



## **User Manual for YHE Smart Watch**

Model: S7

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## **Preface**

This user manual is intended to assist users in the safe and effective use of the S7 smart watch. Users must strictly follow the instructions in this manual, and it is essential to thoroughly read and understand the manual. Before taking blood pressure measurements, please carefully read and familiarize yourself with the contents of the "Precautions Before Use" section.

## **Disclaimer**

Before using this product, please read and fully understand this disclaimer. Your use of this product will be deemed as acceptance of all the contents of this disclaimer.

- (1) There may be differences or errors in the data during actual use due to individual differences, different usage methods, and habits. Please refer to the actual usage situation.
- (2) This product is not a medical device, and the health data provided are for reference only and should not be used as a basis for diagnosis and treatment.

## **Product Introduction**

## Basic Parameters

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- Screen: 1.95-inch AMOLED screen, resolution 410×502
- Processor: Dual-core Arm Cortex-M33
- Memory: RAM: 32Mb
- Bluetooth: Bluetooth BLE 5.3
- Sensors: PPG heart rate sensor, three-axis accelerometer, pressure sensor
- Battery: 300mAh lithium battery
- Charging method: Magnetic suction charging, USB interface
- Watch body material: Zinc alloy
- Language: Simplified Chinese (default), English, Traditional Chinese, French, Japanese, Spanish, German, Italian, etc.
- Watch size: 48mmx39mmx13mm
- Total weight: Approximately 70g

# Package Contents

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- Watch main unit (×1)



- Charging dock (×1)



- Wrist circumference measuring tape (×1)



- User manual (×1)

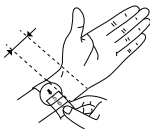
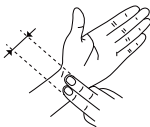
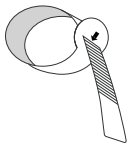


## Wrist Circumference Measuring Tape Usage

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The wrist circumference measuring tape is used to measure and determine the appropriate tightness for wearing.

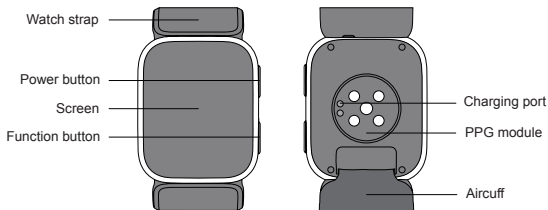
First, use the wristband ruler to wear it 2 fingers away from the base of the left palm, tighten the tape, and the smallest number displayed in the natural state is the appropriate strap hole number for wearing (this standard is for testing blood pressure. For daily wear, please loosen one to two notches).





## Getting to Know the Watch

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## Turning ON/OFF the Watch

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Long press the power button of the watch for 5 seconds to turn on the screen. When the watch is on, long press the power button for 5 seconds to enter the shutdown interface.

When the watch is on but the screen is off, press the power button to light up the screen. While the screen is lit, press the power button to turn off the screen.

## **Initial Use**

## Installing the App

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Scan the QR code below using your smartphone or search and install the "BP Doctor" app from major app stores to access more functions and services.



## Login/Register

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Open the app and register/login (you can register/login via phone verification or email).

During the first registration/login, you need to set basic information such as gender, height, weight, and date of birth.

\* Please provide accurate data as it affects the accuracy of related health data.

## Binding the Watch

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Open the "BP Doctor" app on your phone, log in, turn on Bluetooth on your phone, and follow the prompts to pair Bluetooth and bind the watch.

Method One:

\* Device startup: Enter the waiting connection page, click "Add Device" in the app, and search for nearby devices to bind.



### Method Two: QR Code Scanning

\* Click the "Scan Code to Add" button in the app, use the phone camera to scan the device connection QR code, and bind.



### Method Three: Model-based Addition

\* Click the "Model Adding" button in the app, select the device by model, and bind.



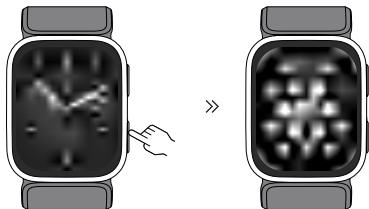
- **Note**

Unbinding the watch: Log in to the app, click on "Device" to enter the device details page, click on the three dots on the upper right corner to unbind (unbinding operation will clear the watch's related test data and reset the watch).

