

nuband



NUBAND HR63 NU-G0063

User Manual Version 1.0

CONTENTS

GETTINGS STARTED -----	4
What can my Nuband HR63 do?	4
SETTING UP YOUR NUBAND HR63 -----	5
Charging your Nuband HR63	5
Pairing your Nuband HR63	6
NAVIGATION CONTROLS -----	7
Physical Button	7
Touchscreen Navigation	7
Wrist placement	8
Waking your Nuband HR63 screen	8
GETTING TO KNOW YOUR NUBAND HR63 -----	9
Switching your Nuband	9
Home Display Icons	9
Changing smart watch interface	10
Navigating the Nuband HR63 menus	11
Distance/Calorie/Step Counter	11
Heart Rate Monitor	11
Blood Pressure Monitor	11
Blood Oxygen Monitor	11
Activity Tracker	11
Weather	12
Messages	12
Stopwatch	12
Find Phone	12
System	12

HOW TO USE-----	13
Heart Rate Monitor	13
Activity Tracker (Training)	14
Stopwatch Timer	15
System Settings	16
Brightness Control	16
Factory Reset	16
Shut down	17
Smart Watch Information	17
GLORYFIT APP-----	18
Create Your Profile	19
Connect the Nuband	20
DASHBOARD-----	21
Steps and Calories	25
Heart Rate	26
Blood Pressure	27
Sleep	28
Exercise Record	29
CONNECT GPS SPORT-----	30
DEVICE TAB-----	31
Dashboard	
Dial Center Tab	32
My Dial Center Tab	33
Custom Dial Tab	34
Heart Rate Setting	35
Phone Notification	36
SMS Notification	36
App Notification	37
How to activate notification (IOS)	37
How to activate notification (Android)	38
Sedentary Reminder	39

Alarm	40
Light Up	41
Do Not Disturb	42
More Setings	43
Shake to take picture	
Find Device	
Display Timeout	
24-hour time	
Device Language	
Firmware Update	45
Reset Device	46
Profile Tab	47
Set Daily Goals	48
Check Weekly Results	48
Third Party Service (IOS/Apple Health only)	49
Setting	50
Unpair	51
APP PERMISSION -----	52
NUBAND HR63 COMPATIBILITY -----	53
NUBAND HR63 24 MONTH WARRANTY-----	53
NUBAND HR63 PRODUCT DISCLAIMER-----	54
RETURNS-----	54
EU DECLARATION OF CONFORMITY-----	54

GETTINGS STARTED

Thank you for your purchase of the Nuband HR63 smart watch. This guide will help you get familiar with your Nuband HR63 and its features so that can get started working on your goals right away.

What can my Nuband HR63 do?

Below are the features that your Nuband HR63 is capable of:

- Dynamically monitors your heart rate.
- Monitors your blood pressure and blood oxygen.
- Measure your steps, distance and calories burned.
- Multi-sports guides tracking.
- Track the quality and length of your sleep.
- Tell you the time and date/day.
- Stop watch feature.
- Wake you gently with the silent 'buzz' alarm feature.
- Show you any text messages and phone received.
- Help you stay on schedule with reminders and alarms
- Real-time weather reports

In conjunction with the **GloryFit** app, your Nuband HR63 can also:

- Track the route of the activity taken with a map representation.
- Helps set daily targets which can be viewed with the app dashboard, keeping your goals aligned and you motivated.
- Helps keep the history of activity and sleep record.

We recommend you read the safety information towards the end of this document carefully and speak with a healthcare professional before starting on any program of exercise.

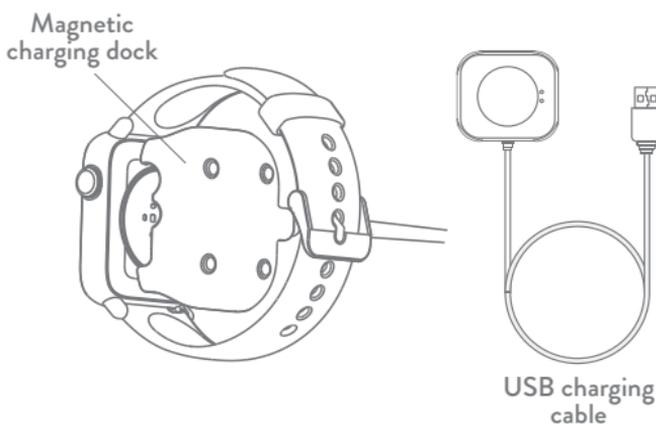
SETTING UP YOUR NUBAND HR63

Follow the steps below to set up your Nuband HR63

Charging your Nuband HR63

You must charge your Nuband HR63 two-three hours prior to use.

Properly attach the magnetic charging dock to the back of the watch, then plug the charging cable into a USB port on the computer, charging dock or power bank for charging.



Input voltage: 5V DC.

Input current: <0.2A.

Battery symbol will appear if it is plugged correctly and the screen will show full battery symbol when it is fully charged.



Note:

- It is recommended to use the universal 5V/1A charger with 3C logo on the market.
- Do not use fast charging chargers to avoid damage on the smart watch.

Pairing your Nuband HR63

Ensure that Bluetooth & Location services are enabled on your smartphone before you proceed you start the pairing process.

1. Install the **GloryFit** App on your smartphone (available on both Android and iOS devices and can be downloaded on Google Play and Apple App Store).

GloryFit APP



2. Follow the instructions on the app to add your information and connect your Nuband HR63 to your smartphone (more information and screenshot are in the App guide in this guide.)

NAVIGATION CONTROLS

Use the following steps to control your Nuband HR63

Physical Button

Physical Button

	SHORT PRESS	LONG PRESS	
PHYSICAL BUTTON	<ol style="list-style-type: none">1. Wake the watch screen (when screen off)2. Return to the main screen3. Pause – (stopwatch mode)4. Pause – (Sport Activity mode)	<ol style="list-style-type: none">1. Power on/off	

Touchscreen Navigation

OPERATION	CONDITION
Swipe Up	View Notification (from the Home Screen)
Swipe Down	Access System (from Home Screen)
Swipe Left	From Home screen Steps/Distance Calories -> Heart Rate -> Blood Pressure -> Blood Oxygen-> Activity -> Weather -> Message -> Stop Watch-> Find Phone -> System
Swipe Right	Return to previous setting
Tap the screen	Enter the sub-menu
Long press the screen	Change the watch face design (Home Screen)

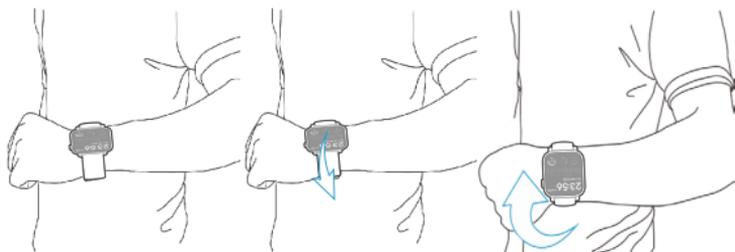
Wrist placement

When wearing the Nuband HR63, it should sit on your forearm close to your wrist.



Waking your Nuband HR63 screen

To save power, the screen is preset to switch off if no input is made. To wake the screen either turn your wrist towards you or do a short press action on the physical button.



GETTING TO KNOW YOUR NUBAND HR63

Switching your Nuband

Long press the physical button to switch the smart watch on. If the device does not boot up, it means that the smart watch requires to be charged.



Home Display Icons

1. Connection Status
2. Battery Level
3. Heart Rate
4. Calorie Burnt
5. Step Counter



Changing smart watch interface

By long pressing the home screen, you will be able to change the interface of your smart watch. Swipe left to choose from 6 built in interface designs. More watch interface and custom design can be downloaded thru the **GloryFit** app.



Navigating the Nuband HR63 menus

By swiping to the left of the Nuband HR63 home screen, you will be presented with various options and features.

Distance/Calorie/Step Counter

You can monitor in a glance the total distance traversed, step taken for the day. If you've created a profile on your **GloryFit** App and provided accurate information of your weight and height, it will also estimate the burnt calorie against the steps and distances taken. This information will reset the next day.



Heart Rate Monitor

You can monitor your heart's beat per minute (BPM) with this quick dashboard.



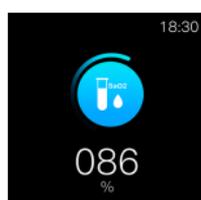
Blood Pressure Monitor

You can monitor your BP levels with this quick dashboard.



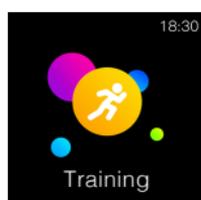
Blood Oxygen Monitor

You can monitor your Blood Oxygen levels with this quick dashboard.



Activity Tracking

Records your specific chosen activity or training program.



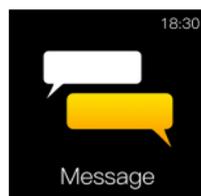
Weather

Weather status of your current area (requires active connection).



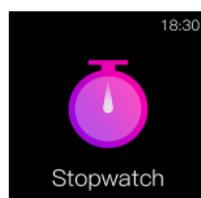
Messages

View messages & notifications from your smartphone (requires active connection).



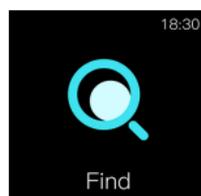
Stopwatch

Activate & deactivates stopwatch feature.



