

## Operating Instructions



Please read the instructions carefully  
and keep it safe.

**Contents (V1.0)**

English Version	-----01-05
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### I. Appearance Instructions



① Watch case ② Power button ③ Touch display  
④ Watch strap ⑤ Sensor ⑥ Charging contact ⑦ Cable

### II. Download and Install APP and Match

1. Long press the power button to power on; please make sure that the battery is full for the first time. If the battery is low, it cannot be powered on normally.

2. Use the mobile phone to scan the QR code on the right to download and install the APP;

Or search for "QWatch Pro" in Apple Store/Android App Market to download and install.



Compatible systems: Android 4.4 and above, Bluetooth 4.0 mobile phone; iPhone iOS 9.0 and above

When installing APP, please pass all permissions, otherwise it will not work normally.


3. Turn on the mobile APP, make sure Bluetooth and GPS are turned on, click "Device Management" - "Binding Management", and search for the device to be bound.











\*When matching, please confirm that it is consistent with the Bluetooth MAC address displayed on the wristband.

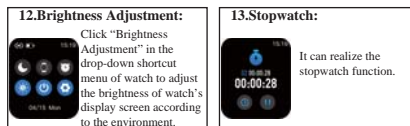
### III. Operational Instructions

1. Power on: long press the power button for 3 seconds to power on, and then enter the time interface
2. Power off: In the time interface state, long press the power button for 3 seconds to enter the power-off interface, and then long press the power button or the screen to confirm the power-off.
3. Brighten screen: Press the power button to brighten screen, or rotate wrist in the APP settings, so that the wrist is rotated to brighten screen.

### IV. Main Functions Instructions

 <p><b>1.Time Interface:</b> 1 custom dial (select your favorite picture as the background in the "custom interface" on the APP) +1 fixed dials + 2APP push dials (select your favorite dial in the "Dial Market" on the APP for replacement). Long press on the dial interface to switch the dial.* Under strong light, please select the appropriate dial and screen brightness.</p>	 <p><b>2. Language Settings:</b> After the watch is connected to the mobile phone APP, it will automatically synchronize the mobile phone language. If necessary, it can also set the language on the watch, and currently, it supports 20 languages;</p>
 <p><b>3.Step-counting:</b> Record the number of steps, sports mileage and heat consumed on the day, and synchronize the data with app;</p>	 <p><b>4. Sleep:</b> Automatically detect sleep time and status from 10:00 pm to 8:00 am, and synchronize data with app. It can detect data only by wearing a wristband to sleep;</p>

<p><b>5.Heart Rate Measurement:</b></p>  <p>Click the wristband heart rate interface to "Start Measuring"; Measure the heart rate all day; Turn on "Heart Rate Timing Measurement" in APP "Device Management";</p>	<p><b>6.Sports:</b>After Bluetooth successfully connects with the mobile phone App, the data will be synchronized to the APP; Click "Start Measuring" on the sports interface to select the sports mode you need, and enter the sports mode interface, the sports data will be displayed: mileage/consumption/heart rate, and swipe the screen to the right to exit the sports mode.</p> 
<p><b>7.Blood Oxygen Measurement:</b></p>  <p>Enter the blood oxygen measurement interface, please keep your body relaxed during the measurement, and the blood oxygen saturation will be displayed after 30 seconds;</p>	<p><b>9.Remote Control Photographing:</b></p>  <p>Android: The system turns on the mobile phone APP, and the watch enters the remote control photographing function and clicks "Start Photographing" to complete the photographing; IOS: enter the "Photographing Control" on the watch, turn on the camera on the mobile phone, and click "Start Photographing" to complete the photographing.</p>
<p><b>8.Female Physiological Cycle:</b></p>  <p>For female users, each stage of their physiological cycle will be recorded;</p>	
<p><b>10.Control:</b></p>  <p>Keep the connection between the watch and the mobile phone APP, enter the watch music menu, and click Play to successfully play the music in the mobile phone; Click  to pause or resume, click  to play the previous song, click  to play the next song)</p>	
	<p><b>11. Do Not Disturb Mode:</b></p>  <p>Click "Do Not Disturb Mode" in the drop-down shortcut menu of watch, and it will not receive any vibration reminder from mobile phone.</p>



**14. Reminder Settings:** Turn on the App, set "Alarm Clock Reminder", "Drinking Water Reminder", Excessive Sitting Reminder, Message Reminder, Call Reminder and Social Software Reminder (QQ, WeChat, Twitter, Facebook, Whatsapp, etc.) in the interface of "Device Management"-"Reminder Settings".

**15. Factory Data Reset:** Factory data can be reset in the settings menu of watch.

**16. Breathing training:** users adjust their breathing state according to the selected rhythm.

#### V. Precautions

1. Connecting Bluetooth:

1.1 Please ensure that Bluetooth and GPS of mobile phone are turned on and watch is turned on;

1.2 When searching for Bluetooth, please ensure that the watch has not been bound by other accounts;

1.3 When searching for Bluetooth, try to keep the watch and mobile phone within a closer distance.

2. If other software such as mobile manager is installed in the user's mobile phone, in order to ensure the normal operation of background APP, please turn on the push notification and allow the background operation permission on the mobile phone, otherwise the notification cannot be pushed.

3. Charging requirements: use the charger with the specification of 5V 0.5-1A for charging. Please use a dedicated charging line for

charging. After charging, unplug the data cable from the charger to avoid short-circuit hazard caused by adsorption on metal. If you don't use it for a long time, please turn it off and recharge it once every month.

