Smart Watch

Instruction Manual
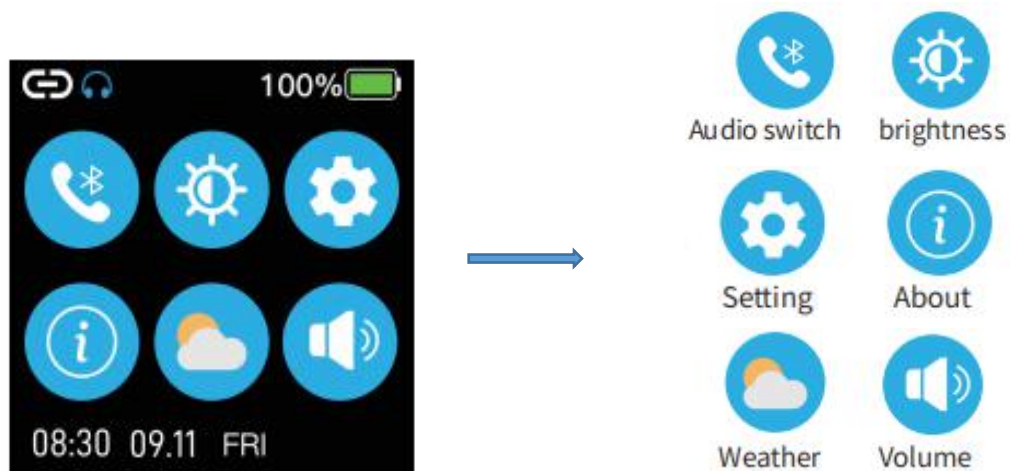
1.Watch operation guide

Power button

Long press for 3 seconds to switch the machine

Short press to turn on the screen and turn off the screen

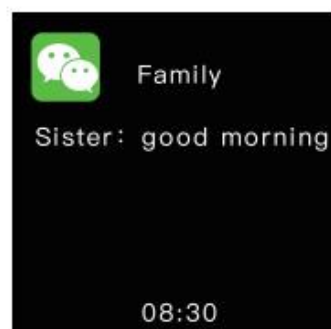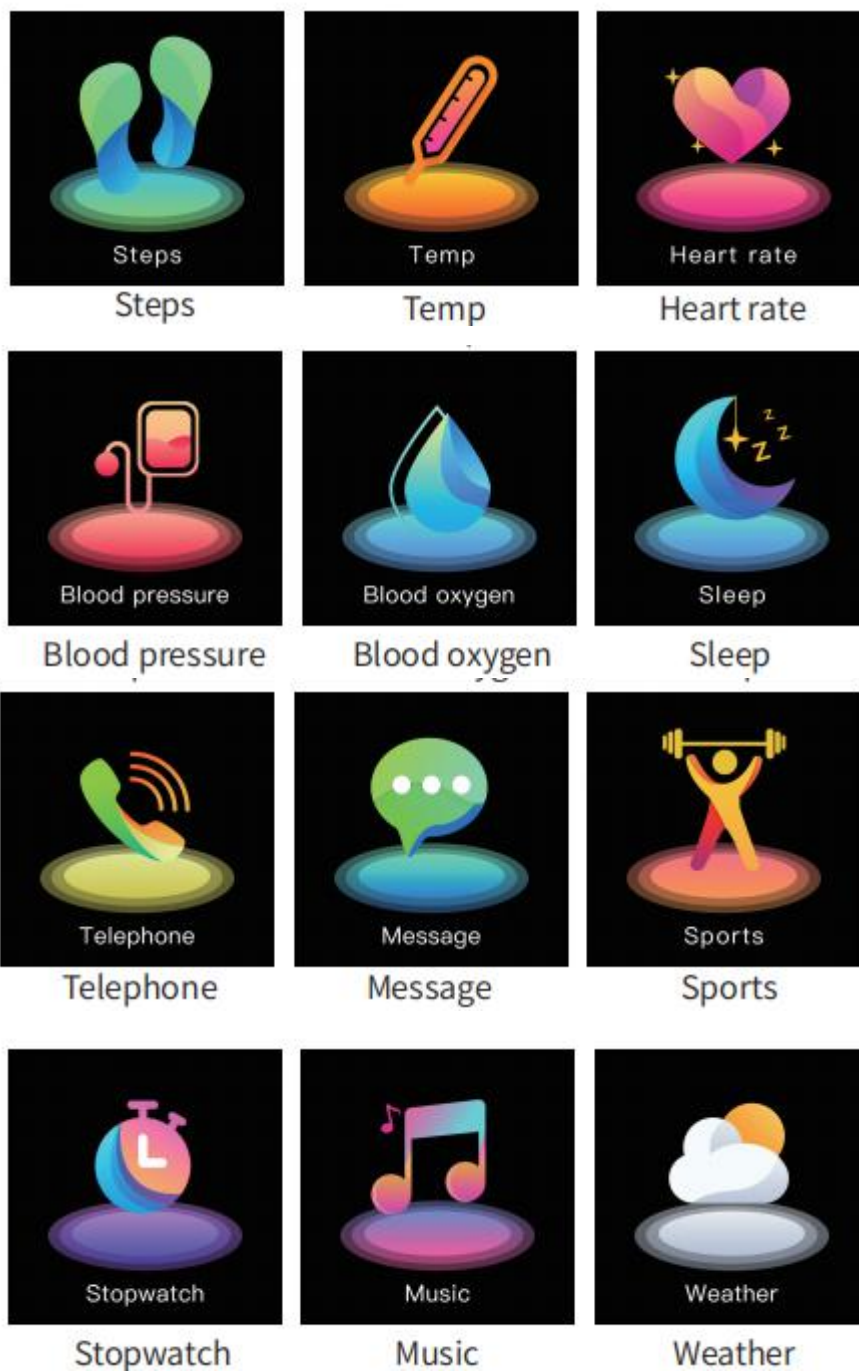## 1.1 Long press on the main interface to switch themes

