

## ECG Smart Watch

K112 v01: 01/10/21

Please read and retain these instructions for future reference

vivadia▶



Please read the user manual carefully and keep it for future reference

Note: The watch can only detect sleep data after you get up and move.

For more information, please refer to the sleep tracking section of the manual.

## Specifications:

Display: LCD 1.4 inches

Power by: built-in 190mAh Li-polymer battery

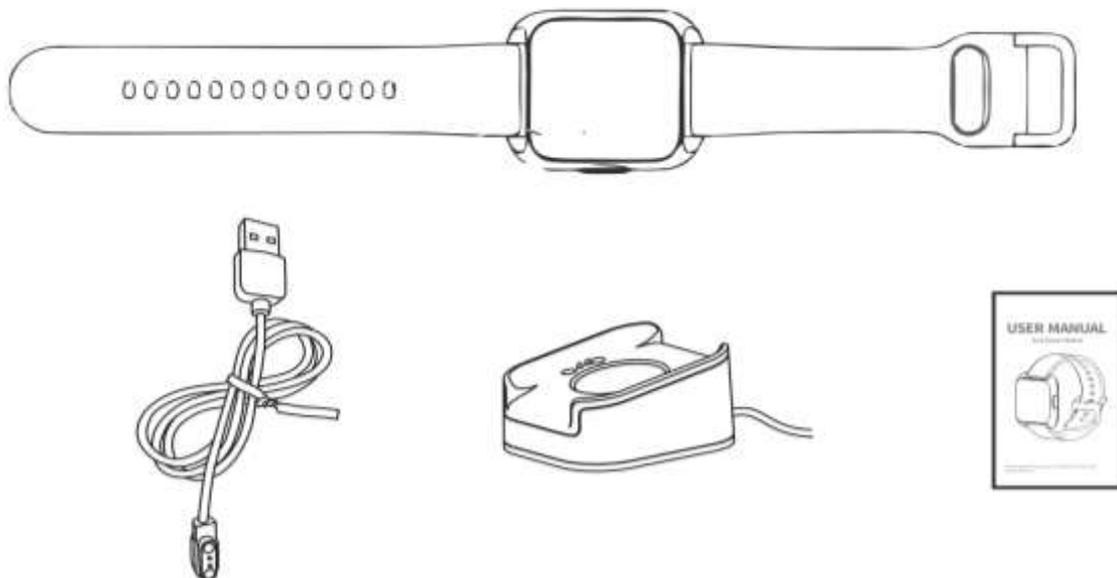
Charging time: approximately 1 to 2 hours

Standby Time: approximately 4 to 10 days depending on how often you use it

Working Temperature: -10°C to + 50°C

System requirement: Bluetooth 4.0, Android 5.1 or above, iOS 9.0 or above.

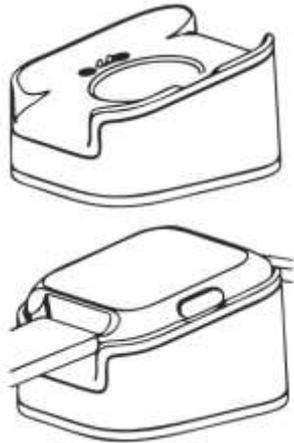
## Accessories:



|                                   |    |
|-----------------------------------|----|
| ECG Smart Watch( Including strap) | X1 |
| Product Manual                    | X1 |
| Charging Stand (Adapter cable)    | X1 |
| Charging cable                    | X1 |

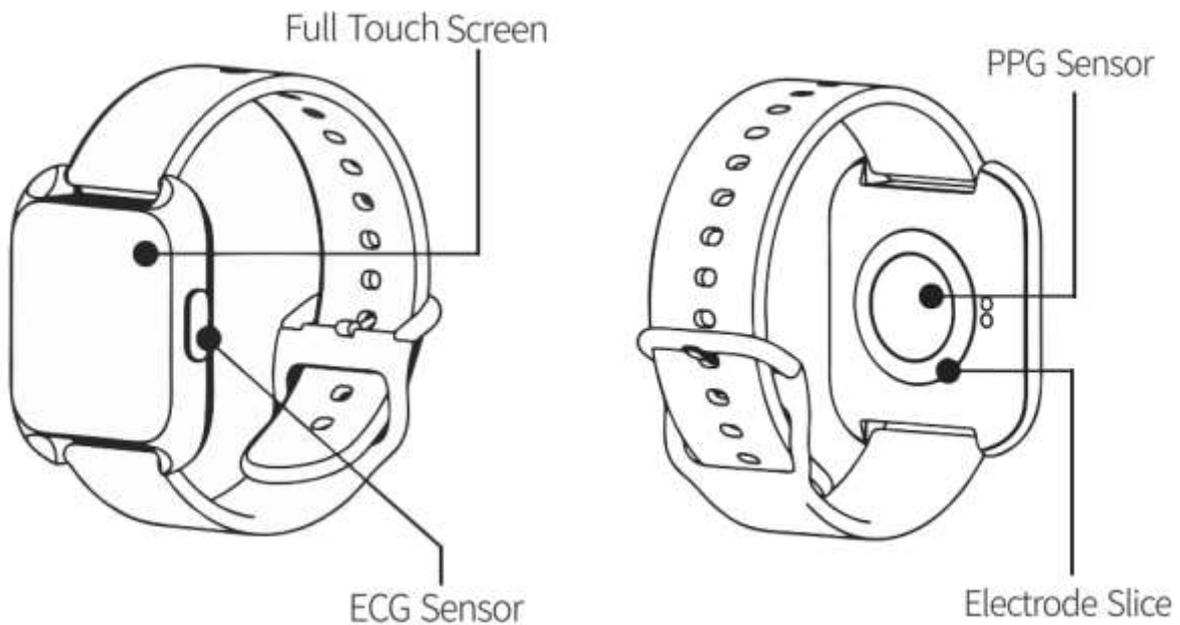
## GETTING STARTED

### Turn ON / OFF & How to Charge



1. Place the Smart Watch on the charging point.
2. Plug Charging Stand into USB port to charge.
3. Checking charging status on screen. First charge is 2hours. Subsequent charges take 1-2 hours.

