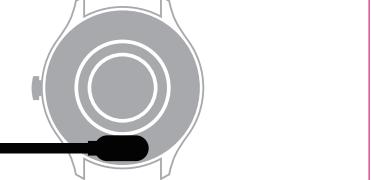


<h1>OPERATING GUIDE</h1> <h2>WATCH</h2>	<h3>WATCH CHARGING AND ACTIVATION</h3> <p>Attach the magnetic charging wire to the metal contact of the charging port until the charging indication appears on the watch display. When the watch is low, charge. The device is an all-in-one machine.</p> 	<h3>FUNCTION INTRODUCTION</h3> <p><b>Dial switch</b> Long press for 2s on the home screen to enter the dial switch interface. Slide right and left to switch the dial for selection and click to select the dial.</p> <p><b>Control center</b> Function overview: Do not disturb mode, power saving mode, brightness adjustment, settings, find phone, system information, flashlight, call Bluetooth</p> <p><b>Call function</b> This function needs to be connected to audio Bluetooth. When entering the dial, you can enter the phone number as needed, and then dial, long press 7 and 9 on the keyboard for 2s to enter * and #.</p> <p><b>Frequent contacts</b> Frequent Contacts: You need to add them in the frequently used contacts column on the app side. The frequently set contacts will be automatically synced to the device, and up to 10 contacts can be added.</p> <p><b>Call records</b> This function can save the last 10 call records.</p> <p><b>Call bluetooth</b> Call Bluetooth: Divided into "call audio" and "media audio" switches Call audio: Use the Bluetooth connection switch for the bracelet to call. Media Audio: Switch for the band to play media audio (off by default)</p> <p>1) The media audio can only be turned on when the call audio is turned on. 2) When the "media audio" is turned on, turn off the "call audio", and the "media audio" switch will be turned off simultaneously. 3) In the case of (2), turn on "Call Audio", and the "Media Audio" switch will be turned on synchronously.</p>	<h3>FUNCTION INTRODUCTION</h3> <p><b>Sports</b> Options for sport patterns: 8+1 types, (walking, running, mountaineering, cycling, skipping rope, basketball, badminton, football, yoga (as a pushable replacement exercise), click the icon to start exercising, support 110+ on the APP side sports push</p> <p><b>Movement data</b> Display the number of steps, distance, and calories recorded on the day, and the number of steps in the last seven days. You can set the target number of steps, distance, and calories in the APP</p> <p><b>Sport record</b> The interface saves the recent 10 pieces of historical sport records. You can view the sport duration, heart rate and calories during the sport</p>	<h3>FUNCTION INTRODUCTION</h3> <p><b>Heart rate</b> When entering the heart rate measurement interface, the bottom green light up to start the measurement, and there will be a vibration reminder when the measurement is completed in about 45 seconds. It can display the user's current heart rate zone and 24-hour heart rate curve.</p> <p><b>Blood oxygen</b> When entering the blood oxygen measurement interface, the red light at the bottom lights up to start the measurement, and there will be a vibration reminder when the measurement is completed in about 45 seconds. This measurement is a measurement based on PPG technology. It can display the user's current blood oxygen interval and the last seven blood oxygen values.</p> <p><b>Blood pressure</b> When entering the blood pressure measurement interface, the bottom green light up to start the measurement, and there will be a vibration reminder when the measurement is completed in about 45 seconds. This measurement is a measurement based on PPG technology. The last seven blood pressure values of the user can be displayed.</p>	<h3>FUNCTION INTRODUCTION</h3> <p><b>Sleep</b> Display the sleep monitoring status of the current day &amp; the last seven days, the data is updated every day, and the data can be saved synchronously when the APP is connected, and the device will recalculate the data information of the new day. Sleep monitoring time period: 21:30-12:00</p> <p><b>Female Health</b> Keep the watch connected to the APP, you can open the female health reminder on the App, you can view the female health reminder information on the watch</p> <p><b>Music</b> Keep the watch connected to the APP, you can control the pause and start of the mobile phone music player, volume adjustment, and song switching</p> <p><b>Weather</b> After you connect your watch with the APP and open the location permission, the weather interface will display the real-time temperature and weather type</p> <p><b>Information</b> Open information push on the App and the watch can receive the corresponding message. It can save up to the last 15 pieces of messages</p>	<h3>FUNCTION INTRODUCTION</h3> <p><b>Alarm clock</b> Keep the watch connected to the APP, you can set a single alarm clock or a cyclic alarm clock. You can set up to 5 alarm clocks</p> <p><b>Stop watch</b> Click the Start button for the timing of the start. Click the pause button to timing the pause. Click the reset button to time to zero. It can save up to 99 pieces of data</p> <p><b>Timer</b> As for the timer function, the user may start quick timing through the system preset time or click the user-defined button to set the time. Click the Start button for the timing of the start. Click the pause button to timing the pause. Click the reset button to time to zero</p> <p><b>Find my phone</b> Keep the watch connected to the APP and click "Find my phone", the bell rings on your mobile phone and the watch shows that you have successfully found your mobile phone, if the watch is not connected to the APP, the watch will indicate that it is not connected</p> <p><b>Settings</b> Settings function include screen display (dial switch, duration of screen brightening, brightness control, duration of screen brightening through palming), language, vibration strength, menu style, battery, QR code and system setting</p> <p><b>Breath training</b> During Breathing training, there are 1 min and 2 min options. The user clicks on the corresponding duration for breathing training. After clicking to start, follow the icon to zoom in and inhale, shrink and exhale</p>	<h3>FUNCTION INTRODUCTION</h3> <p><b>Calculator</b> The numerical input is in the upper limit of 7 digits (input of negative numbers is not processed), and the result of the calculation is within the upper limit of 8 digits. If the result exceeds the calculated value, it will be displayed with "-----" that cannot be calculated</p> <p><b>Calendar</b> Display the current year, month and day, slide down to display the calendar</p> <p><b>Drinking reminder</b> You can open this function through [device&gt;drinking reminder] on the App After it is opened, you can set the start time, end time and reminder interval</p> <p><b>Sedentary reminder</b> You can open this function through [device&gt;sedentary reminder] on the App After it is opened, you can set the start time, end time and the period for Do Not Disturb</p> <p><b>Temperature</b> Switch to the body temperature interface and click the button to start measuring body temperature. You can click on Measurement in the APP to view measurement data.</p>	<h3>Frequently Asked Questions and Trouble Shooting</h3> <p><b>Fail to start the watch</b> Press the power switch for more than 3s Maybe the battery level is too low. Please charge the battery</p> <p><b>The bluetooth is not connected or cannot be connected</b> 1. The bluetooth is not connected or cannot be connected 2. Please restart the mobile phone bluetooth and connect again. 3. Do not connect your mobile phone to other bluetooth device at the same time</p> <p><b>The measurement of heart rate/blood oxygen/ECG is inaccurate</b> 1. General, it is caused by poor contact between the watch sensor and human body 2. Please ensure that the sensor contacts the wrist during measurement 3. Please keep your body still and the watch attached to your wrist tightly during measurement</p> <p><b>Sleep data is not accurate enough</b> 1. Sleep monitoring simulates the status of natural sleep and getting up of human, and you should wear it as usual 2. If you sleep too late or you do not wear the watch until you go to sleep, there may be some error 3. It does not monitor the sleep data during daytime. The default time for sleep monitoring is from 9:30 in the evening to 12:00 at noon on the next day</p> <p>For more frequently asked questions, please view [MyFAQ] on the App</p>
---	--	--	--	--	---	---	--	--

