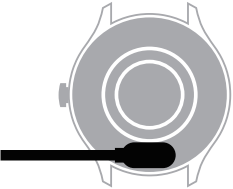


OPERATING GUIDE

WATCH


WATCH CHARGING AND ACTIVATION

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



MOBILE PHONE CLIENT DOWNLOAD

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



FUNCTION INTRODUCTION

Dial switch

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

Control center

Function overview: Do not disturb mode, power saving mode, brightness adjustment, settings, find phone, system information, flashlight, call Bluetooth

Call function

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 #.

Frequent contacts

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.

Call records

This function can save the last 10 call records.

Call bluetooth

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)  
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

FUNCTION INTRODUCTION

Sports

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

Movement data

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

Sport record

The interface saves the recent 10 pieces of historical sport records. You can view the sport duration, heart rate and calories during the sport

FUNCTION INTRODUCTION

Heart rate

When entering the heart rate measurement interface, the bottom green light lights 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.

Blood oxygen

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.

Blood pressure

When entering the blood pressure measurement interface, the bottom green light 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. The last seven blood pressure values of the user can be displayed.

FUNCTION INTRODUCTION

Sleep

Displays the sleep monitoring status of the current day & 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

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 reminder information on the watch

Music

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

Weather

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

Information

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

FUNCTION INTRODUCTION

Alarm clock

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

Stop watch

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

Timer

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

Find my phone

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

Settings

Setting functions 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

Breath training

During Breath training, there were 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

FUNCTION INTRODUCTION

Calculator

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

Calendar

Display the current year, month and day, slide down to display the calendar

Drinking reminder

You can open this function through [device>drinking reminder] on the App. After it is opened, you can set the start time, end time and reminder interval at the same time

Sedentary reminder

You can open this function through [device>sedentary reminder] on the App. After it is opened, you can set the start time, end time and the period for Do Not Disturb

Temperature

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.

Frequently Asked Questions and Trouble Shooting

Fail to start the watch

Press the power switch for more than 3s  
Maybe the battery level is too low. Please charge the battery timely

The bluetooth is not connected or cannot be connected

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

The measurement of heart rate/blood oxygen/ECG is inaccurate

1. General, it is caused by poor contact between the watch sensor and human body  
2. Please ensure that the sensor contacts the wrist well during measurement  
3. Please keep your body still and the watch attached to your wrist tightly during measurement

Sleep data is not accurate enough

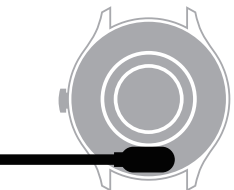
1. Sleep monitoring simulates the status of natural sleep and getting up of human, and you should wear it as usual  
2. If you sleep too late or you do not wear the watch until you go to sleep, there may be some error  
3. It does not monitor the sleep data during daytime. The default time for sleep monitoring is from 9:30 in the evening to 12:00 at noon on the next day  
For more frequently asked questions, please view [My>FAQ] on the App

操作指南

WATCH


手表充电与激活

将磁吸充电线与充电口的金属触点准确贴合，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。



手机客户端下载

扫描下方二维码下载并安装手机客户端



功能简介

表盘切换

在主屏幕长按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

控制中心

功能概述：免打扰、翻转亮屏、手电筒、亮度、设置、查找手机、省电模式、系统信息

通话功能

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#。

常用联系人

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。

通话记录

功能可保存最近10条通话记录。

通话蓝牙

通话蓝牙：分为“通话音频”和“媒体音频”开关  
通话音频：用于手机通话蓝牙连接开关  
媒体音频：用于手环播放媒体音频开关。（默认关闭）  
1.只有通话音频已经开启的状态下，才能开启媒体音频  
2.“媒体音频”开启的状态下，关闭“通话音频”，“媒体音频”开关会同步关闭。  
3.在第（2）种情况下，开启“通话音频”，“媒体音频”开关会同步打开

