

User manual for H3 Multifunctional Bluetooth Activity Tracker



1. Touch button
2. Display
3. TPU band
4. Metal buckle

- Display Size: 0.66"
- Bluetooth Version: v4.0
- Waterproof Rating: IP67
- Battery: Li-Ion, 150mAh
- Battery Life: up to 7 days of standby time
- Operating System Required: Android 4.3 and above and iOS 7.0 and above

To turn the activity tracker on, hold the button for 4 seconds. The tracker allows you to monitor heart rate, calculate burned calories and track your sleep patterns. Apart from that, it also shows the time, date and caller ID, and has the vibrating alarm to wake you up, but not disturb anyone around you.

In order to make the activity tracker work with your smartphone, you need to download and install the required App. Scan the QR code below or search for the HPlus Watch app on the Play Store or App Store to download it.



Android



iOS

When you download and install the App, pair the activity tracker with your smartphone and you can start monitoring your heart rate, calculate burned calories, view the caller ID, etc.



- To start measuring the heart rate, press and hold the button for 2 seconds until the heart icon appears.



- When the icon starts pulsating it means the real time heart rate measuring is on, and the data will be displayed in 15 seconds.



- The real time heart rate measurement

All-day heart rate monitoring feature means that the activity tracker will measure your heart rate every 10 minutes. Be noted that this feature consumes more power.