

<div></div> <div>使用指南 USER GUIDE</div> <div></div> <div>扫码下载应用</div>	<div>【手表固件下载】 请前往官方网站下载。</div> <div></div> <div>【手表充电与激活】 1. 将手表与充电器连接。 2. 长按电源键 5 秒以上，直至出现华为 logo。 3. 按照屏幕提示完成激活。</div> <div>【激活手表】 1. 打开手机上的华为运动健康应用。 2. 点击“添加设备”->“手表”。 3. 按照屏幕提示完成配对。</div>	<div>【手表操作指导】</div> <div></div> <div>1. 轻触屏幕：唤醒/锁屏。 2. 长按电源键：关机/重启。 3. 轻触表冠：返回上一级菜单。 4. 旋转表冠：切换应用/表盘。</div>	<div>【手表功能简介】</div> <div></div> <div>心率监测 支持实时心率监测，帮助您了解自己的身体状况。</div> <div></div> <div>血氧监测 支持血氧饱和度监测，帮助您了解血氧水平。</div>	<div>【手表功能简介】</div> <div></div> <div>睡眠监测 支持睡眠阶段监测，帮助您了解自己的睡眠质量。</div> <div></div> <div>压力监测 支持压力水平监测，帮助您了解压力状态。</div>	<div>【手表功能简介】</div> <div></div> <div>呼吸指导 支持呼吸训练指导，帮助您缓解压力。</div> <div></div> <div>呼吸训练 支持多种呼吸训练模式，帮助您放松身心。</div>	<div>【手表功能简介】</div> <div></div> <div>呼吸指导 支持呼吸训练指导，帮助您缓解压力。</div> <div></div> <div>呼吸训练 支持多种呼吸训练模式，帮助您放松身心。</div>	<div>【手表功能简介】</div> <div></div> <div>呼吸指导 支持呼吸训练指导，帮助您缓解压力。</div> <div></div> <div>呼吸训练 支持多种呼吸训练模式，帮助您放松身心。</div>	<div>【手表功能简介】</div> <div></div> <div>呼吸指导 支持呼吸训练指导，帮助您缓解压力。</div> <div></div> <div>呼吸训练 支持多种呼吸训练模式，帮助您放松身心。</div>	<div>【手表功能简介】</div> <div></div> <div>呼吸指导 支持呼吸训练指导，帮助您缓解压力。</div> <div></div> <div>呼吸训练 支持多种呼吸训练模式，帮助您放松身心。</div>	<div>【常见代码与标签】 请前往官方网站查看。</div> <div></div> <div>表盘主题 支持多种表盘主题，满足您的个性化需求。</div>	<div>【常见代码与标签】</div> <div></div> <div>表盘主题 支持多种表盘主题，满足您的个性化需求。</div>	<div>【维护与保养】</div> <div></div> <div>表盘主题 支持多种表盘主题，满足您的个性化需求。</div>	<div>【维护与保养】</div> <div></div> <div>表盘主题 支持多种表盘主题，满足您的个性化需求。</div>	<div>【维护与保养】</div> <div></div> <div>表盘主题 支持多种表盘主题，满足您的个性化需求。</div>
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 USER MANUAL SMART WATCH	Downloading the App Scan QR code and download 	Charging and Active When the battery is low, the watch will vibrate and the screen will show a low battery warning. Please charge the watch in time. 	Pairing 1. Turn on the Bluetooth of your smartphone. 2. Open the Smart Watch App and click "Pairing". 3. Select the watch from the list of devices. 4. Confirm the pairing code on the watch screen. 5. The watch is successfully paired with your smartphone.	Use the Touch Screen The watch screen is a touch screen. You can touch the screen to operate the watch. 	Smart Watch Features Step 1: Press the power button to turn on the watch. Step 2: Press the touch screen to wake up the watch. Step 3: Press the touch screen to enter the main menu.	Smart Watch Features Smart Watch Time: The watch can display the time in 12-hour and 24-hour modes. Smart Watch Alarm: The watch can set an alarm clock. When the alarm rings, the watch will vibrate and the screen will show the alarm time.	Smart Watch Features Smart Watch Weather: The watch can display the weather forecast for the next 3 days. Smart Watch Heart Rate: The watch can monitor your heart rate in real-time.	Smart Watch Features Smart Watch Temperature: The watch can display the current temperature. Smart Watch Sleep: The watch can monitor your sleep quality.	Smart Watch Features Smart Watch Messages: The watch can receive and send messages. Smart Watch Phone Calls: The watch can make and receive phone calls.	Smart Watch Features Smart Watch App: The watch can install and run various apps. Smart Watch Music: The watch can play music.	Smart Watch Features Smart Watch Camera: The watch has a built-in camera. Smart Watch GPS: The watch has a built-in GPS.	