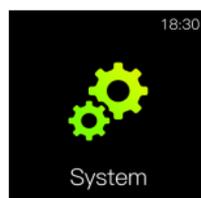
Find Phone

Sends a command to your phone to activate alert notifications so that you can locate your phone (requires active connection and phone must not be in silent mode)



System

Opens the System settings of your smart watch which when tapped can offer the following options;

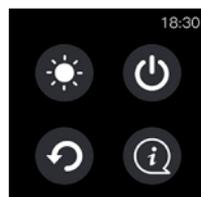


Brightness Control: Control the brightness of your smart watch.

Power off: Shuts down the smart watch.

Factory Reset: Restores smart watch to factory default settings.

About: Show information of your smart watch operating system version.



HOW TO USE

Heart Rate Monitor

As long as the smart watch is worn, the built in photoplethysmography (PPG) heart rate sensor that combines with a special HR algorithm will give you an accurate data during normal use or during activity.

1. In order for the smart watch to capture your heart rate as accurate as possible, make sure that the smart watch is worn one finger away from your wrist bone. Please refer to the diagram.



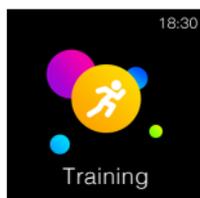
2. Wear it as close to your skin as possible so that the sensor can detect the miniscule changes in your pulse. Avoid moving your wrist when you are measuring your heart rate.
3. The heart rate data can be sync to your **GloryFit** App. (must be regularly as your tracker can only keep record of up to 24 hours).
4. When synced with the **GloryFit** app, it can record and show heart rate record of up to 5 different sports or activity.

Activity Tracker (Training)

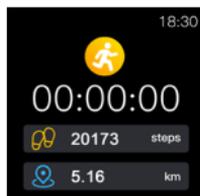
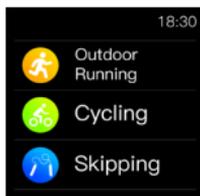
One of the core functions of the Nuband HR63 is its ability to record your activities and give an accurate data to align your fitness goals. You can also accurately track the distance taken of your outdoor activities (e.g walking, running, etc) when connected to your smart phone and present a map presentation when synced with the **GloryFit App**.

To record your activity, do the following steps.

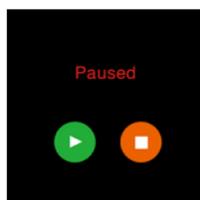
Step 1: Locate the Training menu.



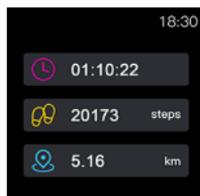
Step 2: Choose the activity you want to record and a counter will start.



Step 3: You can pause/end the time by pressing the physical button.



Step 4: When the activity ends, you will be given a summary of the activity you've just done.

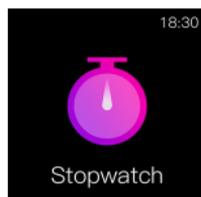


Stopwatch Timer

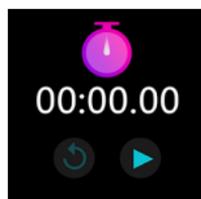
Another essential app used that can be used to record time is the stopwatch which is available for the Nuband HR63.

To use the stopwatch timer, do the following steps

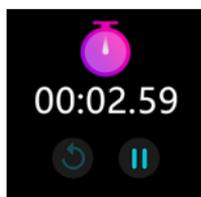
Step 1: Locate the Stopwatch Timer menu.



Step 2: Press the play button or physical button and the timer will start counting.



Step 3: You can pause the time by pressing the pause or physical button.



System Settings

With this menu, you can access some functions of the smart watch.

Brightness Control

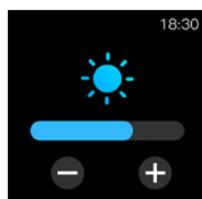
To adjust the brightness of your smart watch, follow the steps below.



Step 1:
Click on the
system icon.



Step 2 :
Click on the
light/sun icon.



Step 3:
Adjust the
brightness.

Factory Reset

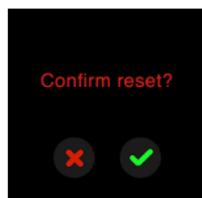
You can restore the watch to the factory setting with this option.
To reset, follow the steps below.



Step 1:
Click on the
system icon.



Step 2 :
Click on the
return button.



Step 3:
Click ✓ to confirm
reset and X to
cancel request.

Shut down

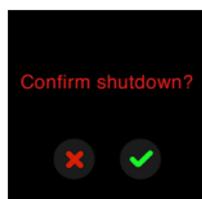
You can shut the smart watch down as well using the system menu. To shut down your smart watch, follow the steps below.



Step 1:
Click on the system icon.



Step 2 :
Click on the power button.



Step 3:
Click ✓ to confirm shut down and X to cancel request.

Smart Watch Information

You can check the smart watch's current software version and details using this feature. To view the information, follow the steps below.



Step 1:
Click on the system icon.



Step 2 :
Click on the "i" button.



GloryFit APP

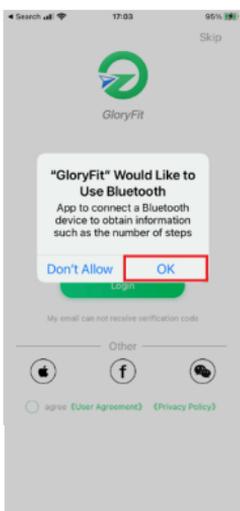


The **GloryFit** app can be downloaded from the Google Play and Apple App stores.

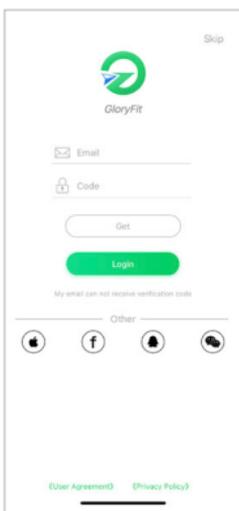


Ensure the Bluetooth and GPS are switched on in the settings of the phone you are using.

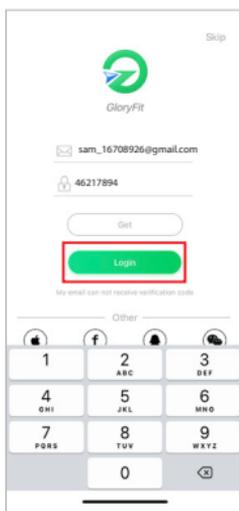
1. Sign into the **GloryFit** app:
Register by email. Enter email and password, then get verification code and enter, then press **Login**.