Note: The charger specification should not exceed 5V 0.5-1A, otherwise it will damage the charging stand. When charging, the light on the charging stand is green, and changes to a warm colour after successful charging, the watch will have a charging sign.

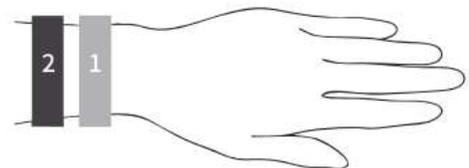


Note: The ECG sensor button is only for the ECG function, not for the power on. If the watch is off, please long press the screen to power on.

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**For heart rate monitoring, please follow these instructions:**

1. Under normal wearing conditions, please keep the product 1.5cm away from your wrist.
2. When exercising, try to wear the product further up your wrist than your normal wrist watch.
3. Do not tighten the strap too much, otherwise blood flow will be restricted and affect the heart rate signal



1. Normal placement location
2. Placement location when exercising

## OPERATION

### Smart Watch Touch Operation Navigation



#### **Power on the Watch:**

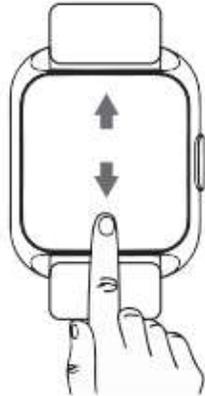
Long press the screen for 5s to turn on the device, and slide default interface up and down to switch difference dials

#### **Wake up function:**

Short press the screen for 2s to wake up the watch;

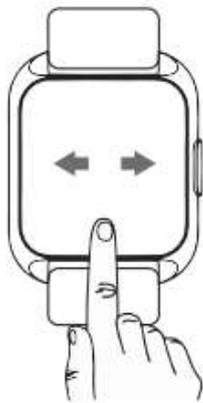
Or turn on the “ Turn Wrist Detection ” from both the APP (H Hand) and on the watch to enable the Wake Up function automatically.

## Swipe/Slide



Swipe vertically to change to different UI time Interface

## Slide



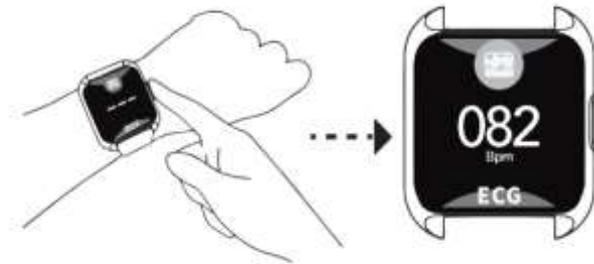
1. Slide horizontally to the right to change to different function Interface
2. Slide horizontally to the left to go back to previous interface

## Shutdown the watch:



In the Power interface, long press the screen to shut down (see icon).

## ECG DETECTION



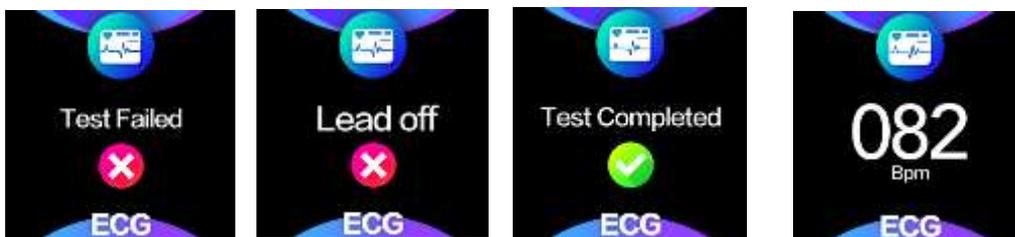
Note: Turn on ECG increases the power consumption of the watch and affects the usage time

1. Please wear the device and make sure that the sensor on the back of the fits snugly on the shin of the hand.

2. Put the whole length of your index finger touching the side ECG metal point (sensing film) and so no green light leaks, then keep motionless for 30 secs.

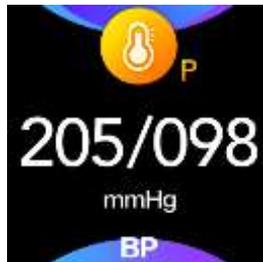
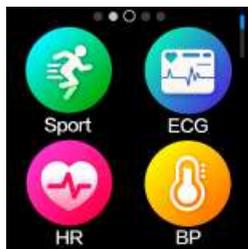
3. Please do not talk while detecting.

