

操作说明



一、 手环功能说明

1. 按键

1.1 短按： 亮灭屏功能，在二级菜单页面短按直接退回表盘；

1.2 长按： 开机下，在任何界面长按，弹出关机和重启页面；关机下，长按开机。

2.待机表盘界面

2.1 左滑进入快捷功能界面；计步、睡眠、心率、压力、血氧、血压、心电、天气（需要连接 APP 才显示）、生理周期（需要连接 APP 设置）；

2.2 右滑进入消息通知界面；

2.3 下滑进入状态栏显示：蓝牙、电量、日期、星期、勿扰模式、亮度调节、闹钟、找手机、关于；

2.4 上滑进入主菜单功能界面；

2.5 长按待机表盘界面切换表盘。

3.信息

3.1 连接 APP，手环可接收手机消息通知；

4.状态栏

4.1:蓝牙状态，未连接状态显示 ；连接状态状态显示 ；

4.2:电池电量，可查看手环当前电量；

4.3:日期、星期，连接 APP 查看当前日期、星期；

4.4:勿扰模式，点击选择打开 1 小时，手表打开一小时，指的是 60 分钟；如果是晚上，第二个选项显示“打开到明天早上”，点击后将启动勿扰到第二天 7 点。如果是白天，第二个选项显示“打开到晚上”，点击后将启动勿扰到 19 点。

4.5:亮度设置，点击调节屏幕亮度；

4.6:闹钟，点击+添加闹钟，上限 5 个；

4.7:找手机，连接 APP 点击查找手机；

4.8:关于，点击进入查看设备名称、型号、MAC 地址、版本号、固件版本；

5 快捷功能

5.1：计步：计步默认开启，该界面显示手环当前的步数及柱形图，每天凌晨 0 点数据清零；

5.2：睡眠：睡眠监测时间段：晚上 21:00 至次日 09:00，每天 09:00 以后查看手环睡眠数据；

5.3：心率：将手环正确佩戴于（左手/右手）手腕，进入心率测试界面，心率灯亮起开始测量心率（连续心率），退出心率测试界面，心率灯灭；

5.4：压力：将手环正确佩戴于（左手/右手）手腕，进入压力测试界面，查看压力数据（需连接 APP 开启连接测试心率功能）；

5.5：血氧：将手环正确佩戴于（左手/右手）手腕，进入血氧测试界面，点击开始血氧灯亮起开始测量血压值，退出心氧测试界面，灯灭；

5.6：血压：将手环正确佩戴于（左手/右手）手腕，进入血压测试界面，点击开始血压灯亮起开始测量血压值，退出心压测试界面，灯灭；

5.7：心电：将手环正确佩戴于（左手/右手）手腕，进入心电测试界面，点击开始心电灯亮起开始测量心电值，退出心电测试界面，灯灭；

5.8：天气：连接 APP 查看当天天气；

5.9：生理周期：连接 app，设置生理周期数据，可在手表端查看当天气理状况；

6 主菜单

6.1 锻炼

运动（户外跑步，户外健走，登山，户外骑行，羽毛球，乒乓球，篮球，跳绳，瑜伽）

6.2.1 开始运动

选择对应的运动模式，点击进入对应的运动模式，可选择目标设置：热量、时间、无目标；设置完毕后点击开始运动，直接进入对应的运动模式；界面显示运动时长、热量、心率、心率区间等信息；

6.2.2 结束运动

在运动数据界面，右滑屏幕，会跳转到运动暂停界面；

点击  回到运动界面继续运动，点击  结束当前运动；

6.2.3 运动保存条件

当步数大于 99 步或运动时间大于 1 分钟才能保存运动数据；

6.3 锻炼记录

运动保存成功后，点击查看历史运动记录；

6.4 生理周期

连接 app，设置生理周期数据，可在手表端查看当天生理状况；

6.5 消息

连接 app，可查看接收到的消息详情；

6.6 活动记录

产生数据后，点击进入活动记录查看当天计步数据及柱形图，依次上滑动查看今日活动分布、7 天步数柱形图、7 天中高强度柱形图、7 天活动小时数柱形图；

6.7 睡眠

产生睡眠数据后点击查看睡眠波形图，睡眠时长；上滑查看 7 天睡眠柱形图；睡眠监测时间段：晚上 21:00 至次日 09:00，每天 09:00 以后查看手环睡眠数据；