1. Sign In



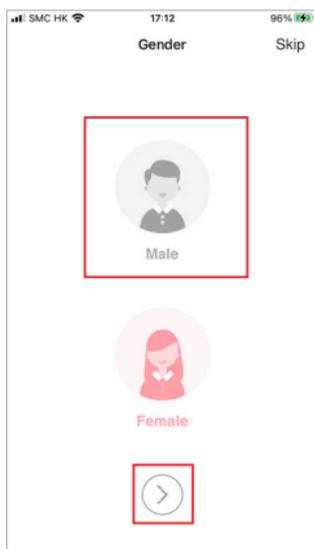
2. Register



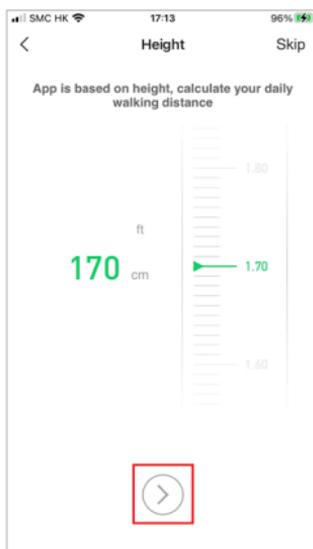
3. Login

Create Your Profile

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



4. Gender



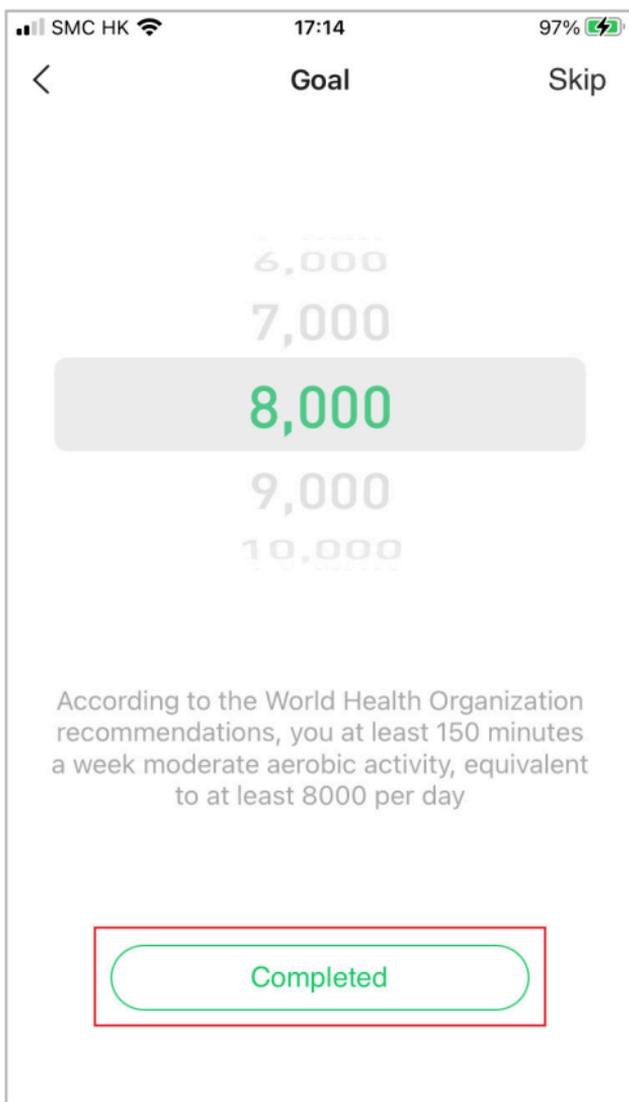
5. Height



6. Weight



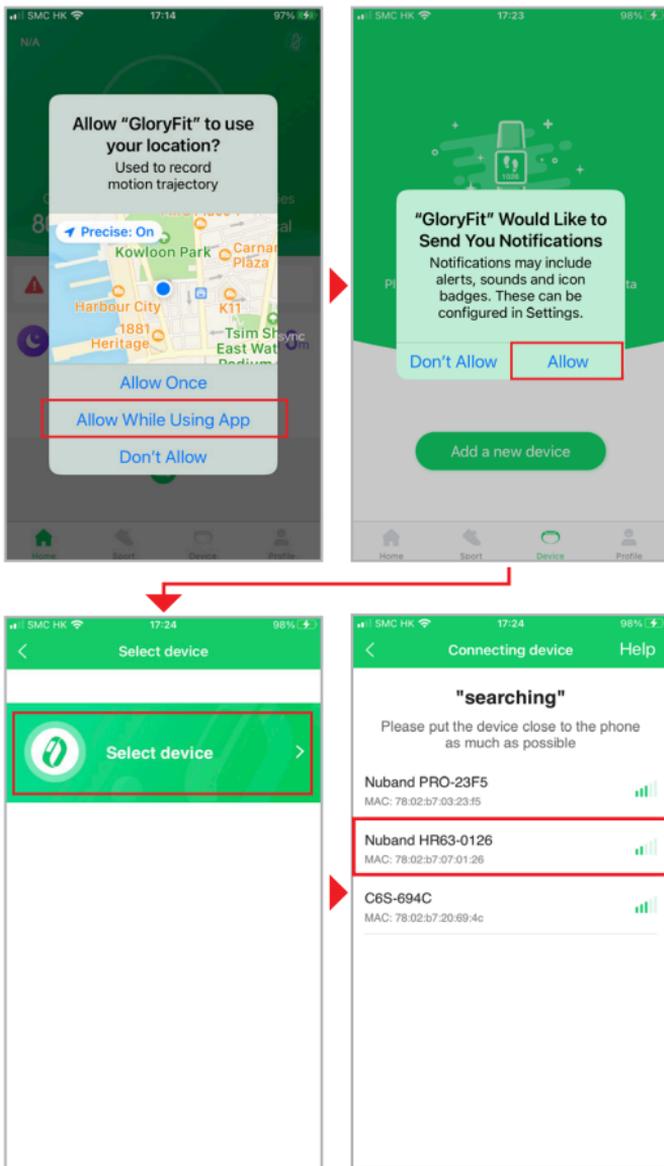
7. Age

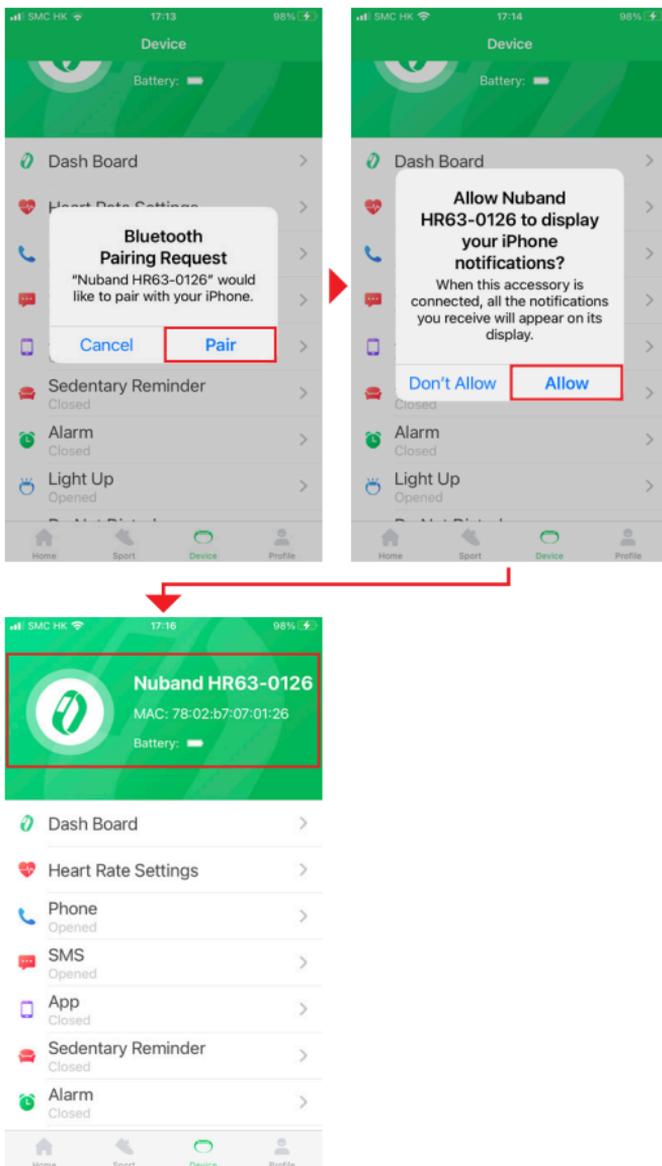


8. Goal

Connect the Nuband

Under “Device”, choose “Add a new device”. Select the “Nuband HR63” Bluetooth device for well connect. Follow the App screen to Allow **GloryFit** to track your location and accepted pair requested.





Note: Nuband HR63 can only be paired with one mobile phone at same time.

DASHBOARD

The **GloryFit** app will normally open on this screen.

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

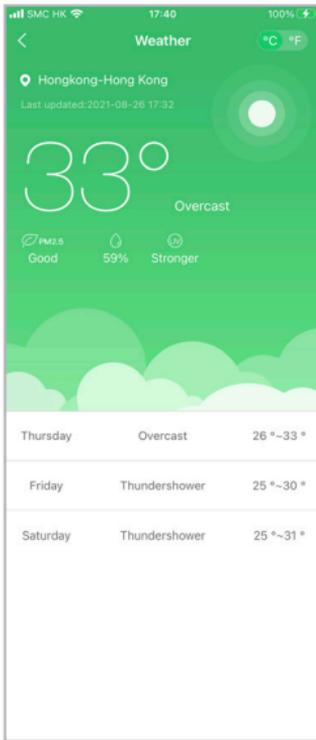
 Tap to enter weather screen



The dashboard screen displays the following information:

- Weather: 33 °C
- Steps: 5006 (Goal: 8000)
- Distance: 3.53 km
- Calories: 167.9 kcal
- Sleep: 7h 2m (23:59 to 08:30)
- Heart Rate: 97 bpm (26 Aug 17:30)
- Blood Pressure: 119 / 75 mmHg (25 Aug 15:58)





The Weather app displays the following information:

- Location: Hongkong-Hong Kong
- Last updated: 2021-08-26 17:32
- Current temperature: 33°
- Condition: Overcast
- PM2.5: Good
- Humidity: 59%
- Wind: Stronger
- Forecast:

Day	Condition	Temperature
Thursday	Overcast	26 °-33 °
Friday	Thundershower	25 °-30 °
Saturday	Thundershower	25 °-31 °

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 **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.

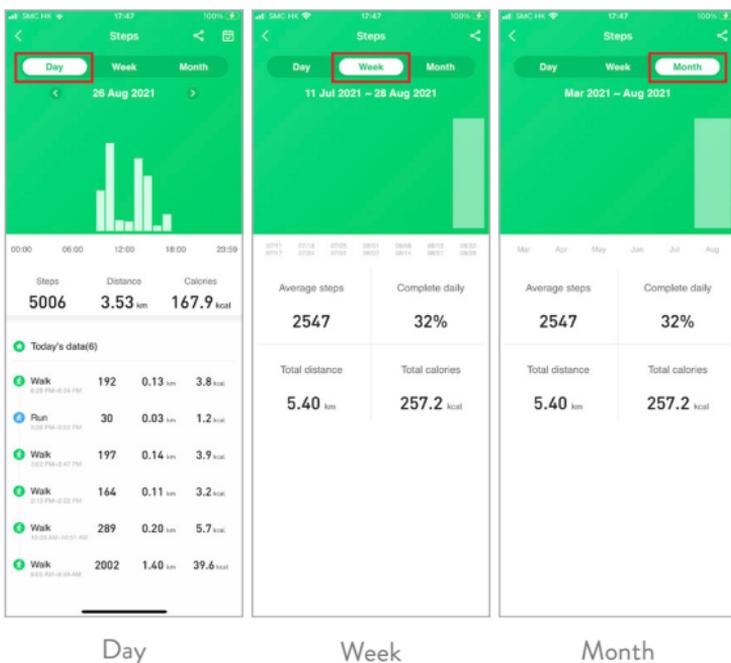
The **Heart rate** will show you your average heart beats per minute, as well as your highest and lowest beats per minute.

