Getting started
To use the TalkBand B1, ensure that your device is compatible with Bluetooth. Before you can use the TalkBand, you must have a TalkBand application installed on your phone. To download the application, go to the App Store or Google Play Store and search for the TalkBand application. After the application is installed, you can use the TalkBand by pairing it with your phone.

Pairing with your phone
To pair the TalkBand B1 with your phone, perform the following steps:
1. Install the TalkBand application.
2. Use the TalkBand application on your phone to search for and display the 2D Barcode on the right.
3. Press and hold the TalkBand button to power it on and turn it on.
4. Touch the TalkBand button to dismiss the alert.
5. Your phone automatically searches for and displays the TalkBand.
6. Touch the B1 to pair with it. Then, a Bluetooth connection is automatically established.

After the B1 is paired with your phone, it saves the Bluetooth connection again. If the Bluetooth connection has failed or is terminated, you can press the side button to reconnect the TalkBand application.

Exercising
Use the TalkBand application to set your daily exercise target. When you do not exercise at the set interval, the B1 will vibrate, letting you set the time you want to be reminded when to exercise.

Setting the exercise target
The TalkBand application lets you set exercise reminders, figures below on how to replace it.

Viewing your fitness statistics
You can set a target for calorie burned in the same manner.

Getting to know your B1
Press the side button to view your steps and target.

Fitness monitoring
Viewing your fitness statistics
You are setting your phone as to set your B1. To view your steps and target, press the side button again.

Fitness monitoring
You can view how many calories you have burned and display the current time.

Sleep monitoring
Use the TalkBand application to set your sleep targets.

Getting to know your sleep status
When you wear the B1 to bed, it collects your deep sleep, deep sleep state, the alarm will go off at the preset time. When you wear the B1 to bed, you collect your deep sleep, deep sleep state, the alarm will go off at the preset time.

Blueto...
To prevent possible hearing damage, do not use your device at high volume levels for long periods.

1. To reduce the risk of accidents, do not use your wireless device while driving.

2. Using an unapproved or incompatible power adapter, charger, or battery may cause fire, electric shock, or explosion. For more information, consult the vehicle manufacturer.

Other trademarks, product, service and company names and any use of such marks by Huawei Technologies Co., Ltd. are for identification purposes only and do not indicate endorsement by the owners of such trademarks.

Some features of the product and its accessories described in this manual may not be prohibited by applicable laws or such actions are approved or sublicense the said software, unless such restrictions are prohibited by applicable laws.

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Only the authorized person can modify this document. Any unauthorized reproduction or exposure will be the basis for legal action. The manual includes all relevant provisions of Directive 1999/5/EC.

Hereby, Huawei Technologies Co., Ltd. declares that this device is compliant with the essential requirements and other relevant provisions of Directive 1999/5/EC. The product has been assessed according to EN 300328 V1.9.1

The following marking is included in the product:

Industry Canada compliance statement

The device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

This device is Type Approved and may be marketed and placed on the market in the EU.

Caution:

While the device complies with the radio frequency and safety requirements of the above countries and regions, it is the responsibility of the user to install and use the device in accordance with the operating instructions provided in this manual. Any deviation made by the user from the instructions in this manual may result in the device not complying with the radio frequency and safety requirements.

CAUTION: Before using the device, please ensure that the battery is fully charged. The device will automatically power off when the battery is near zero. If the device does not work after being charged, please contact your local retailer or service center.

Traffic security

It is crucial to maintain a safe driving environment and follow traffic regulations. This will provide a secure driving experience for the user and other road users. The user shall ensure that the device is not used while driving. The user shall not use the device while driving or when the vehicle is in motion. The user shall only use the device while the vehicle is stationary.

Protecting your hearing when using a headset

Using a headset at high volumes may damage your hearing. To reduce this risk, lower the headset volume to a safe level. The safe listening level is the volume level at which you can listen to music for hours without damaging your hearing.

Operating environment

RF signals may affect the electronic systems of motor vehicles. For more information, consult the vehicle manufacturer.

Do not use the device where flammable liquids, gases, or explosives are stored, such as in fuel stations, chemical laboratories, or under flammable materials.

Avoid collision, which may lead to device malfunctions, loss of personal information, or damage to the device.

Accessories

Battery safety

Improper battery use may lead to fire, electric shock, or explosion. The device includes detachable parts that may pose a danger to children. Children should only use the device with adult supervision. Do not disassemble or renovate the battery.

Follow the instructions below to protect your personal safety:

• Do not put batteries in fire as they may explode. Damaged or deformed batteries may explode or leak. Do not dispose of batteries in fire.
• Do not disassemble or renovate the battery.
• Do not expose the battery to water or other liquids.
• Do not charge the battery to high temperatures.

Environmental protection

Disposal and recycling information

The device and its accessories are subject to environmental protection. These items shall not be disposed of as household garbage. These items may be hazardous to the environment and human health.

For more detailed information about device or battery recycling, please visit the web site http://consumer.huawei.com/certification.

The device complies with the WEEE Directive (2002/96/EC) and the Battery Directive (2006/66/EC). For up-to-date information about device or battery recycling, please contact your local retailer or visit the web site http://consumer.huawei.com/certification.