## Main Menu

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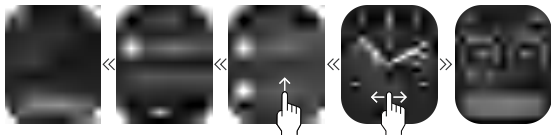
Short press the function key button on the main watch dial interface to enter the main menu interface.



## Quick Access/Data Display Window

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Swipe left once on the main watch dial interface to enter the blood pressure function interface, click the interface button to directly measure blood pressure. Swipe right once on the main watch dial interface to enter the quick access settings interface, scroll to the bottom to customize the quick access menu.





## Watch Dial Switching

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Long press the main watch dial to enter the "Change Dial" interface. Swipe left to select other theme dials, and click to confirm.



## Control Center

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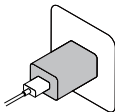
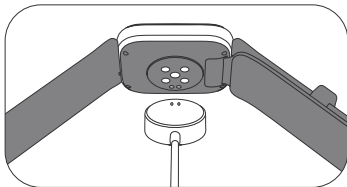
Swipe down on the main watch dial interface to enter the control center (quick settings interface). The corresponding functions are raise to wake, brightness adjustment, screen lock, connect to phone, settings, and do not disturb mode switch.



## Charging the Watch

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Attach the charging dock to the bottom of the watch, ensuring that the pins are aligned. If the charging icon does not appear, adjust the position until the charging icon appears.



# **Blood Pressure Function Introduction**



Blood Pressure

## Scope of Use

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This product is used to measure the blood pressure and heart rate of adults without causing harm to the person being measured. It is recommended that users use this product in home care as a supplement to medical management. The applicable wrist circumference of the watch is approximately 14cm~22cm. The pressure range for measurement is 0-260 mmHg, and the heart rate range is 40-180 beats/minute. Note that storing or using this product in environments with high or low temperatures or high humidity may result in inaccurate measurements.

## Measurement Principle

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This product uses the oscilloscope measurement method to measure blood pressure. The entire system, including the wristband, is a whole worn on the wrist. The wristband air cuff is worn on the wrist and pressurized through measurement instructions. The circuit inside the watch can accurately sense the dilation and contraction of the wrist artery blood vessels caused by each heartbeat, accurately capturing the pressure signals generated by the

wristband and air cuff. The system also converts the measured pressure value into millimeters of mercury (mmHg) and displays it on the watch screen.

## Precautions Before Use

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1. Blood pressure measured at home is usually lower than that measured in hospitals, clinics, and medical rooms; due to different levels of relaxation or stress, blood pressure fluctuations can reach 30-50 mmHg unknowingly. Blood pressure measured in hospitals may be 25-30 mmHg higher than that measured at home. This is because people are more relaxed at home. Therefore, it is necessary to understand the stable blood pressure values measured at home.

Causes of Blood Pressure Variations:

Exercise, mental stress, emotional changes, eating; environmental or temperature changes, urination, conversation, drinking alcohol, smoking, etc.; note that blood pressure can easily fluctuate.

2. Understand the essence of blood pressure; measure at the same time every day. To understand the long-term trends in blood pressure changes, try to measure blood pressure at the same time every day.

3. Blood pressure on the wrist may differ from that on the upper arm; the blood pressure values measured at these two locations may differ by  $\pm 10$  mmHg for normal individuals. Due to the differences in measurement sites and blood vessel thickness, the blood pressure values measured at the wrist may differ from those measured at the upper arm. Usually, the diastolic and systolic pressure values measured at two different locations by normal people differ by  $\pm 10$  mmHg.

Special Attention for the Following Groups:

Diabetics, liver disease patients, arteriosclerosis, peripheral circulation disorders, etc., may have significant differences in blood pressure values between the wrist and the upper arm.

4. Please have a qualified doctor interpret your blood pressure measurement values; slight differences in age, weight, and other physical conditions can cause slight differences in blood pressure. Do not judge the measurement results by yourself.

