

nuband



NUBAND FLASH HR 3 NU-G0054

User Manual Version 1.1

CONTENTS

GETTING STARTED	4
What can my Nuband Flash HR 3 do?	4
SETTING UP YOUR NUBAND FLASH HR 3	6
USING THE DEVICE	8
Home Key	8
Lighting the screen	8
Switching your Nuband Flash HR 3 Off	9
Wearing the Device and Heart Rate Tracking	10
BATTERY LIFE AND CHARGING	11
FEATURES	12
Status description of bracelet	12
Step	12
Heart rate	13
Blood pressure	13
Sport	14

Weather	16
More features	17
Other functions when Nuband connect with App	18
NUBAND X APP	19
Create your profile	21
Connect the Nuband	23
DASHBOARD	25
Steps and Calories	27
Heart Rate	28
Blood Pressure	29
Sleep	30
Exercise Record	31
CONNECT GPS SPORT	32
DEVICE	33
SETTINGS	34
Sedentary Settings	35
Alarm Setting	36

Heart Rate Setting	37
Smart Camera	38
Anti-lost	39
Gesture Light Up	39
More Setting	40
Firmware Upgrade	41
App Permission	43
NUBAND FLASH HR 3 COMPATIBILITY	44
NUBAND FLASH HR 3 24 MONTH WARRANTY	45
NUBAND FLASH HR 3 PRODUCT DISCLAIMER	46
RETURNS	46
EU DECLARATION OF CONFORMITY	47

GETTING STARTED

Welcome to Nuband Flash HR 3, the smart fitness band. We hope you love your Nuband as much as we do. This guide is to help you get started quickly and easily with your Nuband and the app so you can get started working on your goals right away.

What can my Nuband Flash HR 3 do?

- Dynamic heart rate monitor
- Blood pressure monitor
- Count steps
- Measure calories burned
- Measure distance travelled
- Sports guides tracking
- Track the quality and length of your sleep
- Tell you the time and date/day
- Wake you gently with the silent vibrate alarm feature
- Show you any text messages and phone received
- Real Time Weather
- Camera remote control

In conjunction with the Nuband X app, your Nuband Flash HR 3 also:

- Tracking your sport route through phone GPS.
- Helps you set daily goals and see your progress, helping you stay motivated.
- Helps you share your achievements with your friends via Facebook and Twitter or other social media.
- Helps you to keep the history of activity, heart rate and sleep record.
- Helps to remind you by alarm settings.

As with all devices, we recommend you read the safety information towards the end of this document carefully and speak with a healthcare professional before starting on any programme of exercise.

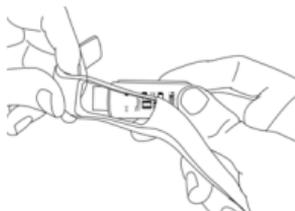
SETTING UP YOUR NUBAND FLASH HR 3

Follow the steps below to set up your Nuband Flash HR 3.

1. Charge your Nuband Flash HR 3 for 2 hours prior to use.
 - a. Remove the module from the strap, then plug the module into a USB charge socket (either on a computer or a plug). Battery symbol appears if it is plugged in the right direction and being charged. **Only one direction is chargeable.**



Tips: When charging, please make sure that screen side is facing down as shown in picture. If the charging does not respond, reverse the USB direction.



- b. The screen will show full battery symbol when it is fully charged.



2. Ensure the Bluetooth is enabled on your smartphone.
3. When your Nuband Flash HR 3 is charged, re-seat the module into the strap, place the Nuband on your wrist and fasten the buckle.
4. Install the Nuband X app on your smartphone (*available free for Android and iOS devices from the Google Play and Apple App Store*).
5. Follow the instructions on the app to add your information and connect your Nuband to your smartphone (*more information and screenshots are in the App guidance in this guide*).

USING THE DEVICE

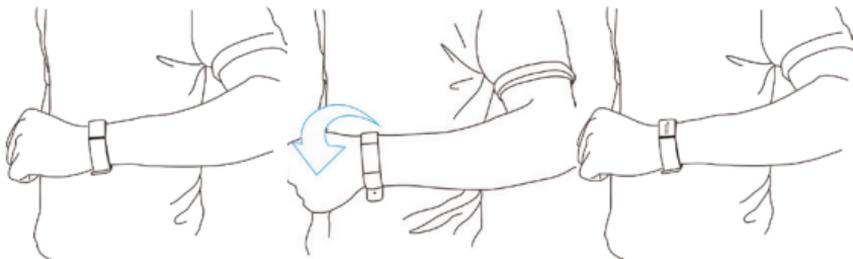
1) Hold (Home Key)

Tap home button  to execute whatever function you want to check.

2) Lighting the screen

To save power, the screen is off. How you wake it up depends on how you have set it.

- Hold the home touch point .
- Setting under App --> "Device"--> "Gesture Light Up" turn your wrist towards you.



