

User Instructions

Please read the instructions before use:

- We reserve the right to modify the contents of this notice without prior notice. Depending on normal conditions, certain functions may vary in specific software versions.
- This product should be charged for at least 2 hours before use, but avoid charging in an unoccupied environment for a long time when charging.
- Please connect the magnetic charging cable to the charging port of the smart watch automatically.
- Please use a charging head with input voltage: 5V/1A or 5V/2A and use the original charging cable provided by the manufacturer.
- Before using this product, please download the login program on your mobile phone, you can use the wristband time to set your personal information.
- Charging with the car charger is strictly prohibited (the voltage is unstable when the car ignition is turned off).

APP download and login

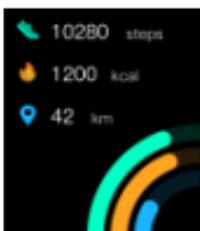
- APP download method "OnWear Pro":
 1. Apple phones can be downloaded in the App Store.
 2. Android phones can be downloaded from Google play store and App Store.
 3. Or scan the QR code on the watch to download the APP (Compatible: IOS11.0 or above / Android 6.0 or above).

After installing the APP, please follow the interface prompts to register and login, you need to turn on Bluetooth.

In the device interface, select the Bluetooth name **LW46** to bind and the watch can be used normally.

Operation method

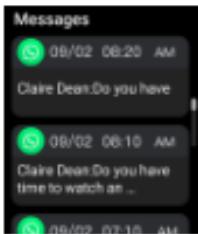
- On the dial screen, swipe from the top to the bottom to enter the shortcut screen
- On the dial screen, swipe from the bottom to the top to enter the information list screen
- On the dial screen, swipe from left to right to enter the menu style
- On the dial interface, swipe from right to left to enter the step count, heart rate and sleep interface



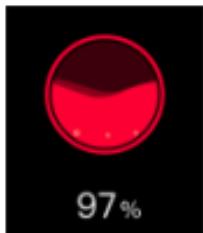
Sports data

Swipe the touch screen from right to left to access the sports data screen to view the day's data: steps, distance, calories

Information



Once the watch is connected to the mobile app, new pop-up messages on the phone are pushed to the watch side simultaneously. The watch stores several messages.



Blood Oxygen Monitoring

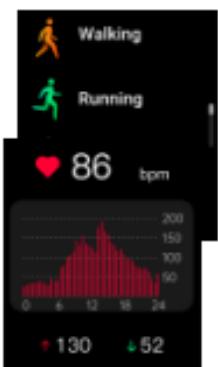
Blood oxygen measurement: the red light at the bottom lights up to start the measurement, which is completed after approximately 30 to 60 seconds. The measurements at this point are based on the PPG technique measurements.



Sleep Monitoring

Weather

Shows the day's sleep monitoring. The weather is automatically synced to the watch when it is connected to the mobile app for viewing.



Sports modes

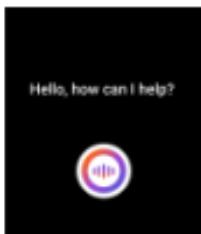
Access the interface for various sports modes. Outdoor running, walking, Heart rate measurement: the green light at the bottom lights up to start the measurement, which is completed after approximately 30 to 60 seconds.

The measurements at this point are based on PPG technology.



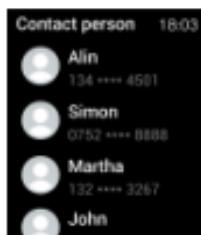
Alarm clock

Find the alarm function in the list and add an alarm according to the appropriate settings.



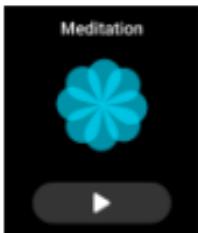
Language assistant

Once the watch is connected to the mobile app, the language assistant function can be used directly



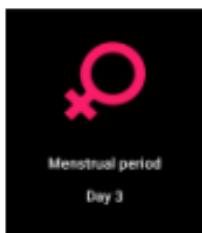
Frequently used contacts

Once the watch is connected to the mobile app, find your frequently used contacts in the settings and add them as required.



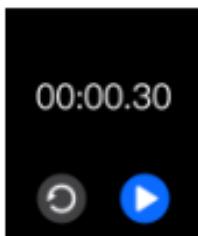
Breathing exercises

Choose the appropriate time to inhale and exhale according to the interface to achieve the exercise.



Women's Health

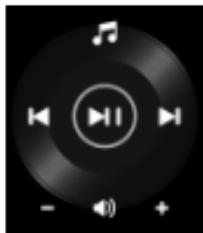
Once the watch is connected to the mobile app, you need to set the gender as female in the app, and the watch will indicate the corresponding status according to the body health prompt setting.



Stopwatch

Stopwatch timing: click on the triangle to start, click again to pause, after the pause, click on the left button to resume..

Music



Control music remotely. Once connected to the app and with the music player turned on, the watch can remotely control the music playing on the phone.



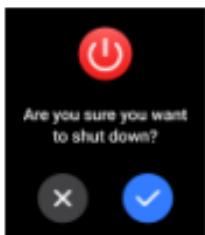
Dial switching

The watch has several built-in dials that can be switched with a long press and supports push dials (there is also a large selection of dials available in the app)..



Timer

When the appropriate time is selected, the timer is activated and the timer will end the vibration reminder.



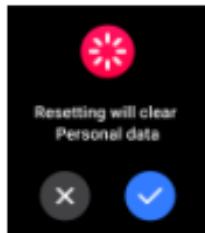
Switch the device

Press and hold the button for 3 seconds to switch on. The watch will turn on automatically when charging. Click on the switch-off icon to shut down.



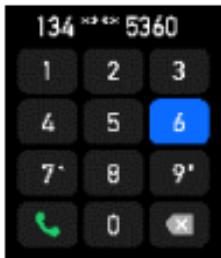
System Information

View the watch's Bluetooth name, Mac address, firmware version number and other information.



Restoring the factory

Confirm that restoring the factory will delete all personal data.



Dialing

After connecting the app, please pair the watch Bluetooth with your mobile phone. Bluetooth shows connected status, you can make calls from the watch



Incoming calls

After connecting the app, if a call comes in from your phone, you can answer the call directly on the watch or hang up.

Product parameters

Please read this manual first to ensure safe and correct use

- The data from this product is for health management reference only. Please do not use it as medical data. If abnormal body data is found, hospital examination shall prevail.
- This watch is water resistant to IP68. You can use it normally in daily life, such as washing your hands, in the rain, etc. Please do not place the watch in hot water, do not perform operations such as pressing underwater or deep diving, and do not expose the watch to corrosive liquids to prevent damage to the watch.

Water resistance rating. IP68

Sensor. 3-axis G-sensor

Synchronisation method. Bluetooth

Resolution: 240 × 280

Display screen: 1.69 inch TFT

Working time: approx. 7-10 days

Working temperature: -10°C ~ 50°C

Packing list: main unit, charging cable

Compatible system. IOS 11.0 or above, Android 6.0 or above

FCC Statement

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.

RF Exposure Information

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.