**Note: The ECG metal button is only for the ECG function, but not to turn on the watch. If you want to turn on the watch, please long press the screen.**

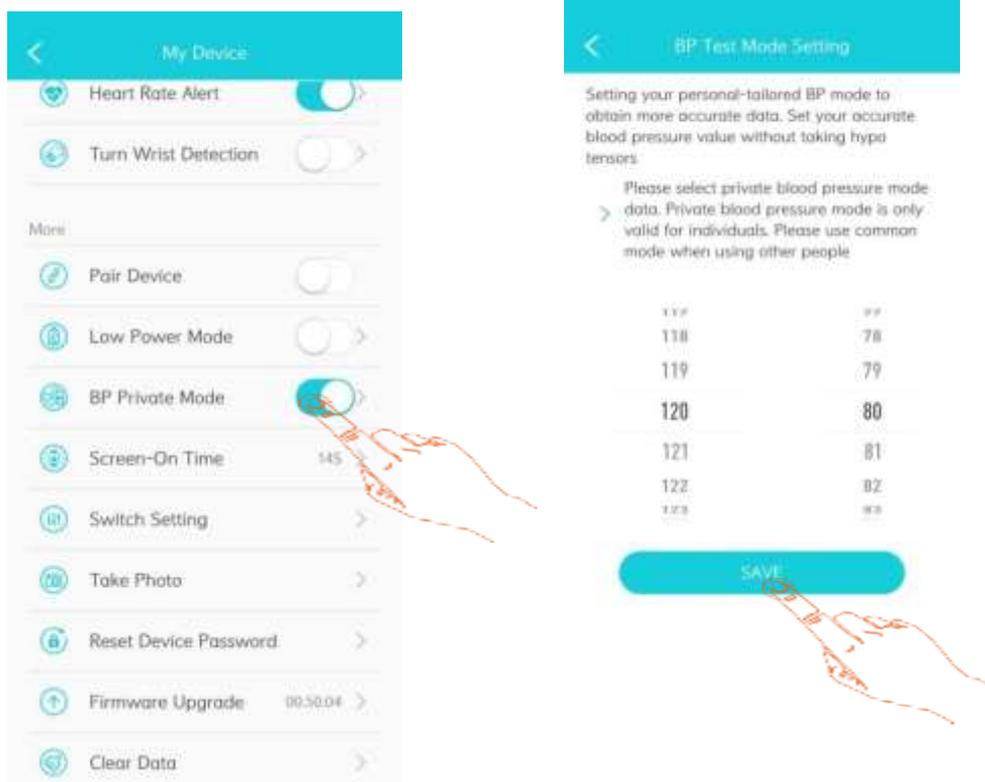


**BLOOD PRESSURE DETECTION**

a. Click blood pressure icon to enter the blood pressure interface. Once entering the blood pressure interface, the watch will start to measure blood pressure. The measurement process last for 25S. After 65 seconds, the screen will turn off automatically.



b. Private mode of blood pressure: This function can be set in the APP. When the function is turned on, this mode can be calibrated according to the daily blood pressure value input by the user, so as to obtain more accurate blood pressure readings during blood pressure measurement.



## ADVANCED FUNCTIONALITY:

Swipe or Slide left/ right from time interface to function interface

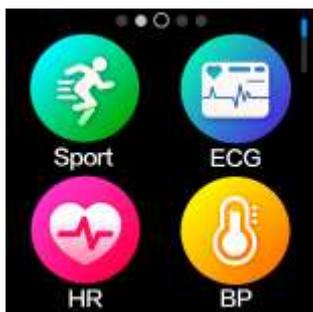
1



2



3



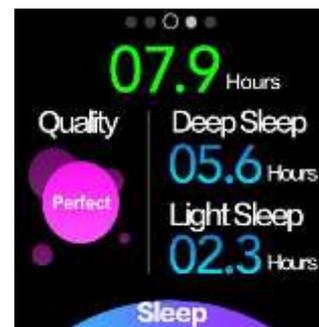
4



5



6





Slide and change the screen interface 2. 5. 6 to access to walk and sleep data.

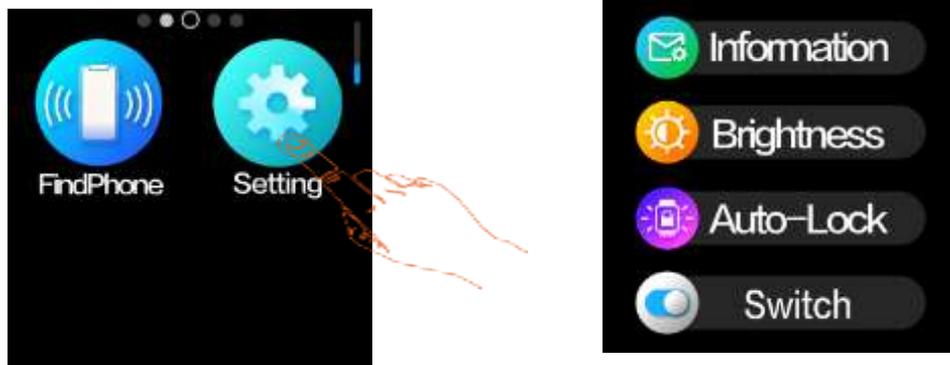
Slide to interface 4, 8 to read the time,

Slide to Interface 3 to access to data for ECG, Heart Rate, Blood Pressure and choose Sport Modes to record workout data.

Slide to interface 7 to read information and get data of SpO2, or to use Stopwatch or Countdown functions.

Slide to Interface 1 to find your phone after connecting your phone successfully via Bluetooth and customize the smart watch for functions:

- a. Information,
- b. Watch Screen Brightness,
- c. Screen Auto- Lock Duration,
- d. Switch: to turn on/off functions of Alarm, Disconnected with your Phone, Sedentary, Turn the Wrist, PR Monitoring, PR Reminder, SpO2 Monitoring, SpO2 Reminder, BP Monitoring

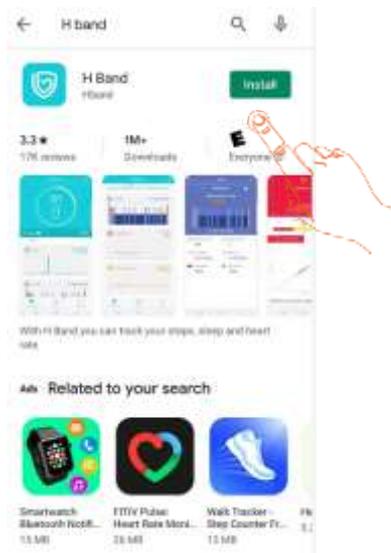


## HOW TO CONNECT TO YOUR SMARTPHONE

### 1. Install the APP "H Band" to your Smartphone

#### a. Install in Android System

Scan above QR code or search "H Band" on Google Play to download the APP.

