

# nuband



## NUBAND FLASH PRO NU-G0070

User Manual Version 1.0



# CONTENTS

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<b>GETTING STARTED</b>	4
What can my Nuband Flash PRO do?	4
<b>SETTING UP YOUR NUBAND FLASH PRO</b>	6
<b>USING THE DEVICE</b>	8
Home Button	8
Lighting the Screen	8
Switching your Nuband Flash PRO off	9
Wearing the Device and Heart Rate Tracking	10
<b>BATTERY LIFE AND CHARGING</b>	11
<b>FEATURES</b>	12
Status Description of Nuband	12
Home	12
Step	13
Heart Rate Monitoring	13
Blood Pressure Monitoring	14

Blood Oxygen Monitoring	14
Sport Training	15
More Features	16
Other functions when Nuband connect with App	17
<b>DAYBAND X APP</b>	18
Create your Profile	20
Connect the Nuband	22
<b>DASHBOARD</b>	24
Steps and Calories	26
Heart Rate	27
Blood Pressure	28
Sleep	29
Exercise Record	30
<b>CONNECT GPS SPORT</b>	30
<b>DEVICE</b>	31
<b>SETTINGS</b>	32
Phone Notification	33
SMS	34
App - Social Media Notification	35

Alarm Setting	36
Sedentary Settings	37
Shake To Take Picture	38
Light Up	39
Display Timeout	40
<b>GENERAL SETTINGS</b>	41
Heart Rate Settings	42
Do Not Disturb	43
Find Phone	44
Safety	45
Distance Unit	46
24-Hour Time	47
Firmware Upgrade	48
App Permission	49
<b>NUBAND FLASH PRO COMPATIBILITY</b>	50
<b>NUBAND FLASH PRO 24 MONTH WARRANTY</b>	51
<b>NUBAND FLASH PRO PRODUCT DISCLAIMER</b>	52
<b>RETURNS</b>	52
<b>EU DECLARATION OF CONFORMITY</b>	53

## GETTING STARTED

Welcome to Nuband Flash PRO, 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 PRO do?**

- Dynamic heart rate monitor
- Blood pressure monitor
- Blood Oxygen monitor
- Count steps
- Measure calories burned
- Measure distance travelled
- Multi-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 **DayBand** app, your Nuband Flash PRO 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, blood pressure 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.*

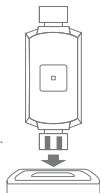
## SETTING UP YOUR NUBAND FLASH PRO

Follow the steps below to set up your Nuband Flash PRO.

1. Charge your Nuband Flash PRO 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 PRO is charged, re-seat the module into the strap, place the Nuband on your wrist and fasten the buckle.
4. Install the **DayBand** 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 button)

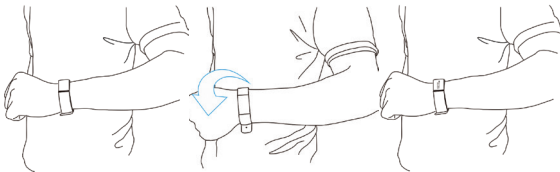
Tap home button  to execute whatever function you want to check.

### 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 button .
- Setting under App --> "Device"--> "Light Up"--> On then turn your wrist towards you.



### 3) Switching your Nuband Flash PRO 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, you may refer to the following instructions.

- 1) Tap to the Function menu, then hold home button for 3 seconds.
- 2) Tap to select Shutdown.
- 3) Hold 3 seconds to confirm.



#### 4) Wearing the Device and Heart Rate Tracking

Wear the Nuband Flash PRO on your wrist for heart rate/ blood pressure/ blood oxygen monitoring.



Heart Rate



Blood Pressure



Blood Oxygen

NOTE: The sensor is located on the back of the device.

To monitor 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 PRO charges fully in two hours - this two hour charge will last between 5-7 days. You can check how much battery your Nuband has or thru the App.

