尺寸：130*48mm

Smart Watch
manual

Adapt to platform requirements:

Android 5.0 and above mobile phones

Ios 9.0 and above mobile phones

APP download method:

1.I0S/Android phone users:scan the above QR code to download and install the application.

2.Android: Search for " LaxasFit " through the software application store to download and install the application.

3.Apple: Search for " LaxasFit " through the App store to download and install the app.

Initial use

1.To ensure the normal use of the watch, please charge it first.

2.The power supply of the magnetic charging suction cup is aligned with the magnetic charging suction cup on the back of the watch

Watch and APP connection

1.The permissions during the APP installation process are fully agreed, and the watch and the mobile phone must be connected to the APP and the mobile phone Bluetooth to achieve all functions.

2.APP connection method: open the APP and mobile phone Bluetooth, the APP reminds you to enable the notification point to confirm, Click to add a device, search for the device name and click Connect to connect to the watch device.

3.Mobile phone Bluetooth connection:Bluetooth must be turned on on the watch side, enter the mobile phone Bluetooth, search for the Bluetooth device of the model name, and click Connect to pair.

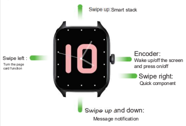
4.Simple solution to common Bluetooth problems:
Due to the lack of uniformity in the Bluetooth protocol of various mobile phone brands, sometimes the Bluetooth connection between the mobile phone and the watch may be unstable. You can turn off the Bluetooth of the mobile phone and reconnect it again, or reset the watch to the factor settings, such as The watch is in a dead state, you can press and hold the power button for 10 seconds to restart the watch.

5.How to verify that the Bluetooth connection is successful: The bluetooth icon in the upper left corner of the main menu is oval to indicate that the Bluetooth connection is successful. Use the watch to click to find the phone or enter the APP to find the watch. If there is vibration, it means that the voice BT is connected successfully.

6.If the watch has an incoming call, there is no notification reminder on QQ WeChat, you need to set the phone settings-notification settings, open the corresponding application and open the notification application to receive information notification.

Watch operating instructions:

Power key: Short press to return, wake up/off the screen and long press to turn on and off the power.
Clock inter face: Clock interface: Slide the card function or shortcut component left and right, slide up and down directly into the smart stack or message notification.



Watch function introduction

Standby interface	enter the standby inter face.
Dial pad	connect to the mobile phone to dial out via Bluetooth, and you can make a call on the watch side.
Contact	After the bracelet is successfully connected to the APP , you can add a contact in the APP. After the contact is successfully added, the phone book of the bracelet will be displayed synchronously. Click the contact in the phone book on the bracelet to make a call (Note: The bracelet needs Connect mobile phone Bluetooth).
Call record	can display the call record of the wristband, click the phone number to dial.
Information	The content of the message push can be displayed, such as: QQ ,WeChat, etc. (The system above IOS12 will block SMS reminders by default).
movement	Enter the sports mode (running, rope skipping, cycling, mountain climbing)selection interface, click again to start the data monitoring of the corresponding sports mode: exercise time, distance, calories burned and heart rate data
sports record	record all exercise data
Pedometer	Calculate your step count data for the day , clear the data at 00:00 in the morning,and view it in the APP.
Sleep monitoring	Turn on sleep detection to monitor the quality of sleep while sleeping.
Sedentary reminder	Set the sedentary time, the bracelet will vibrate when the time is up, and the interface will display a reminder .
Heart rate	Put the watch close to your wrist, and the best place to wear it is on the upper arm of the wrist bone, The real-time heart rate can be measured, The normal value of the average person is 60-100 beats/min.