**Appendix**  
**Basic parameter**

Master control chip	RTL8762CK
Data transmission	BLE 5.1
Battery type	Polymer lithium battery
Battery capacity	200mAh
Charging voltage	5.0V
Working temperature	-5~45
Waterproof	Daily waterproof

**Warning:**  
**The data is for reference only**  
**and cannot be used as medical data.**  
**If you need more help,**  
**please contact a professional doctor.**

## 说明书





I.外观说明



II. 下载安装APP并进行匹配

1. 长按电源键开机，第一次使用时，请确保电池是满的。  
如果电池电量不足，将不能正常通电。  
2.用手机扫描右边的QR码，下载并安装APP  
或在Apple Store/Android App Market  
搜索“QWatch Pro”下载。



兼容系统 安卓4.4及以上版本，  
蓝牙4.0手机  
手机；iphone IOS 9.0及以上系统

安装APP时，请通过所有权限，  
否则将无法正常使用。

3. 打开手机APP，确保蓝牙和GPS已打开，点击“设备管理”。  
开启，点击“设备管理”-“绑定管理”，并搜索要绑定的设备。  
\*匹配时，请确认其与手表上显示的蓝牙MAC地址一致。

III. 操作说明

- 1. 开机：长按电源键3秒开机。然后进入时间界面
- 2. 关机：在时间界面状态下，长按电源键3秒，进入关机界面，然后长按电源键或屏幕确认关机。
- 3.亮屏：按电源键亮屏，或在APP设置中旋转手腕，使手腕旋转来亮屏。

IV. 主要功能说明

<div></div> <div><p><b>1.时间界面:</b></p><p>1 APP自定义表盘（选择你喜欢的壁纸作为背景）+1 固定表盘+2在APP上的“表盘市场”中选择您最喜欢的表盘替换），并请选择合适的表盘和屏幕亮度</p></div>	<div></div> <div><p><b>2.语言设置</b></p><p>当手表连接到手机APP后，它将自动同步手机语言。如果有必要，它还可以设置手表上的语言。目前，它支持20种语言。</p></div>
<div></div> <div><p><b>3.计步:</b></p><p>记录步数、运动里程消耗的热量，并与App同步数据。</p></div>	<div></div> <div><p><b>4.睡眠:</b></p><p>自动监测从晚上10:00到早上8:00睡眠时间和状态，并将数据与APP同步，需通过佩戴手表入睡监测数据；</p></div>



**5.心率测量:**

开启在APP“设备管理”的“心率实时测量”,并点击手表心率界面的“开始测量”;进行全天测量心率。



**7.血氧测量:**

进入血氧测量界面,请保持身体在放松的状态下进行,测量时,请保持身体放松,血氧饱和度将在30秒后显示。



**8.女性生理周期:**

对于女性用户,她们每个阶段的生理周期将被记录下来。



**10.控制:**

保持手表与手机APP的连接,进入手表音乐菜单,点击播放,即可成功播放手机中的音乐;点击暂停或播放,点击播放上一首,点击播放下一首)



**6.运动:**

在蓝牙成功联网后,数据将被同步到APP上;点击“开始测量”,同时在运动界面,选择您需要的运动模式,并进入,运动数据,里程数/消耗量/心率将被显示出来,向右滑动屏幕可退出运动模式。



**9.远程控制拍摄:**

安卓系统:打开手机APP,和手表进入遥控拍摄功能,并点击“开始拍摄”,完成拍摄。

IOS系统:进入手机APP上的“拍摄控制”功能,并点击“开始拍摄”,完成拍摄。

手表上的“拍摄控制”,打开手机上的摄像头,完成拍摄。



**11.免打扰模式:**

点击下拉菜单中的“免打扰模式”,在手表“免打扰模式”。它将不会收到任何的手机震动/提醒

12.亮度调整：



点击“亮度调整”，在下拉快捷菜单中的“亮度调节”来调节显示屏的亮度，以适应环境的变化。

13.秒表



它可以实现秒表功能。

**14.提醒设置：**打开App，在“设备管理”-“提醒设置”界面设置“闹钟提醒”、“饮水提醒”、“短信提醒”、“通话提醒”和“社交软件提醒”（QQ、微信、Facebook、Whatsapp等等）。

**15. 出厂数据重置：**可以在手表的设置菜单中重置出厂数据。

**16.呼吸训练：**用户根据选定的节奏调整自己的呼吸状态。

**V. 预防措施**

- 1. 连接蓝牙。
- 1.1 请确保手机的蓝牙和GPS已打开，手表也已打开。
- 1.2 搜索蓝牙时，请确保手表没有被其他账户绑定。
- 1.3 搜索蓝牙时，尽量使手表和手机保持较近的距离。
- 2.如果用户的手机中安装了其他软件，如手机管理器，为了保证后台APP的正常运行，请打开推送通知并允许后台操作的权限，否则无法推送通知。
- 3.充电要求：使用规格为5V 0.5~1A的充电器进行充电。  
请使用专用充电线进行充电

附录  
基本参数

主控制芯片	RTL8762CK
数据传输	BLE 5.1
电池类型	聚合物锂电池
电池容量	200mAh
充电电压	5.0V
工作温度	-5~45
防水性	日常防水

警告  
这些数据仅用于参考，  
而不能作为医疗数据使用；  
如果你需要更多的帮助，  
请联系专业医生。

# FCC Warning

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.