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

## FEATURES

Functions: Home >> Step >> Distance >> Calorie >> Heart Rate >> Blood Pressure >> Blood Oxygen >> Training >> Message >> More.

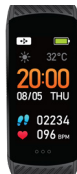
### Status Description of Nuband:

Connected with bluetooth: 

Disconnected with bluetooth: no signal

Battery indication: 

Weather indication:  32°C



### 1) Home - Change Interface

- 1) Built-in 3 different interface designs for selection
- 2) Hold home button for 3 seconds to switch.



  
Hold  
3 Seconds



  
Hold  
3 Seconds

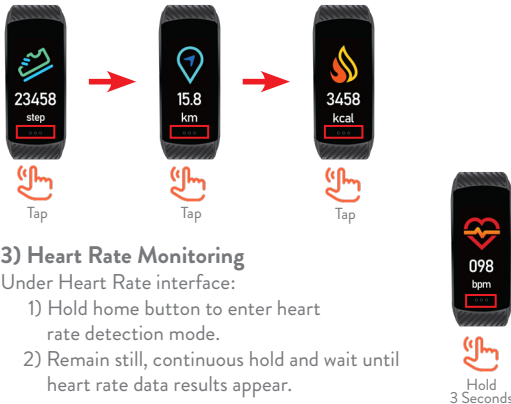


  
Hold  
3 Seconds

## 2) Step

Tap on home button to view

- 1) The number of steps
- 2) The total distance
- 3) Calories burned by the day



## 3) Heart Rate Monitoring

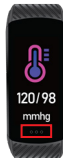
Under Heart Rate interface:

- 1) Hold home button to enter heart rate detection mode.
- 2) Remain still, continuous hold and wait until heart rate data results appear.

#### 4) Blood Pressure Monitoring

Under Blood Pressure interface:

- 1) Hold home button to enter blood pressure detection mode.
- 2) Remain still, continuous hold and wait until blood pressure data results appear.



Hold

#### 5) Blood Oxygen Monitoring

Under Blood Oxygen interface:

- 1) Hold home button to enter blood oxygen detection mode.
- 2) Remain still, continuous hold and wait until blood oxygen data results appear.



Hold



## 6) Sport Training

Multi-sport mode supports running/ cycling/ skipping/ badminton/ table tennis mode.

Under Training interface, press home button for 3 seconds to enter/ tap to select sports. Long press to start record the current exercise session, exercise time, steps, heart rate and calories burned.



## 7) More Features

Long press to enter, Tap to select.



## **8. Other functions when Nuband connect with App**

- Alarm
- Sedentary remind
- Remote capture
- Call notification
- Connected GPS
- Anti-lost

## DAYBAND APP

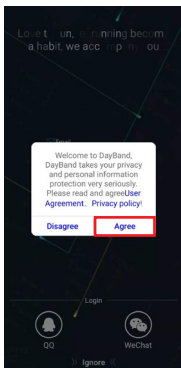


The DayBand app can be downloaded from the Google Play and Apple App stores.

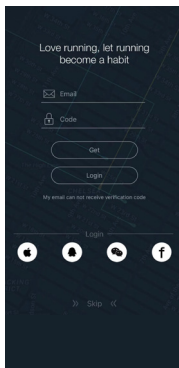


*Ensure the **Bluetooth** and **GPS** are switched on in the settings of the phone you are using.*

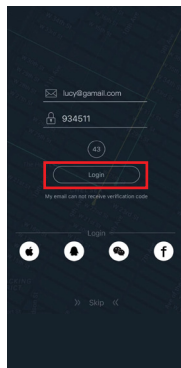
1. Sign into the DayBand app:  
Register by email. Tap **Register**, enter email and password, then get vertificate code and enter, then press **Register**.