Watch function introduction

Blood pressure	Put the watch close to your wrist, the best place to wear it is the wrist bone above the arm, you can measure the real-time blood pressure, adult diastolic blood pressure: 60-80 (mmHg) adult systolic blood pressure: 100~120 (mmHg).
Blood oxygen monitoring	The watch is tightly attached to the wrist, and the best wearing position is on the wrist bone and above the arm. The real-time blood oxygenv alue can be measured. The normal range of the value is generally 95% to 100%.
Bluetooth camera	When the phone is not locked, when the app inter face is opened, the watch enters the Bluetooth camera, the phone will automatically pop up the camera inter face, shake the watch to take a photo, the phone will take a photo and store the photo on the phone; Or open the APP , enter the remote control selfie, the phone will pop up the camera inter face, and then shake the watch will take pictures According to
Bluetooth music	control to play music in the phone.
Find the phone	When the watch is connected to the mobile phone, click on the watch to find the mobile phone, long press the magnifying glass icon, and the mobile phone will ring
Weather	Display the current weather temperature in degrees.
Stopwatch	start stopwatch timing and end timing.
Alarm bell	You can set a custom alarm clock on the APP , and the watch will vibrate to remind you at the point.
Settings	You can set to turn on or off the vibration and raise the wrist to brighten the screen.

Watch function introduction

Style	You can set and change the UI style.
About	Display the MAC Serial code,Bluetooth name,and version number of this device
Brightness	can set the brightness size and backlight off time
QR code	QR code downloaded by mobile App.
Reset	Let your device reset and clear data,such as pedometer sleep.ect.
Breathing screen clock	After turningon the screen clock,the screen pops up and turns off the clock
Language	After connecting to the APP , you can set the language on the APp side, and the language can be synchronized to the watch after setting; or switch the language on the watch side, that is, it will also be synchronized to the APP side
Dial push	enter the APP end dial function, you can view my dial and local dial; you can also push DIY dials and dial malls to the watch end
Lingdong Island	Click on the settings interface of the watch to open the Lingdong Island switch, and return to the dial to view information

Precautions for use:

1.Not suitable for bathing and swimming.
2.Please connect the watch when synchronizing data.
3.Use the built -in charging cable to charge.
4.Do not expose the watch to high moisture, extremely high or extremely low temperatures for a long time.

Watch maintenance:

1.Do not scratch the sensor, protect it from damage.
2.You can wipe the surface of the watch with a damp cloth, and use mild soap and water to emove oil or dust.
3.Do not expose the watch to an environment with strong chemical substances, such as gasoline, cleaning solvents, propanol, alcohol or insect repellent, chemical substances will damage the sealing of the watch and the surface of the case.
4.Avoid your watch from being,exposed to strong shocks and extreme heat exposure.This product does not support IP68 waterproof, does not support rain, hand washing,swimming wear, hot showers or saunas, etc., can not be woman, and cannot prevent water vapor. If the watch is damaged due to water ingress due to use in violation of the instructions, our company will not provide a free warranty.

common problem:

Can't find the watch?

1. Answer: Because the Bluetooth broadcast of the watch has not been searched by the mobile phone, please make sure that the watch is powered and activated, and is not connected by other mobile phones, Move the watch close to the mobile phone and search again. If it still does not work , turn off the bluetooth of the mobile phone and turn it on again after 20 seconds. Bluetooth searches again.

Is the Bluetooth connection always on? Will there be any data if it is turned off ?

Answer: Before synchronizing the data, the exercise and sleep data will remain on the watch host. When the Bluetooth connection between the mobile phone and the watch is successful, the watch will automatically upload data to the mobile phone, but the data stored by the watch is limited, It can only store Bluetooth data for about one week. When the space is full, the oldest data will be automatically over written to generate the latest data, so please Sync your watch to your phone in time.
Note: If the call and SMS reminder function is turned on, you need to keep the Bluetooth connected,and the alarm clock reminder supports offline.

What should I do if the watch cannot be charged?

1、 Please make sure that the direction of the charging stand is correct and the charging clip is in good contact with the watch.

2、 When the power of the watch is lower than 3.6V , there will be a period of battery pre charging time.
Remarks: It will enter the charging state immediately after the charger is plugged in. If there is no display , you need to charge for 3-5 minutes to enter the charging state.

Will the watch cause harm to the human body if worn for a long time?

Answer: The radiation of the equipment is much lower than the FCC standard of the United States, which is basically negligible. Long-term wearing will not cause radiation damage to the human body.

