

[GUIDER 800Z Product Description Manual]

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一、 product presentation

This watch is a healthy and smart watch that integrates exercise data collection, PPG pulse rate, physiological sleep monitoring, ECG ECG measurement, and blood oxygen monitoring. Users can monitor the body state, adjust the work and rest, and cultivate a healthy lifestyle. The watch can be matched with our client App "800Z", personalized Settings, synchronous data. In addition, the watch also has information push, alarm clock reminder and other functions. Is a small size and function of the strong fashion smart watch.

- **Hardbody setting**

- M CU : G R 5515;
- FLASH : 128M ;
- Touch mode: full touch control

- **Functional list**

function	explain
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Call rejection, silent	Connect Bluetooth, can reject, mute
stopwatch	Open the code meter on the watch for timing
calculagraph	On the watch operation to open the countdown for timing
Find the phone	Viate the phone by operating the watch
Multi-movement mode	Ten movement modes are selected to make the movement data more accurate. Monitor all the data immediately
Step counting, mileage, calories	Instant step, mileage, calories, check at any time, data zero zero
sleep	Show sleep data, improve user sleep quality, and provide detailed and more scientific sleep reports
Heart rate (PPG)	Measure your heart rate at any time, which is easy to operate

blood oxygen	Support for immediate measurement and continuous monitoring of blood oxygen at night
ECG electrocardio	Support the ECG measurement, and the mobile phone measurement can display the instant waveform and save the report
HRV	Follow the continuous night blood oxygen monitoring function
respiratory training	Help users to take deep breaths to relieve pressure
The alarm clock to remind	Set the labeled alarm clock, to the point time reminder
Brief message / other application message reminders	Support mobile phone information broadcast
Bluetooth disconnection	Bluetooth disconnect, instant

reminder	reminder
Heart rate alarm alert	Mobile phone set the heart rate upper limit, watch instant reminder
Sedentary reminder	Mobile phone set up sedentary time, to the point to remind
Reminder of movement goals achieved	The phone sets motion goals, goals achieved, and the watch vibrates and displays goals achieved
Binding equipment	Mobile phone and watch binding, synchronous upload information
Wear the test	Check whether the wearing is correct, and detect the accurate measurement data
Turn the wrist bright screen	Set the turn wrist bright screen switch, can set the sensitivity, the experience effect is better
Brightness setting, lock screen duration	Adjust the appropriate brightness, set the lock screen time, the visual

	and experience effect is better
Main interface style setting	A variety of main interface styles for users to choose from
Disturbance mode	Open the no-disturb mode, the device will not remind the user of functional vibration
take a picture	Hand ring control the phone to take photos, photos are automatically saved
Female function	According to user Settings, intelligently push health suggestions to protect women's physical health
switching system	Can set "blood oxygen night monitoring" "automatic heart rate monitoring" "disconnection reminder" "scientific" sleep switch

● Support language

	Support language
wrist strap	Traditional Chinese, English, simplified Chinese. Another customized language
App	Chinese, Traditional Chinese, English, Japanese, Korean, German, Russian, Spanish, Italian, French, Vietnamese, Portuguese, Turkish, Czech, Polish, Persian in 16 languages
Message push	Chinese, Japanese, Korean, Latin, Cyrerel; Latin includes: (English, French, Spanish, Portuguese, German, Dutch, Vietnamese, Northern Europe, Central Europe, Southern European Italian, Southeast Asia, Africa); Sirel includes: (Russian, Eastern Europe, Asia), can cover 150 countries

二、 usage method

1 basic operation

Power on: off, press the side key for 3 seconds, the watch vibrate and display the "main interface" of the watch. See Figure 2-1-1.

Key operation: slide left and right to switch the watch interface, slide right to return to the upper interface. If there is a subinterface, click the diagram to enter.

Function selection interface: the user switches to the function interface and selects the function required to operate. Continuous point, click the side key to switch to the function selection interface.

See Figure 2-1-2 and Figure 2-1-3.

Bright screen: in the dark screen state, you can press the side button to bright screen or turn your wrist bright screen.