1. Sign In



2. Register




3. Login

## Create Your Profile

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

Gender



Male Female


☐ Privacy Policy

The Gender selection screen has a dark blue background. At the top, the word "Gender" is centered in white. Below it, there are two cartoon avatars: a male in a red shirt and black shorts, and a female in a green dress. They are enclosed in a red rectangular border. Below the avatars, the words "Male" and "Female" are centered under each respective avatar. At the bottom, there is a red rectangular button with a white checkbox and the text "Privacy Policy".

Gender

Back Weight Next

App is based on body weight, calculate your daily calorie burn-up



56 kg lbs

40 50 60 70

The Weight selection screen has a dark blue background. At the top, there are three buttons: "Back", "Weight", and "Next". The "Next" button is highlighted with a red border. Below the buttons, there is a line of text: "App is based on body weight, calculate your daily calorie burn-up". In the center, there is a cartoon avatar of a female standing on a blue scale. Below the avatar, there is a weight display showing "56 kg" and "lbs". At the bottom, there is a horizontal scale with tick marks and numbers: 40, 50, 60, and 70. A red vertical line with a triangle at the top points to the number 56 on the scale.

Weight

Back


Height

Next

App is based on height, calculate your daily walking distance

ft

160 cm



170

160

150


Height

Back

Age

Completed

Your age is used for sleep analysis



1996 born

1980

1990

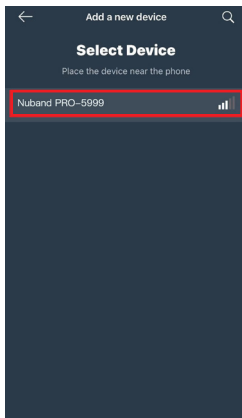
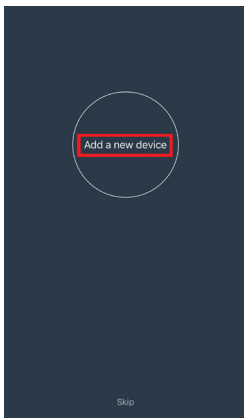
2000

2010

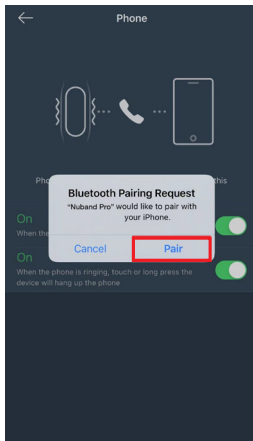
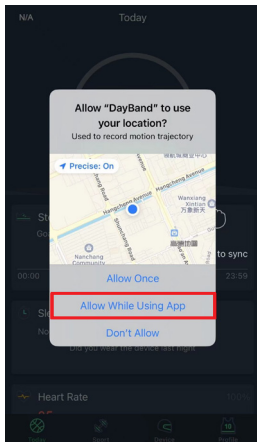
Age

## Connect the Nuband

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





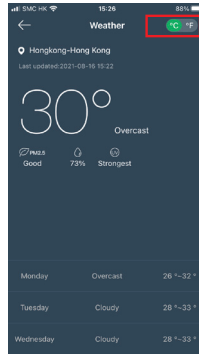
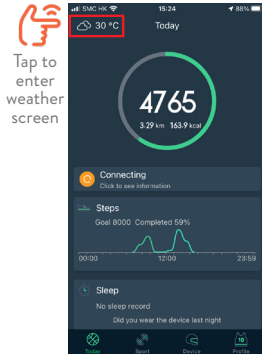


**Note:** Nuband Flash PRO can only be paired with one mobile phone at same time.

## DASHBOARD

The DayBand 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.

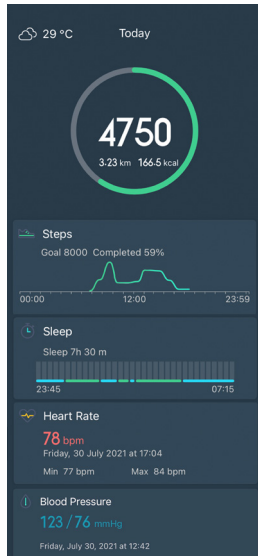


The **Step** count will show you how many steps you have taken, how long you have walked for, the distance you have covered and the calories you have burned while walking.