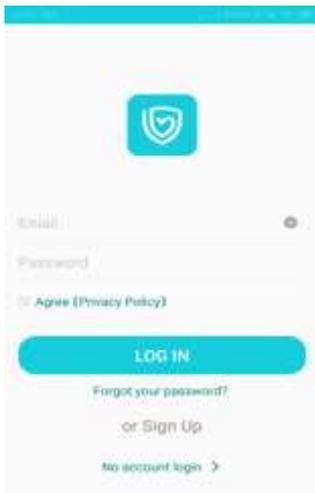


## b. iOS System:

Scan above QR code or search “H Band” on Apple Store to download the APP.

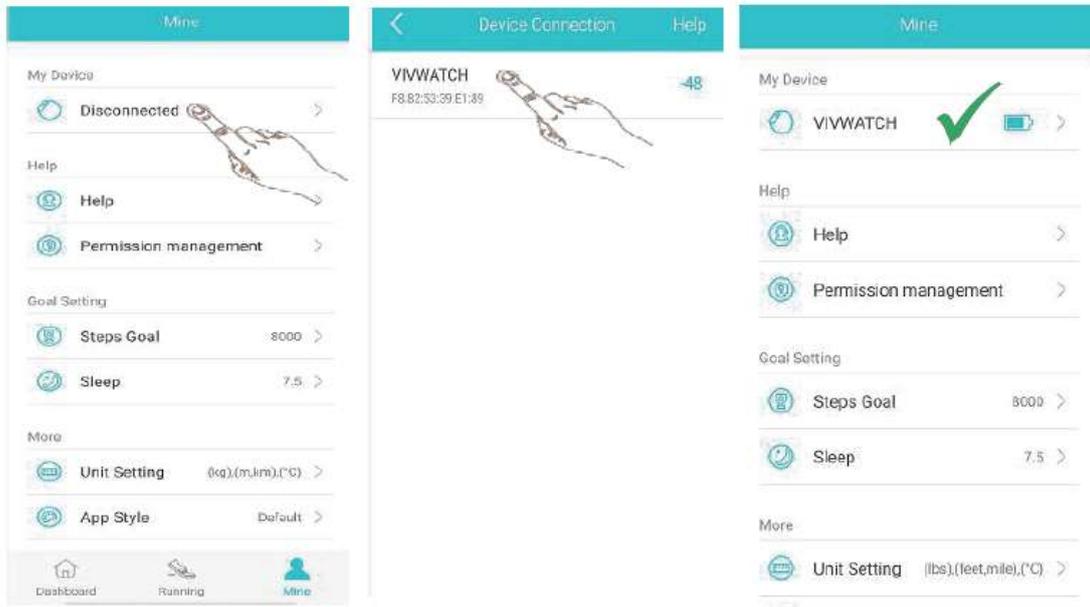


2. App sign in with entering the requested information and fill out your personal information

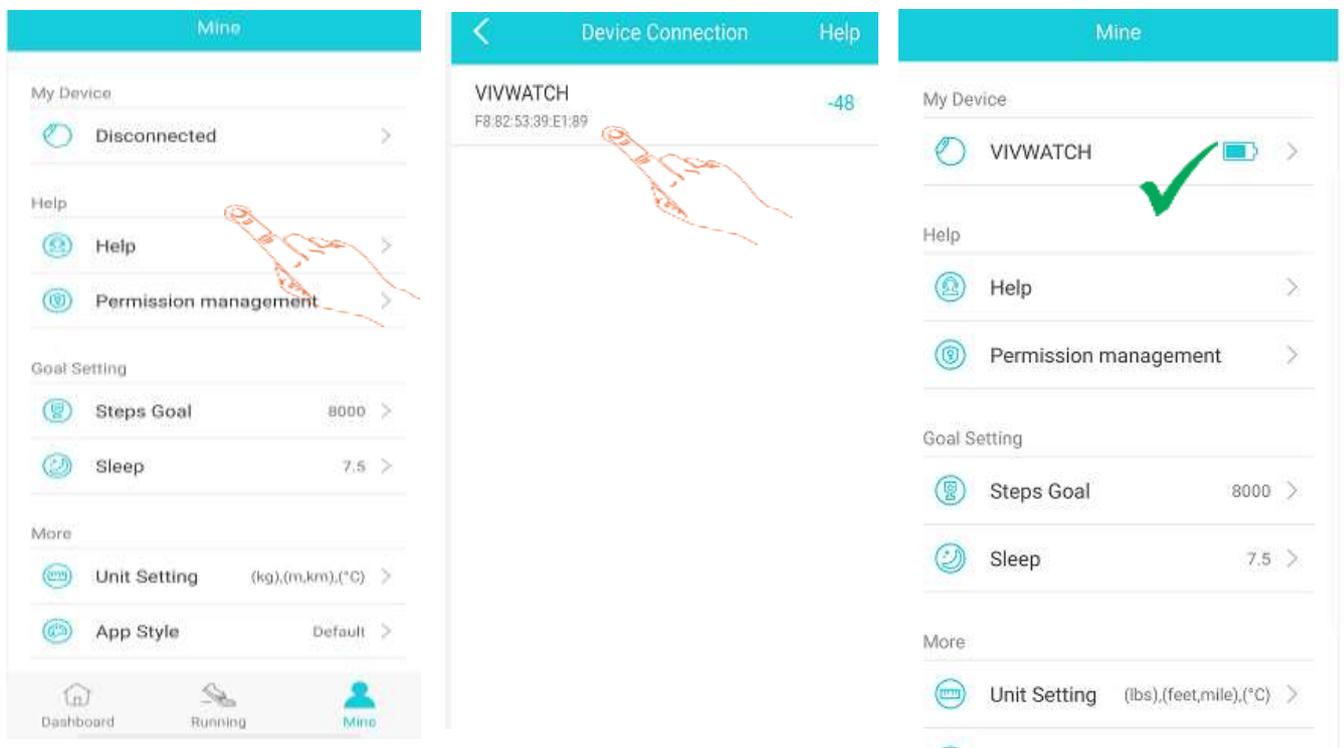


3. Device connection: Connect your watch to Smart phone

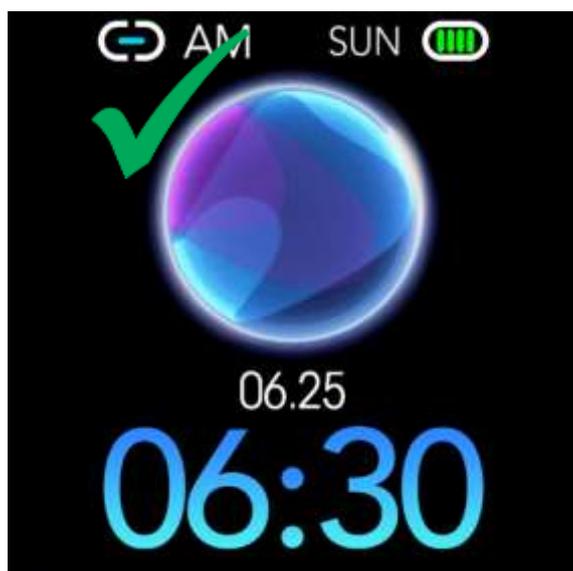
After login in the APP, then press scan equipment to detect “VIVWATCH”.



Or enter the " My Device" interface to connect with the watch. Once the watch is successfully connected to the watch, it displays "VIVWATCH" in the APP