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



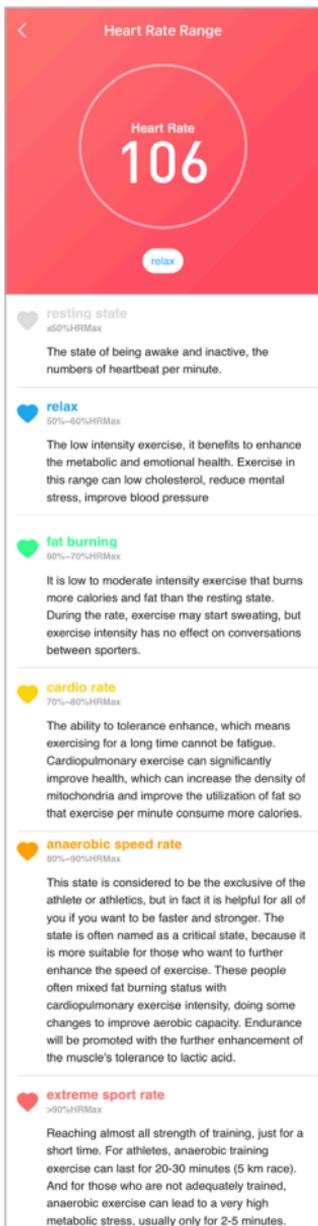
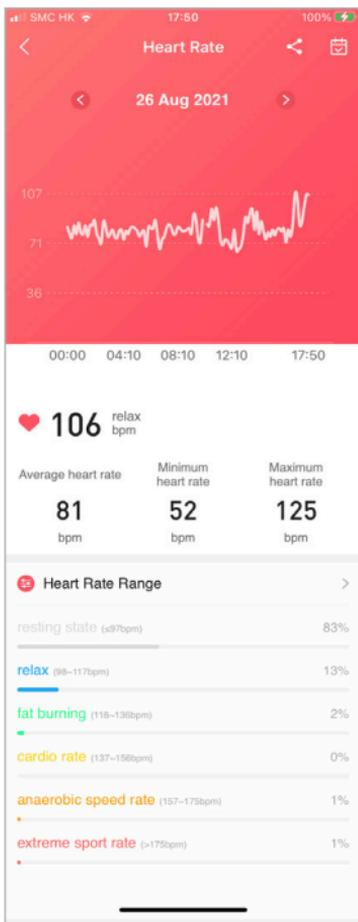
Steps and Calories

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.



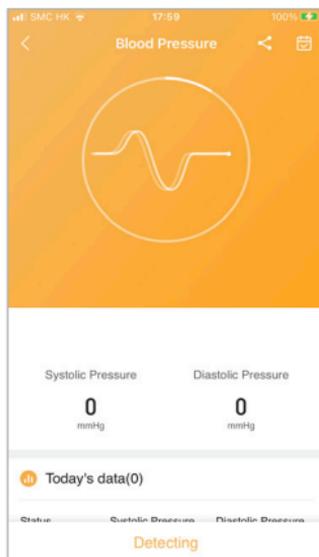
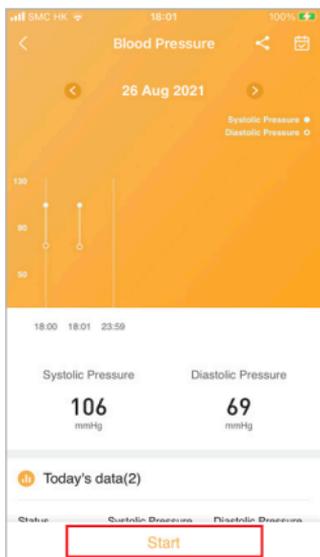
Heart Rate

The heart rate screen illustrates your heart beat over time. You can see exact beats per minute and heart rate range.



Blood Pressure

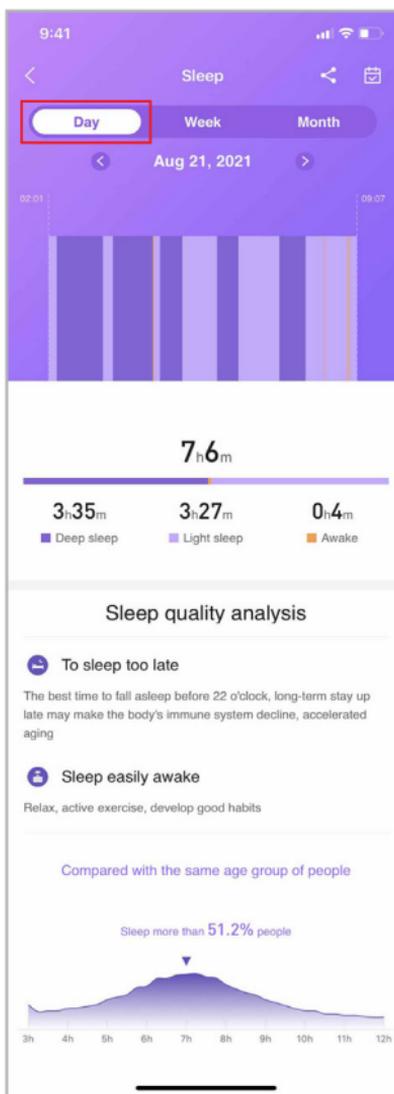
The blood monitoring screen illustrates your result.



Press start to detect the blood pressure data result thru App

Sleep

The sleep screen will be populated if you wear your Nuband HR63 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/Month.



Day



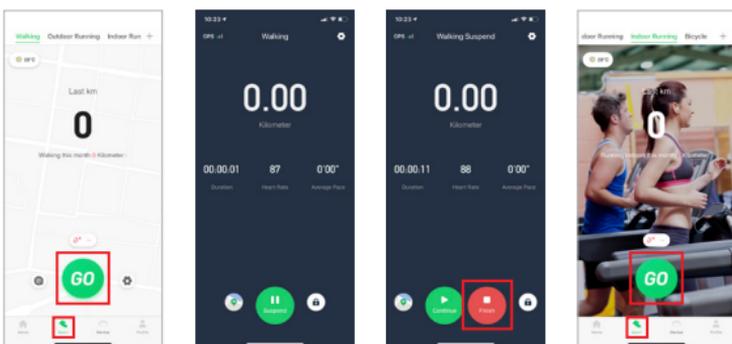
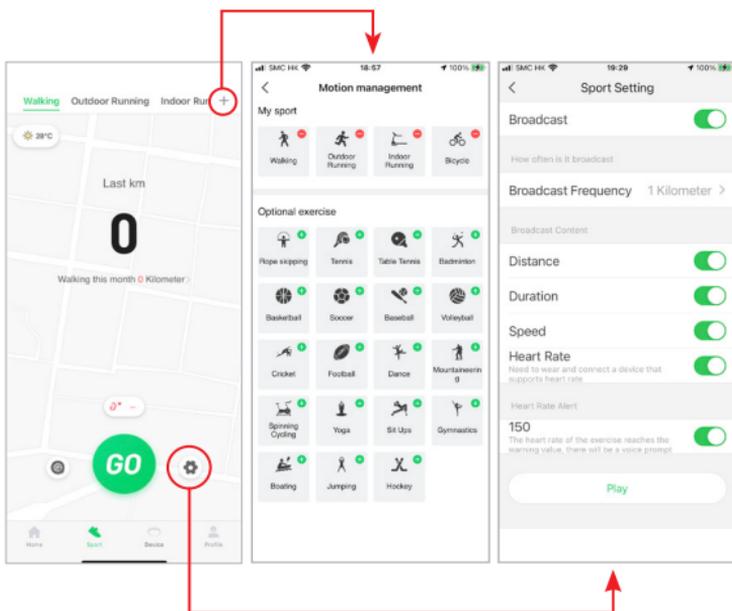
Week



Month

Exercise Record

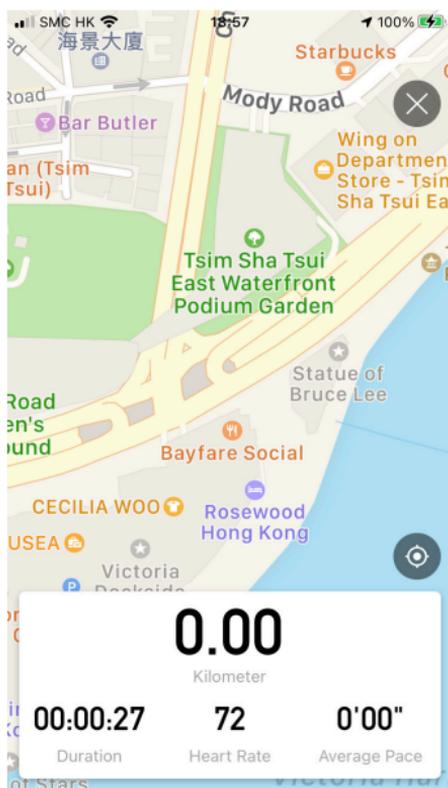
The exercise record screen record your physical activities.
Select sport under motion management.



Under **Sport** press **GO** to start. Long hold **Finish** to end of exercise.