6.8 倒计时

进入倒计时，可选择 1 分钟、3 分钟、5 分钟、10 分钟、15 分钟、30 分钟、1 小时、2 小时、自定义，倒计时完成后提醒并震动；

6.9 心率

将手环正确佩戴于（左手/右手）手腕，进入心率测试界面，心率灯亮起开始测量心率值，退出心率测试界面，心率灯灭；上滑进入心率区间，分为热身（< 120）、燃脂（121-140）、有氧耐力（141-160）、无氧耐力（161-180）、极限（> 180）；

6.10 血压

将手环正确佩戴于（左手/右手）手腕，进入血压测试界面，点击开始血压灯亮起开始测量血压值，退出心压测试界面，灯灭；

6.11 血氧

将手环正确佩戴于（左手/右手）手腕，进入血氧测试界面，点击开始血氧灯亮起开始测量血压值，退出心氧测试界面，灯灭；

6.12 心电

将手环正确佩戴于（左手/右手）手腕，进入心电测试界面，点击开始心电灯亮起开始测量心电值，退出心电测试界面，灯灭；

6.13 遥控拍照

连接 APP 与蓝牙 3.0，可控制手机拍照功能；

6.14 音乐

连接 APP，打开手机音乐播放器，在手环端可控制音乐播放/暂停以及切换歌曲；

6.15 蓝牙通话

点击进入蓝牙通话，手机进入设置搜索蓝牙 3.0，点击 Call Watch 点击配对，连接成功，设备提醒配对成功；

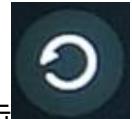
6.16 常用联系人

连接 APP，再连接蓝牙 3.0，APP 里添加联系人，设备拨打电话、来电可点击接听、挂断；

6.17 闹钟

点击+添加闹钟，上限 5 个；

6.18 秒表



点击 开始计时，点击 暂停计时，点击 ，清除计时数据；

6.19 菜单视图

点击进入切换列表风格、智能风格；

6.20 压力

将手环正确佩戴于(左手/右手)手腕，进入压力测试界面，查看压力数据(需连接 APP
开启连接测试心率功能)，上滑查看压力占比，分为放松(1-29)、正常(30-59)、中等
(60-79)、偏高(80-99)；

6.21 天气

连接 APP 查看当天天气，上滑依次查看未来 6 小时天气，未天 7 天天气；

6.22 设置

6.22.1 卡片管理

点击进入卡片管理有：计步、睡眠、心率、压力、血氧、血压、心电、天气、生理
周期，可设置卡片排列顺序，点击添加进入添加卡片管理界面，可删除、添加卡片，保
存后，返回表盘左滑进入快捷功能界面显示设置后的排列顺序；

6.22.2 找手机

连接 APP 点击查找手机；

6.22.3 久坐提醒

点击可打开或关闭久坐提醒；

6.22.4 二维码

点击进入可扫描下载 APP

6.22.5 恢复出厂



点击可进行恢复出厂操作，点击 图标，手环所有数据清除；点击 取消，返回上级菜单

6.22.6 关于

点击进入查看设备名称、型号、MAC 地址、版本号、固件版本；

二、绑定分动圈

1.APP 下载方法

1.1 应用市场搜索下载（或扫描设备上的二维码）

安卓端：

应用宝、谷歌 play 等应用市场搜索分动圈进行下载

IOS 端：

在 APP Store 中搜索分动圈下载

安卓手机：分动圈

安装完成应用图标如图：



苹果手机：分动圈

安装完成应用图标如图：



2 绑定蓝牙

2.1 未连接状态：



手环开机后蓝牙一直处于被搜索状态，打开 APK/APP 后，进入更多-连接设备，点击搜索，选择点击对应的手环设备名称，即可将手环与分动圈绑定成功。



2.2 绑定分动圈，蓝牙状态：

手环时间同步：手环与分动圈绑定成功，可实现手环与手机端时间和时间制式同步。

2.3 数据同步

健康数据：可将手环端健康数据同步至 app 端；进入 app 主页，计步详情、睡眠详情、心率详情、血压详情、血氧详情、压力详情、生理周期详情（APP 个人信息需要选择性别女）可进行查看健康数据；

