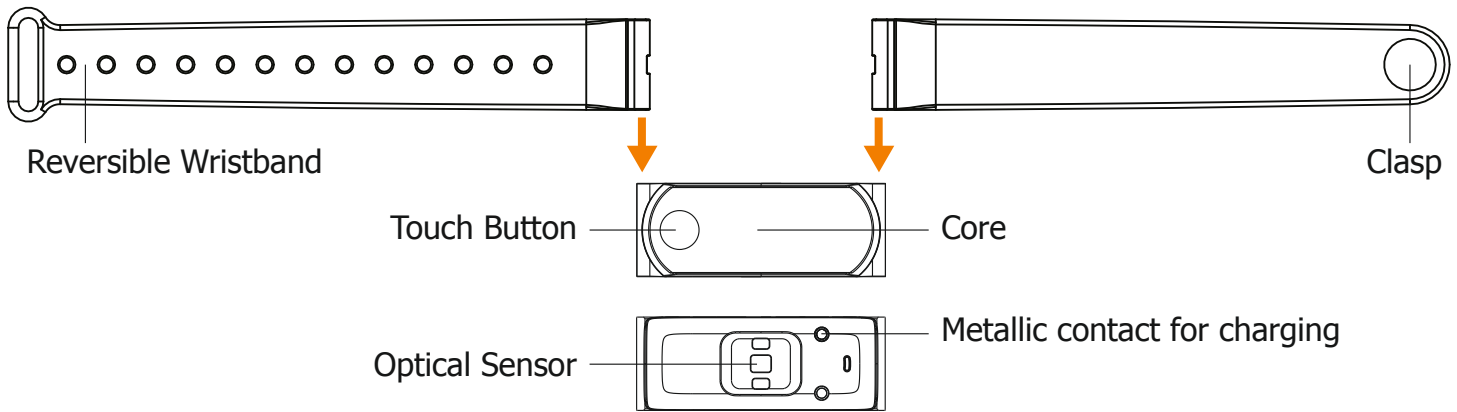
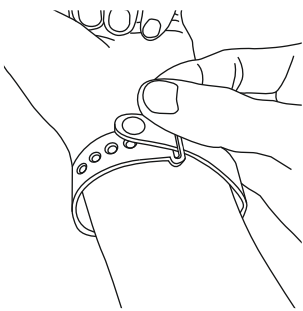


Device Overview



How to wear your Q-Band HR+?

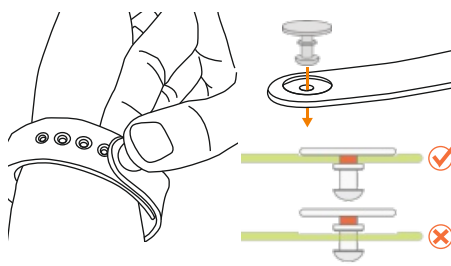
1 Wear Q-Band HR+ on your wrist



Put on the wristband with the screen facing up and the band wrapped around your wrist. Slide one band through the loop of the other band, and align the clasp along the band to find the holes where best fit the clasps.

Video Demo:
<http://ww2.vois.com/igotu-life/wear/Q-Band-HR-Plus>

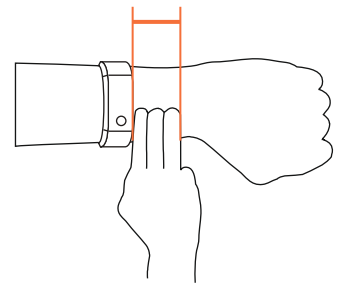
2 Fasten Q-Band HR+ with clasp



Squeeze both clasps into the holes on the wristband until you hear a click, indicating the band is securely fastened.