5. Correct measurement posture.

The measurement posture is crucial for the accuracy of the measurement results.

### Problems during Blood Pressure Measurement:

- (1) During the measurement, try to keep the measurement site at the same height as the heart. If the measurement site is lower than the heart, the measured blood pressure data may be high; if it is higher than the heart, the measured blood pressure data may be low.
- (2) The tightness of wearing will affect blood pressure measurement. If worn too loosely, the measured blood pressure data may be high; if worn too tightly, the measured blood pressure data may be low. At the same time, if the wearing method is not correct during the measurement, the watch will prompt an error and require wearing according to the standard method;
- (3) During the measurement, body movement, speaking, and shaking of the desktop may cause inaccurate measurements. At the same time, the watch will prompt an error and require keeping quiet and relaxing the body.

## Requirements for Blood Pressure Measurement

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- 1.The subject should avoid vigorous exercise, smoking, drinking, and emotional fluctuations for 30 minutes before the measurement, and should relax and breathe calmly and not speak during the measurement.
- 2.The subject should conduct the measurement according to the specifications, measure in a sitting position, face the test platform, be in a relaxed state overall, place the elbows naturally on the desktop, place the palms on the test platform, keep the wrists at the same height as the heart, not feel stretched, rigid, or downwards, keep the front end of the radius of the hand flat with the back end of the test platform, and keep the palm facing down.
- 3.For multiple measurements on the same subject, there should be an interval of at least 2~3 minutes, during which the wristband should be relaxed and the subject should remain calm.
- 4.During the measurement, the subject should remain calm, not exert force with fingers, not bend the wrist up or down, try not to breathe deeply, clench fists, shake, etc.
- 5.Keep quiet and avoid bending forward during the measurement.





(Note: The wrist should be at the same height as the heart during the measurement.)

## **Precautions for Wearing Blood Pressure Measurement**

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- 1.The wearing position should be at a distance of two fingers (index and middle fingers) from the base of the palm, that is, the measurement position of the wrist circumference. (As shown below)
- 2.If there is a large deviation between two blood pressure measurements or if the wrist pressure increases slightly when the watch pressure rises, it means that the watch is worn too loosely and the signal stability is poor. At this circumstance, tighten one to two notches for wearing.

3. Before measurement, ensure that the air cuff is parallel to the wristband, and confirm that the air cuff contacts the wrist surface well, without folding, misalignment, tilting, or exposure.
4. Do not hold the air cuff with the other hand during measurement, as this may cause a misreading.
5. When the user's wrist circumference is greater than or equal to 180mm, the wearing position of the watch can be adjusted appropriately, worn at the minimum wrist circumference of the wrist, and should be worn as tight as possible to ensure that the watch can obtain a good wrist pulse signal.
6. For users with well-developed wrist muscles, they can place their fingers at the cun, guan and chi, three places at the wrist where the pulse is usually taken, to feel the pulse, wear the watch at the most obvious pulse position, which is conducive to improving the accuracy of the test.



## Starting Measurement

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There are two methods to start blood pressure measurement:

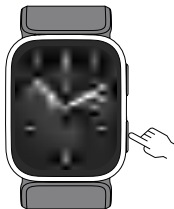
A. Single-click the function key to enter the main menu, then click "Blood Pressure" to enter the blood pressure measurement interface, and finally click "Start".

B. Double-click the function key directly to start blood pressure measurement.



A

or



B

## Stopping Measurement

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There are two methods to stop blood pressure measurement:

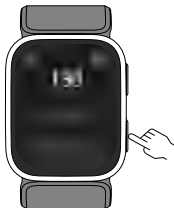
A. Click the "Stop" button on the watch measurement interface.

B. During the measurement process, click the function button, and the watch will stop inflating, release the gas quickly, and then shut down automatically.



A

or



B

## Blood Pressure Data Storage Function

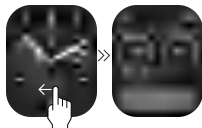
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The watch can view the latest 10 measurement data. For more data, please check the app.

You can view historical data in two ways:

A. Swipe left on the main page of the watch to directly view the latest historical data.

B. Click the function button to enter the main menu, click "Blood Pressure" to enter blood pressure measurement, swipe up on the interface, and click "Measurement Records" to enter the historical data window.



