

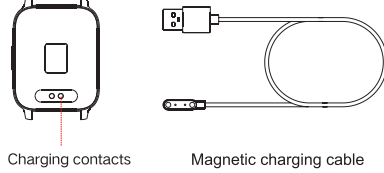
Hero Band III  
Color Screen Fitness  
Tracker User Manual

◆Appearance Explain



◆Charging diagram

- Strictly follow the operation shown in the figure below:
1. Please use the charging stand provided with the product to charge the charging contacts on the back of the bracelet
  2. Plug the USB tap into the USB adapter (included in the packaging)



P36-V1.0

◆Functions Introduction

**Bracelet Time Main Page:** Display the bracelet time, day of the week, steps, and other information.

**Steps:** record the current number of steps of the bracelet.Calories and distance

**Blood oxygen:** On the blood oxygen measurement page, touch the screen to start the measurement. After the completion, the measurement result will be displayed. More detailed information analysis and data recording can be synchronized to the APP to view.

**Weather information:** the weather page will display current weather, air quality information, and conditions in real-time. The weather page must connect to the APP and the phone must open GPS positioning, and allow the APP to share location. If you disconnect or turn off your phone's GPS for a long time, the weather information will not be updated.

**Message notification:** the bracelet can receive phone calls, text messages, WeChat, QQ, and other notifications and alerts on the phone, and the corresponding push prompt notice can be opened on the APP. This page can show the last 3 message records. Note that this function should be connected to the Internet on the APP and the Settings should be completed according to the prompts.

**Exercise:** The bracelet shows the latest exercise time, heart rate and calorie information. Click the exercise icon to enter the multi-function exercise mode. You can choose to open the corresponding exercise mode measurement.

**Heart rate:** On the heart rate measurement page, touch the screen to start the measurement. After the measurement, the measurement result will be displayed. More detailed information analysis and data recording can be synchronized to the APP to view.

**Settings:** Click the settings icon on this page to view the settings, including brightness adjustment, brightness adjustment, factory settings, reset, and other functions.

**Take Photo control:** after connecting to the APP, the bracelet can be used as the remote control of the phone camera. Open the camera on the phone, and long press the watch screen to take photos.

**Blood pressure:** On the Blood pressure measurement page, touch the screen to start the measurement. After the measurement, the measurement result will be displayed. More detailed information analysis and data recording can be synchronized to the APP to view.

**Breathing training:** After entering the screen, the breathing training mode is automatically turned on, and breathing training is performed according to the animated graphics displayed on the screen. Multiple vibrations indicate that the training is complete.

**Music control:** after connecting to the APP, the bracelet can control the play/adjustment of music played on the mobile phone. This function must open the mobile phone player before you can control on the smart bracelet.

◆Bracelet APP Installation

This product is a Wireless transceiver product, and many functions need to be connected with the supporting APP before it can be used. Only in the APP, after the bracelet is connected, other functions can be used, such as time synchronization, call reminder and information content push, weather display, remote camera, music control, etc. (do not directly on android phones. Scan the following QR code to download the APP to connect Apple mobile phone). You can search for Hero Band III downloaded in the APP Store.



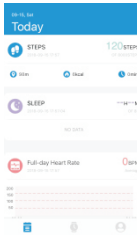
◆Connecting smart bracelet explain

1. Open the mobile client to set personal information
2. Switch to the (device) page and click (find device)
3. Click on your device in the list of devices scanned (PS)
4. Bind completed

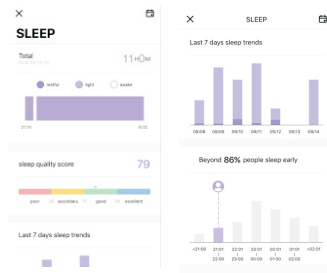
**Note:**When the phone is connected to the bracelet, it needs to keep the bluetooth of the phone open and there is no other matching device in the bluetooth of the phone, don't connect your android phone directly to your mobile phone in bluetooth

◆APP operation instructions

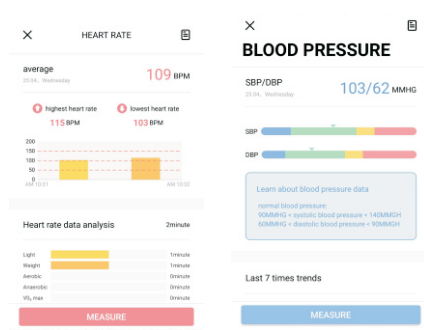
1. Enter the APP movement page and press your phone screen to pull down and refresh the bracelet data.



2. Click the steps, sleep and other blocks, and enter the analysis of the daily or recent exercises and sleep data.



3. Click the exercise heart rate/blood pressure blocks to enter the data of the day or recent, or click the APP to measure the heart rate and blood pressure. The test data will be automatically saved to the phone.



◆Attention

1. Do not charge in condition of water stains.
2. This product is an electronic monitoring product, which is not used as medical treatment. The data is for reference only.
3. Don't wear this device when bathing or swimming for a long time.
4. Use the matching charging cable for charging.

◆Frequently Question And Answers

1. The bracelet cannot receive the reminder.  
Android phone Settings:  
A. make sure the APP has an alert switch on.  
B. confirm whether the message can be displayed normally on the notification bar, and the notification push of the bracelet can be read.  
Mobile phone notification message:  
If there is no message in the notification bar, the bracelet will not receive the push.  
(reset first notification and status bar in mobile phone settings, and open WeChat, QQ, phone, SMS, Hero Band III switch)

- apple system phone settings:  
A. make sure to select the allowed pairing when connecting the bracelet. can be checked in the phone Settings -> Bluetooth. If there is one at the backend of the connected device (Hero Band III), indicating that a pairing has been made. If none is up in the backend (Hero Band III), there is no pairing.  
B. open the phone settings -- click on the notification -- click WeChat, QQ, SMS, phone -- open the permission notice.  
Displayed in the "notification center"

2. Android phones don't connect the bracelet.  
For android phones, please do not connect with the bracelet directly in the bluetooth of the phone.  
Please download the APP first.  
And go to the APP to search the device and connect.  
Restart your phone's Bluetooth and bracelet if necessary.



#### FCC Caution.

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.

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

Note: 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.

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