Shutdown: long press the side button for 3 seconds, the watch into the "shutdown inquiry" interface, click "shutdown" the watch to vibrate and shut down.



graph 2-1-1



graph 2-1-2



graph 2-1-3

2 factory data reset

Users can clear the watch data and restore the watch factory Settings.

● operation declaration

- →→→ App terminal: turn on "800Z", "Connect device", "My Device" and "Data:" Clear ". After operation, the watch will clear all data and set all function switches to the preset value.
- →→→ Device side: click the side key to return to the "Main interface" press the side key to enter the "functional interface" again click "Settings" (as shown in Figure 2-1-4) click "System Settings" (as shown in Figure 2-1-5) click "Clear information" (as shown in Figure 2-1-6).



graph 2-1-4



graph 2-1-5



graph 2-1-6

3 charge

When the power is too low, the watch vibrates to display the "low power" interface (Figure 2-1-7). After the shutdown, the charging is automatically turned on. During the charging process, the "charging animation" is displayed (as shown in Figure 2-1-8), and the interface surface cannot be switched over.



graph 2-1-7



graph 2-1-8

4 F/W update

If the watch device indicates an F / W update, the user only needs to connect the device to the App to upgrade the F / W.

5 Equipment information

This device information can be viewed on the device.

● operation declaration

→Click the screen to slide the screen (press the side key again to enter) click "System Settings" to view the device information.→→

三、 Product function introduction and operation instructions

1 Timed function

1.1 stopwatch

"stopwatch" interface display time, minutes, seconds, "Start / pause" and "Reset" diagram (Figure 3-1-1).



graph 3-1-1

● operation declaration

→→→ Click the side key, click again, click the side key to select "code table", click "Start" to keep time, and click again to pause.

You can also click the "Continue" graphic to retime.

.21 Timer

"Timer list" interface display "preset" and "custom" timing time (figure 3-1-2), click the "default" timing automatically start timing, click "custom" timing after entering the "timer setting" (figure 3-1-3) interface, after setting the time click "start" start timing, click again can pause, pause after click "reset" can reset the time. The "Timing" interface display time, minutes, seconds, "Start / pause" and "Reset" diagram show (Figure 3-1-4).



graph 3-1-2



graph 3-1-3



graph 3-1-4

● operation declaration

→→→Click the side key, click again, click the side key click "timer" set time for countdown.

.21 Looking for a mobile phone

When the phone App is connected to the device, users can find the phone through the "Find the phone" function. After clicking "Find the phone", the device enters the search countdown stage (Figure 3-1-5), click "Cancel" or swipe right to stop searching. After the countdown completes, the "ringing" interface (Figure 3-1-6), and the phone vibrates and rings the bell.



graph 3-1-5



graph 3-1-6

● operation declaration

→→→Click the side button, click again, click the side button to select "Find the phone" and "Let the phone ring soon.". The phone vibrates and rings the bell and slides to the right to exit the search.→

2 Health-related functions

2.1 Multi-sport mode

Sports modes include 10 kinds of outdoor running, indoor running, outdoor walking, indoor walking, indoor cycling, indoor cycling, hiking, stepping machine, elliptical machine and rowing machine, as shown in Figure 3-2-1. The above exercise mode can record the user's heart rate, calories, and exercise time, midway can "pause / continue" or "exit".



graph 3-2-1

● Automatic exit

During the exercise, the bracelet will automatically judge whether the user is in the current exercise state. If the bracelet determines that it currently meets the exercise exit conditions, it will automatically exit the exercise mode.

- **Data storage**

The watch only keeps the last 3 sports data.

- **operation declaration**

- →→→ Enter: Click the side button and press the side button again to enter "Movement" (see Figure 3-2-2), slide and select "Movement mode" (see Figure 3-2-1).
- Pause / Continue: Enter the Movement interface (Figure 3-2-3), slide left and click "ause / Continue" to pause / continue (Figure 3-2-4).
- Exit: Enter the "movement" interface, slide to the left, click "End" to exit the movement, and display the movement data (Figure 3-2-5).



graph 3-2-2



graph 3-2-4



graph 3-2-3



graph 3-2-5

.22 Step counting, distance, calories

The "step" interface shows the total steps, distances and calories (Figure 3-2-6). Daily 0:00 clear, users can connect to the App to upload all data.