3) Switching your Nuband Flash HR 3 Off

To get the most accurate fitness information from your Nuband, it's best to keep your Nuband on, but if you need to switch it off, tap to the Function menu , then hold and tap to  to power off then select “√” to confirm.

4) Wearing the Device and Heart Rate Tracking

Wear the Nuband Flash HR3 on your wrist for heart rate tracking.



NOTE: The heart rate sensor is located on the back of the device. to monitor heart rate more accurately. Please wear the Nuband on the upper position of your wrist and a bit tighter than usual when you are doing exercise

BATTERY LIFE AND CHARGING

Your Nuband Flash HR 3 charges fully in two hours - this two hour charge will last between 5-7 days. You can check how much battery your Nuband has in the App.

Charging your Nuband Flash HR 3 for more than three hours may cause the battery to wear out quicker.

FEATURES

Functions: Home >> Step >> Heart rate >> Blood pressure >> Sport >> Weather >> More.

Status description of bracelet:

Connected with bluetooth: 

Disconnected with bluetooth: 

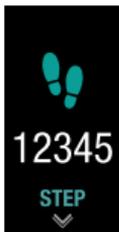
Turn on No-Disturb Mode: 

Battery indication: 



1) Step

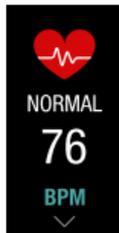
- 1) Can view the number of steps of the day
- 2) After long press, you can check the calories burned by the day, the total distance.



2) Heart rate

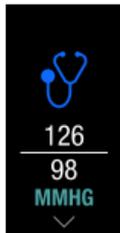
Long press to start/stop measuring:

1) Measurement outcome includes: low, normal, high, failure.



3) Blood pressure

Long press to start/stop measuring:



4) Sport

Multi-sport mode supports running and cycling mode.

Long press to enter sport mode:

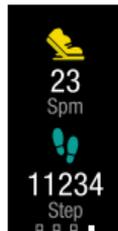
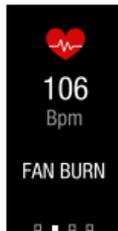
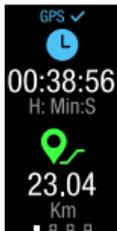
1. Run:

Long press to start:

Record the GPS status of the current exercise, exercise time, distance, real-time heart rate, real-time heart rate status, calories, real-time pace, real-time step frequency, steps.

Phone GPS is connected: GPS

Phone GPS is disconnected: ~~GPS~~

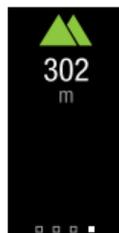
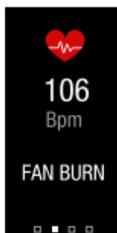
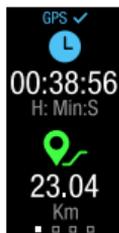


2. Cycle:

Long press to start:

Connect the GPS status of Phone: exercise time, distance, real-time heart rate, real-time heart rate status, calories, real-time speed, altitude.

Disconnected the GPS status of phone: exercise time, calories, real-time heart rate, real-time heart rate status.



Heart rate status:



5) Weather

Long press to enter:

Weather conditions in most local cities around the world can be synchronized.

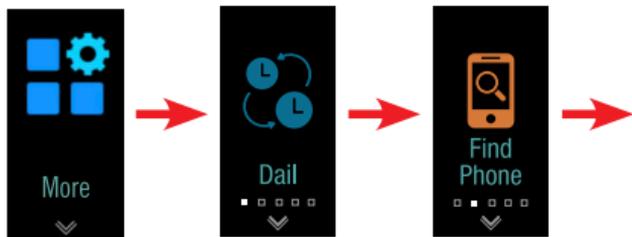


Weather data status:

Ultraviolet light	Win-speed	Humidity	Visibility	Precipitation
				

6) More features

Long press to enter:



1) Change dial 2) Find phone



3) Power off 4) Factory reset 5) Firmware information

7. Other functions when Nuband connect with App

- Alarm
- Sedentary remind
- Remote capture
- Call remind
- Missed call
- Anti-lost

NUBAND X APP



The Nuband X app can be downloaded from the Google Play and Apple App stores.



Ensure the Bluetooth and GPS are switched on in the settings of the phone you are using.

1. Sign into the Nuband X app:
Register by email. Tap **Register**, enter email and password, then get verificate code and enter, then press **Register**.