A



B

## Scheduled Measurement Setting

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Click the function button to enter the main menu, click "Blood Pressure" to enter blood pressure measurement, swipe up on the interface, and click "Measurement Reminder" to enter. There are two timing modes:

A. Set blood pressure test times for morning, noon, and evening respectively, and return after setting is completed. The information will be saved directly.



B. Customize the blood pressure test time period and time interval.



## Guest Mode

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Swipe up on the blood pressure main interface, click "Guest Measurement" to enter.



## Other Functions



Heart Rate



Blood Oxygen



Sleep



Pressure



Daily Activities



Exercise



Alarm



Weather



Breath



Calculator



Stopwatch



Timer



Find Phone



Calendar



Settings



# System Settings

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The settings include the following ten functional modules:

1. Personal Information: Set gender, height, weight, and Body Mass Index (BMI).
2. Notifications: Notification screen, red dot prompt, hide notification content switch.
3. System Operations: Includes raise to wake, connect to phone, factory reset, restart, and shutdown functions.
4. Do Not Disturb Mode: All-day do not disturb, timed do not disturb switch.
5. Display and Brightness: Includes brightness adjustment, screen-off time, and always-on mode.
6. APP View: Switch between cellular, list, and grid views.
7. Touch: Enable touch reminders, including two intensity reminder modes.
8. Power Saving Mode: Support power saving mode and power saving reminder.
9. Language Settings: The watch supports multiple languages, such as

English, Simplified Chinese, Traditional Chinese, French, Japanese, Spanish, German, Italian, etc.

10.About the Device: Display device name, model, firmware version, SN number, Bluetooth name, and view legal and regulatory information.

## Maintenance of Smart Watches

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- Clean and store properly.
- If the watch is dirty, wipe it lightly with a damp cloth and a small amount of detergent, then dry it. Do not use strong solvents such as gasoline, paint thinner, or light oil.
- Do not place it in places that are prone to moisture, direct sunlight, high temperature, high humidity, or dust.
- The watch does not have waterproof function, do not wear it for swimming and other similar activities.
- Handle with care.
- Do not stretch or bend the strap, avoid contact with sharp objects.
- Do not disassemble or modify the watch body, strap, or gas bag.



## FAQ

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Issue: \*Unable to measure or reading is too high (low).

Diagnosis: \*Whether the hand is raised to the level of the heart,

\*Whether the strap and air cuff are closely attached to the wrist,

\*Whether the arm is tense,

\* Whether talking or moving hands during measurement.

Correction: \*Measure with correct posture,

\*Wear the watch correctly,

\*Relax before measurement,

\*Keep quiet and still during the measurement process.

Issue: \*Blood pressure readings are different each time,

\*And the readings are extremely high or low.

Diagnosis: \*Differences in measurement time or tension status may result in differences in blood pressure.

\*Relax and take deep breaths before measurement.

If the above methods cannot be used for correct measurement, stop using the instrument and contact the seller. Do not tamper with the internal mechanical system.

If the device fails, please contact us at: [Support@yhetechns.com](mailto:Support@yhetechns.com)

## For Warranty

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From the date of purchase, within the normal use range according to the instructions, if the product has non-human-caused quality issue, the warranty period is 12 months, and maintenance fees will be charged after 12 months. (Some parts are consumables. To avoid affecting the user experience, it is recommended to regularly maintain and replace them).

Repairs caused by non-company product quality reasons, such as improper use, improper storage, unauthorized disassembly, etc., the company will charge maintenance fees, and the user will bear the shipping costs.

The product is covered by a 12-month warranty for the main unit.

## FCC Requirement

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Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

Note: 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.

#### RF Exposure Information

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

## Customer Service

Any quality issue with the watch, you are always welcome to reach out to our customer service team via **support@yhetechs.com**.



Company Name: Yanhe Intelligent Technology (Hangzhou) Co., Ltd.

Address: Room 1502, 15 / F, building 8, No.19, Jugong Road, Binjiang District, Hangzhou, Zhejiang, China

Email: [Support@yhetechns.com](mailto:Support@yhetechns.com)