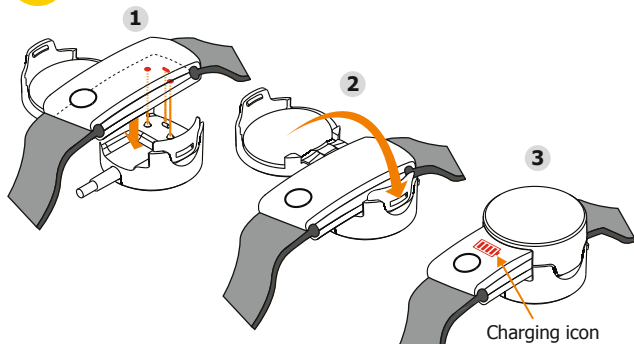
Note: The wristbands are both replaceable and reversible.

3 Detecting your Heart Rate



1. Please make sure the wristband is worn as tightly as possible on the wrist without any discomfort, in order to enhance the accuracy of heart rate signals that are detected.
2. Wear the wristband three fingers away from your wrist. When "-----" text appears on the screen, please stay still briefly for about 10 seconds to obtain a heart rate reading.

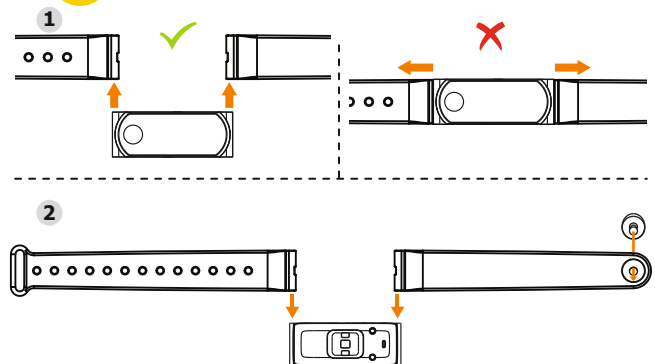
4 Charge your Q-Band HR+



To charge your Q-Band HR+, place it in the charging box at the other end of the USB cable. Close the box afterwards, and make sure the Q-Band HR+ is securely covered. Plug the USB connector to either a PC or power adapter to start charging.

Important Notice:
The product is shipped with the screen and keys locked, and will be unlocked once it is charged via USB connection. Please make sure the "Charging" icon appears while it is being charged, indicating the device is connected correctly and getting charged.

5 Change the wristband



1. Remove the wristbands by sliding out both bands from the slots on both sides of the core.
2. Insert the new bands into the slots on both sides of the core.

Important Notice:
Failure to follow the instructions above might cause damage to the device.

Get Started with Q-Band HR+

1 Download i-gotU Life App

Download **i-gotU Life** app from Google Play or App Store on your smartphone:
<https://play.google.com/store/apps/details?id=com.mobileaction.ilife>
<http://appstore.com/igotulife>



Apk download: <http://global.mobileaction.com/download/apk>

Supported Device

- Any Android smartphone (v4.3 and up) with built-in 4.0 Bluetooth connectivity; or
- iPhone 4s and later models, iPad 2 and later models, and iPod Touch (all with iOS version 7.0 and up).
- A complete list of supported smartphone models or mobile devices can be found at:
<http://ww2.voiiis.com/qband/devices.html>



3 Start Using Q-Band HR+

1. Switch between different function modes

- Tap the button twice to wake up the device screen.
- Long-press the button on the Q-Band HR+ until you see 4 icons on the screen for mode selection.
- Tap the button twice to switch mode.
- You'll be entering the selected mode in 3 seconds.

2. Change display information

Information shown on the screen will vary as you press the button on the Q-Band HR+ to toggle between screens.

3. Q-Band HR+ modes

- Daily mode:** Analyzes your daily data, including steps taken and calories burned.
- Sleep mode:** Tracks your sleep pattern and quality.
- Sports mode:** Starts a workout and displays information including duration, steps taken, calories burned, and distance traveled during the workout.
- Nap mode:** Awakes you via vibration after a short nap.