1. Sign In



2. Register



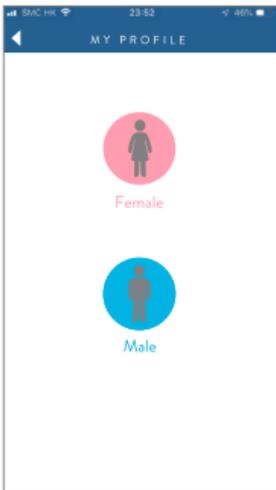
3. Login

Create your profile

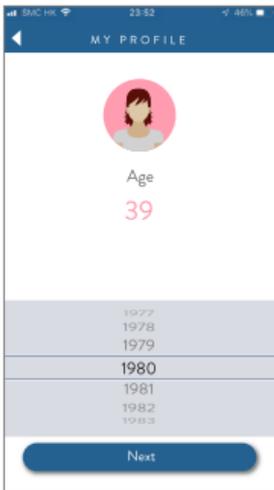
Personal information setting, Photos, Age, Gender, Height, Weight and Exercise Goal.



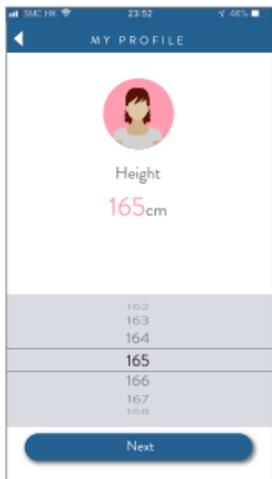
My Profile



Gender



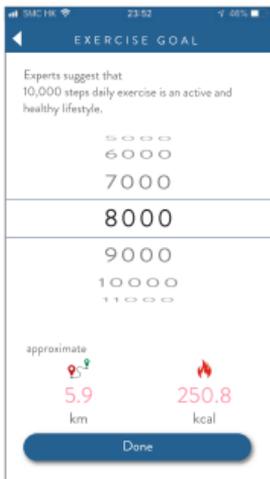
Age



Height



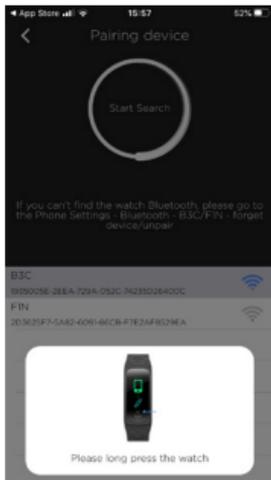
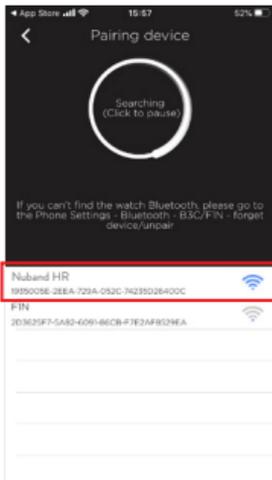
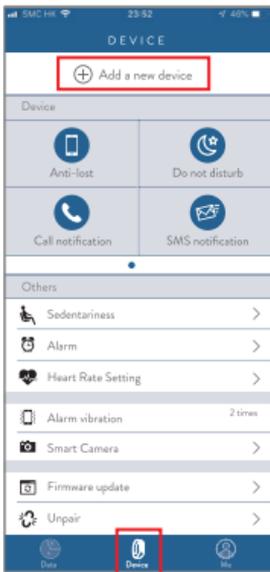
Weight

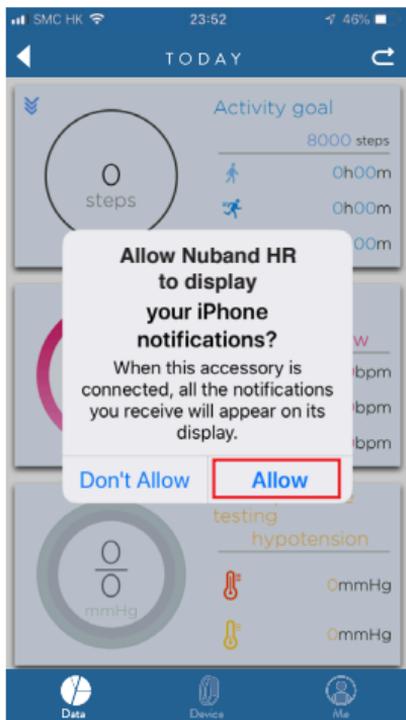
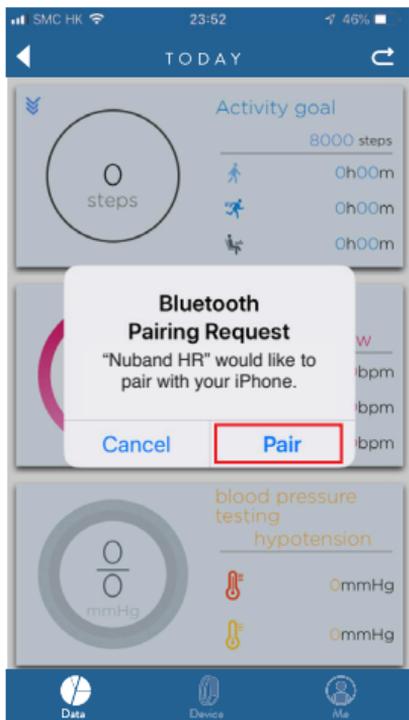


Exercise Goal

Connect the Nuband

Under “Device”, choose “Add a new device”. Select the “Nuband HR“ Bluetooth device for well connect. Follow the App screen to long press the Nuband HR to confirm connect successfully.