1.2 The main interface slides down to enter the status bar

1.3 Slide on the main interface to enter the information interface
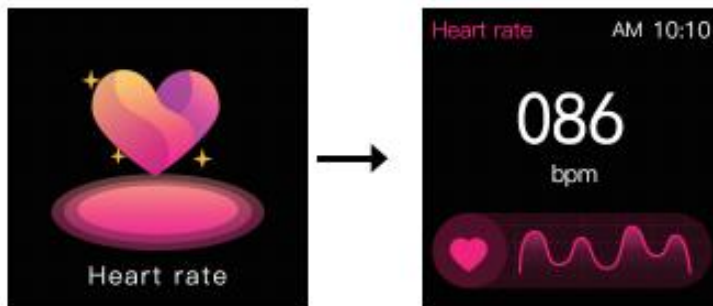
1.4 Swipe left or right on the main interface to enter the function menu

Steps	Temp	Heart rate
Blood pressure	Blood oxygen	Sleep
Telephone	Message	Sports
Stopwatch	Music	Weather

Camera   Find phone   Setting

1.5 Heart rate details

Click to enter the heart rate interface to start the measurement. After about 15s, the current heart rate will be displayed.

Note:

(1) Keep the heart rate sensor close to the skin and in good contact when measuring heart rate. If the wear is too loose and light of the sensor is exposed,the measured value will be inaccurate.Please don't look at the green light of the sensor directly , it will cause discomfort in the eyes.

(2) Although the product can do real-time and dynamic detection of heart rate, when measuring heart rate,please keep your body inactive and sit quietly.Otherwise,it will prolong the time of heart rate measurement or can not measure the

data.Wait until the bracelet measures the data before moving,then can read the data.

