

OPERATING GUIDE



WATCH CHAAGING AND ACTIVATION

Align and fit the wireless charger with the back of the watch until the charging prompt appears on the watch screen. When the watch is slow, charge. The device is an all-in-one machine



MOBILE PHONE CLIENT DOWNLOAD

Scan the QR code below to download and install the mobile phone client



FUNCTION INTRODUCTION



Dial switch
Long press for 2s on the home screen to enter the dial switch interface. Slide right and left to switch the dial for selection and click to select the dial



Control center
Function overview: Do Not Disturb, Wristband bright screen, Flashlight, brightness control, Settings, Find phone, Power saving mode, system information



Movement data
It displays the step number, distance and calories on the same day. You can set a goal on the App, including step number, distance and calories



Sport record
The interface saves the recent 10 pieces of historical sport records. You can view the sport duration, heart rate and calories during the sport



Sports
The interface displays the monitoring result of you sleep on the same day. The data is updated every day. Connect it to the APP and you can upload and save the data synchronously. The device will recalculate the data information for the new day technology



Blood oxygen
Enter the interface for blood oxygen measurement. When the green light at the bottom is on, it will start measurement. The measurement will be completed within 30-60s and has a vibration reminder. The measurement is based on PPG technology



Sports
Options for sport patterns: walking, running, cycling, mountain climbing, swimming, yoga, round-belly machine and basketball, etc.



Heart rate
Enter the interface for heart rate measurement. When the green light at the bottom is on, it will start measurement. The measurement will be completed within 40s and has a vibration reminder if prompted for "no watch", wear the watch again



Blood pressure
Enter the interface for blood pressure measurement. When the green light at the bottom is on, it will start measurement. The measurement will be completed within 30-60s and has a vibration reminder. The measurement is based on PPG technology



Sedentary reminder
You can open this function through [device > sedentary reminder] on the App. After it is opened, you can set the start time, end time and the period for Do Not Disturb



Female Health
Keep the watch connected to the APP, you can control the pause and start of the female health reminder on the App, you can view the female health reminder information on the watch



Weather
After you connect your watch with the APP and open the location permission, the weather interface will display the real-time temperature and weather type



Stop watch
Click the start button for the timing of the start. Click the pause button to timing the pause. Click the reset button to time zero. It can save up to 99 pieces of data



Information
Open information push on the App and the watch can receive the corresponding message. It can save up to the last 15 pieces of messages



Music
Keep the watch connected to the APP, you can control the pause and start of the mobile phone music player, volume adjustment, and song switching



Alarm clock
Keep the watch connected to the APP, you can set a single alarm clock or a cyclical alarm clock. You can set up to 5 alarm docks



Timer
As for the timer function, the user may start quick timing through the system time or click the user-defined buttons to set the time. Click the Start button for the timing of the start. Click the pause button to timing the pause. Click the reset button to time to zero



Find my phone
Keep the watch connected to the APP, and click "Find my phone". The bell rings on your mobile phone and the watch shows that you have successfully found your mobile phone. If the watch is not connected to the APP, the watch will indicate that it is not connected



Settings
Setting functions include screen display (dial switch, duration of screen brightening, brightness control, duration of screen brightening through palming), language, vibration strength, men's style battery, QR code and system setting



Breath training
During breath training, there were 1 minute and 2 minute options. The user clicks the corresponding duration for breathing training. After clicking to start, follow the icon to zoom in and inhale, shrink and exhale



NFC access control
At present, it also supports the simulation of the unencrypted 13.56 MHz gate card on the market.

Frequently Asked Questions and Trouble Shooting

Fail to start the watch
Press the power switch for more than 3s. Maybe the battery level is too low. Please charge the battery timely

The bluetooth is not connected or cannot be connected
1. The bluetooth is not connected or cannot be connected
2. Please restart the mobile phone bluetooth and connect again

3. Do not connect your mobile phone to other bluetooth device at the same time

The measurement of heart rate/blood oxygen/Ecg is inaccurate

- 1. General, it is caused by poor contact between the watch sensor and human body
- 2. Please ensure that the sensor contacts the wrist well during

Sleep data is not accurate enough

- 1. Sleep monitoring simulates the status of natural sleep and getting up of human, and you should wear it as usual
- 2. If you sleep too late or you do not wear the watch until you go to sleep, there may be some error
- 3. It does not monitor the sleep data during daytime. The default time for sleep monitoring is from 9:30 in the evening to 12:00 at noon on the next day

For more frequently asked questions, please view [My > FAQ] on the App

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.

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

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.

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

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