app can be used to pause exercises or on the device left slide to pause exercises while the exercise data will be automatically saved to the app

3. Mine

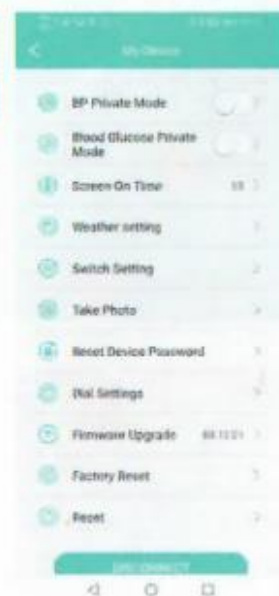
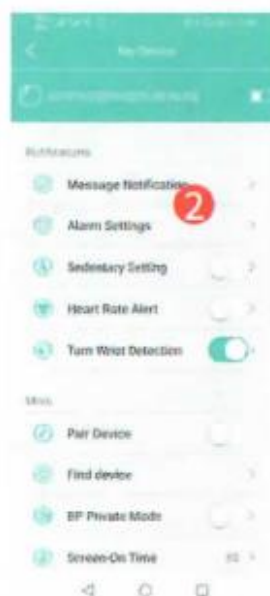
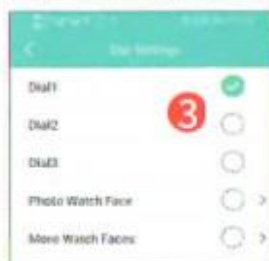
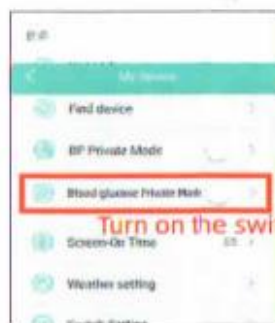
Personal information: Tap the avatar and nickname to enter the content as follows: name gender, date of birth, weight, height, BMI, skin color

My device: the content are as follows:

- **Message notification:** receive/close the application message reminder
- **Alarm settings:** check or create an alarm.
- **Sedentary setting:** Set a sedentary reminder time
- **Heart rate alert:** Set the upper limit of resting heart rate and automatically alarm when it reaches or exceeds it
- **Turn wrist detection:** turn the wrist to brighten the screen
- **Pair device:** binding the device
- **Find device:** find the device
- **B.P private mode:** set the private mode to obtain more accurate data for individual,

normally use general mode

- **Blood glucose private mode:** turn on the switch to the blood sugar private mode settings type your blood sugar figures before meals and save it. After the blood sugar private mode is turned on switch on the automatic blood sugar monitoring where on the watch make the watch automatically monitor for 2 days and then check the data in the app
- **Screen on time:** set screen time
- **Weather settings:** set the temperature unit switch on weather push function
- **Switch setting:** HR automatic monitoring / B.P automatic monitoring / Blood oxygen/ Night time monitoring/ Disconnect alert scientific sleep/ automatic temperature monitoring
- **Take photo:** after connecting bluetooth and clicking app to take photos the watch can control the mobile phone to take photos
- **Reset device password:** reset the device password
- **Dial settings support:** choose to use the inherited dial on the device or choose the photo dial, Customize to upload pictures as you like, Also can choose exquisite watch faces in more watch faces
- **Firmware update:** current firmware Information and update firmware
- Clear data clear all data on the device and shut down
- **Reset:** reset
- **Disconnect:** disconnect the device



- **Help:** check answers of *cannot connect to the device, easy to disconnect the device* and *message can not be pushed*
- **Permission management:** obtain part of mobile phone permission during abuse
- **Step goal:** set target steps
- **Sleep** set target sleep time
- **Unit settings:** set Imperial or metric units
- **App style:** set the app background style
- **About us:** check current app version information
- **We run:** bind Wechat sports
- **Log out:** log out of the current account



Parameter

Chip: 5515IONDA_QFN56

Display : 1.57 inch HD color screen

Material: tempered glass/ zinc alloy/ TPU

Weight: 46g

Charge time:2h

Battery: 230mAh

Waterproof: IP67

StandBy: 15 days

Bluetooth version: 5.1

Support OS: IOS 8.0 or above

Android 4.4 or above

Note

1. Before measuring please make sure that you have safe correct personal information on the app such as height age gender weight etc and synchronize data
2. Sit for 5-10 minutes before measurements to keep your heartbeat calm and breathing stable
3. Please keep relaxed during measurements painting. Talking walking and exercise will affect the accuracy of measurement results
4. keep a correct seating position Make the hand flat and keep it parallel with heart

Wear and maintenance

The products are suitable for where all day so when you wear and care for the smart device please follow the following briefing instructions:

1. Keep the smart device dry:
 - clean your wrist and the smart bent or smart watch you are wearing regularly especially after exercise sweating or skin contact with soap or detergent and other substances, substance may get inside of the product so you should be cleaning regularly
2. Keep wearing the product correctly:
 - please do not wear the device too tightly you should be able to move back and

- forward to watch on your wrist.
- if you use the device to record your heart rate throughout the day the device should be flat 1 finger above the wrist bone. Order to better check the data during active exercise where the device 2-3 fingers above the wrist bone
 - prolonged friction and restraint may irritate your skin after a long period of time wearing take off the device and give the skin a period to rest.
3. keep smart devices clean:
- if the device is damp such as sweating or splashing please clean and dry and make sure the skin layer is dry when you wear it again.

**The data collected by this device is for reference only
not for medical purposes**