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.

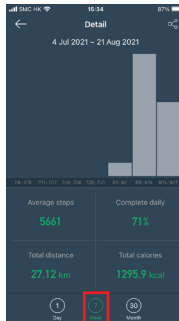


## Steps and Calories

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.



DAY



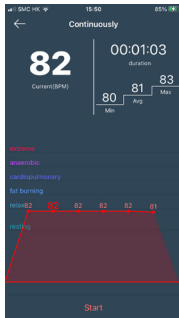
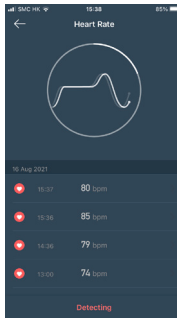
WEEK



MONTH

## Heart Rate

The heart rate screen illustrates your heart beat over time. You can see exact beats per minute by detect single or continuously to get the heart rate result.



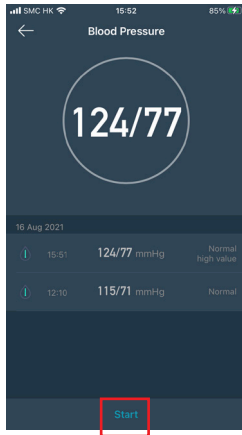
SINGLE

CONTINUOUSLY

Continuously need to test a minute to get and store the data.

## Blood Pressure

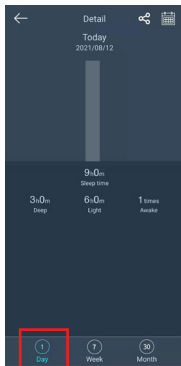
The blood monitoring screen illustrates your result.



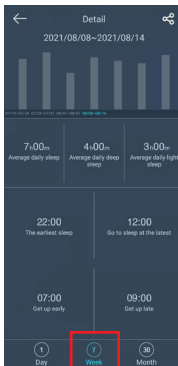
Press start to detect the blood pressure data result thru App

## Sleep

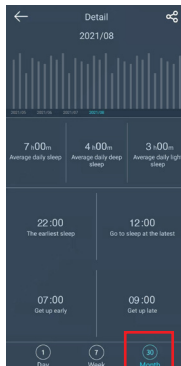
The sleep screen will be populated if you wear your Nuband Flash PRO in bed to track your sleep. You can get the details about the time you fall asleep and wake up, and the amount of time you spent in deep and light sleep, is shown below the graph or review history by Day/Week/Month.



DAY



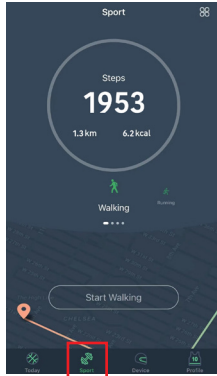
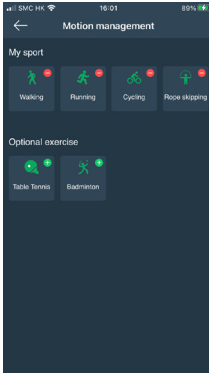
WEEK



MONTH

## Exercise Record

The exercise record screen record your physical activities.  
Walking/Running/Cycling/Rope Skipping/Table Tennis/Badminton



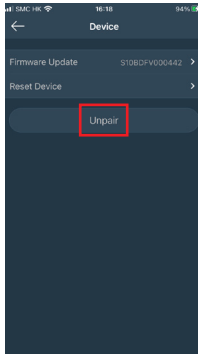
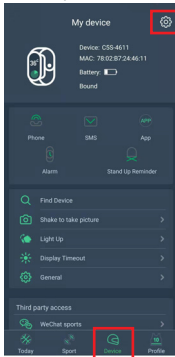
## CONNECT GPS SPORT

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



## DEVICE

This screen tells you your Nuband Flash PRO Device Name and Battery level.