运动数据：可将手环端产生的运动数据同步至 app 端，进入 app 运动界面可查看每条运动数据的详细数据；

2.4 消息通知

手机系统中对应的通知权限打开，进入 app 中设备-消息通知，开启/关闭对应的第三方应用程序通知开关即可控制手环端消息推送。（推送消息必须是手机通知栏能弹出通知，才可推送对应的消息）

2.5 连续测量心率

开启连续测试心率，手环端每隔 20 分钟自动监测心率；

2.6 心电检测

打开手环端心电检测功能就可实时同步数据；

2.7 微信运动

点击可进行微信运动的绑定；

2.8 拍照

点击拍照，手环端弹出拍照图标，手机打开相机，点击图标即可控制手机拍照；

2.9 勿扰模式

开启勿扰模式后，来电提醒，短消息等其他类型的提醒不震动不亮屏提醒，手动进入消息通知查看，闹钟不受勿扰模式控制；

2.10 常用联系人

添加联系人后，设备可同步 APP 设置的联系人；

2.11 久坐提醒

打开久坐提醒开关，当久坐时间到达时，手环端震动并弹出久坐图标；

2.12 闹钟提醒

点击添加闹钟，设备可同步 APP 设置的闹钟，当闹钟时间到达时，手环端震动并弹出闹钟图标和时间；

2.13 抬手亮屏

开启抬手亮屏，当手环灭屏下抬手会自动亮屏，关闭抬手亮屏后抬手不会亮屏；

2.14 固件升级

可检测手环固件版本是否为最新版本，有新版本时提示更新，可升级至最新版本；

2.15 表盘推送

进入后 app 端的表盘可选择推送至手环；

2.16 单位设置

切换公英制，可切换手环单位；切换温度单位，可切换天气单位；

2.17 解绑

在设备界面点击解绑设备可解除绑定，苹果端还需在手机系统设置-蓝牙里忽略已配对设备才能解除成功。

常见故障排除：

1. 手表无法启动：按下启动按钮 3 秒钟以上。
2. 电池电量过低：使用设备充电器充电。
3. 手表无法正常充电：验证充电触点是否与手表充分接触，并验证您使用的充电器是否正确。当电量过低时，充电一段时间后会显示充电界面。

4. 软件问题可以通过恢复出厂设置来解决。

保修说明:

1. 本产品在正常使用时，如果出现因制造，材料，设计等原因引起的产品质量问题，自购买之日起，主板一年内免费保修，电池，充电器保修半年。
2. 因使用者个人原因造成的故障，不提供免费保修，如下：
 - (1)擅自拆装，改装手表等造成的伤害；
 - (2)在使用过程中不慎跌落而造成的伤害；
 - (3)一切人为损坏或第三者过失，误用（如：主机进水，外力震裂，外围部件的刮痕损坏等），不在保修范围。
3. 在要求提供免费保修时，请必须提供填有购买日期和购买处印章的保修卡。
4. 产品的所有功能都以实物为主。

购买日期:	客户签名:
MAC 码:	店员签名:
购买商店:	商店盖章:

Operating Instructions



(1) Bracelet function description

1. On/Off Button

1.1 Press briefly to turn the screen on and off. Press briefly on

the secondary menu page to directly return to the main dial screen.

1.2 Long press: when initiating, long press on any interface to pop up the shutdown and restart page; if power is off, long press to start.

(2) Standby dial interface

2.1 Slide left to enter the shortcut functions interface, which includes: Step counting, sleep monitoring, heart rate, pressure, blood oxygen, blood pressure, ECG, weather (needs to be connected to the app to display), physiological cycle (needs to be connected to app to be set).

2.2 Slide right to enter the message notification interface.

2.3 Slide onto the status bar to display: Bluetooth, power, date, week, Do Not Disturb mode, brightness adjustment, alarm clock, mobile phone location and About.