Note: Nuband HR can only be paired with one mobile phone at same time.

DASHBOARD

The Nuband X app will normally open on this screen.

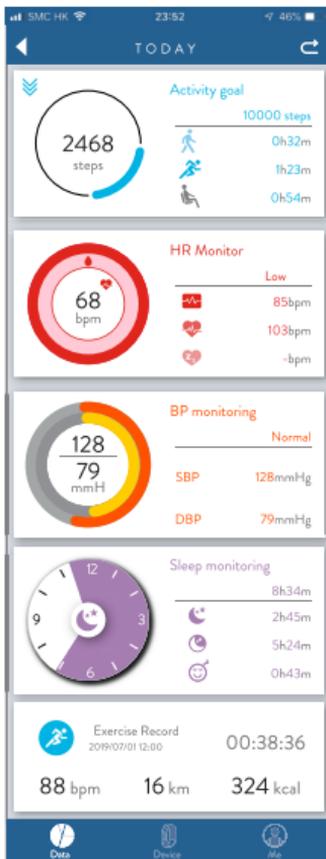
From the Dashboard Screen, it is easy to see your steps, calories, distance, heart rate, BP monitoring, sports exercise activities record and sleep tracking – simply tap whichever option you want to see.

The **Step** count will show you how many steps you have taken, how long you have walked for, the distance you have covered and the calories you have burned while walking.

The **Heart rate** will show you your average heart beats per minute, as well as your highest and lowest beats per minute.

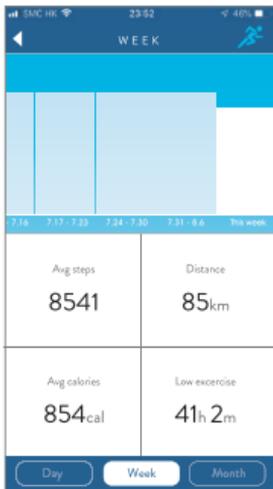
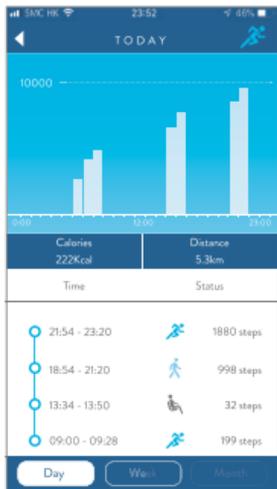
The **BP monitoring** will show you the result and stored for record.

The **Sleep** information, you can see the total amount of time you were asleep, with more information about when you woke, and time spent in deep and light sleep.



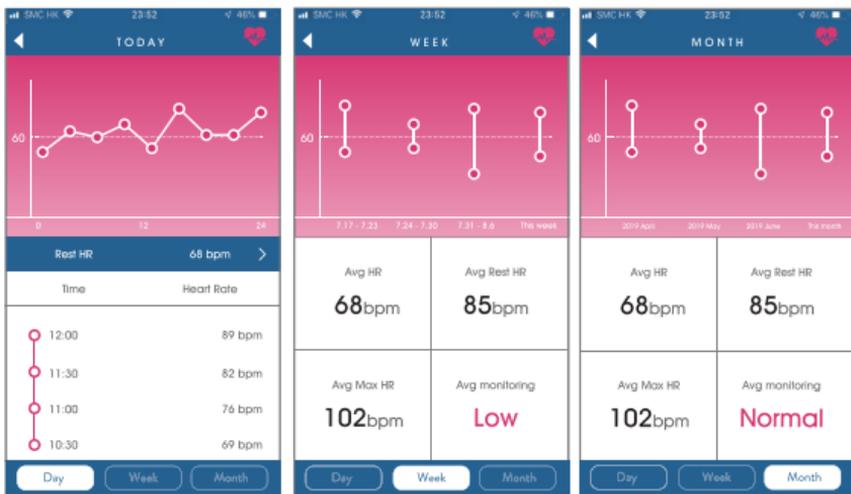
Steps and Calories

The steps screen gives a visual representation of how close you are to your daily goal, with more data about the number of steps you have taken, time taken, distance covered, and calories burned all showing below. Progress will be displayed in the graph of the screen and you can tap to see your progress daily, or select week/month you want to review.