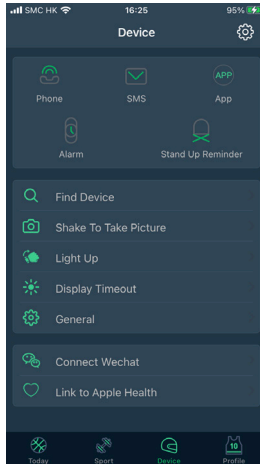


## Unpair

Should you wish to unpair your Nuband Flash PRO from your phone, simply tap right top  setting button of the Device screen, then press “Unpair”.

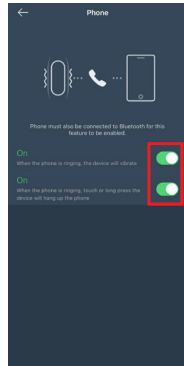
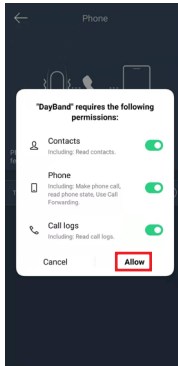
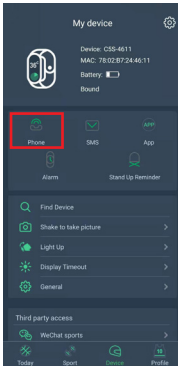
## SETTINGS

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



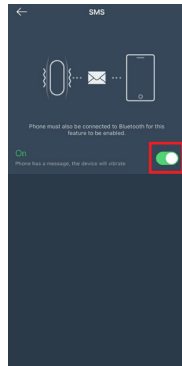
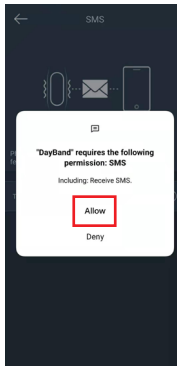
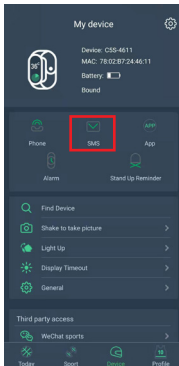
## Phone Notification

The device will vibrate when the phone is ringing. Long press the home button will hang up the phone call.



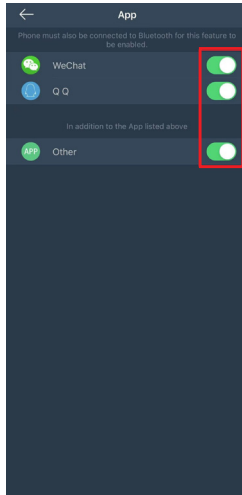
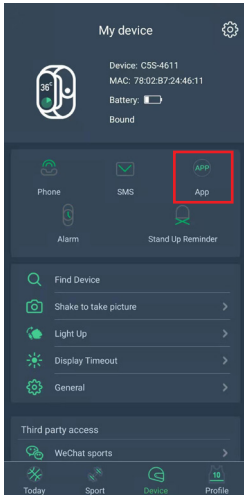
## SMS

Select “Allow” for the permission to receive SMS message.



## APP - Social Media Notification

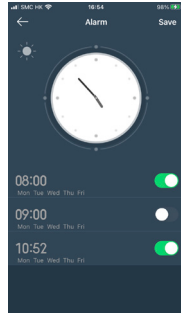
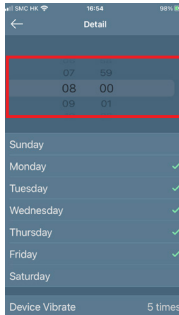
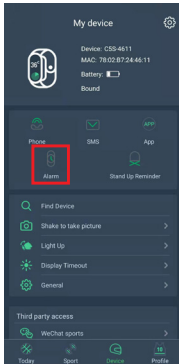
Select the social media to receive the notification