2.4 Slide up to enter the main menu function interface.

2.5 Long press the standby dial interface to switch the dial.

(3)Message

3.1 Connect the app. The bracelet will receive mobile phone message notifications.

(4) Status bar

4.1 Bluetooth status: unconnected status displays  ; connected status displays .

4.2 Battery power: allows you to view the current battery level of the bracelet.

4.3 Date and week. Connect the app to view the current date and week.

4.4 Do not disturb mode: click to activate it for 1 hour. The watch will execute Do not disturb mode for 1 hour (60 minutes). If it is in the evening, the second option displays "activate until tomorrow morning". After clicking, it will execute Do not disturb mode until 07:00 h the next day. If it is daytime, the second option displays "activate tonight". After clicking, it will execute Do not disturb mode at 19:00 h.

4.5 Brightness setting: click to adjust the screen brightness.

4.6 Alarm clock: click + add alarm clock, up to 5.

4.7 Locating the mobile phone: connect the app and click to

locate the mobile phone.

4.8 About: click to view the device name, model, MAC address, version number and firmware version.

(5) Shortcut functions

5.1 Step counting: step counting is enabled by default. The interface displays the current number of steps on the column chart of the bracelet. The data is cleared at 0:00 h every day.

5.2 Sleep: sleep is monitored in between 21:00 h and 09:00 h the next day. Sleep data can be checked after 09:00 h every day.

5.3 Heart rate: correctly wear the bracelet on the left or right wrist. You will see the heart rate test interface. The heart rate light will turn on and start measuring the heart rate (continuous heart rate). When you exit the heart rate test interface, the heart rate light will turn off.

5.4 Pressure: correctly wear the bracelet on the left or right wrist. You will see the pressure test interface and the pressure data. Note: You need to connect to the app to open the connection test heart rate function.

5.5 Blood oxygen: correctly wear the bracelet on the left or right wrist. Enter the blood oxygen test interface. Click start and the blood oxygen light will turn on. Start measuring blood

pressure. When you exit the heart oxygen test interface, the light will turn off.

5.6 Blood pressure: correctly wear the bracelet on the left or right wrist. You will see the blood pressure test interface. Click start, and the blood pressure light will turn on. Start measuring blood pressure; when you exit the heart pressure test interface, the light will turn off.

5.7 ECG: correctly wear the bracelet on the left or right wrist. Enter the ECG test interface and click start. The ECG light will turn on and start measuring the ECG value. When you exit the ECG test interface, the light will turn off.

5.8 Weather: connect the app to view the weather forecast.

5.9 Physiological cycle: connect the app, set the physiological cycle data, and view the physiological status of the day on the watch screen.

(6) Main menu

6.1 Exercise sports (outdoor running, outdoor walking, hiking, outdoor cycling, badminton, table tennis, basketball, rope skipping, yoga)

6.2. 1 Start moving - Select the corresponding motion mode, click to enter the corresponding motion mode, and you can select some target settings: heat, time or no target. After

setting, click Start movement to directly enter the corresponding movement mode. The interface displays information such as exercise duration, heat, heart rate and heart rate interval.

6.2. 2 End movement - In the motion data interface, right slide the screen to jump to the motion pause interface. Click  to return to the movement interface to continue the movement, and click  to end the current movement.

6.2. 3 Motion storage conditions - When the number of steps is greater than 99 or the exercise time is greater than 1 minute, the exercise data can be saved.

6.3 Exercise records - After the motion is saved successfully, click to view the motion record history.

6.4 Physiological cycle - Connect the app, set the physiological cycle data, and view the physiological status of the day on the bracelet.

6.5 Messages - Connect the app to view the details for the received message.

6.6 Activity records - After generating the data, click to enter

the activity record to view the step counting data and column chart of the current day. Slide up to view the daily activity distribution, the 7-day column chart of steps, the 7-day column chart of medium and high intensity activities, and the 7-day column chart of activity hours sequentially.

6.7 Sleep - After generating sleep data, click to view the sleep curve and sleep duration. Slide up to view the 7-day sleep bar chart. The Sleep monitoring period is from 21:00h to 09:00h the next day. The bracelet sleep data can be checked after 09:00h every day.