And the watch shows



**Note:**

- a. **Find Phone function: This is not used for Bluetooth connecting, it is a Phone Tracker.**

**Use the Find Phone to locate where the connected phone is, only when the connecting phone is within a 10 meter radius in the open. The phone will vibrate or ring as a signal.**



- b. **After the mobile phone is connected to the watch, while watch will vibrate 1S and the screen**

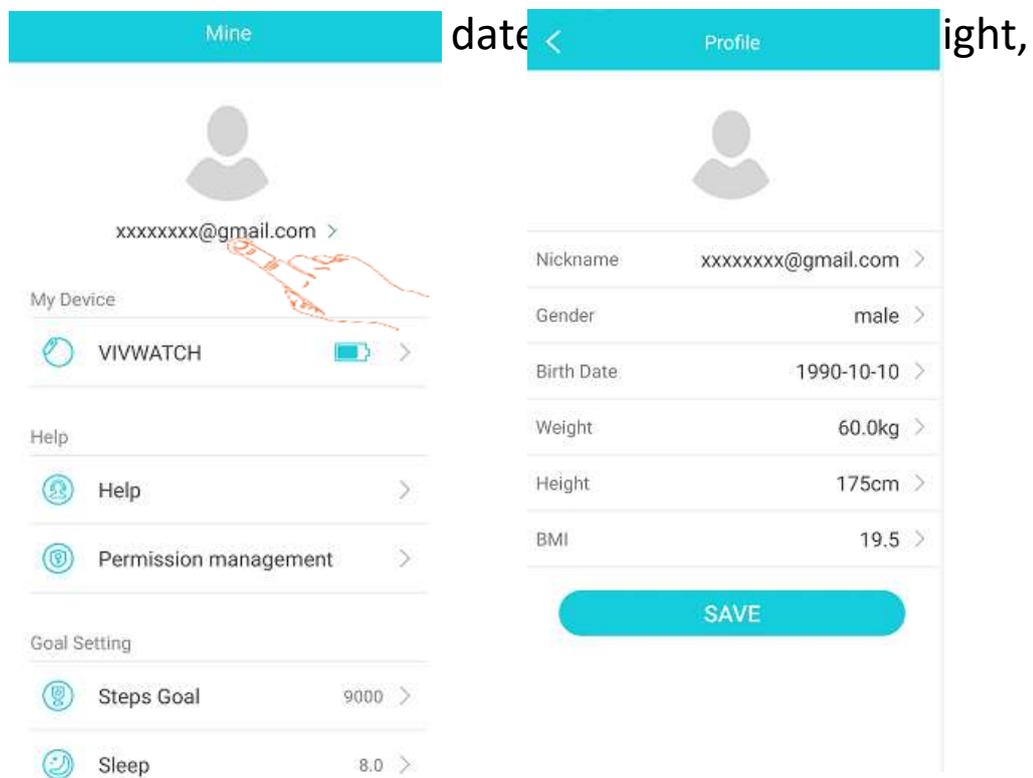
**automatically turns off after 5S. It indicates a disconnected state for the watch and phone.**