## Alarm Setting

To set an alarm:

1. Tap into the **Alarm** screen.
2. Select the time you want the alarm for.
3. Tap the days you want the alarm and if you need it to repeat.
4. Slide the toggle switch to the right for Alarm on

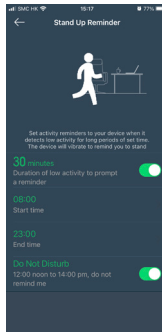
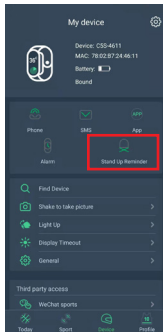


To disable an alarm, slide the toggle switch to the left.

## Sedentary Setting

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

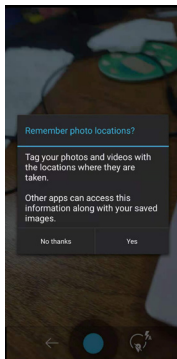
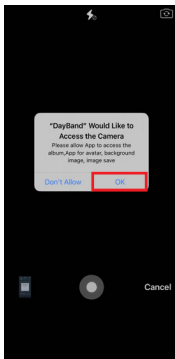
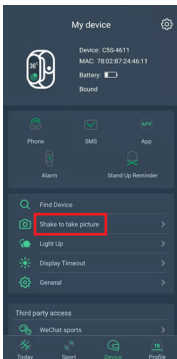
1. Tap into the **Device** screen.
2. Tap **Stand Up Reminder**.
3. Select which time period you would like to be reminded to move.
4. To disable an alert, slide the toggle switch to the left.



## Shake To Take Picture

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

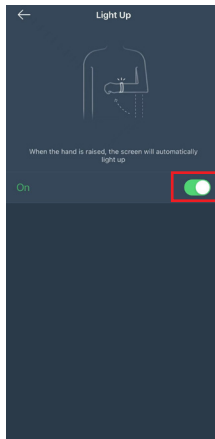
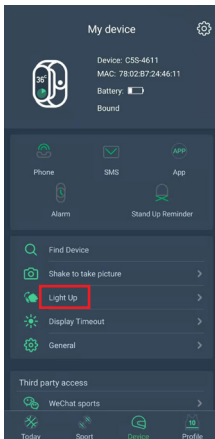
1. Tap into the Device screen.
2. Tap Shake to take a picture
3. Accept to access the phone camera.
4. Set up your phone and pose for the shot.
5. When you're ready, shake Nuband Flash PRO band.
6. Your photo(s) will be in your phone's photos app.





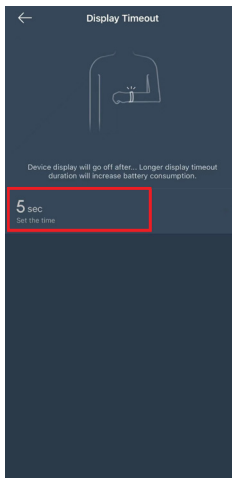
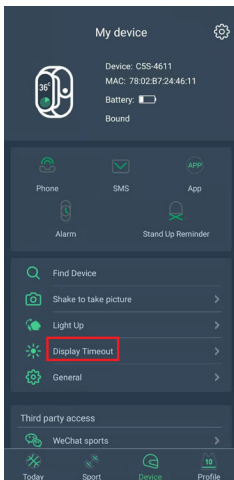
## Light Up

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.



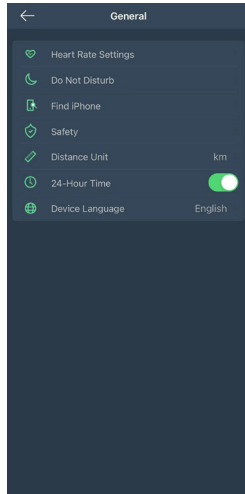
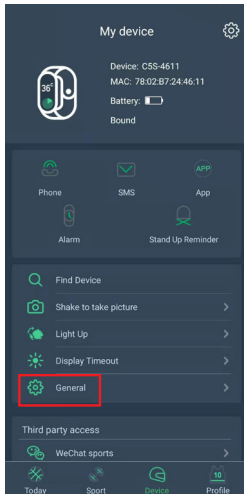
## Display Timeout

Select whether you want the display timeout.