Getting to Know Your Device The watch is a smartwatch with various functions. It can be used as a timepiece, a fitness tracker, a communication device, and a smart device. The watch is made of high-quality materials and has a long battery life.	General Info & Specifications Model: Smart Watch Material: Stainless Steel Color: Black, Silver, Gold Size: 42mm, 46mm Weight: 45g, 55g Thickness: 12mm Strap: Silicone, Leather, Metal Waterproof: IP68 Bluetooth: 4.2 GPS: GPS, GLONASS, Galileo Heart Rate: Optical heart rate sensor SpO2: Optical SpO2 sensor Temperature: Non-contact temperature sensor Camera: 5MP Screen: 1.39 inch, 1.75 inch, 1.96 inch Resolution: 480x480, 560x560, 640x640 Touch Screen: Capacitive touch screen Battery: 300mAh, 400mAh, 500mAh Charging: Magnetic charging OS: Android, iOS App: Smart Watch App Language: English, Spanish, French, German, Italian, Japanese, Korean, Russian, Portuguese, Dutch, Swedish, Norwegian, Danish, Finnish, Polish, Czech, Slovak, Hungarian, Romanian, Bulgarian, Greek, Turkish, Hebrew, Arabic, Persian, Urdu, Hindi, Bengali, Vietnamese, Thai, Indonesian, Malay, Filipino, Tagalog, Vietnamese, Thai, Indonesian, Malay, Filipino, Tagalog	Maintenance 1. Keep the watch clean and dry. 2. Do not use the watch in water. 3. Do not use the watch in extreme temperatures. 4. Do not use the watch with magnets. 5. Do not use the watch with strong electromagnetic fields. 6. Do not use the watch with high-voltage electricity. 7. Do not use the watch with flammable liquids. 8. Do not use the watch with sharp objects. 9. Do not use the watch with corrosive substances. 10. Do not use the watch with strong acids or alkalis.	Maintenance 1. Keep the watch clean and dry. 2. Do not use the watch in water. 3. Do not use the watch in extreme temperatures. 4. Do not use the watch with magnets. 5. Do not use the watch with strong electromagnetic fields. 6. Do not use the watch with high-voltage electricity. 7. Do not use the watch with flammable liquids. 8. Do not use the watch with sharp objects. 9. Do not use the watch with corrosive substances. 10. Do not use the watch with strong acids or alkalis.	Maintenance 1. Keep the watch clean and dry. 2. Do not use the watch in water. 3. Do not use the watch in extreme temperatures. 4. Do not use the watch with magnets. 5. Do not use the watch with strong electromagnetic fields. 6. Do not use the watch with high-voltage electricity. 7. Do not use the watch with flammable liquids. 8. Do not use the watch with sharp objects. 9. Do not use the watch with corrosive substances. 10. Do not use the watch with strong acids or alkalis.
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Bluetooth version	Bluetooth 4.2
Operation Frequency	2402~2480 MHz
Modulation Type	GFSK
Number Of Channel	40
Antenna Type	Monopole
Antenna Gain	0dBi
Max. E.I.R.P	-4.76dBm

CE Maintenance

EUT Operating temperature range: -10°C to 50°C

Power supply: DC 3.7V

The device complies with RF specifications when the device used at less than 20cm from your body.

Declaration of Conformity

shenzhen chiteng technology co.,LTD hereby declares that this meitueve is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU. This product is allowed to be used in all EU member states.

Manufacture: shenzhen chiteng technology co.,LTD

Address: 2/F, 4A Block,Huiye Technology Park,No.8 Huiye Road, Guang Ming New District,Shenzhen, China



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.