6.8 Countdown - When entering the countdown, you can select 1 minute, 3 minutes, 5 minutes, 10 minutes, 15 minutes, 30 minutes, 1 hour, 2 hours and Custom. You will get a reminder after the countdown is completed, and the bracelet will vibrate.

6.9 Heart rate - Correctly wear the bracelet on the left or right wrist. You will see the heart rate test interface. The heart rate light will turn on. Start measuring the heart rate value; when you exit the heart rate test interface, the heart rate light will turn off. Slide up to enter the heart rate range, which includes the following options: warm-up (< 120), fat burning (121-140), aerobic endurance (141-160), anaerobic endurance (161-180)

and limit (> 180);

6.10 Blood pressure - Correctly wear the bracelet on the left or right wrist. You will see the blood pressure test interface. Click the start blood pressure light to turn it on and start measuring the blood pressure. When you exit the heart pressure test interface, the light will turn off.

6.11 Blood oxygen - Correctly wear the bracelet on the left or right wrist. You will see the blood oxygen test interface. Click start, and the blood oxygen light will turn on and start measuring the blood pressure. When you exit the heart oxygen test interface, the light will turn off.

6.12 ECG - Correctly wear the bracelet on the left or right wrist. You will see the ECG test interface. Click start, and the ECG light will turn on and start measuring the ECG value. When you exit the ECG test interface, the light will turn off.

6.13 Remote Control Photography - Connect the app and Bluetooth 3.0 to control the camera function of the mobile phone.

6.14 Music - Connect the app, open the mobile music player, and control the music. Play, pause and switch songs on the bracelet end.

6.15 Bluetooth call - Click to enter the Bluetooth call feature.

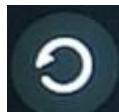
The mobile phone will look for the settings and search for Bluetooth 3.0. Click the “call watch” feature, then click pairing. If the connection is successful, the device will indicate so.

6.16 Common contacts - Connect the app, then connect Bluetooth 3.0. Add contacts in the app and answer/hang up from the device.

6.17 Alarm Clock - Click + to add an alarm clock, up to 5.



6.18 Stopwatch - Click to start timing. Click to



pause timing, and click to clear timing data.

6.19 View Menu - Click to switch between list style and intelligent style.

6.20 Pressure - Correctly wear the bracelet on the left or right wrist. You will see the pressure test interface. Check the pressure data; to do so, connect the app to start the connection test heart rate function. Slide up to check the range of pressure, which is divided into these options: Relaxation (1-29), Normal (30-59), Medium (60-79) and High (80-99).

6.21 Weather - Connect the app to check the daily weather.

Slide up to check the weather forecast for the next 6 hours.

You can also check the weather forecast for the next 7 days.

6.22 Settings

6.22. 1 Card Management - Click to enter the card management feature, which includes step counting and monitoring of sleep, heart rate, pressure, blood oxygen, blood pressure, ECG, weather and physiological cycle. You can set the card arrangement order. Click Add to enter the add card management interface to delete and add cards. After saving, return to the dial and slide left to enter the shortcut function interface to display the arrangement order set.

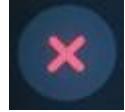
6.22. 2 Locate a Mobile Phone - Connect the app and click to locate a mobile phone.

6.22. 3 Sedentary Reminder - Click to open or close the sedentary reminder.

6.22. 4 QR Code - Click to scan and download the app.



6.22. 5 Restore Factory Settings - Click to restore the factory settings. Click the icon to clear all data from the



bracelet. Click (Cancel) to return to the upper menu.

6.22. 6 About - Click to view the device name, model, MAC

address, version number and firmware version.

2. Binding transfer ring

1. App download instructions

1.1 Search application download (or scan QR code on the device) Android end: Search in Google Play and other application markets to download the "fundo health" app.



Android phones: once the transfer ring is installed, the application icon is shown as follows:  will be displayed.

1.2 IOS phones: Search the app store to download the transfer ring.

Apple mobile phone: once the transfer ring is installed, the application icon as shown as follows:  will be displayed.

2. Bluetooth Binding



2.1 Unconnected Status: After the bracelet is powered on, a Bluetooth search is activated. After opening APK / APP, enter More - Connected devices, click Search, select and click the corresponding bracelet device name “**RadiantRAS10**” to bind the bracelet and transfer ring successfully.