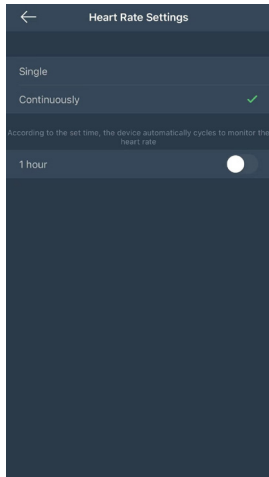
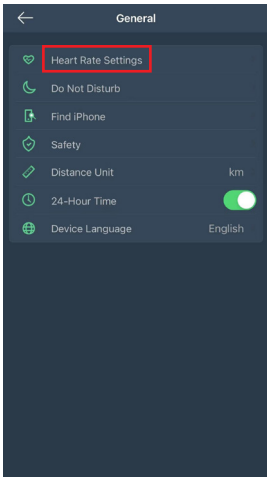


## General Settings

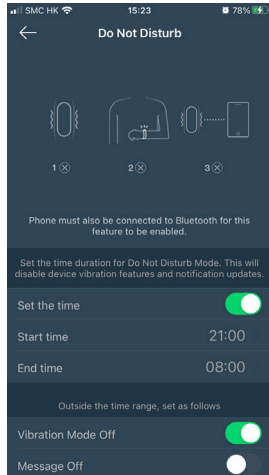
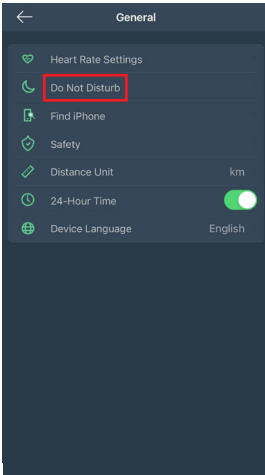
More setting under “General”



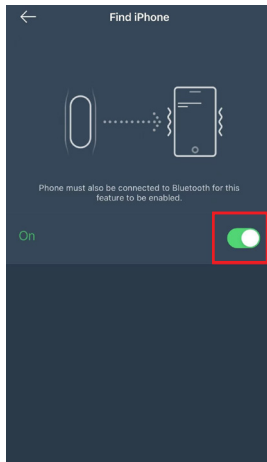
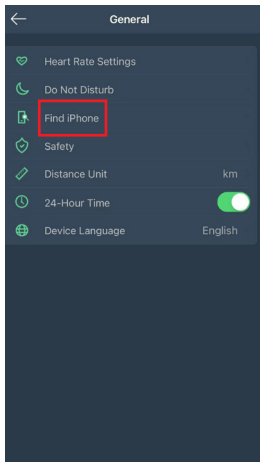
## a) Heart Rate Settings



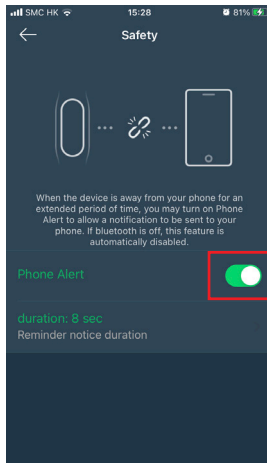
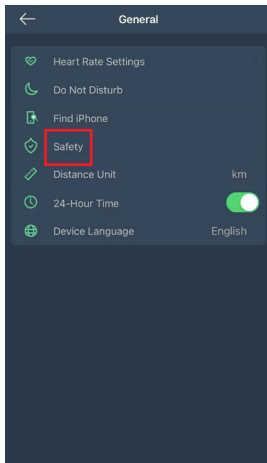
## b) Do Not Disturb



