Manual and Warranty
Folded 70 x 105mm

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This is a z-fold
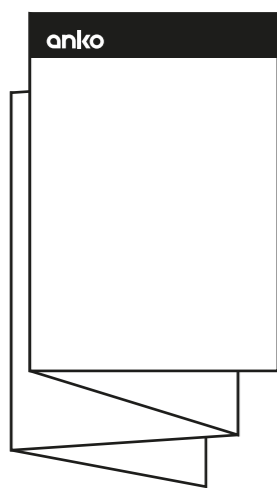
Outside

Figure 9

Stopwatch
› Feature can be turned on in "Switch settings" under the app settings menu.
  › Swipe left or right to Stopwatch interface, as shown in figure 9.
  › Press the bottom right green icon to start timing, the icon turns red, as shown in figure 9.
  › Press the red icon to pause during the timing, reset by pressing the bottom left gray icon.

Count down
› The countdown function allows the user to set a fixed time to count down. When the time is up, the watch will vibrate.
› There are two count down modes, one is controlled by the app and the second is set up as a regular set time that can be controlled by the watch.
› In the app settings, select "My device", then "Count down". From here you can select "Start countdown" and set a count down time that will show on the watch.

Figure 10

› To have a count down time set on the watch for regular use, in the count down menu on the app, slide the "Interface display" to ON and then select "Usual time", in this screen please set the count down time that you prefer and select confirm. The count down timer display will now be an option on the watch, simply swipe left or right until you see the hour glass icon, then press start to count down.

Alarm
› Users can set alarm in the app by selecting "Alarm settings" in "My device" menu. You can set a single alarm or repeat alarm. The alarms can be labelled with one of 20 icons that will show on the watch display.

Figure 11

Phone call mute or rejection
› When phone call notification is turned on in the app, your watch will vibrate and display the caller name or number when your mobile device receives a phone call. For iOS devices, the watch needs to be paired via Bluetooth for this option to work.
› When the call notification displays on your watch, you have the option to reject the call or mute the phone ringing. Please note you can not answer the call.
› To turn on phone call notification, please open the "My device" menu and then select "Message notification" and then slide the on/off switch for phone call.

Figure 12

SMS/Applications reminder
› This watch has the ability to receive notifications from various social media platforms.
› In the "My device" menu, select "Message notification" and review the list of applicable platforms. Slide the on/off buttons for any platforms you would like notifications from.

Note: to use any of these platforms you will need to first have it set up on your mobile device.
› When a platform sends a notification on your mobile device, your watch will also vibrate and display the notification on the screen.
› Swiping the display will allow you to navigate within the notification and read the contents.

Sedentary setting
› This watch has the ability to monitor your movements throughout the day and remind you to get up and move around at given intervals.
› In the "My device" menu on the app, please select "Sedentary settings", here you can set the monitoring start and stop times (for example your normal work hours), then set the intervals that you would like to be reminded to move (from 30 to 240 minutes), then press "Save".
› When you have been sitting for the specified time the watch will vibrate and display the icon as shown in figure 14.

Figure 13

Figure 14

Disconnection reminder
› This watch can advise when the watch and the mobile device have separated to a distance that they disconnect from each other.
› The watch will vibrate and display the icon shown in figure 15.
› To turn this feature on, open the "My device" menu in the app and select "Switch settings" and slide the on/off button for "Disconnect reminder".

Sport goal
› The user can set the step goal. When the step goal is achieved, in the settings menu, the watch will vibrate and display the trophy icon, as shown in figure 16.

Wear detection
› The watch will assess if the user is wearing the watch correctly before commencing the heart rate monitoring. If the watch is worn correctly, the heart rate measurement will start.
› To turn this feature on, open app settings menu, then "My device", then "Switch setting" and slide the "Wear test" on/off button.

Figure 15

Figure 16

Take photo
› The watch can be used to remotely take a photo on your mobile device. Note: there is no camera in the watch, it is simply a remote button for the camera on your mobile device.
› Open the settings menu, then select "Take photo", this will open the camera on the mobile device and the watch display will automatically show a camera with a white button. Frame yourself in the photo as desired and then press the white button on the watch to take the photo.
› Press the power/function button on the watch or cancel on the app, to return to the clock function on the watch.

Turn the wrist
› The watch can be set so that when a user lifts their wrist the screen becomes active.
› The "My device" menu on the app settings has a selection called "Turn the wrist", select this option and set the start and stop time (it is not advisable that the screen turns on when you are sleeping). Then set the sensitivity of the motion, so that it does not activate the screen with minimal movements.

Figure 17

12 month warranty

Thank you for your purchase from Kmart.

Kmart Australia Ltd warrants your new product to be free from defects in materials and workmanship for the period stated above, from the date of purchase, provided that the product is used in accordance with the accompanying recommendations or instructions where provided. This warranty is in addition to your rights under the Australian Consumer Law.

Kmart will provide you with your choice of a refund, repair or exchange (where possible) for this product if it becomes defective within the warranty period. Kmart will bear the reasonable expense of claiming the warranty. This warranty will no longer apply where the defect is a result of alteration, accident, misuse, abuse or neglect.

Please retain your receipt as proof of purchase and contact our Customer Service Centre on 1800 124 125 (Australia) or 0800 945 995 (New Zealand) or alternatively, via Customer Help at kmart.com.au for any difficulties with your product. Warranty claims and claims for expense incurred in returning this product can be addressed to our Customer Service Centre at 690 Springvale Rd, Mulgrave Vic 3170.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

For New Zealand customers, this warranty is in addition to statutory rights observed under New Zealand legislation.