CONNECTED GPS SPORT

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

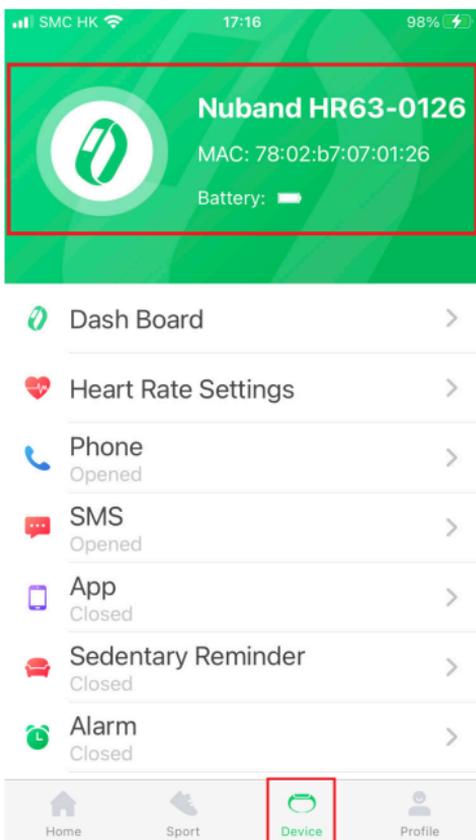


DEVICE TAB

By clicking this tab, you will be able to control various setting of your Nuband HR63 smart watch.



Once you click on this tab, the first thing you will see is the full model name of your Nuband HR63 and its battery level (refer to the highlighted image)



DASH BOARD

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



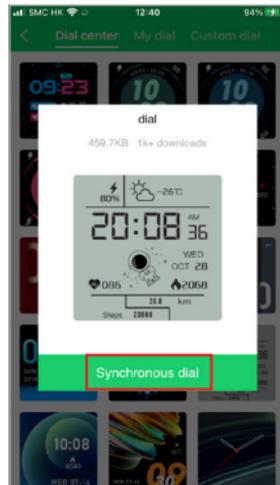
This option allows you to control the appearance of your smart watch dash board. You can view the current dash board design or even download new ones from the app to your smart watch.

Dial Center Tab

By clicking this tab, you can view and select dash board designs that can be uploaded to your smart watch.

How to download new dash board designs

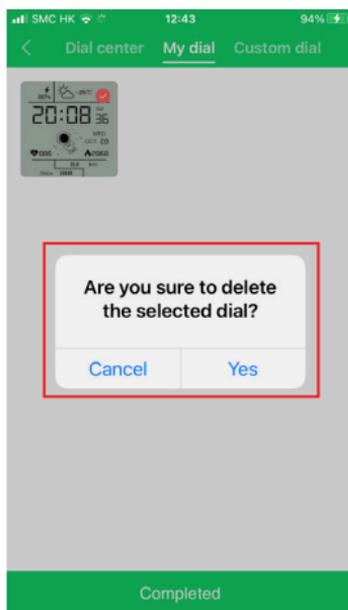
1. Ensure that your Nuband HR63 is first connected to the **GloryFit App**.
2. Select the desired dash board design under “Dial Center” tab.
3. Click on “Synchronus Dial” to upload the new dashboard design to your smart watch.



My Dial Center Tab

By clicking this tab, you can view the dash board designs that were uploaded to your smart watch. You can delete your downloaded Dash Board design here.

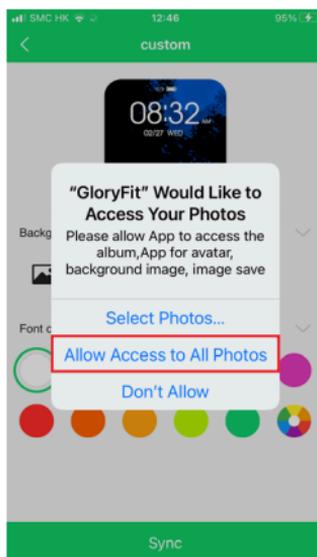
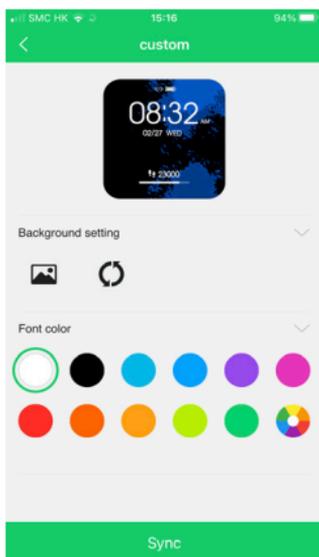
1. Select the desired dash board design under “My Dial” tab that you wish to delete.
2. Click the design and you confirm the deletion request.



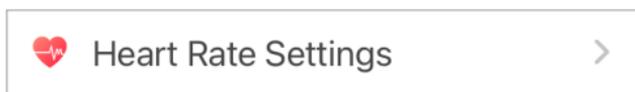
Custom Dial Tab

You can also design a custom background and change the color of the texts of your smartwatch with the Customer Dial Tab

1. Select the Custom Dial tab.
2. Change the back ground and font color of your choice.
3. Give the app access to change to access your photos if you plan to use a custom image.
4. Click Sync to save your custom design and upload it to your smart watch.

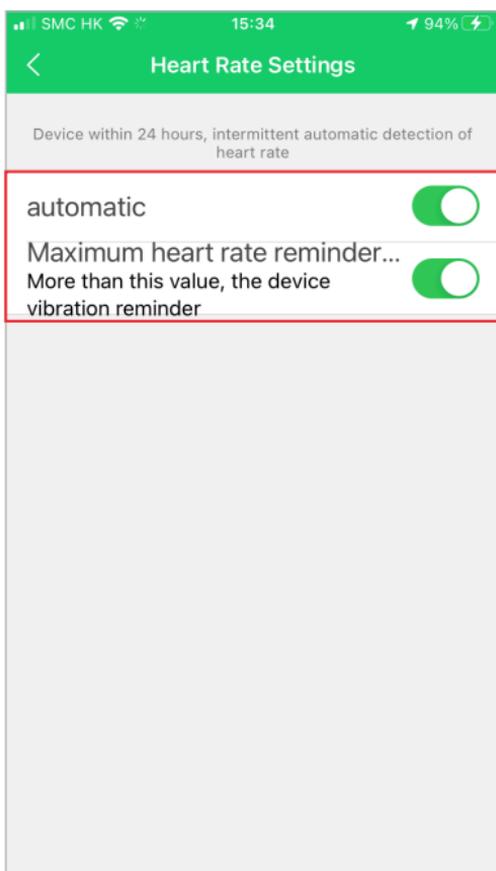


HEART RATE SETTING



This option allows you to control the rate of frequency that the heart rate sensor detects your pulse.

Ensure that both options are toggled on so that your heart rate monitor displays your details correctly in real time.



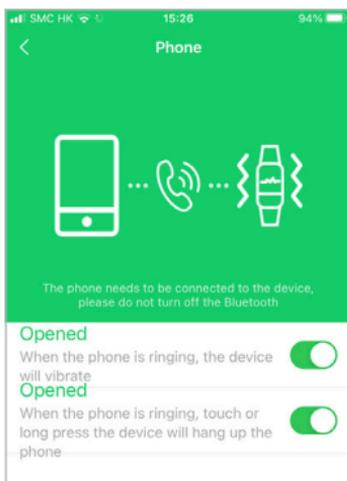
PHONE NOTIFICATION



This option allows you to control the notification setting of your smart watch when you are receiving or within an active call.

If you want to be notified of incoming calls on your smart watch, toggle the first option on.

If you want the option to hang up your active calls on your smart watch. Toggle the second option on.

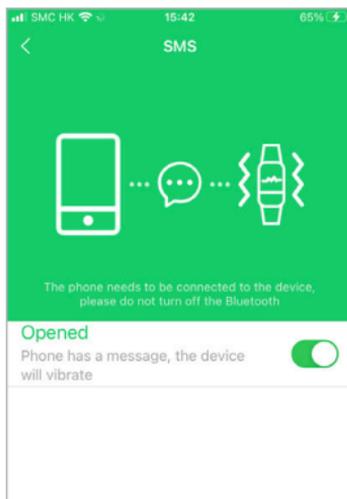


SMS NOTIFICATION



This option allows you to control the notification setting of your smart watch when you receive an SMS.

If you want to be notified of incoming SMS on your smart watch, toggle the first option on.



APP NOTIFICATION

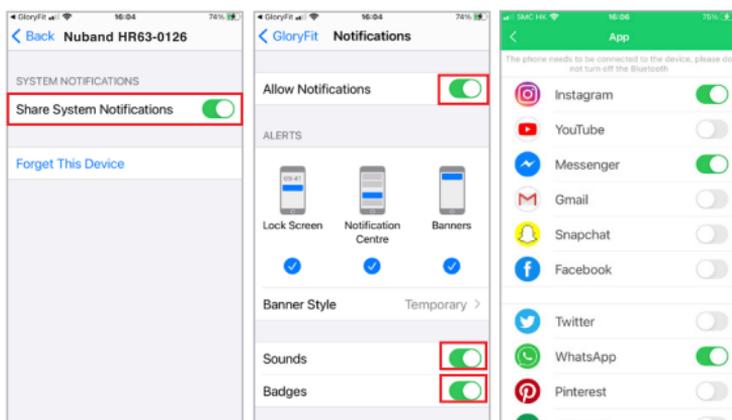
This option allows you to control the notification setting of your smart watch when you receive notifications from various apps.



This option allows you to control the notification setting of your smart watch when you receive notifications from various apps.