2.2 Binding Transfer Ring, Bluetooth Status:

Bracelet time synchronization: the bracelet is successfully bound with the transfer ring, which means it can synchronize the time and time system between the bracelet and the mobile phone.

2.3 Data Synchronization - Health data: the health data of the bracelet can be synchronized to the app. Enter the app home page to view the health data by entering the step count details, sleep details, heart rate details, blood pressure details, blood oxygen details, pressure details and physiological cycle details. Personal information that needs to be selected in the app includes gender and motion data. The motion data generated by the bracelet can be synchronized with the app. In the app motion interface, you can view the detailed information for each motion data entry.

2.4 Message notification - Open the corresponding notification permission in the mobile phone. Enter the device message notification in the app, and turn on/off the corresponding third-party application notification switch to control the message transfer at the bracelet end. Note: The corresponding message will only be transferred when the notification pops up in the notification bar of the mobile phone.

2.5 Continuous Measurement of Heart Rate - Turn on the continuous test of heart rate feature. The bracelet will automatically monitor the heart rate every 20 minutes.

2.6 ECG Detection - Open the ECG detection function on the bracelet to synchronize data in real time.

2.7 Wechat campaign - Click to synchronize Wechat notifications.

2.8 Taking Photos - Click to take a picture. The photo icon pops up on the bracelet. The mobile phone will turn on the camera. Then click the icon to control the mobile phone to take a picture.

2.9 Do Not Disturb Mode - After the Do Not Disturb Mode is enabled, other types of reminders such as incoming call and short message reminders will not vibrate and will not light up.

If you want to see them, you will have to manually click on the message notifications. The alarm clock is not affected by the Do Not Disturb Mode;

2.10 Common contacts - After adding contacts, the device can synchronize them with the app.

2.11 Sedentary Reminder - Turn on the long seat reminder switch. When the sedentary time arrives, the bracelet end vibrates and the long seat icon pops up.

2.12 Alarm Clock Reminder - Click Add alarm clock so the device can synchronize the alarm clock set on the app. When the alarm clock time arrives, the bracelet vibrates and the alarm icon and time pops up.

2.13 Raise Your Hand feature to light up the screen - Turn on the hand lifting feature to light the screen. When the bracelet is off, lifting your hand will automatically light the screen. After turning off the hand lifting to light screen, hand lifting will no longer light the screen.

2.14 Firmware Upgrade - It can detect whether the firmware version of the bracelet is the latest version. You will be prompted to update when there is a new version.

2.15 Dial Push - After entering the app, the dial can be pushed to the bracelet.

2.16 Unit Settings - Units can be switched between the metric and British systems. You can switch the bracelet, temperature and weather units.

2.17 Unbinding - Click Unbind device on the device interface to unbind the device. The Apple terminal needs to disconnect from the paired device in the mobile phone Bluetooth setting in order to unbind successfully.

Common troubleshooting:

1. The watch cannot be started: Press the start button for more than 3 seconds.
2. The battery power is too low: Use the device charger to charge.
3. The watch cannot be charged normally: Verify that the charging contact is making adequate contact with the watch and verify you are using the correct charger. When the power is too low, the charging interface will be displayed after charging for a while.
4. Software problems can be solved by restoring factory settings.

Warranty Description:

1. When the product is in normal use, if there are product quality problems caused by manufacturing, materials, design and other reasons, the mainboard shall be guaranteed free of charge within one year from the date of purchase, and the battery and charger shall be guaranteed for half a year.
2. Free warranty is not provided for faults caused by personal reasons of users, as follows:
 - (1) injury caused by unauthorized disassembly and refitting of watches;
 - (2) injury caused by careless falling during use;
 - (3) any man-made damage or negligence of a third party and misuse (such as water ingress of the main engine, external force cracking, scratch damage of peripheral parts, etc.) are not within the scope of warranty.
3. When asking for free warranty, please provide the warranty card filled with the purchase date and the seal of the place of purchase.
4. All functions of the product are mainly physical.

Date of purchase:	Customer signature:
Mac Code:	Clerk's signature:
Purchase store:	Store seal:

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.