(3) If there is a big difference in measured data,please have test again. The average of five consecutive measurements will be more accurate.
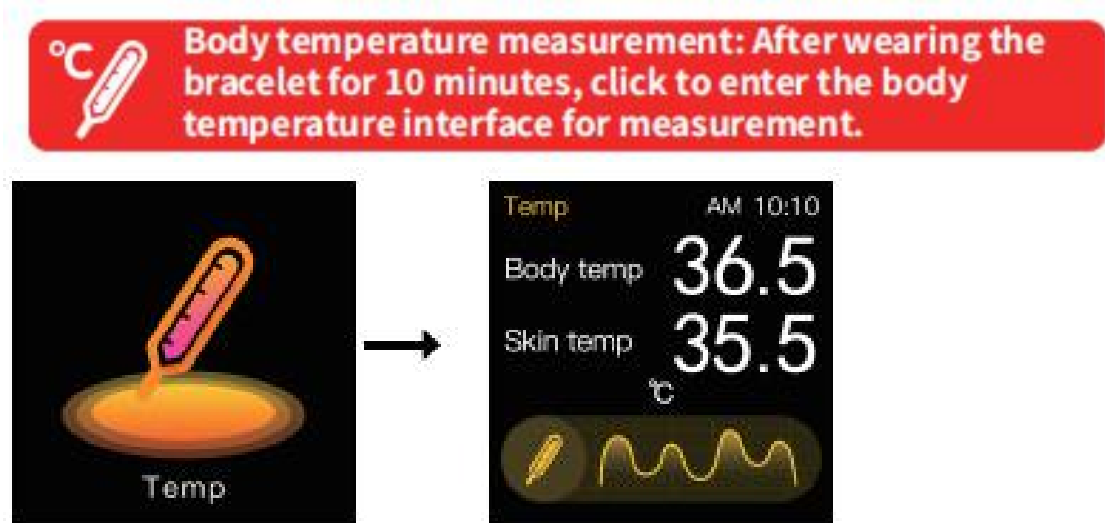
(4) This product is a real-time dynamic heart rate,so the heart rate data will be different in the state of talking,eating and drinking .Please take the actual as the standard.

(5) Make sure there is no dirt on the bottom of the heart rate sensor during measurement. Skin color,hair density,tattoos and scars may affect the test result.

(6) This heart rate monitoring is based on the principle of PPG measurement, and the accuracy may be affected by physiological factors (blood circulation, blood pressure, skin condition, blood vessel position and density) that affect light absorption and reflection.

(For questions about blood pressure, blood oxygen, and body temperature detection, please refer to the heart rate introduction above.)

1.6 Body temperature details

Body temperature measurement: After wearing the bracelet for 10 minutes, click to enter the body temperature interface for measurement.

1. The bracelet is easily affected by the outside temperature, which will affect the measurement results. Please do not measure under the sun or under air conditioning.

2. Measured 30 minutes after bathing, the water temperature will cause the body surface temperature to deviate from the actual temperature, and the measurement is not accurate.