功能简介

运动数据

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

运动

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（作为可推送替换运动）），点击图标开始运动，可支持在APP端110+种运动推送

运动记录

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

功能简介

心率

进入心率测量界面时，底部绿光亮起开始测量，约45秒完成测量时会有震动提醒，该测量是基于PPG技术的测量，可展示用户当前心率区间和最近7次心率曲线。

血氧

进入血氧测量界面时，底部红光亮起开始测量，约45秒完成测量时会有震动提醒，该测量是基于PPG技术的测量，可展示用户最近7次血氧值。

血压

进入血压测量界面时，底部绿光亮起开始测量，约45秒完成测量时会有震动提醒，该测量是基于PPG技术的测量，可展示用户最近7次血压值。

功能简介

睡眠

显示当天睡眠&最近七天睡眠监测状况，数据每天更新，已连接APP时可同步保存数据，设备将重新计算新一天的数据信息。睡眠监测时间段：21：30-12：00

女性健康

手表与APP连接后，APP上开启女性健康提醒可在手表上查看女性健康提醒信息

音乐

手表与APP连接后，可控制手机音乐播放器的暂停与开始，音量调节以及歌曲切换

天气

手表与APP连接后，此天气界面会显示实时的天气温度以及天气类型

信息

手表与APP连接后，在APP端打开相关信息推送，手表端可收到相应的消息推送，最多可保存最近15条消息

功能简介

闹钟

手表和APP连接后，可以设置单次闹钟、循环闹钟，最多可设置5个闹钟

秒表

点击开始按钮则计时开始，点击暂停按钮则计时暂停，点击复位按钮则归零。最多可保存99条数据

计时器

计时器功能中，系统预置了常用计时时长，用户可点击对应时长快速计时，也可点击自定义按钮进行时间设置。点击开始按钮则计时开始，点击暂停按钮则计时暂停，点击复位按钮则归零

查找手机

手表和APP连接后，点击查找手机，手机端会响铃提示，手表端显示查找成功；若手表与APP未连接，手表端则会提示未连接

设置

设置功能下包含屏幕显示(切换表盘、亮屏时长、亮度调节、翻转亮屏时长)、语言、震动强度、菜单风格、电池、二维码、系统

呼吸训练

呼吸训练中，有1分钟和2分钟的选择。用户点击对应时长进行呼吸训练。点击开始后，跟随呼吸训练中的图标放大而吸气，缩小而呼气

功能简介

计算器

数值输入是在7位数上限（不处理负数的输入），计算的结果在上限8位数内。结果超出计算值，则用“-----”显示无法计算

日历

显示当前年月日，下滑显示日历

喝水提醒

可在App[设备>喝水提醒]开启，开启后可设置开始、结束时间、提醒间隔

久坐提醒

可在App[设备>久坐提醒]开启，开启后可设置开始、结束时间、勿扰时段

体温

切换到体温界面，点击按钮开始测量体温。您可以点击APP中的测量来查看测量数据。

常见问题

手表无法开机

请按住电源键时间超过3秒或可能电池电量过低请及时充电

蓝牙未连接或无法连接

1、请尝试重启手表，重新连接  
2、请尝试重启手机蓝牙后再次连接  
3、手机不要同时连接其它蓝牙设备

测量心率/血压/血氧/心电图不准确

1、一般为测量时，手表的感应器与人体接触不良导致  
2、测量时请注意感应器与手腕充分接触  
3、对于肤色较深且手臂毛发较多的人，请在App[设备>加强测量]中开启加强测量

睡眠数据不够准确

1、睡眠监测是模拟人的自然入睡及起床时间状态，需要正常佩戴  
2、入睡太晚或入睡时才佩戴，可能出现误差  
3、白天不监测睡眠数据，默认睡眠监测为晚上9:30至次日中午12:00

更多常见问题请查看App[我的>FAQ]

**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.