● operation declaration

→Click the side key to slide right to enter "step" (or press the side key again to enter "step").



graph 3-2-6

.32 Sleep

The "sleep" interface shows the total and deep duration of sleep (Figure 3-2-7). The App end displays detailed sleep data, including sleep quality, sleep duration, wake duration, sleep duration, wake duration, deep sleep duration, shallow sleep duration, and deep sleep duration (Figure 3-2-8)

● operation declaration

- → Device side: Click the side key to slide right to "Sleep" (or press the side key again to "Sleep").
- → App terminal: Open the App, connect the device, click "data panel" and click "Sleep".→



graph 3-2-7



graph 3-2-8

.42. Heart rate (PPG pulse rate)

The Heart Rate interface shows the user's last manual measurement record, the highest and lowest automatic monitoring values, and the 24-hour heart rate scatter chart (Figure 3-2-9).



graph 3-2-9

● operation declaration

→ Click the side key to slide right to enter the "heart rate" (or press the side key again, click the "heart rate")

➤ Heart rate (PPG pulse rate) monitoring: turn on the "automatic heart rate monitoring" in the watch or the App setting, and the watch detects it every 10 minutes. The device side data is cleared at 0 o'clock on the same day, and users can connect to the App to upload all the data.

➤ On / off:

Equipment side: see the following "Health and monitoring" introduction;

→→ App terminal: open "800Z" connected device click "My device" click "Switch" set "click" Heart rate automatic monitoring "switch→→

➤ Abnormal heart rate (PPG pulse rate): When the device end automatically monitors that the user's heart rate is abnormal, it shows that the "heart rate is abnormal" (see Figure 3-2-11). The App end can set the "heart rate alarm" switch and the alarm threshold, and the device end can only set the "heart rate alarm" switch.



graph 3-2-11

Equipment side: see the following "Health and monitoring" introduction;

→→App terminal: open the "800Z" connected device click "My device" click "Heart rate Alert" to set the value click "Save, Save" (Figure 3-2-12).→→



graph 3-2-12

.52 Blood oxygen

After entering the "blood oxygen" interface, the detection automatically begins, and the blood oxygen level is displayed during the process (Figure 3-2-13). If the detection fails, the "detection failure" interface is displayed (Figure 3-2-14).



graph 3-2-13



graph 3-2-14

● data display

- Device end: the interface displays the instant detection results.
- App end: blood oxygen and apnea data and distribution.

● operation declaration

➤ **Manual detection:**

→→ App terminal: open the "800Z" connection device, click the "data panel", click the "more operations", click the "Blood oxygen";→→

→ Device side: click side key, click again, click side key click "blood oxygen".

➤ **Automatic monitoring:** turn on the "blood oxygen night monitoring" in the watch or App. The device side data is cleared at 0 o'clock on the same day, and users can connect to the App to upload all the data.

➤ **On / off the "blood oxygen night monitoring":**

Equipment side: see the "Health and Monitoring" introduction below.

→→→→App terminal: open the "800Z" connected device, click "My device", click "switch Settings", click "Blood oxygen night monitoring" switch

2.6ECG

After entering the "ECG" interface, click "Start" to enter the countdown time before detection. After touching the wrist and finger electrode within 3s, show the progress during detection (Figure 3-2-17), and display the results after completion (Figure 3-2-18). If the test fails or is not worn correctly, the device is displayed (Figure 3-2-19).



graph 3-2-17



graph 3-2-18



graph 3-2-19

● data display

- Device end: the interface shows the last test result and test time (Figure 3-2-20).



graph 3-2-20

- **operation declaration**

- **Manual detection:**

→→ App terminal: open the "800Z" connection device, click "data panel", click "more operations", click "ECG";→→
→→Device side: click side key, click again, click side key click "ECG" click "Start" wear detection to start measurement.→

urgent ECG



→→→Device end: long press the side button for 3 seconds, the watch screen appears in emergency ECG mode, click "Emergency ECG", click "Start", wear detection to start measurement. Save the data to the APP.

.72 Respiratory training

Users can turn on the "breathing training" on the device end (Figure 3-2-21).