Product measurement results are for reference only, not as a basis for diagnosis and treatment.
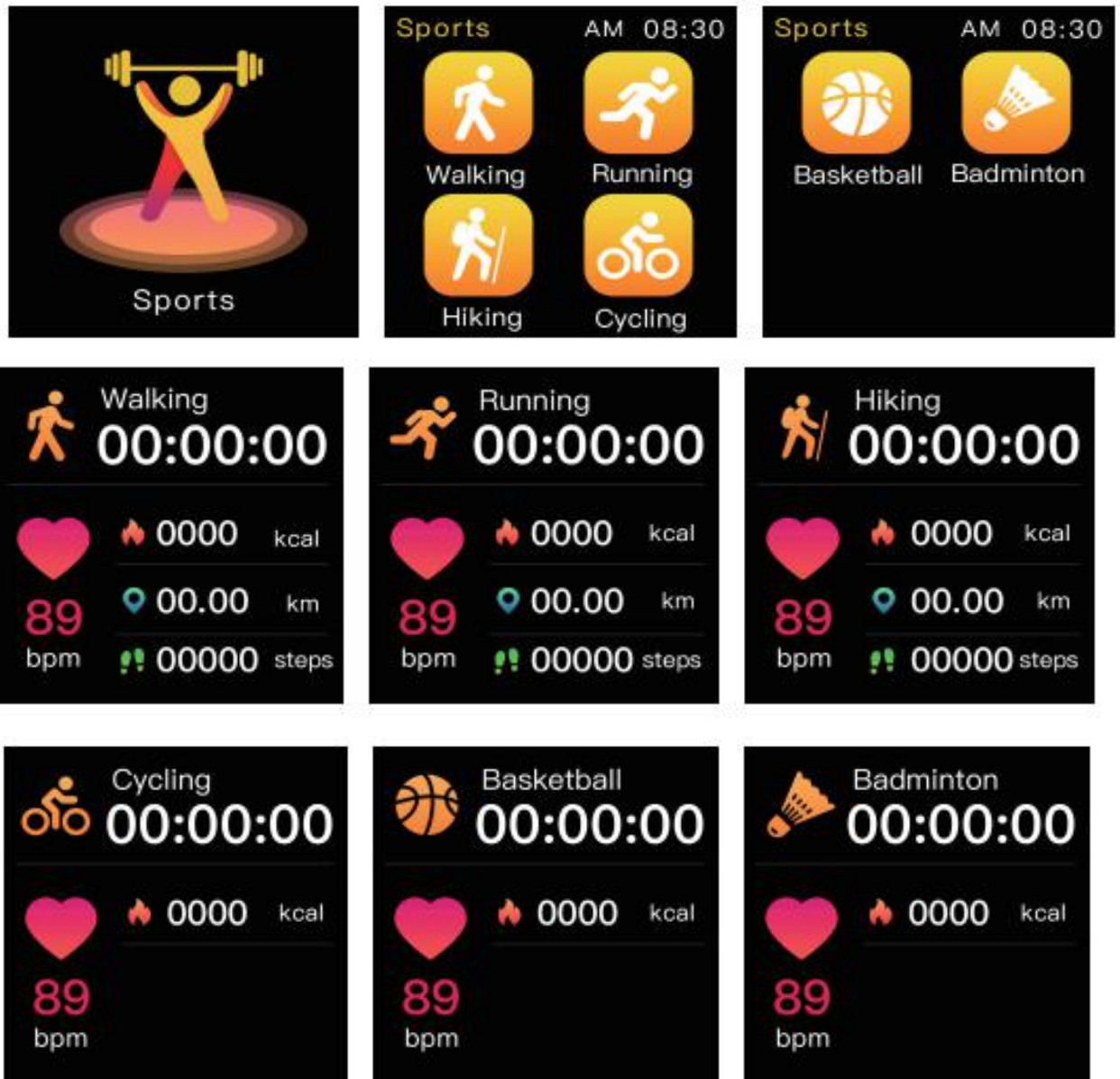
1.7 Music details
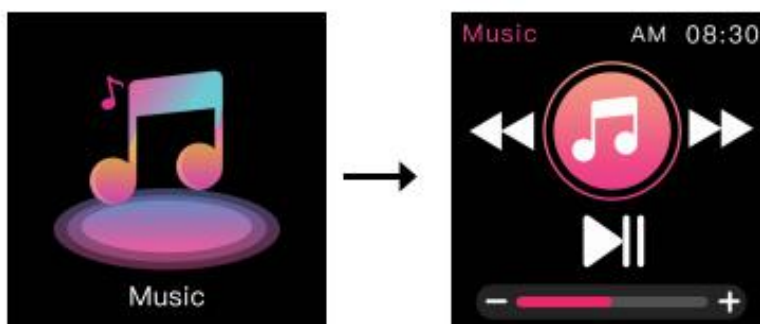
After connecting to the APP, the bracelet can control the music playback on the phone; after connecting the audio Bluetooth, you can play music on the bracelet.

1.8 Sports mode details

Note: Since the counting method of each exercise mode is different, in order to count more accurately, please do the relative exercise state.