## c) Find Phone

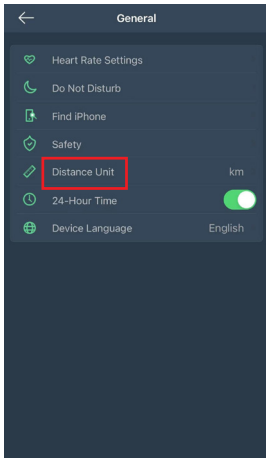


## d) Safety



## e) Distance Unit

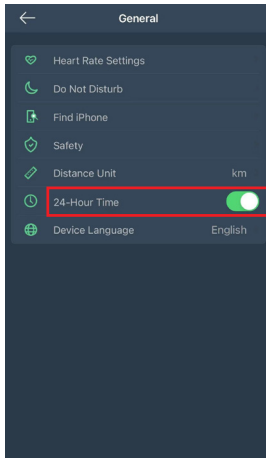
To change between Metric and Imperial





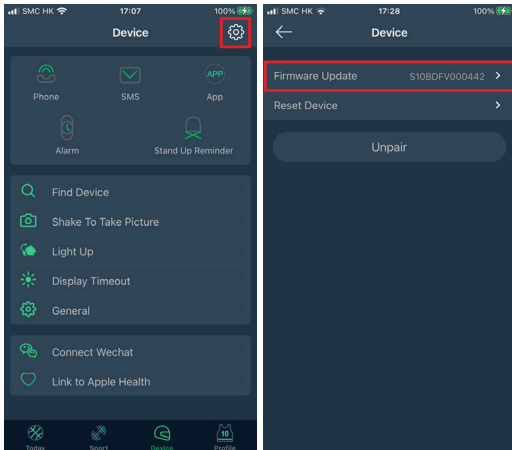
## f) 24-Hour Time

To set 12/24 hour time



## g) Firmware Upgrade

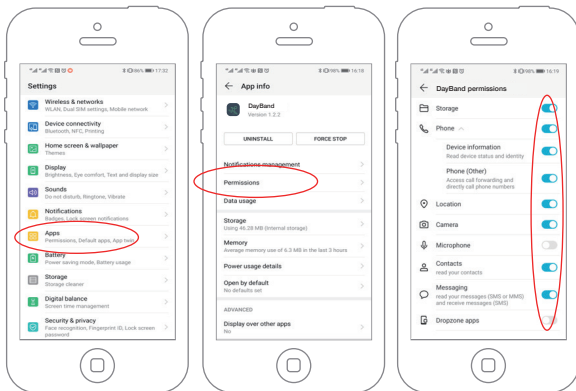
Under device - Tap right top  setting button  
Tap firmware Upgrade. If there is a firmware update available for your Nuband Flash PRO, you will be able to tap to install the update.



## 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 → DayBand → Permissions



## NUBAND FLASH PRO COMPATIBILITY

The DayBand 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.

<b>Main unit size:</b> 44*19*10mm	<b>Wristband:</b> 230mm
<b>Screen:</b> 0.96" OLED	<b>Weight:</b> 16g
<b>Bluetooth:</b> BLE4.0	<b>Battery life:</b> about 7-10days
<b>Working condition:</b> 0-40°C	<b>Protection Degree:</b> IP67
<b>Battery:</b> 90mAh Built-in rechargeable lithium battery	

## **Nuband Flash PRO 24 Month Warranty**

Nuband Flash PRO 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 PRO 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 PRO property. Parts provided by Nuband Flash PRO 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 PRO claim no responsibility for this. Nuband Flash PRO 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 PRO 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 PRO Product Disclaimer**

Nuband Flash PRO 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 PRO 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 PRO should ever need to be replaced under warranty, send your Nuband Flash PRO 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](mailto:info@nutechdesign.com)

Because of possible loss, we recommend insuring your Nuband Flash PRO , 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 PRO 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>



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