

110x54mm

Q WATCH

USER MANUAL

1. Introduction to the Qwatch

1.1. Package content



1.2. Operating instructions

Side button(Multifunctional digital shown)



Long press
Press and hold the side button for 3 seconds to turn ON/OFF the watch

Short press
When the screen is off, press the button lightly to turn on the screen.

On the watch main interface, press the button **lightly** to enter the "main" interface. On any other interface, press the button **lightly** to return to the watch "main" interface.

1.3. Function description

1.3.1. Watch main interface



Turn up and down
In the watch "main" interface, turn the digital crown up and down to switch between shortcuts cards.

In other interfaces, turn the digital crown up and down to use the **left up and down.**

15:56

1.3.2. Shortcuts bar

Do not disturb mode switch

End my phone (required phone connecting)

Watch settings

Raise wrist to wake up screen switch

Volume level adjustment

1.3.3. Main menu

Player notifications, receive calls using your watch (required phone connecting)

Player notifications, receive notifications based on your location

Message notifications, connect your phone to receive one and social media notifications (required phone connecting)

Qwatch Listen to audio files including morning and evening remembrance

Sport: more than 20 sport modes, Pedometer, Calorie, steps with time and distance travelled

Sleep monitoring: wearing the watch while sleeping can monitor your sleep quality and show it to you the next day

Heart rate/SPO2 keep updating your health records and blood oxygen percentage

Alarm/Snooze timer are also daily tools that you may need.

2. Binding Qwatch

2.1. How to download IQIBLA Life APP

iPhone: Scan the QR code displayed when turning on the watch or enter the QR code to the App Store.

Android Phone: Scan the QR code enter "qwatch" to download it, or enter "qibla life" in the Google Play to download it.



2.2. Binding Qwatch

1. Register a new account in IQIBLA Life APP

2. Press on "Add device" and choose "Scan" to scan the QR code to the watch interface.

3. After the watch is turned on, scan the QR code to the watch interface.

4. Complete Qwatch binding.

Note: Qwatch can only be bind with one account, if you want to bind it to another account, you will need to logout from the first account.

2.3. Unbinding Qwatch

1. Enter "Settings" in the device interface in IQIBLA Life APP.

2. Click on "Unbind" then "Next".

3. Insert the code to complete unbinding.

Note: After the unbinding is completed, you need to unpair in the Bluetooth settings

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