1.9 Phone details

1. After the Bluetooth of the bracelet audio and the Bluetooth of the mobile phone are successfully connected, you can answer and make calls. (The audio Bluetooth name is: Audio_Z3)

2. You can synchronize mobile phone contacts to the bracelet address book in the APP.

3. Please do not leave the bracelet more than 5 meters away from the phone during a call, otherwise the call quality will be affected.

1.10 Setting details

Click to enter the settings page, you can adjust the brightness and volume and other functions.
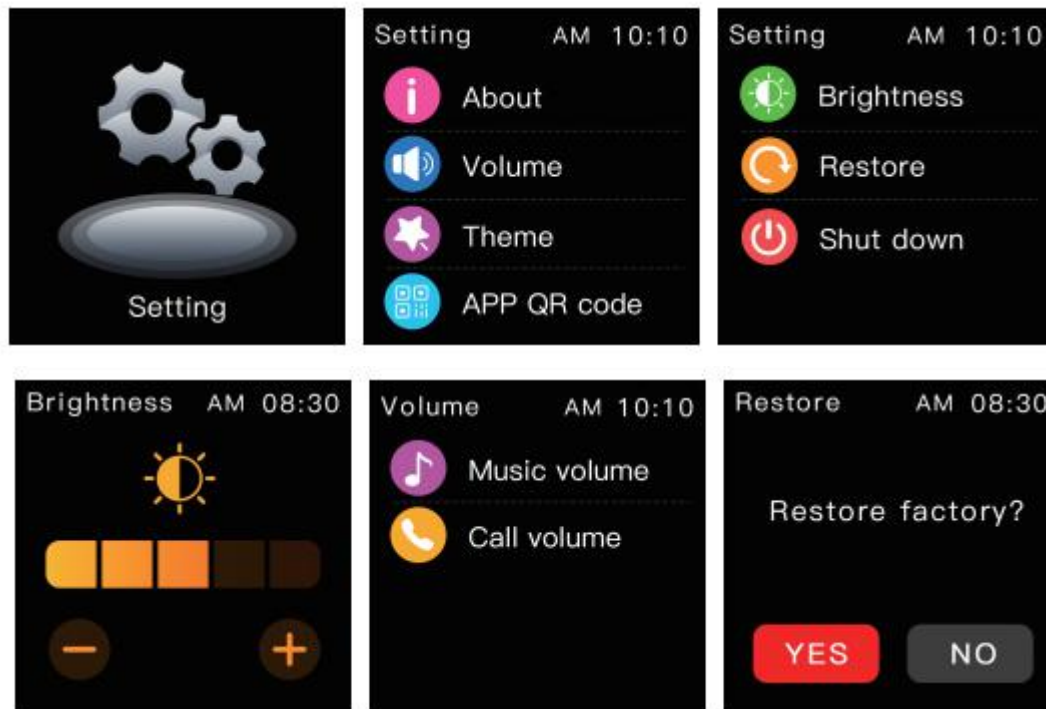
2.Charge
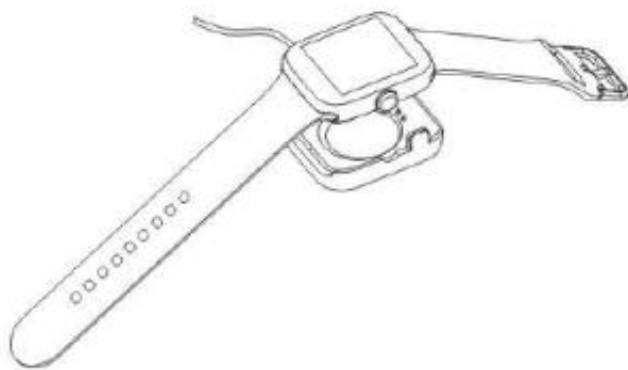
Please use the supplied charger to align The metal contacts on the back of the bracelet,Connect the other end of the charger to USB charger.