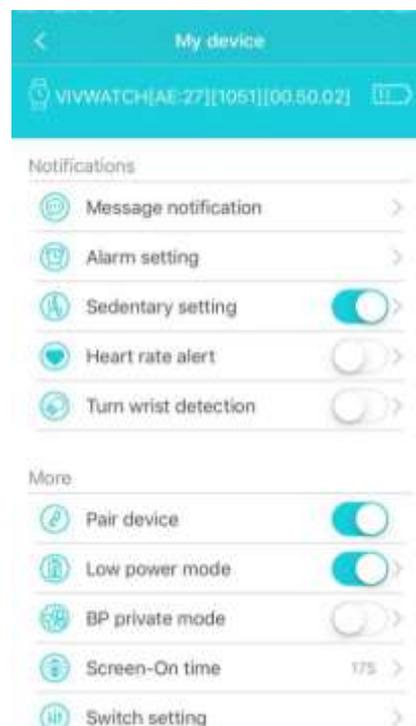
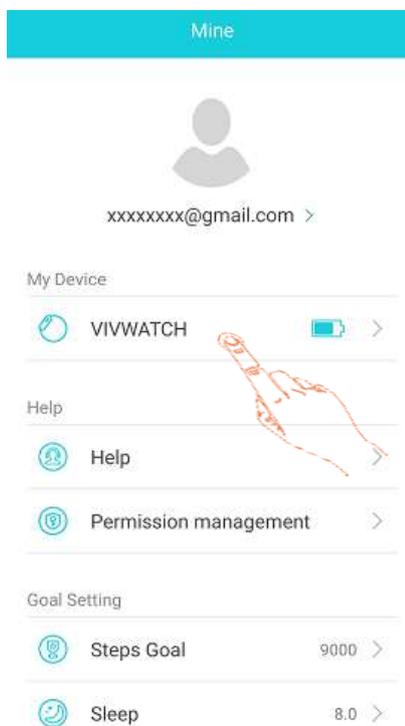
## 4. Device Setting

After the watch is successfully connected to the smartphone, setting can be customized.

a. Personal Profile Setting/Amending: fill in the

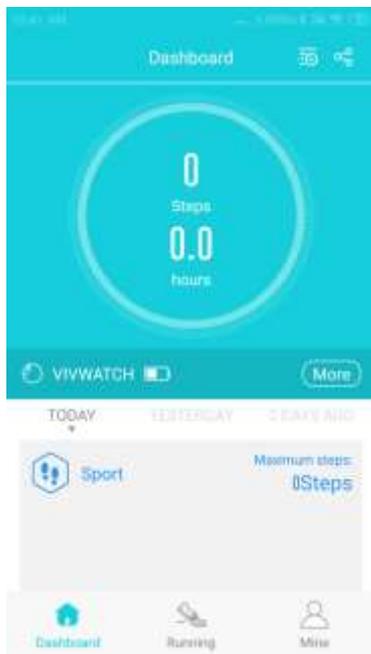


b. Watch Functions Setting: To turn on /off the notifications of the smart watch, to enable the functions here.

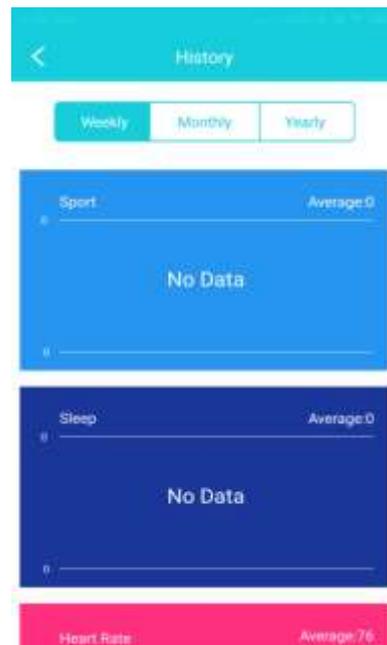
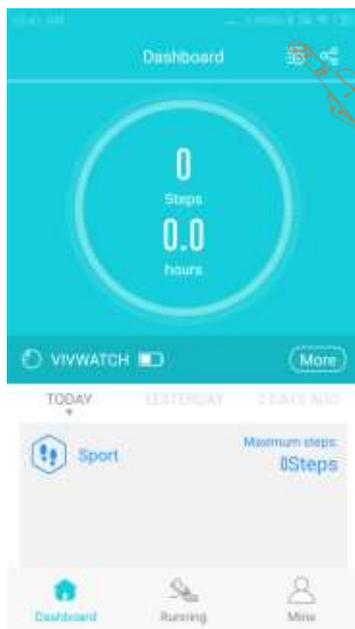


## Data Viewing

1. To view current, yesterday, and 2 days data of steps, sport, sleep, heart rate, blood pressure, ECG, Blood Oxygen, HRV and running data from the dashboard