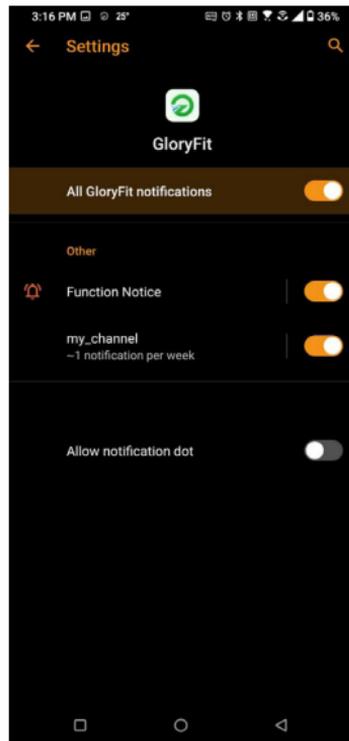
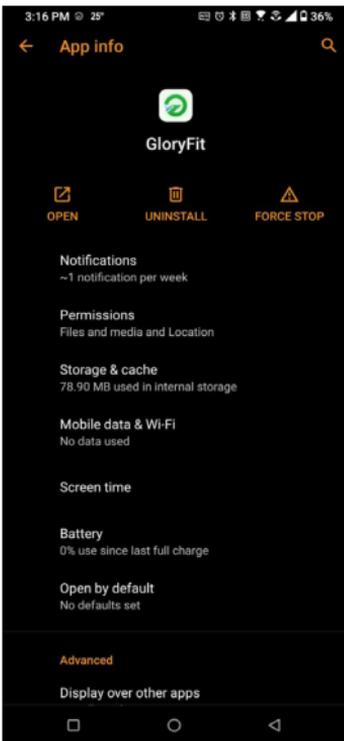
How to activate notification (IOS)

1. Switch on the Share System Notification.
Go to your iPhone Settings -> Bluetooth -> Select the Smart Watch Device -> Toggle on Share System Notification.
2. Switch on Notifications.
Go to your iPhone Settings -> Search App Name "GloryFit" -> Select Notifications -> Select your notification.
3. Click on the App tab.
4. Choose which social media apps that you want to be notified on your smart watch and toggle it on.

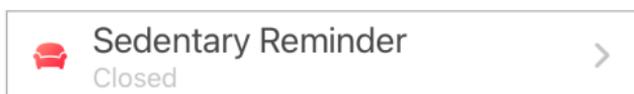


How to activate notification (Android)

1. Switch on the Notifications
Go to your phone's Settings -> Apps & Notifications -> Select "GloryFit" -> Notifications -> Toggle on.
2. Click on the App tab
3. Choose which social media apps that you want to be notified on your smart watch and toggle it on.



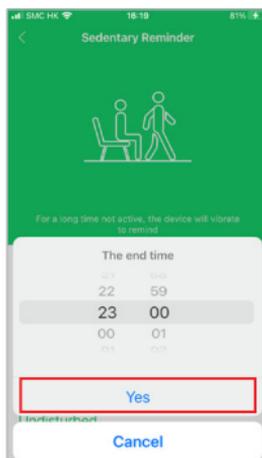
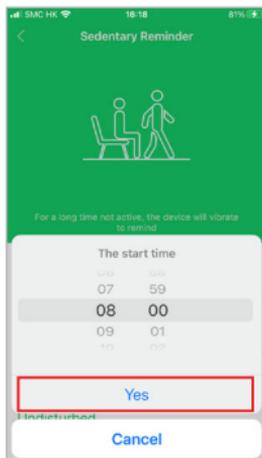
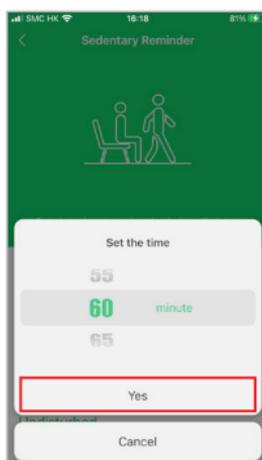
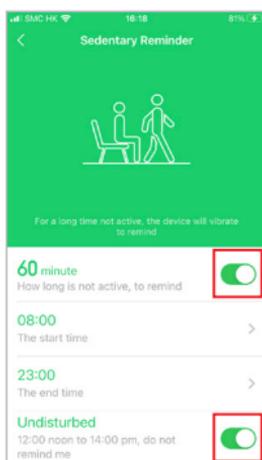
SEDEDATORY REMINDER



This option, if toggled on, will remind you to stay active though a period chosen time.

How to activate

1. Click Sedentary Reminder.
2. Set Start , End Time and Reminder Interval.



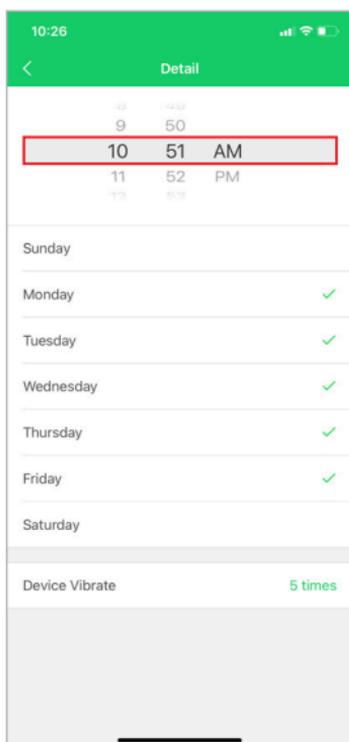
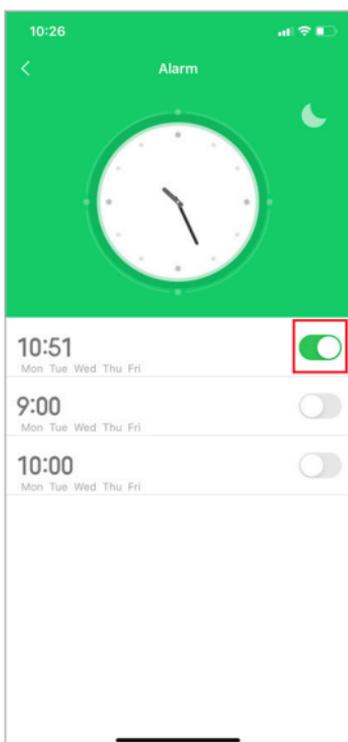
ALARM



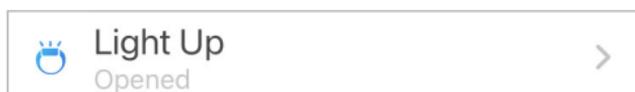
This option, will allow you to set the alarm notification on your smart watch.

How to activate

1. Click Alarm Tab.
2. Select time you want the alarm to go off.
3. Tap the days you want the alarm to apply on.
4. Click Device Vibrate.

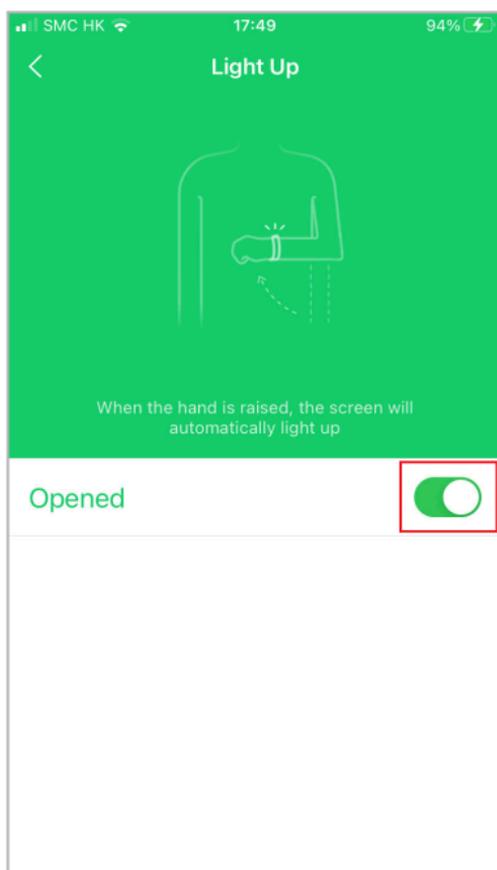


LIGHT UP

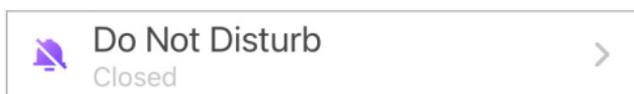


This option, will allow you to control the settings when your smart watch will light up when worn.

Simply toggle this on and whenever the wrist your smart watch is worn over turns, the smart watch will light up.



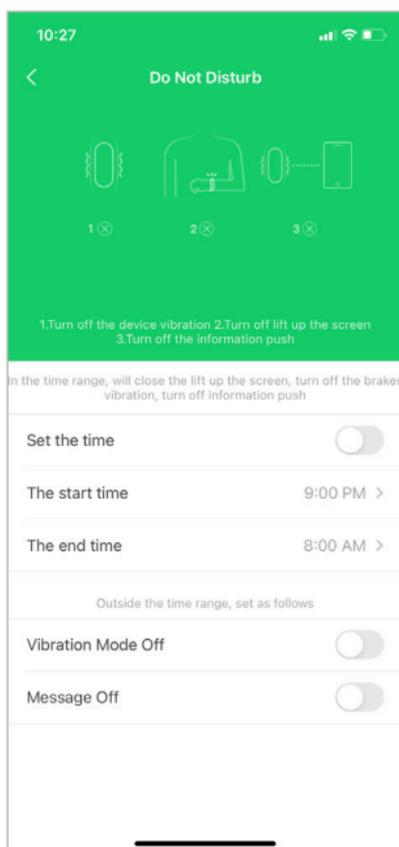
DO NOT DISTURB



This feature when toggled on, will disable all notification and reminders during a set period of time.