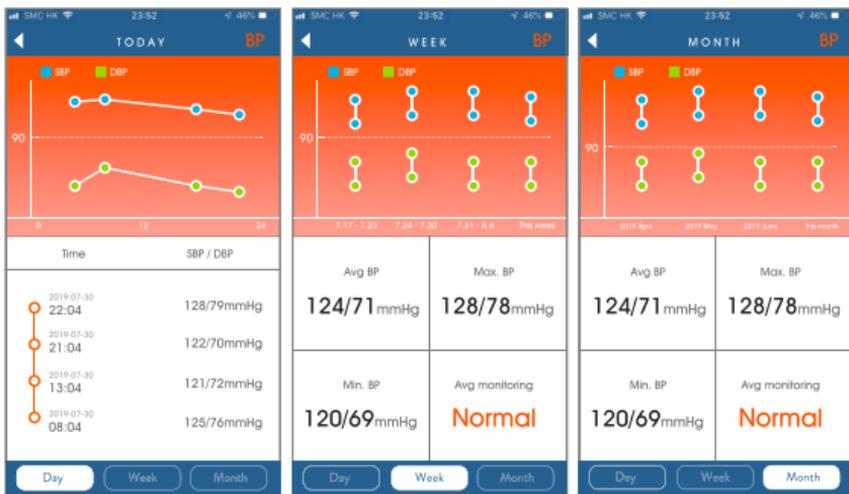
Heart Rate

The heart rate screen illustrates your heart beat over time. You can see exact beats per minute at each data point on the graph or select specific date you want to review.



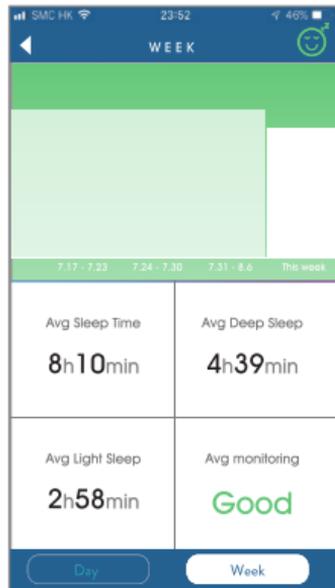
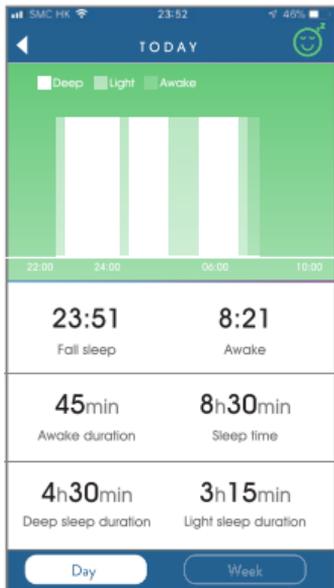
Blood Pressure

The blood monitoring screen illustrates your result. You can see the data or select week/month you want to review the history record.



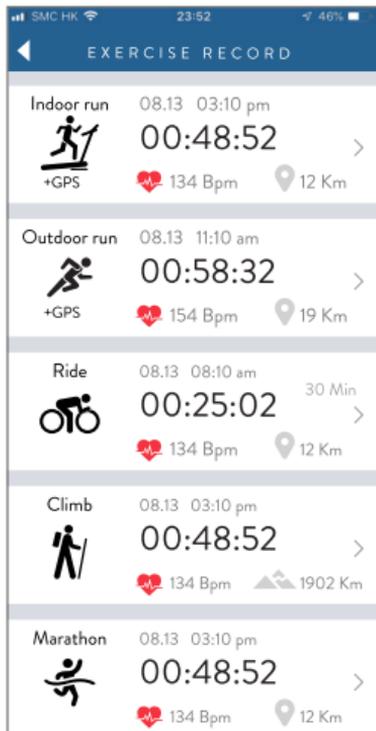
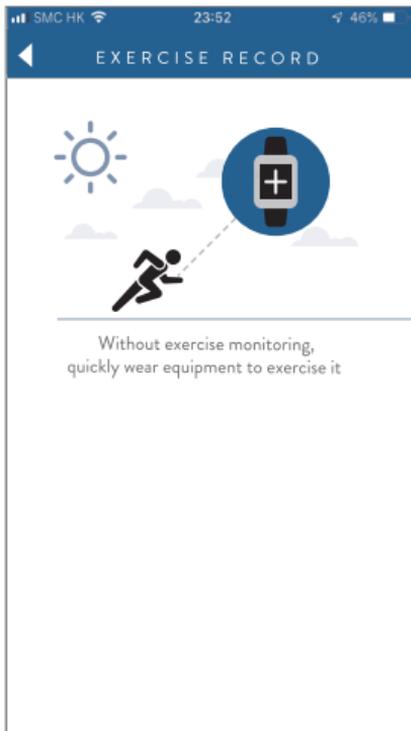
Sleep

The sleep screen will be populated if you wear your Nuband Flash HR 3 in bed to track your sleep. You can get the details about the time you fall asleep and wake up, and the amount of time you spent in deep and light sleep, is shown below the graph or review history by Day/Week.