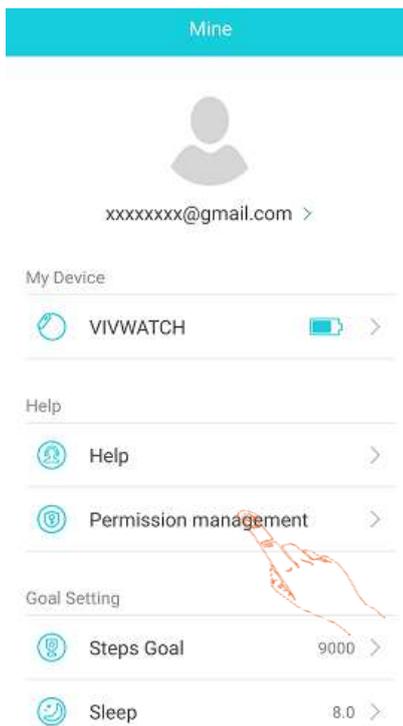


2. To view the history weekly, monthly, yearly data of Sport, Sleep, Heart Rate, Blood Pressure.

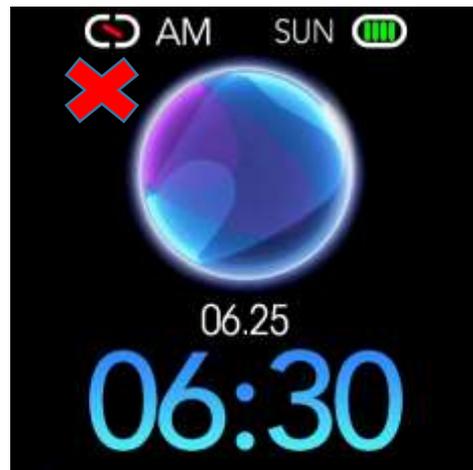


## Device Unbinding

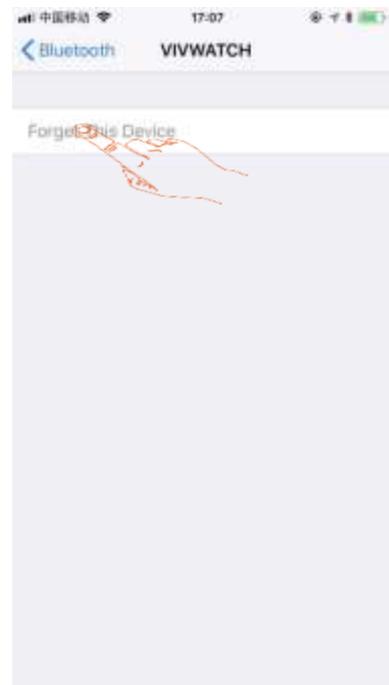
Press the “disconnect” from my device interface to unbind the watch.



The watch interface shows a disconnecting with smartphone



For iPhone, after unbinding the device, please check your smartphone settings of Bluetooth and tap “Forget this Device”.



## Featured Function Controlled by APP after the Watch is Connected to the Smartphone

For full operational functions please input accurate data into your personal profile

after logging in the APP. You can read your activity data from either the watch

unit or the APP on your smart phone after synchronizing and uploading the data.

## 1. Use the Watch to Take Photos

Enter to the MY Device list and enable the camera function, then the watch will display a Camera pic, then the Watch is ready to take photographs.



## 2. Text Messages Alert

Messages will be displayed on the watch's screen and the watch vibrates simultaneously to alert

when receiving SMS messages as long as the watch is connected to the APP on your smart phone.



### 3. Incoming Call Alert for Smart Phone

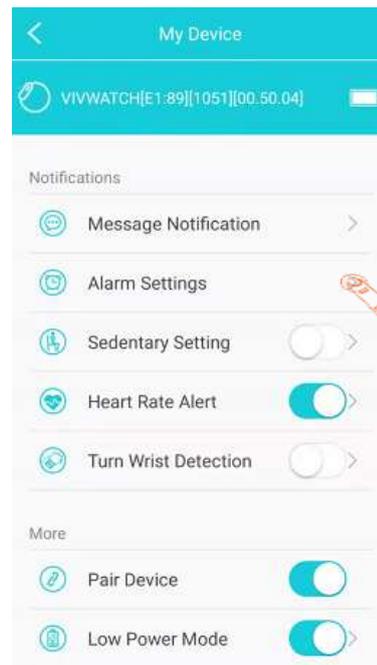
This icon will be displayed on the watch's screen and the watch vibrates simultaneously to alert on incoming phone calls ONLY if the watch is connected to the APP on your smart phone.



## 4. Alarm Setting

a. Enter the My Device Interface to set up the alarm function and turn on the alarm function.

b. Just touch the watch screen to end the alarm when the watch is vibrating.

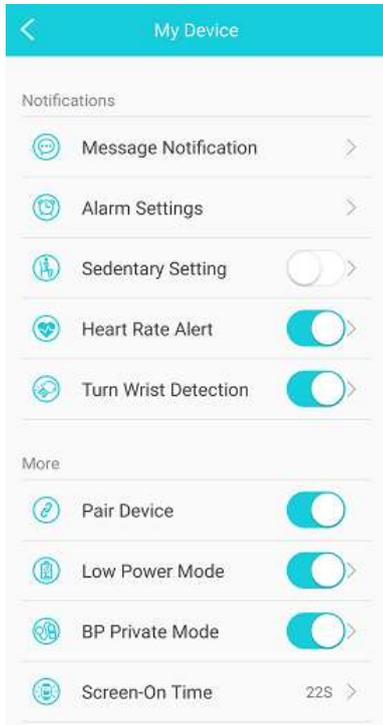


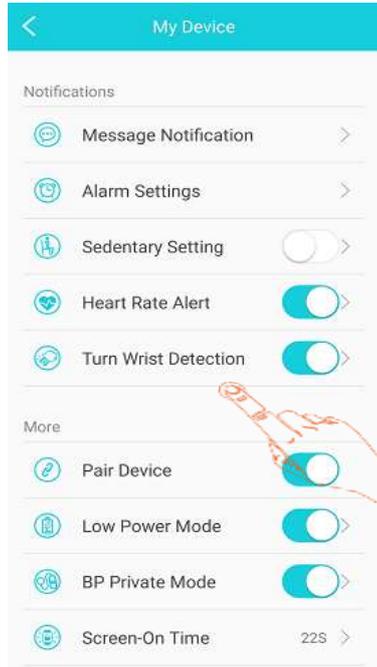


| Cancel | Confirm |
|--------|---------|
| 04     | 27      |
| 06     | 28      |
| 07     | 29      |
| 08     | 30      |
| 09     | 31      |
| 10     | 32      |
| 11     | 33      |