How to activate

1. Do not Disturb Tab.
2. Set the Start & End Time.
3. Toggle whether you want vibrate to be on or off to be bypassed during DND mode.
4. Toggle whether you want to be notified of message during DND mode.



MORE SETTINGS



This options gives you more access to several features of your smart watch when it's connected to the app

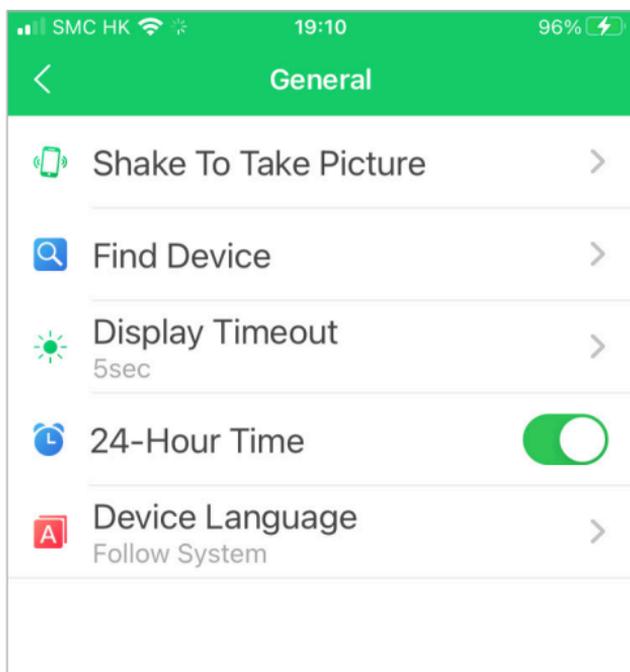
Shake to take picture: Control camera capture with your wrist.

Find Device: Sends a signal to your smart watch to help locate it if it's within the range of Bluetooth connection.

Display Timeout: Change the duration when your smart watch displays timeout.

24-hour time: Change the time format display of your smart watch.

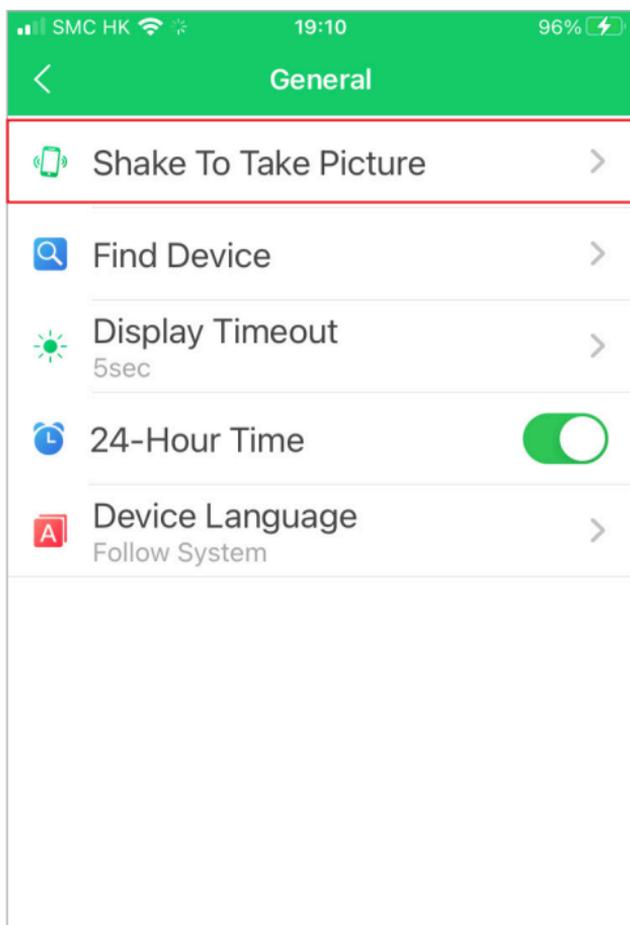
Device Language: Change the language settings of your smart watch.



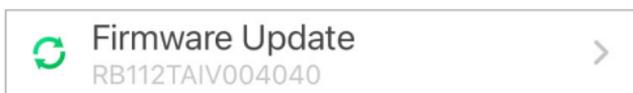
How to use Shake to take picture feature

To use your Nuband HR63 as a remote for taking a photo

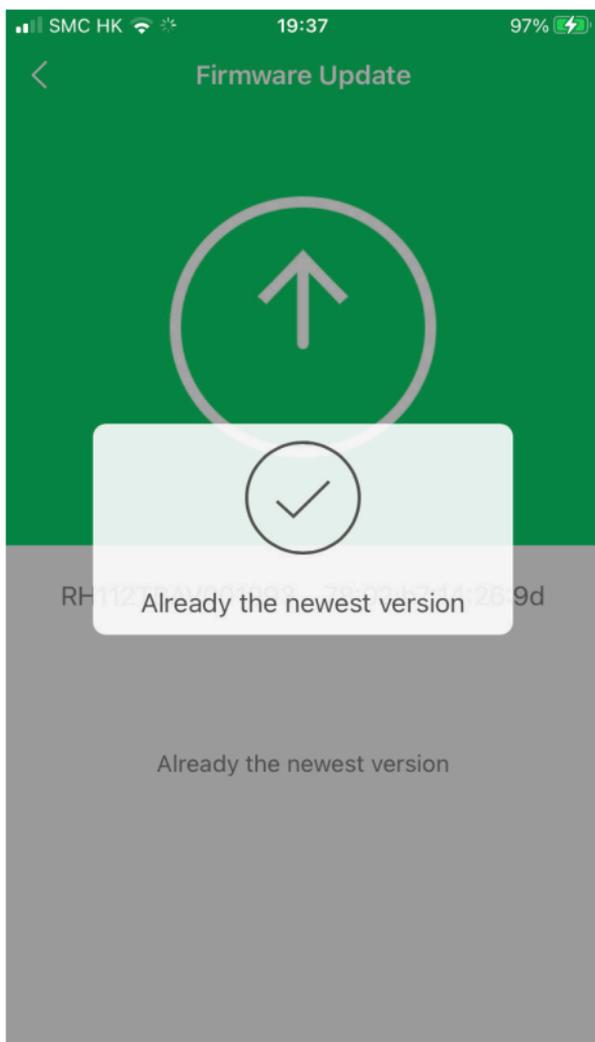
1. Choose Tap shake to take picture
2. Allow “**GloryFit**” to access the phone camera when request window is prompted.
3. Set up your phone & pose for the shot.
4. Shake the wrist where Nuband HR63 is worn to trigger the shot. The photo will be saved to your phone gallery.



FIRMWARE UPDATE



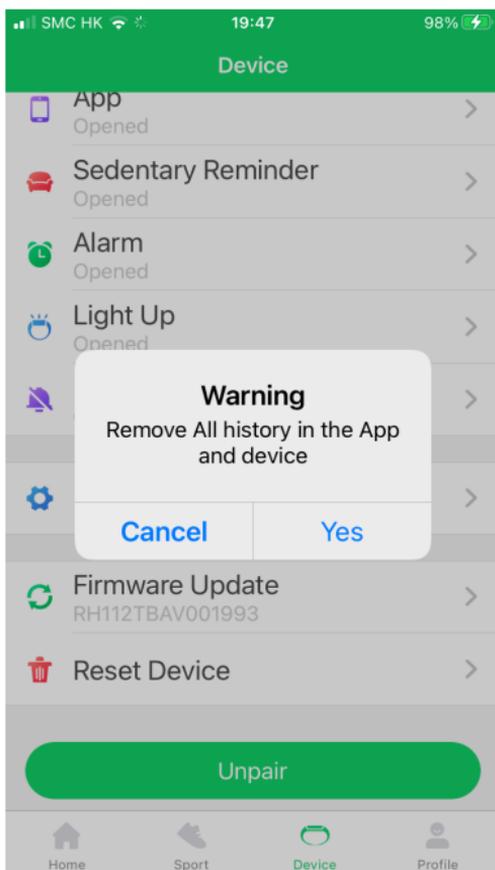
Toggle this option to download and check if you have the most update version of smart watch installed.



RESET DEVICE



You could remove all history recorded in the **GloryFit** App and restore all settings to factory settings with this option.

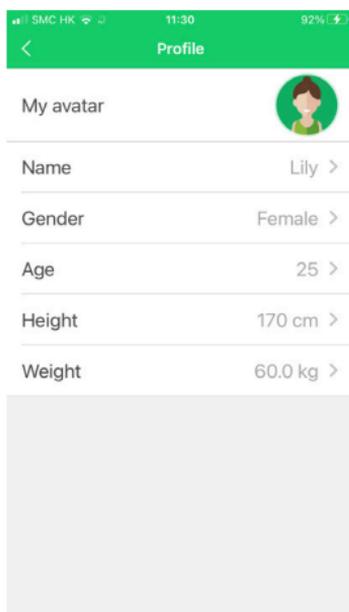
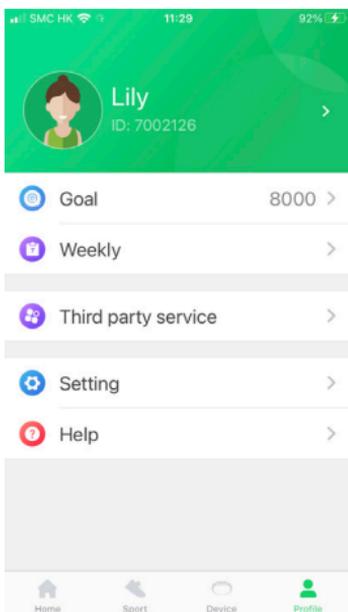


PROFILE TAB



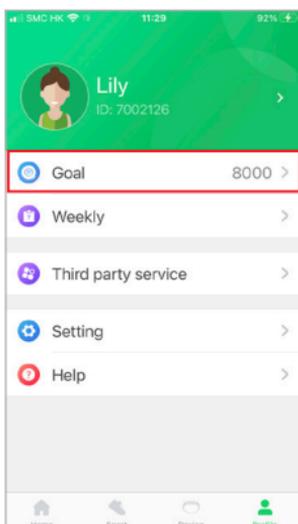
You could personalize the settings of your app by editing your Profile. Under the profile setting, you can set the following items.

