



Functions	Left ear	Right ear
◀	Click the touch button to reduce the volume	/
▶	/	Click the touch button to increase the volume
▶ II ◀ X	Double-click the touch button to answer/hang up play/pause	
◀	Tap the touch button three times to play the previous song	/
▶	/	Tap the touch button three times to play the next song
Open siri	Tap the Touch button for four times	

Watch Charging & Activation

Align the magnetic charging cable with the metal contact of the charging port until the charging indication appears on the watch screen, and when the watch indicates that the battery is low, please charge it in time.

Mobile Phone Client Download

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



Bluetooth connection device and pairing

(1)Bluetooth connection: In the APP device interface, click on the immediate binding device, click

on the connection, after successful connection in the APP at the same time under the device model can see the Bluetooth successful connection symbol, if the display has been disconnected symbol indicates that the connection is not successful, please re-operation. After successful connection, the data and time will be synchronized automatically.

2) After the first successful connection, the device will be automatically connected after it is turned off and on, disconnected after leaving the signal range and then returned to the vicinity of the host.

3) APP connects the second or third device, please unbind on APP first, and then connect the device.

Instructions and precautions for using Bluetooth headset function

1. Indicators

A. Power on indicator: headset from the bracelet compartment after removal, automatic power on, lights flashing, 1 second flashing once, on the connected or cell phone connection successfully lights out (power-saving practices)

B. Charging indicator: the light is on when charging, the light goes off when full.

2. Headset function

A. Headset and cell phone connection: the headset from the bracelet host bin to take out, there is a boot tone, the light flashes, open the Bluetooth in the phone settings, find the corresponding Bluetooth name and pairing connection, after a successful connection inside the settings to see "connected", that the product is successfully connected.

B. After the first successful connection, remove the headset from the charging compartment again, about 5 seconds will automatically connect.

C. After the headset is successfully connected, if the phone has a manual disconnection, you need to reconnect in the phone Bluetooth settings.

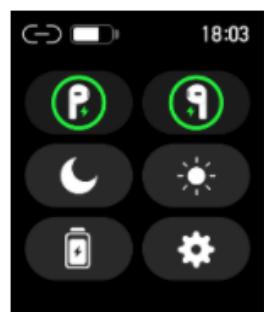
Dial Switching

Press and hold for 2 seconds on the home screen to enter the dial switching interface, slide left and right to switch the dial to be selected, click the selected dial



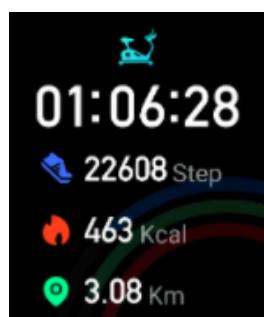
Control Center

Function overview: Do not disturb, wrist flip, flashlight, brightness, settings, find phone, power saving mode, system information. Headset charging alert



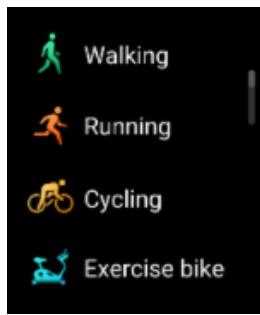
Sports Data

Display the step, distance and calorie data recorded on that day, and set the target step, distance and calorie in APP



Exercise

Exercise mode options: walking, running, cycling, hiking, swimming, yoga, elliptical, basketball, etc. Click the icon to start exercising



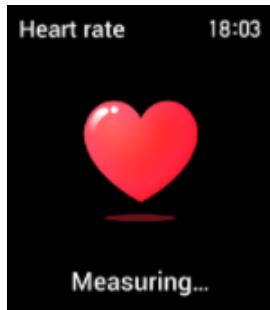
Campaign Record

This interface saves your last 10 exercise history and allows you to view exercise time, heart rate, calories and other data



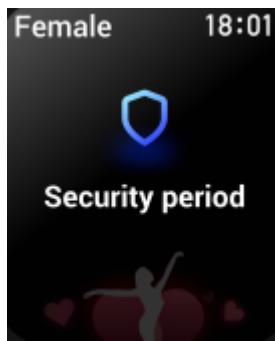
Heart Rate

When you enter the heart rate measurement interface, the green light at the bottom will be on to start measurement, and there will be a vibration reminder when the measurement is completed in about 40 seconds, if it says "watch not worn", you need to put on the watch again



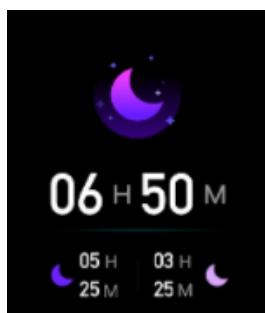
Female Health

Keep the watch connected to the APP, you can open the female health reminder on the App. you can view the female health re -minder information on the watch



Sleep

Display the sleep monitoring status of the day, the data is updated daily, and the data can be synchronized and saved when the APP is connected, and the device will recalculate the data information of the new day



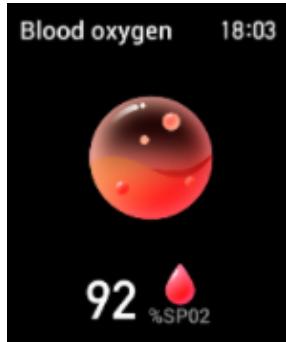
Blood Pressure

When entering the blood pressure measurement interface, the green light at the bottom lights up to start the measurement. A vibration reminds you when the measurement is completed in 30~60 seconds. The measurement is based on PPG technology