5 Screen Description

- | | |
|--|-------------------------------|
| 1 Connecting | 11 Aerobic (Zone 3 and above) |
| 2 Disconnected | 12 Duration |
| 3 Alarm | 13 Distance |
| 4 Daily Mode | |
| 5 Date | |
| 6 Overall Progress (the average of Calories + Steps) | |
| 7 Battery Status | |
| 8 Steps | |
| 9 Calories | |
| 10 Heart Rate | |

2 Set up Q-Band HR+

Your Q-Band HR+ can be configured directly on the i-gotU Life app.

First time setup:

- Charge the device to unlock the key and screen.
- Open the i-gotU Life app.
- A **Setup Wizard** will be launched automatically.
- Follow the on-screen instructions to proceed with more settings.

Set up a new device from Settings:

- Open the i-gotU Life app.
- Tap the app icon at the upper left corner to open **function menu**.
- Choose **Settings**.
- Tap **Setup New Device** under **MORE DEVICE SETTINGS**.
- Follow the on-screen instructions to continue.

Note

Your personal information is used to calculate your Base Metabolic Rate (BMR), which determines your calories burned.

4 Features of Q-Band HR+ & i-gotU Life App

Silent Alarm

Silent alarm of Q-Band HR+ gives you a wake-up alert via soft vibrations. While in the sleep mode, the alarm can be dismissed by long-pressing the button on Q-Band HR+. By pressing the button once, the alarm will not be dismissed but alert you again in 5 minutes. Alarm settings can be changed in: **open i-gotU Life app > Menu > Silent Alarm**.

Notification

You will be notified with incoming calls, SMS, E-Mail, or alerts from the social apps via vibration. When notified about an incoming call on an Android smartphone, you may reject the call by long-pressing the button on Q-Band HR+. Notification can be set up from: **i-gotU Life App Menu -> Notification**.

Online Help

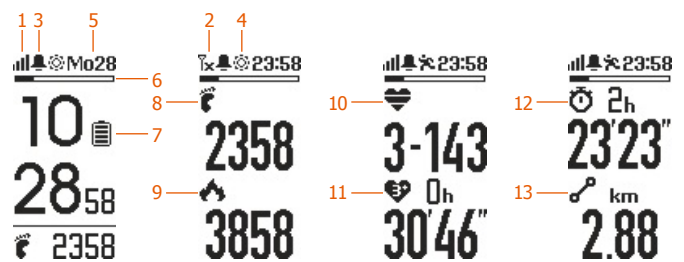
Android: <http://ww2.voiiis.com/igotu-life/help.html?language=en>
 iOS: <http://ww2.voiiis.com/igotu-life/help.html?language=en&platform=ios>

Manual download

http://www.mobileaction.com/download/Q-Band_download.jsp

Frequently Asked Questions

<http://www.mobileaction.com/Q68HR-FAQ>



Important Notice

- Please make sure your Q-Band HR+ is fully charged when used for the first time. It takes about 2 hours before it is fully charged.
- Although the device is usable in the rain, its use under water is prohibited. Please avoid showering or sauna/steam bathing because high temperature, steam and water jet may cause damage to the device.
- Please do not use any corrosive chemical to clean the device.
- The built-in Li-Polymer Battery might be damaged if it remains low voltage for a long time. It is suggested that you charge the battery once every three months to prolong the battery's lifetime, even though you don't use the device very often or do not plan to use it for a while.



Recycling Information

Note on environmental protection:

After the implementation of the European Directive 2012/19/EU and 2006/66/EU in the national legal system, the following applies: Electric and electronic devices as well as batteries must not be disposed of with household waste. Consumers are obliged by law to return electrical and electronic devices as well as batteries at the end of their service lives to the public collecting points set up for this purpose or point of sale. Details to these are defined by the national law of the respective country. This symbol on the product, the instruction manual or the package indicates that a product is subject to these regulations. By recycling, reusing the materials or other forms of utilising old devices/batteries, you are making an important contribution to protecting our environment.



Declaration of Conformity

Hereby, Hama GmbH & Co KG declares that the radio equipment type [00137431] is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.hama.com -> Downloads.

Frequency band(s)	2402 – 2408 MHz
Maximum radio-frequency power transmitted	0.55 mW EIRP