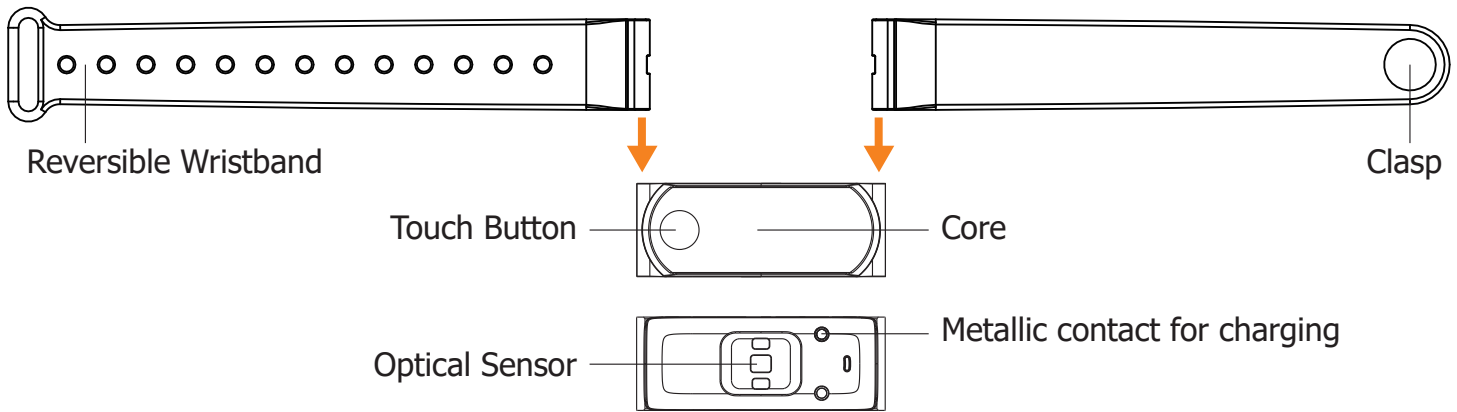
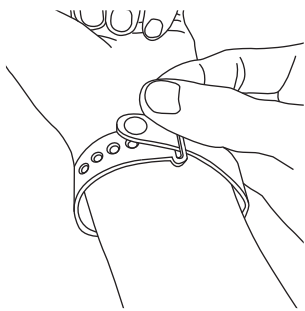


Device Overview



How to wear your Q-Band HR3 ?

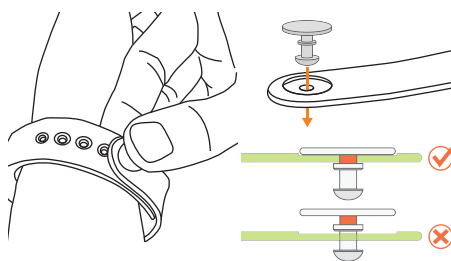
**1** Wear Q-Band HR3 on your wrist



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>

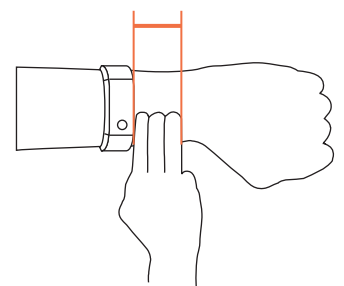
**2** Fasten Q-Band HR3 with clasp



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

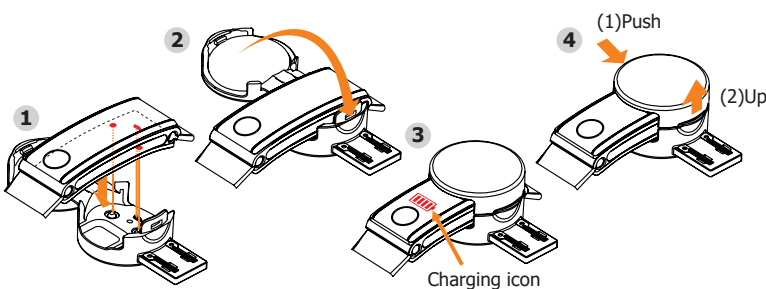
**Note:** The wristbands are both replaceable and reversible.

**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 HR3

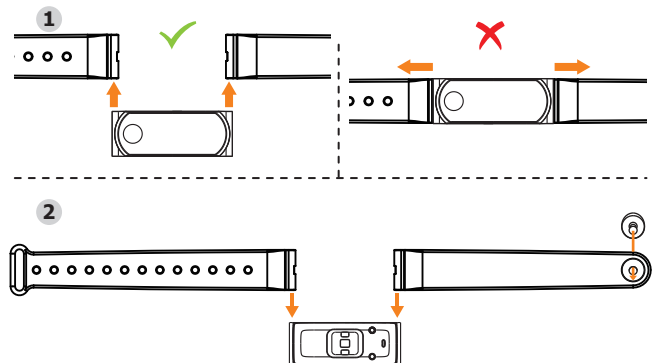


Prior to charging Q-Band HR3, make sure it is securely placed inside the charging box with the lid closed, and the USB connector is plugged in to a computer or a power source via a power adapter.

**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.

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

**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 HR3

### 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.voii.com/qband/devices.html>



### 2 Set up Q-Band HR3

Your Q-Band HR3 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.

### 3 Start Using Q-Band HR3

#### 1. Switch between different function modes

- Tap the button twice to wake up the device screen.
- Long-press the button on the Q-Band HR3 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 HR3 to toggle between screens.

#### 3. Q-Band HR3 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.

### 4 Features of Q-Band HR3 & i-gotU Life App

#### Silent Alarm

Silent alarm of Q-Band HR3 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 HR3. 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. Notification can be set up from: **i-gotU Life App Menu -> Notification**.

#### Online Help

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

#### Manual download

[http://www.mobileaction.com/download/Q-Band\\_download.jsp](http://www.mobileaction.com/download/Q-Band_download.jsp)

#### Frequently Asked Questions

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

### 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  |                               |



#### Important Notice

- Please make sure your Q-Band HR3 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.



#### Note on environmental protection:

After the implementation of the European Directive 2002/96/EU in the national legal system, the following applies:

Electrical and electronic devices may not be disposed of with domestic waste. Consumers are obliged by law to return electrical and electronic devices at the end of their service lives to the public collecting points set up for this purpose or point of sale. Details to this 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 utilizing old devices, you are making an important contribution to protecting our environment.

#### Federal Communications Commission (FCC) Statement 15.21

You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:  
 -Reorient or relocate the receiving antenna.  
 -Increase the separation between the equipment and receiver.  
 -Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.  
 -Consult the dealer or an experienced radio/TV technician for help.  
 This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference and (2) this device must accept any interference received, including interference that may cause undesired operation of the device.

FCC RF Radiation Exposure Statement:  
 This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.  
 Operating temperature: -10° to 65°C (32° to 149°F)  
 Charging temperature: 0° to 45°C (32° to 113°F)  
 Power input type: DC 5V USB cable  
 Battery type: Rechargeable Li-Poly, 3.7 Vdc  
 Input: Maximum DC 5V, 0.1A