- **operation declaration**

→→Click the side key, click again, click the side key and click "breathing training" to select the training time and click "Start" (see Figure 3-2-22).



graph 3-2-21



graph 3-2-22

3 Remind function

.13 Alarm clock reminder

In the App terminal connected device state, the user can set the alarm clock on the App end (up to 20 sets of alarm clocks). Open the unexpired alarm clock at the device end (Figure 3-3-2).



graph 3-3-2

- **operation declaration**

- **Set alarm clock:**

→→Open the "800Z" connected device, click "My device", click "Alarm clock setting", click "+" diagram to set up.→→

➤ **Turn off / delete the alarm clock:**

→→→Open the "800Z" connection device and click "My device" and click "Alarm clock Set", left-swipe the alarm clock (or click the alarm clock and click "Remove the alarm clock").

.23 Messages (newsletters, phone calls, other applications) reminders

When the device is connected to the mobile App, the device will receive SMS, call and application messages (including wechat, QQ, Twitter, Facebook, Instagram and other common applications). Users can set the message types to be reminded in the "message setting" (device end) / "Information reminder" (App end) (Figure 3-3-4)



graph 3-3-4

● operation declaration

→→Click the side key, click again, click "Set", click "Message Set"

.33. Bluetooth Disconnect reminder

Users can set a Bluetooth "disconnection reminder" on the device side or the App side. On the device master interface, slide down to view the Bluetooth connection status. When Bluetooth is disconnected, the watch vibrates and displays "Bluetooth off" (Figure 3-3-5).



graph 3-3-5

● operation declaration

- Equipment side: see "Switch Settings" below.
- →→App terminal: open the "800Z" connected device click "My device" click "switch setting" click "Bluetooth interrupt reminder" switch.→→

.43 Sedentary reminder

Users can set "sedentary reminders" on the device or the App side. The device end only supports the "sedentary reminder" switch, and the

App end can set the reminder period and reminder interval (Figure 3-3-6). When the device detects that the user moves small during the reminder interval, it will vibrate and display the "sedentary reminder" (Figure 3-3-7).



graph 3-3-6



graph 3-3-7

● operation declaration

- Equipment side: see "Switch Settings" below.
- →→→→App terminal: open "800Z" connected device click "My device" click "Sedentary reminder" Set "Start time" "End time" "How long reminder" click "Save".

.53. Reminder of movement goals achieved

The motion target can be set in the App. When achieved, the watch vibrates and displays the "goal reached" (Figure 3-3-9).



graph 3-3-9

- **operation declaration**

→→→Open "800Z" connection device click "My" click "movement target" set value click "Save".→

4 Conventional function

.14 Binding equipment

Users can turn on the "binding device" on the App side. When turned on, users can upload and synchronize the data to the App terminal. If the user logs in without an account on the App terminal, the data will be kept in the device locally. If the user logs in with the account, the data will be uploaded to the App.

- **operation declaration**

→→→Open the "800Z" connection device and click "My device" and click "bound device".

.24 Wear the test

When the user tests the heart rate, ECG, etc., the device will detect whether the device is worn correctly. Testing can be performed correctly and the results will be displayed if worn correctly, or if not worn correctly with "test failure" (Figure 3-4-2).



graph 3-4-2

.34 Turn the wrist bright screen

Users can set "wrist display" on the device and App. Only the "wrist display" switch can be set on the device end, and the App end can include identification time period and identification sensitivity.

- **operation declaration**

- Equipment side: see "Switch Settings" below.
- →→→→App terminal: open "800Z" connected device click "My device" click "wrist lifting display" set "Start time" "End time" "wrist lifting sensitivity" click "Store".→

.44 Bright screen length, screen brightness

You can set "screen pass time" on the device and the App end or adjust "screen brightness" on the device end (Figure 3-4-4).

● operation declaration

1) brightness control:

→→→Click the side key to slide click again click "Settings" click "screen and display" to adjust the "screen brightness".

2) Bright screen length:

- →→→ Device side: click side key, click again, click side key click "Settings" click "Screen and Display" to adjust "screen overdue".
- →→App terminal: Open the "800Z" connected device, click "My device", click "Screen Duration".→



graph 3-4-4

.54. Dial setting

Users can perform "dial setting" on the App side.