Blood Oxygen

When entering the blood oxygen measurement interface, the green light at the bottom lights up to start the measurement. A vibration reminds you when the measurement is completed in 30~60 seconds. The measurement is based on PPG technology



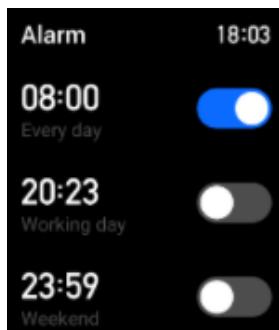
Weather

After the watch is connected to the App, this weather interface will show the real-time weather temperature and weather type



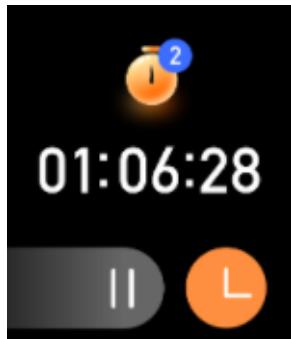
Clock

After the watch and APP are connected, you can set a single alarm, a cyclic alarm, and up to 5 alarms



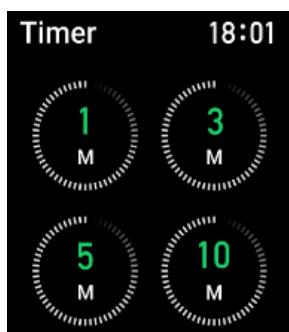
Stopwatch

Click the Start button to start the timer, click the Pause button to pause the timer, and click the Reset button to reset the timer to zero. Up to 10 pieces of data can be saved



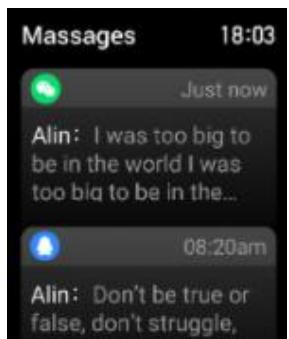
Timer

In the timer function, the system has preset the common time duration, users can click the corresponding time duration to quickly time, or click the custom button to set the time. Click the Start button to start the timer, click the Pause button to pause the timer, and click the Reset button to reset the timer to zero.



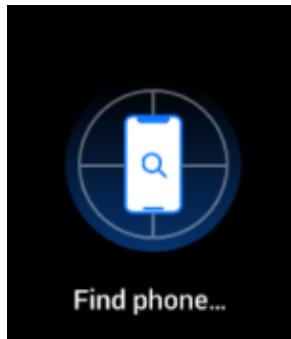
Message

After the watch is connected to the APP, the watch can receive the corresponding message push by opening the relevant information in the APP, and up to 15 recent messages can be saved.



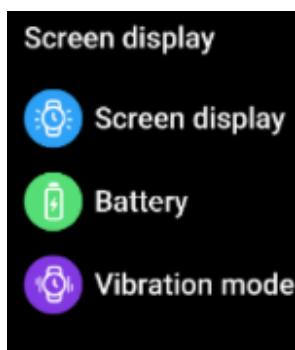
Find a Phone

After the watch is connected to the APP, click Find Phone, the phone will ring and the watch will show the success.



Setting

The settings function includes screen display (switch dial, brightness adjustment, brightness adjustment, wrist flip brightness), language, vibration intensity, menu style, battery, QR code, system



Alipay

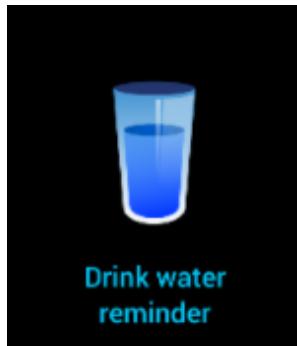
After binding successfully, double click on the main screen to display the Alipay payment code, or unbind.

Note: This function can only be accessed in English and Chinese languages.



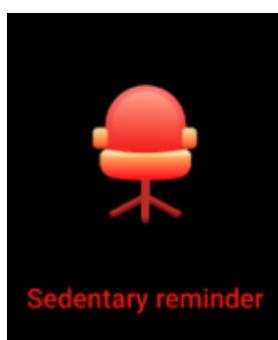
Water Reminder

Can be turned on in the App [Device>Drink Reminder], after turning on, you can set the start and end time, reminder interval



Sedentary Reminder

Can be opened in APP [Device>Sedentary Reminder], after opening, you can set the start and end time, do not disturb time



Frequently Asked Questions

Inaccurate Sleep data

- 1, sleep monitoring is to simulate the natural sleep and wake up time state, need to wear normally
- 2, sleep too late or sleep only when wearing, there may be errors
- 3, Sleep data is not monitored during the day, the default sleep monitoring for 9:30 pm to 12:00 noon the next day

For more FAQ, please check the App[My>FAQ].

The watch can not be turned on

Please press and hold the power button for more than 3 seconds or the battery power may be too low, please charge it in time

Bluetooth is not connected or cannot be connected

- 1、Please try to restart the watch and reconnect
- 2、Please try to connect again after restarting the Bluetooth of your phone
- 3、Do not connect other Bluetooth devices at the same time

Inaccurate measurement of heart rate / blood pressure / blood oxygen/cardiogram

- 1、Usually caused by poor contact between the sensor of the watch and the body when measuring
- 2、Please pay attention to the full contact between the sensor and the wrist when measuring
- 3、For people with darker skin tone and more arm hair, please turn on the App [Device>Strengthen Measurement] to strengthen the measurement

FCC Statement

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.

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.

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