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Front panel

42-799-030   Bluetooth® name is 42799030

Inside

i. Product Introduction
› This smart watch includes heart rate and sleep monitoring functions along with sport data collection.
› This smart watch can assist in developing appropriate work and rest habits in your journey of creating a healthy lifestyle.
› The smart watch comes with a downloadable app that allows connection to a mobile device. Once connected, your activity goals, alarms and mobile device notifications can be set.

The Anko Bluetooth® Smart Watch is not a medical-grade device. It is a fitness tracker and a general wellness device used to log, track or trend exercise activity. It does not make any medical claim and is not a suitable replacement for a heart monitor. Please consult your doctor for diagnostic purposes and to track a serious medical condition.

ii How to use your watch

1. Operating instructions
› Press and hold the Power/Function button until it vibrates to turn the watch ON or OFF.
› Swipe up or down to change between watch themes (refer to figure 2).
› Swipe Left or Right to change between functions.
  › Tap on the screen to make a selection.
  › Pressing the Power/Function button at any time will return to the main watch screen.
› The smart watch must be connected to a mobile device to display the correct time.
› The watch will automatically turn off when the battery is exhausted.

2. Download and install the app
› Search the appropriate store/market for an app called "H band" or scan the relevant QR code right.
› Download and install the app.

Google Play   iOS

Figure 1

Figure 2

2. App set-up
› Please open the app once it has been installed
› There will be an option to sign up or login (there is an option to proceed with a "no account login")
› Select your skin colour for monitor calibration
› Select your gender
› Input your birth date
› Input your weight
› Input your height
› Input your steps goal
› Input your sleep goal
› By operating as the above steps, you can connect your watch to your mobile app and set up your watch in the app

3. Bluetooth® Connection:
› Once the app is setup, open the app and select "Settings" from the bottom menu.
› Then select "My device" and select the watch with "42799030" Bluetooth name.
› The app will ask if you also want to connect your watch to the mobile device via Bluetooth, press "Pair" (some features will require the watch to be connected via Bluetooth).
› To disconnect the watch from the mobile device, select "Settings", "My device" and then scroll down and select the "Disconnect" button.
› Disconnection also requires (mainly for Apple mobile devices) that you enter your Bluetooth settings and unpair the watch from the mobile device.

› Once your watch is paired to the mobile device there will be another prompt question to set up a new function of the cycle if you selected a female gender during the app setup. Select "Go to" to proceed. You will be redirected to the "Female details page" where you can select your status and add data by following the app instructions.

4. Charging the smart watch
› There are two contacts on the rear of the watch that connect with the supplied cable.
› Connect the cable as shown in figure 3, there are poled magnets that will either push the cable away or snap the connection together. If the cable is pushed away, please turn the cable around and retry the connection from the other side.
› Connect the other end of the cable to a standard 5V USB socket.
› If the watch is off when you connect the charge cable, the watch will automatically turn on again. However, the functionality is reduced in charge mode.

Figure 3

5. Reset password
› Users can set a password according to their personal needs.
› In the app settings, select "My device", scroll down to "Reset password" and follow the instructions to set a personal password.

6. Firmware upgrade
› If the watch needs an upgrade of the firmware, the app will notify you next time the watch is synced to the app.
› Alternatively, you can check if there is an update available in the "Settings", "My device" and then select "Firmware update".

7. Clear data
› Users can clear the watch data and restore it back to factory settings.
› To clear the watch data, select "Settings", "My device" and then scroll down and select "Clear data".
› There will be another prompt question to make sure this is actually what the user requires. Select "Yes" to proceed.
› After a data clear all information and settings revert back to default.
› If the user has logged in without an account, then all data will be saved on the mobile device and will not be cleared. If the user has logged in with an account, the app will upload all data to the Cloud.

iii. Functions
Common functions such as step, sleep, heart rate monitoring and sport data collection are on by default.
› To turn on other functions, open the app, select app settings and select "My device".
› Scroll down to turn on the "Count down timer".
› Select "Switch settings" to turn on "Wear test", "HR automatic monitoring", "Find phone", "Stopwatch feature" and "Disconnect alert" (refer to figure 4).

Figure 4

Sport mode
› In sports mode, the watch can record the time, heart rate, calories, and number of steps in the exercise. You can choose to pause and continue during exercising. If the watch detects that you have completed your exercise session, it will automatically exit sport mode.
› Swipe left or right to Sport mode, then tap the screen to select.
› User can lock the sport mode interface to prevent accidental touch.
› The watch only saves the latest 3 exercise sessions.

Figure 5

Pedometer
› Swipe left or right to the pedometer interface, it'll display the current number of steps, distance, and calories burned, as shown in figure 5.

Heart rate monitoring
› The watch will measure the user's heart rate under the heart rate measurement interface. Swipe left or right to show the HR screen as per figure 6. The measurement of the heart rate will start immediately. After the test is completed, the result will be displayed.
› Automatic heart rate monitoring can be set in the app. When the function is turned on, the watch will automatically monitor (at 30 minute intervals) and record the heart rate data. This data will be stored in the app next time the watch is synced with the mobile device. In the app settings, select "My device", then "Switch settings" and select "HR automatic monitoring".

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Figure 6

› Heart rate alarm can be set in the app, in device settings, once the automatic heart rate monitor has been set. The upper limit is to be set so that when the user's heart rate reaches the upper limit, the watch will vibrate and display an alarm.

Sleep monitoring
› The watch will display the user's sleep time of the previous night.
› Swipe left or right to show the sleep display as shown in figure 7. The sleep data can also be viewed in the app once synced with the watch.

Figure 7

Find phone
› If the mobile device and the watch are connected, the mobile device will vibrate and ring when the "Find Phone" is selected.
› To turn on find phone feature, select "Switch settings" from "My device" menu.

Figure 8