- **operation declaration**

→→Open the "800Z" connection device, click "My device" and click "Dial Settings". →

.64 Health and monitoring

Users can set up the basic health functions at the device end (Figure 3-4-6).

- **operation declaration**

→→→Click the side button, click again, click "Set" and click "Health and Monitoring".



graph 3-4-6

.74 Language system setting

Users can set the device language on the device side (Figure 3-4-7).

● operation declaration

→→Click the side key, click again, click the side key, click "Settings",

click "Language System Set". →



graph 3-4-7

.84 Silent mode

If the mute mode is turned on, the device will not remind the user of the vibration (Figure 3-4-8).

● operation declaration

→→→ Click the side button "Main interface" to slide down and click "Silent mode" to select whether to open "silent mode".



graph 3-4-8

5 Other functions

.15 Take photos

When the device is connected to the App, the "photo" function can be activated in the App and controlled by clicking on the device screen (Figure 3-5-1).

● operation declaration

→→→→ Android: Open the "800Z" connection device click "My device" App terminal click "photo" / device terminal click "photo" device terminal display "photo" click device screen for control;

→→→→iOS: Open the "800Z" connection device click "My device" App terminal click "photo" device terminal display "photo" click the device screen for control.



graph 3-5-1

.25 Female function

This feature is mainly intended for female users. If the user sex is set to male, the App Data panel does not display the module. When the device is connected to the App, the female user can set a personal physiological state in the App. The App predicts and reminds the user status through the user data. The personal information status of the "female" function includes "menstrual menstruation", "preparation for pregnancy", "pregnancy" and "pregnancy".

● operation declaration

- Only remember the menstrual period: users choose "only remember" menstrual period, to fill in the personal menstrual length, interval length, and the last menstrual time. According to the information provided by the user, the equipment predicts the current situation and the interface shows the words "safe period" and "XX days before the next menstruation".

Method: open the "800Z" connection device "data panel" click "female" click "pencil" in the upper right corner click "remember only menstrual period" to fill in the information (the last menstrual time can be intelligently predicted) click "Save".

- Pregnancy preparation: When female users choose "pregnancy preparation", they need to fill in their own menstrual length, menstrual interval length of the last menstrual interval time. The equipment predicts the current situation of the user and the interface shows the words "pregnancy probability X% ovulation period" and "pregnancy probability X% safe period" (see Figure 3-5-5).

→→→→Method: open the "800Z" connection device click "data panel" click "female" click "pencil" in the upper right corner click "Prepare for pregnancy" to fill in the data click "Save".→→→



graph 3-5-5

- Pregnancy: female users choose "pregnancy", need to fill in their due date, the last menstrual time. According to the information provided by the user, the device predicts the user's current situation and the interface shows the words "XX days from the birth of the child".

Method: open the "800Z" connection device click "Data Panel" click "Women" click "pencil" in the upper right corner click "Pregnancy" to fill in the information click "Save".

- Bao Ma period: female users choose the "Bao Ma period" stage, where users fill in their baby's gender, date of birth and personal menstrual length, length of menstrual interval, and last period time.

The equipment predicts the user's current situation and interface to display the words "ovulation period X days", "safety period" and so on.

→→→→Method: open "800Z" connection device click "data panel" click "female click" female "click" pencil "in the upper right corner click" Bao Ma period "fill in the data click" store ".→→→

- **Bracelet notice**

Open the "800Z" connection device, click "Data panel", click "Women" to set the "bracelet notification" switch.

.35 Reset the password

Users can set this feature on the App side. The user enters the old password, the new password, click to save, the initial password is 0000.

When connecting the device again, the user enters the new password to connect the device.

- **operation declaration**

→→→→Open "800Z" connected device click "My device" click
"Reset Password" enter "Old password" "New password" New
password "click" Reset Password"→

.45 Switch Settings

The device end can set up the "broken line reminder", "lift wrist display" and "sedentary reminder" switch (Figure 3-5-14).

● operation declaration

→→→Click the side key, click again, click the side key click "Settings" click "Switch Set".



graph 3-5-14

四、 App

iOS: Please download the 800Z on the App Store public market

Android: Please download the 800Z from the Google Play open market

FCC Caution:

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.

FCC ID: 2AEAZ-800Z