<h1>操作指南</h1> <h2>WATCH</h2>	<h3>手表充电与激活</h3> <p>将磁吸充电线与充电口的金属触电对准贴合, 直到手表屏幕出现充电指示, 当手表提示电量低时, 请及时充电, 该设备属于一体机, 后壳和电池不可拆卸。</p> 	<h3>功能简介</h3> <p><b>表盘切换</b> 在主屏幕上长按2秒, 进入表盘切换界面, 左右滑动切换待选表盘, 单击选定表盘</p> <p><b>控制中心</b> 功能概览: 免打扰、翻腕亮屏、手电筒、亮度、设置、找手机、省电模式、系统信息</p> <p><b>通话功能</b> 该功能需要连接音频蓝牙, 进入拨号时, 可根据需要输入电话号码后拨打; 键盘7、9长按2s可输入*和#。</p> <p><b>常用联系人</b> 常用联系人: 需要在APP端常用联系人栏设置添加, 设置的常用联系人将自动同步到设备, 最多可添加10位联系人。</p> <p><b>通话记录</b> 功能可保存最近10条电话记录。</p> <p><b>通话蓝牙</b> 通话蓝牙: 分为“通话音频”和“媒体音频”开关 通话音频: 用于手环通话音频连接开关。 媒体音频: 用于手环播放媒体音频开关。(默认关闭) 1.只有通话音频已经在开启的状态下, 才能开启媒体音频 2.媒体音频开启的情况下, 关闭“通话音频”, “媒体音频”开关会同步关闭; 3.在(2)种情况下, 开启“通话音频”, “媒体音频”开关会同步打开</p>	<h3>功能简介</h3> <p><b>运动数据</b> 显示当天记录的步数、距离、卡路里数据, 最近七天的步数数据, 可在APP设置目标步数、距离、卡路里</p> <p><b>运动</b> 运动模式选项: 8+1种, (健走、跑步、登山、骑行、跳绳、篮球、羽毛球、足球、瑜伽(作为可推拉替换运动)), 点击图标开始运动, 可支持在APP端110+种运动推送</p> <p><b>运动记录</b> 该界面保存您最近的10条运动历史记录, 可查看运动时的运动时长、心率、卡路里等数据</p>
------------------------------	--	--	--

FCC Warning:

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this 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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.