- Avatar
- Name
- Gender
- Age
- Height
- Weight



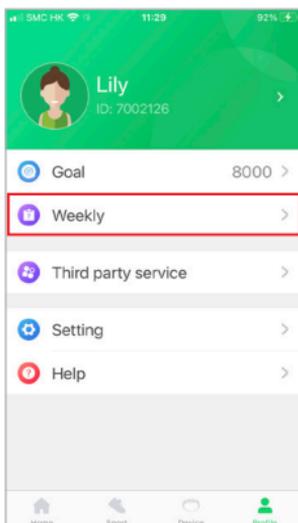
Set Daily Goals

You can set daily step goals with this option. Simply Goal options and set your preferred target number of steps for a day.



Check Weekly Results

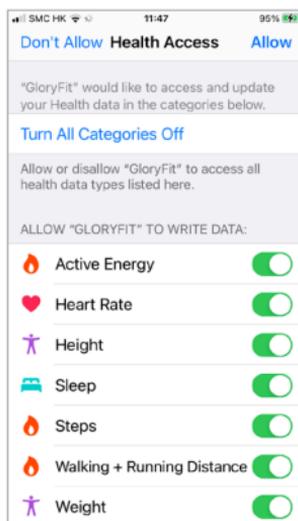
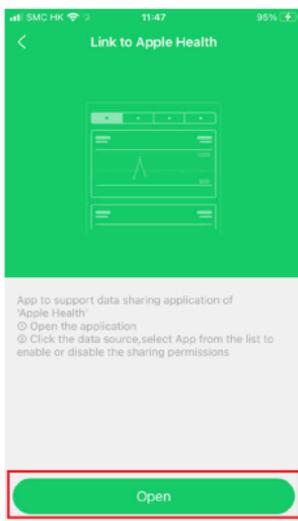
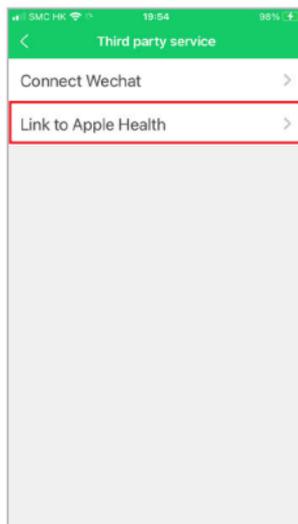
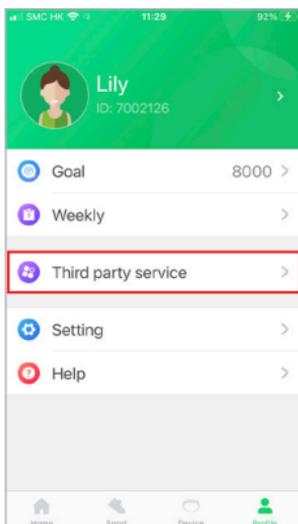
Review your weekly results and compare it to check if you are able to hit your desired target.



Third Party Service (IOS/Apple Health only)

With this option, you can sync your activity and heart rate data with Apple Health.

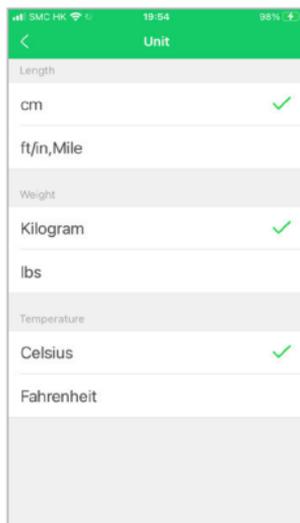
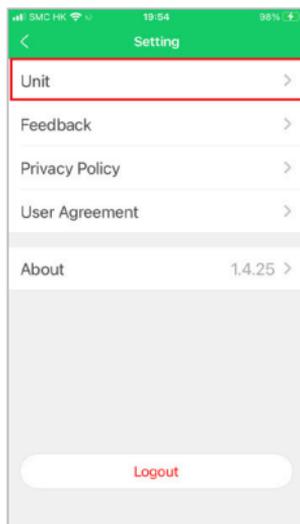
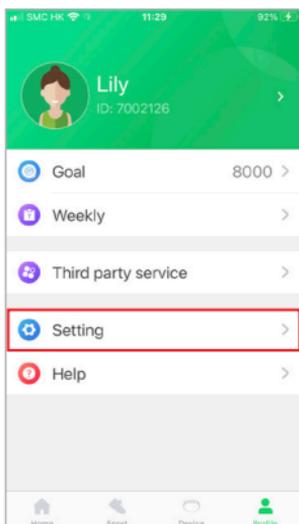
Simply click this option and follow the prompt steps from your device to connect.



Setting

With this option, you can access the following sub options

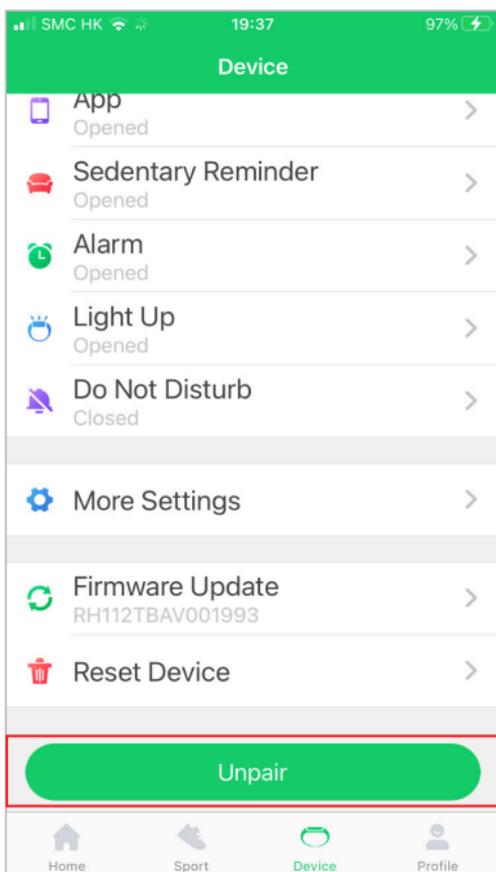
- Units: Change unit measurements of the app.
- Feedback
- Privacy Policy
- User Agreement
- About app



Unpair

Should you wish to unpair your Nuband HR63 from your smart phone, scroll to the bottom of the screen under “**DEVICE**” tab and click on “**Unpair**”.

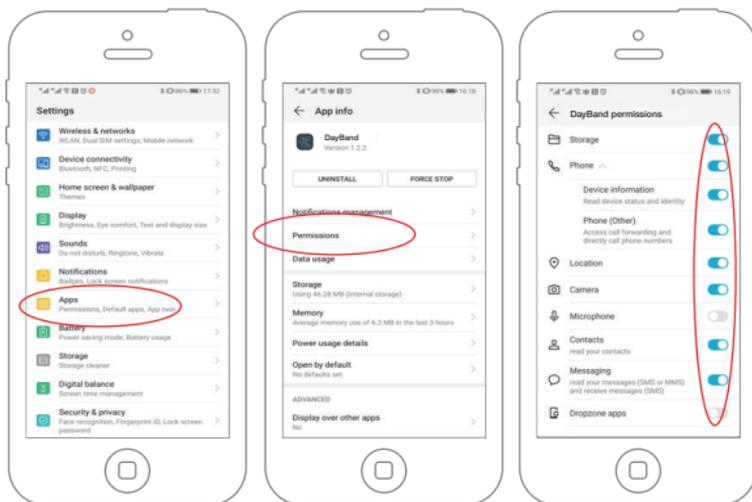
After you have successfully unpaired the device from the **GloryFit** App, go to your Bluetooth setting and locate the tracker to also click on “**Forget This Device**”.



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 → **GloryFit** → Permissions



NUBAND HR63 COMPATIBILITY

The **GloryFit** 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: 44.3*37.9*10mm	Wristband: 22mm (Width)
Screen: 1.54 HD Full Touch Screen	Weight: 37g
Bluetooth: BLE5.0	Battery life: about 7-10days
Working condition: 0-40°C	Protection Degree: IP67
Battery: 180mAh Built-in rechargeable lithium battery	

Nuband HR63 24 Month Warranty

Nuband HR63 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 HR63 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 HR63 property. Parts provided by Nuband HR63 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 HR63 claim no responsibility for this. Nuband HR63 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 HR63 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 HR63 Product Disclaimer

Nuband HR63 is a device developed to assist monitoring aspects of your health but should never replace the professional advice of your Doctor or Physician. Nuband HR63 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 HR63 should ever need to be replaced under warranty, send your Nuband HR63 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 HR63 , 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 HR63 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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