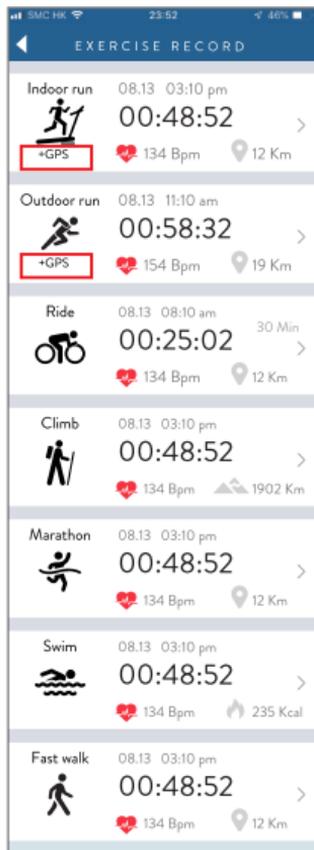
Exercise Record

The exercise record screen record your physical activities.



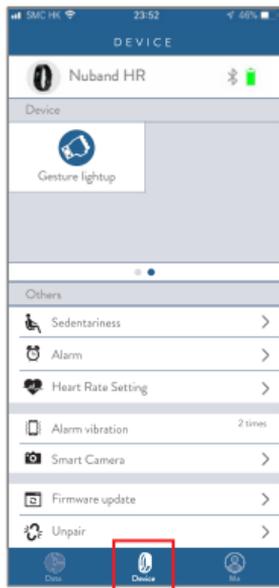
CONNECT GPS SPORT

Running/cycling/walking sport activity can connect phone GPS to review the sports route.



DEVICE

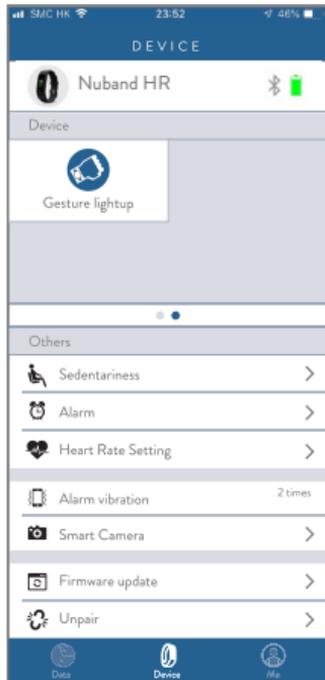
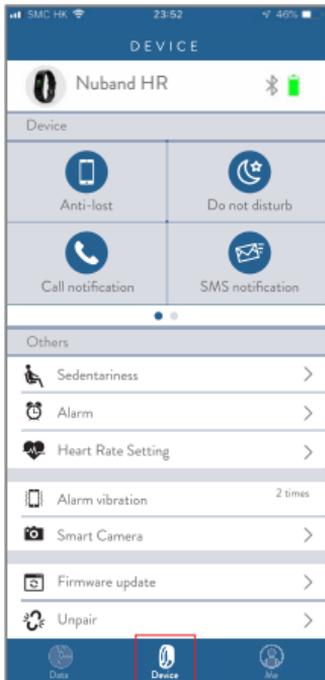
This screen tells you your Nuband Flash HR 3 Device Name, Battery level and connection status.



Should you wish to unpair your Nuband Flash HR 3 from your phone, simply tap the green **“Unpair”** button in the bottom of the Device screen.

SETTINGS

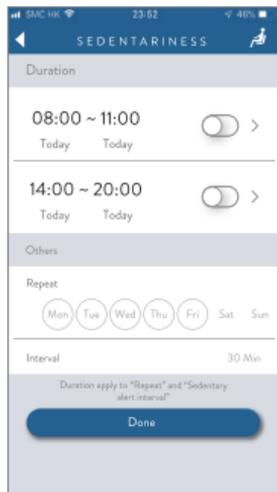
Settings are found under Device. (There are more setting options by swiping down the screen)



Sedentary Settings

If you would like your Nuband to remind you to get active during the day, set the alarm to on.

1. Tap into the **Device** screen.
2. Tap **Sedentary**.
3. Select which time period you would like to be reminded to move.