## 5. Enable Turn Wrist Detection

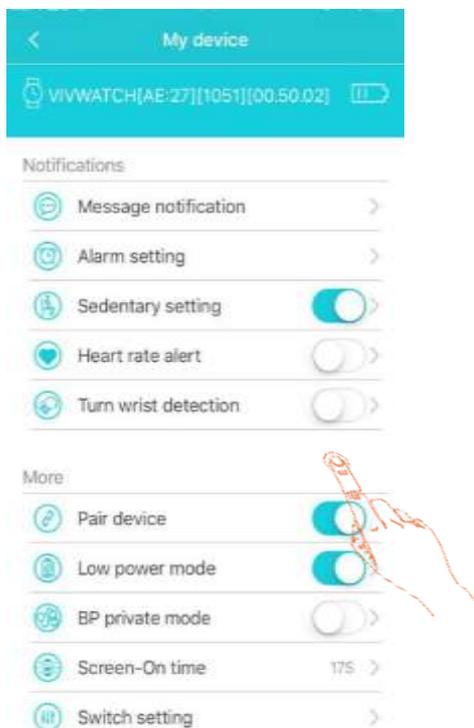
Enter "MY Device" Interface to turn on/off the Turn Wrist Detection function. Only after the function is turned on on both Smartphone and Watch, it will work. Otherwise the setting will fail.

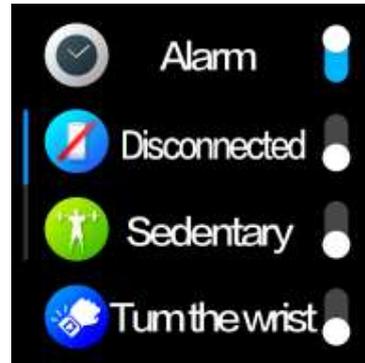
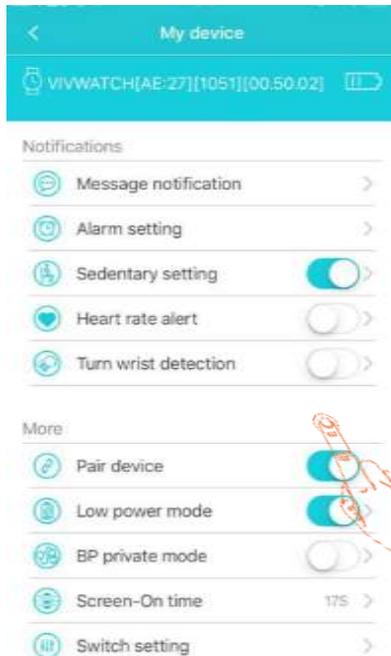




## 6. Sedentary Setting

a. Enter “MY Device” Interface to turn on/off the Sedentary Setting function. Only after the function is turned on on both Smartphone and Watch, it will work. Otherwise the setting will fail.





b. The user can set the sitting time, and the watch will continuously monitor whether the user is in the sitting state.



If the user is in this state for longer than the set time, the watch will vibrate and display the sitting reminder interface.



## 7. GPS Running

GPS Running data on H Band APP. shows running data and record a map of your workout route. (Note: This is not a GPS watch. Only when your watch connects H Band APP, the GPS tracking will be show on the APP)



## HOW TO USE SPORTS FUNCTION

10 sport modes are supported.

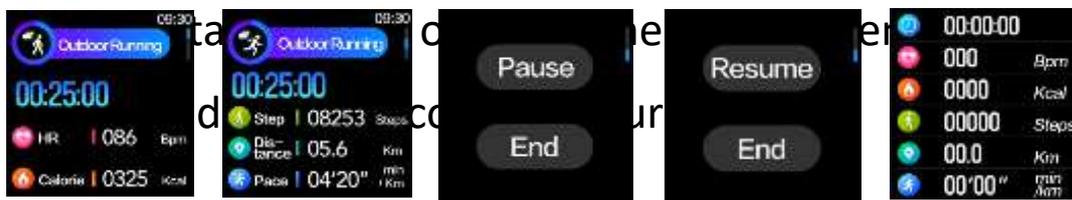


Step1: Select the sport you prefer and tap to enter, it will show Heart Rate, Calories etc.

Step2: Swipe up the screen to the next page, it will show Step, Distance, Pace.

Step3: Swipe up the screen again, you can pause or end the sport. Or you can just swipe down after step1, you can also pause or end the sport.

Step4: When you tap pause, it will stay that interface



## BATTERIES

- Keep batteries away from children and pets.
- Do not mix used and new batteries.
- Remove the batteries if left for long periods.
- Never dispose of batteries in a fire.
- Battery disposal, spent or expired batteries must be properly disposed of and recycled in compliance with

local regulations. For detailed information, contact your local authority.

- Follow the battery manufacturer's safety, usage, and disposal instructions.

## **DISPOSAL**

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations. 
- At the end of the product's lifespan please check with your local council authorised household waste recycling centre for disposal.
- Plastics, polybags – this is made from the following recyclable plastic.

|                   |  |
|-------------------|--|
| Code & Symbol     |  |
| Type of Plastic   | ABS  |
| Commonly used for | CD's, crisp packets, various flexible packaging, baby bottles, sunglass lenses     |
| Notes             | Not often or widely recycled   |