FCC Caution:

Any 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.
IMPORTANT NOTE:
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.
FCC Radiation Exposure statement
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

智能手表
说明书

适应平台要求：

Android5.0及以上手机
IOS9.0及以上手机

APP 下载方式

1.10S/安卓手机用户：扫描上叙二维码下载安装应用
2.安卓：通过软件应用商店搜索LaxasFit”下载安装应用
3.苹果：通过Appstore搜索“LaxasFit”下载安装应用

初次使用事项

1.为确保手表正常使用，请先进行充电
2.已连接电源的充电磁吸盘对准手表背部磁吸充电

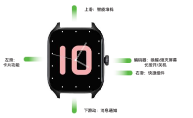
手表与APP的连接

1.APP安装过程中的权限全同意，手表跟手机要连接APP和手机蓝习才能实现所有功能。
2.APP连接方法：
打开APP和手机蓝牙，APP提醒启用通知点确定。点击添加设备，搜索设备名称点连接会连接手表设备。
3.手机蓝牙连接：
须在手表端打开蓝牙，进入手机蓝牙，搜索机型名称的蓝牙设备点击连接配对。
4.蓝牙常见问题简易处理方法：由于各个手机品牌的蓝牙协议没有统一性，有时会出现手机跟手表蓝牙连接不稳定的情况，可将手机蓝牙关闭了在重新连接一次，或将手表恢复出厂设置，如手表出现死机状态，可以长按开关键10秒让手表重启。
5.如何鉴定蓝牙连接成功：主菜单左上角蓝牙图标是椭圆形就表示蓝牙连接成功，使用手表点击查找手机或者进入APP查找手表，有震动就表示APP连接成功，手表进入拨号盘拨打电话成功就说明语音蓝牙连接成功。
6.手表如果来电，QQ微信没有通知提醒，需要手机设置--通知设置，打开对应的应用将通知应用打开，才能接收到信息通知。

手表操作说明：

1.电源键：短按可进行返回，唤醒/熄灭屏幕以及长按可以用于开关机。

2.时钟界面：左右滑动卡片功能或快捷组件，上下滑动直接进入智能堆栈或消息通知。



手表功能介绍

待机界面	进入待机界面
拨号盘	连接手机蓝牙拨出，可以在手表端实现通话
联系人	手环与APP成功连接后，可以在APP中添加联系人，联系人添加成功后手环电话本会同步显示，手环点击电话本中的联系人可以拨打电话（备注：手环需要连接手机蓝牙）
通话记录	可显示手环端通话记录，点击电话号码可拨号
信息	可显示消息推送内容，如：QQ、微信等（ios12以上系统会默认屏蔽短信提醒）
运动	进入运动模式（跑步、跳绳、骑行、爬山）选择界面，再次点击启动对应运动模式数据监测：运动时间、距离，消耗卡路里和心率数据
运动记录	记录所有运动数据
计步器	统计您当天的计步数据，凌晨00：00时清除数据，可在应用程序查看
睡眠监测	开启睡眠检测能在睡觉时监测睡眠质量
久坐提醒	设置久坐时间，到时间时手环会有振动提醒，并界面有提示标显示
心率	将手表贴紧手腕，最佳佩戴位置在手腕骨靠手臂上方，可测出实时的心率值，一般人正常值为60-100次/分

手表功能介绍

血压	将手表贴紧手腕，最佳佩戴位置在手腕骨靠手臂上方，可测出实时的血压值，成人舒张压：60~80（mmHg）成人收缩压：100~120（mmHg）
血氧监测	将手表贴紧手腕，最佳佩戴位置在手腕骨靠手臂上方，可测出实时的血氧值，数值正常范围一般在95%到100%
蓝牙拍照	手机不锁屏状态下，在打开应用程序界面的状态下，手表进入蓝牙拍照，手机会自动弹出拍照界面，摇晃手表拍照，手机会拍照并将照片存储到手机端：或打开应用程序，进入遥控自拍，手机会弹出拍照界面，再晃动手表也会进行拍照
蓝牙音乐	可控制播放手机中的音乐
查找手机	手表和手机连接时，点击手表端找手机，长按放大镜图标，手机铃声会响起
天气	显示当前天气温度度数
秒表	开始秒表计时和结束计时
闹钟	可以APP端设置自定义闹钟，到点手表会震动提醒
设置	可以设置开启或者关闭震动以及调节音量