Alarm Setting

To set an alarm:

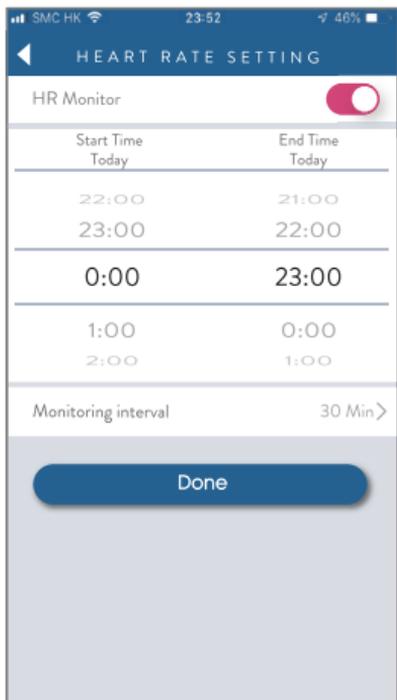
1. Tap into the **Alarm** screen.
2. Tap the “Add” in the bottom of the app screen.
3. Select the time you want the alarm for.
4. Tap the days you want the alarm and if you need it to repeat.
5. Tap ✓ to save.

Your alarm will now show in the alarm settings screen. To disable an alarm, slide the toggle switch to the left, or to delete it completely.



Heart Rate Setting

Slide the toggle switch to the left and select the HR monitor time range and press “Done”.



Smart Camera

To use your Nuband Flash HR3 as a remote for taking a photo.

1. Tap into the Device screen.
2. Tap Smart Camera.
3. Accept to access the phone camera.
4. Set up your phone and pose for the shot.
5. When you're ready, tap the screen of Nuband Flash HR3 band.
6. Your photo(s) will be in your phone's photos app.



Anti-lost

Find Phone ON remind you when your phone is out of Bluetooth Range, also you can find your phone through app to get if the Phone is near with your band.

Gesture Light Up

Select whether you want to touch the screen to show the information, or to turn your hand over to show the screen. Just light up the icon to select.



More Setting

More setting under “Me”

1) Unit of Measurement

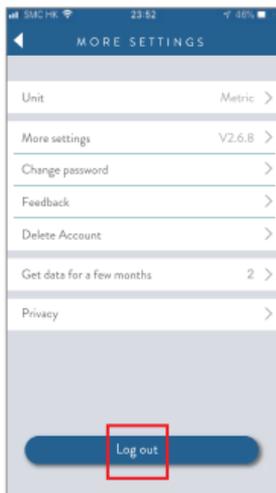
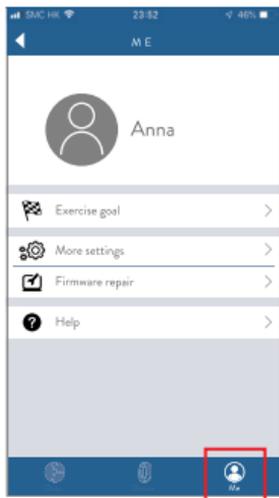
Tap unit of measurement to change between metric and imperial.

2) Change Password

You can change to new password if necessary.

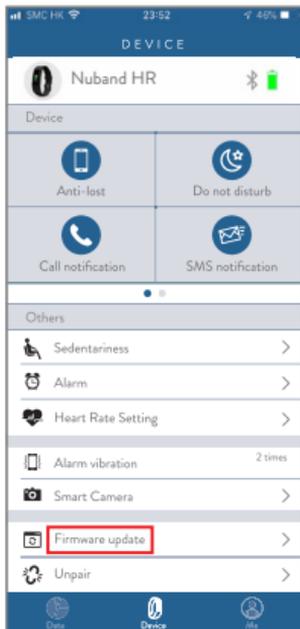
3) Log Out

You can log out the app if necessary.

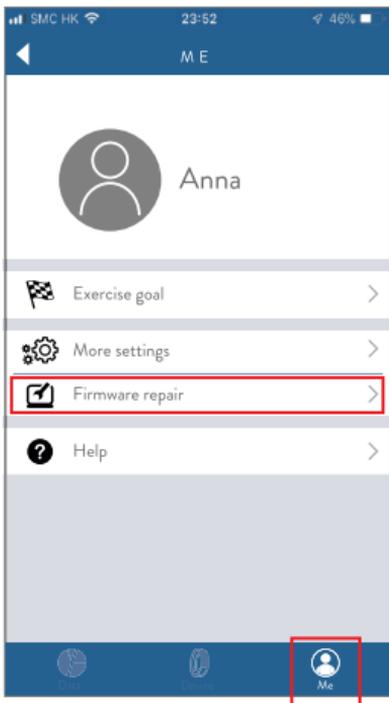


Firmware Upgrade

Tap **Firmware Upgrade**. If there is a firmware update available for your Nuband Flash HR 3, you will be able to tap to install the update.