手表功能介绍

风格	可以设置更换UI风格
关于	显示本设备的MAC地址，蓝牙名称，及版本号
亮度	可设置亮度大小和背光关闭时间
二维码	手机应用程序下载的二维码
复位	让您的设备重置并清除数据，如计步睡眠等
息屏时钟	打开息屏时钟后，屏幕弹出熄灭时钟
语言	连接APP后，可在APP端进行语言设置，设置好后语言可以同步至手表；或在手表端进行语言切换，即也会同步至应用程序端
表盘推送	进入APP端表盘功能，可查看我的表盘及本地表盘；也可推送DIY表盘、表盘商城至手表端
灵动岛	在手表点击设置界面打开灵动岛开关，返回表盘界面可查看信息

使用注意事项：

1.洗澡和游泳时不宜佩戴。
2.同步数据时请连接手表。
3.使用自带的充电线充电。
4.不要把手表长时间暴露在水分较高、温度极高或极低的地方。

手表保养：

1.不要划伤传感器，保护它避免受损
2.可用湿布擦拭手表表面，用温和的肥皂水去油污或灰尘
3.请勿将手表暴露在有强烈化学物质的环境中，如汽油，清洁溶剂、丙醇、酒精或驱虫剂，化学物质会损坏手表的密封性和外壳表面4.避免你的手表遭受强烈的撞击、极度高温的暴晒
5.本产品不支持IP68级防水，不支持淋雨、洗手、游泳佩戴，热水淋浴或桑拿等不能佩戴，防不住水蒸气。如因不按指示使用导致手表进水损坏，本公司不作免费保修。

常见问题：

1.无法搜到手表？
答：因为手表的蓝牙广播没有被手机搜索到，请确保手表处于有电和激活状态，且没有被其他手机连接上，将手表靠近手机重新搜索，如果仍然无效，关闭手机蓝牙20秒后重新开启蓝牙再次搜索。
2.蓝牙连接要一直开启吗？关了的话还会不会有数据？
答：没有同步数据前，运动和睡眠数据会保留在手表主机上。当手机和手表蓝牙成功连接时，手表会自动上传数据到手机端，但手表存储的数据有限，大约只能存储一周的蓝牙数据，空间满后会自动覆盖最早的数据来产生最新数据，所以请及时将手表同步到手机上。备注：如果开启了来电、短信提醒功能则需要保持蓝牙处于连接状态，闹钟提醒支持离线
3.手表出现不能充电怎么办？
a.请确认充电架的方向是否正确，充电夹与手表接触是否良好。
b.当手表电量低于3.6V时，会有一段时间的电池预充时间
备注：支持插上充电器后会立马进入充电状态，如果没有显示则需要充3-5分钟就可以进入充电状态
4.手表长期佩带会不会对人体造成伤害？
答：设备辐射远低于美国的FCC标准，基本可以忽略不计，长期佩带不会对人体造成辐射伤害

FCC 警告：

未经负责合规的方明确批准的任何更改或修改都可能使用户操作设备的权力无效。

此设备符合FCC规则的第15部分。操作需满足以下两个条件：
（1） 该设 备可能不会造成有害干扰，并且
（2） 该设备必须接受接收到的任何干扰，包括可能导致不希望的操作的干扰。

重要说明：
注：此设备经过测试，符合FCC规则第15部分规定的B类数字设备的限制要求。
这些限制旨在为住宅安装提供合理保护，防止有害干扰。此设备产生、使用并可能辐射射频能量，如果未按使用说明安装和使用，可能会对无线电通信造成有害干扰。
但是，不能保证在特定安装中不会发生干扰。如果此设备确实对无线电或电视接收造成有害干扰，可以通过以下一种或多种措施来尝试纠正干扰：
- 重新定向或重新定位接收天线。
- 增加设备和接收器之间的距离。
- 将设备连接到与接收器连接的电路不同的插座上。