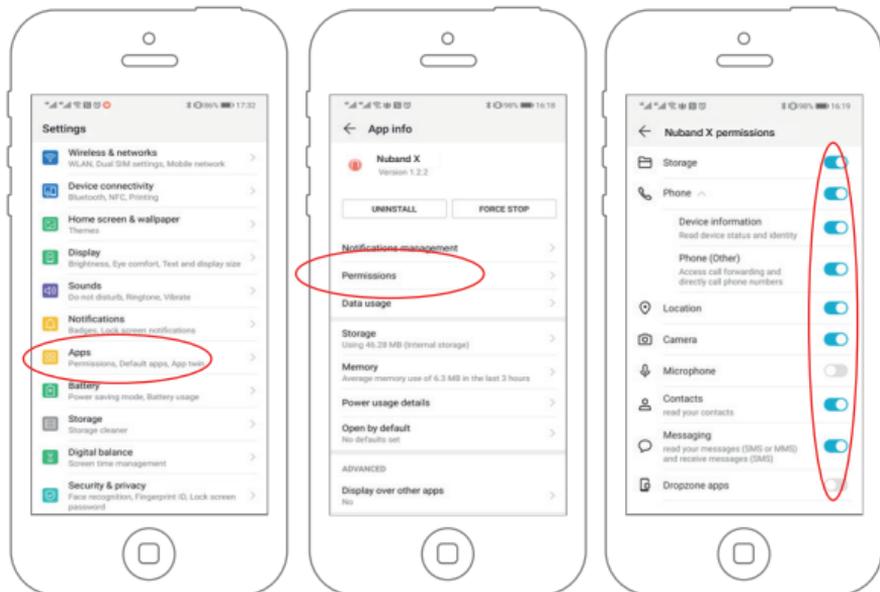
If you fail during firmware upgrade, please go to **Me** and press **Firmware Repair**.



App Permission

Please ensure the permission of Storage, Location, Phone call, Camera, Message, Contacts and Microphone are allowed, then the device or app can execute any notifications.

Setting → Apps → Nuband X → Permissions



NUBAND FLASH HR 3 COMPATIBILITY

The Nuband X app  will work with the following devices:

Android (*Android 5.0 upwards*)



Apple iOS (*version 9.0 upwards*)



Other Android smartphones and devices may be compatible; however we are unable to guarantee the reliability of the Bluetooth connection or the functionality of the app.

Main unit size: 44*19*10mm	Wristband: 230mm
Screen: 0.96" OLED	Weight: 16g
Bluetooth: BLE4.0	Battery life: about 7-10days
Working condition: 0-40°C	Protection Degree: IP68
Battery: 90mAh Built-in rechargeable lithium battery	

Nuband Flash HR 3 24 Month Warranty

Nuband Flash HR 3 is covered by a 24 months (2 year) warranty against defects in materials and workmanship under normal use.

If a hardware defect occurs within the warranty period of 24 months Nuband Flash HR 3 will either replace defective part or provide a replacement product, providing proof of purchase is sent with the item. A replacement product or part assumes the remaining warranty of the original product or 24 months from the date of replacement or repair, whichever is longer.

When a product is exchanged or part of product is exchanged, any replacement becomes your property and replaced item becomes Nuband Flash HR 3 property. Parts provided by Nuband Flash HR 3 in fulfillment of this warranty obligation must be used in products for which warranty services is claimed. When returning product under warranty, item must be returned along with original packaging and retailer receipt. Without the receipt, the warranty will be considered invalid.

It is your responsibility to back any data up. If in repair or replacement, goal data is lost Nuband Flash HR 3 claim no responsibility for this. Nuband Flash HR 3 is not responsible for product failure caused by none compliance with product instructions. The warranty does not cover the cost of returning the product, this must be born by the customer.

No Nuband Flash HR 3 reseller, agent or employee is authorized to make any modification, extension or addition to this limited warranty. If any term is held to be illegal, or unenforceable, the legality or enforceability of the remaining terms shall not be affected or impaired.

Nuband Flash HR 3 Product Disclaimer

Nuband Flash HR 3 is a device developed to assist monitoring aspects of your health but should never replace the professional advice of your Doctor or Physician. Nuband Flash HR 3 are not a licensed medical conditions or any kind, or determining the effect of any specific exercise on a medical condition.

We strongly recommend that you should consult a Doctor or Physician before partaking in any type of physical exercise fitness plan or diet.

Returns

If your Nuband Flash HR 3 should ever need to be replaced under warranty, send your Nuband Flash HR 3 along with proof of purchase to the following address:

Dartmouth Brands Ltd
C/O Ibex Fulfilment Logistics
Unit 15 Hearder Court
Beechwood Way
Plymouth PL7 5HH
UK
Email : info@nutechdesign.com

Because of possible loss, we recommend insuring your Nuband Flash HR 3 , return receipt requested, when using the mail. If you do not obtain the proper receipt within a reasonable time, start a tracer through the originating post office. Please allow 2 to 3 weeks from the date we receive your package for your replacement Nuband Flash HR 3 to arrive.

EU DECLARATION OF CONFORMITY

This product conforms with Radio Equipment Directive (RED) 2014/53/EU. You can download the full declaration letter from our website. See below URL link for details.

<https://www.nutechdesign.com/pages/declaration-of-conformity>

RoHS
COMPLIANT



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