3.APP installation instructions

Please use your Android phone to search for the FunKeep app in Google Play, App Store, and Huawei App Market, and for an Apple phone to search for the FunKeep app in the App Store; or scan the QR code to download and install the app.

Android devices support Android5.0 and above systems, and support mainstream Android smart phones with Bluetooth 4.0 and above

Apple devices support ios8.0 and above systems, and support iPhone6 and above models.

4、 Watch and mobile phone binding

This bracelet is a dual Bluetooth music call bracelet. To use all functions, you need to bind two Bluetooth (APP Bluetooth and native system audio Bluetooth)

1. APP Bluetooth connection method: Download FunKeep, turn on the Bluetooth of the mobile phone, enter the device interface of the APP, search for Z3 and click Bind. After the binding is successful, data can be synchronized and all functions except playing music and calling can be used. (Do not search and bind directly in the system Bluetooth)
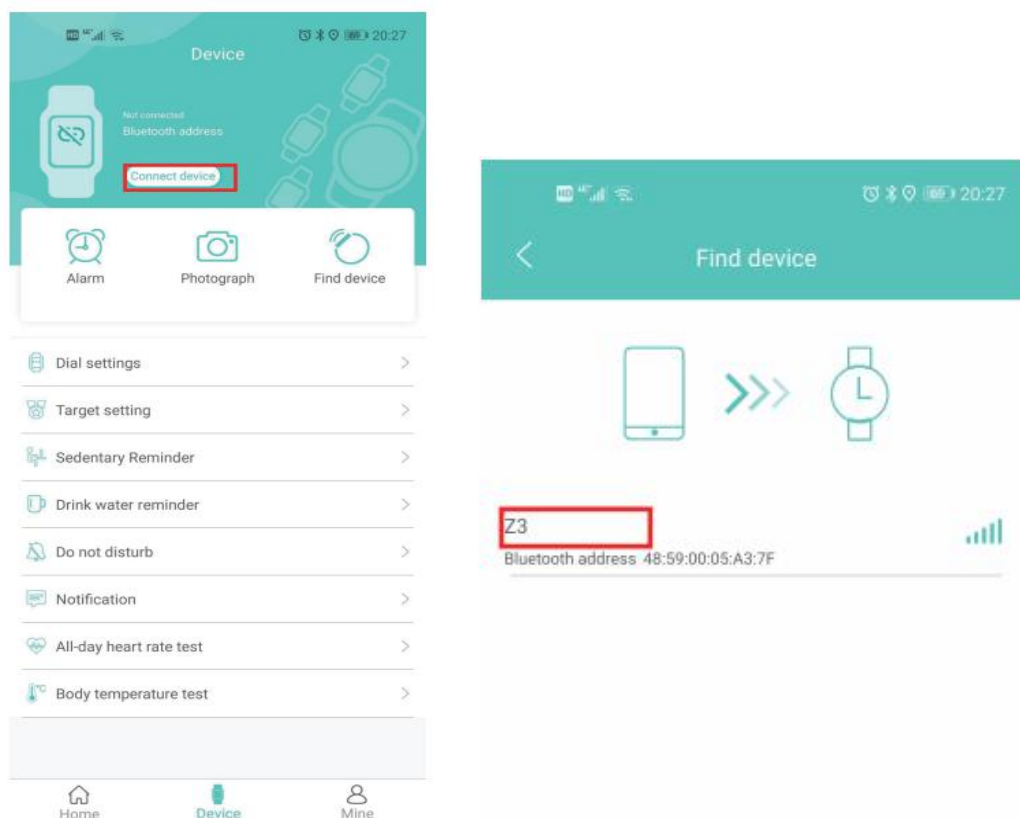
2、The audio Bluetooth connection method of the local system: enter the Bluetooth of the mobile phone system, search for Audio_Z3, and connect. (If you cannot find it, please pull down the status bar on the main interface of the bracelet, switch the switch once, and turn on the audio Bluetooth; if you find that the audio Bluetooth does not connect back during use, you can also use this method), after the binding is successful, you can play Music and answering calls.
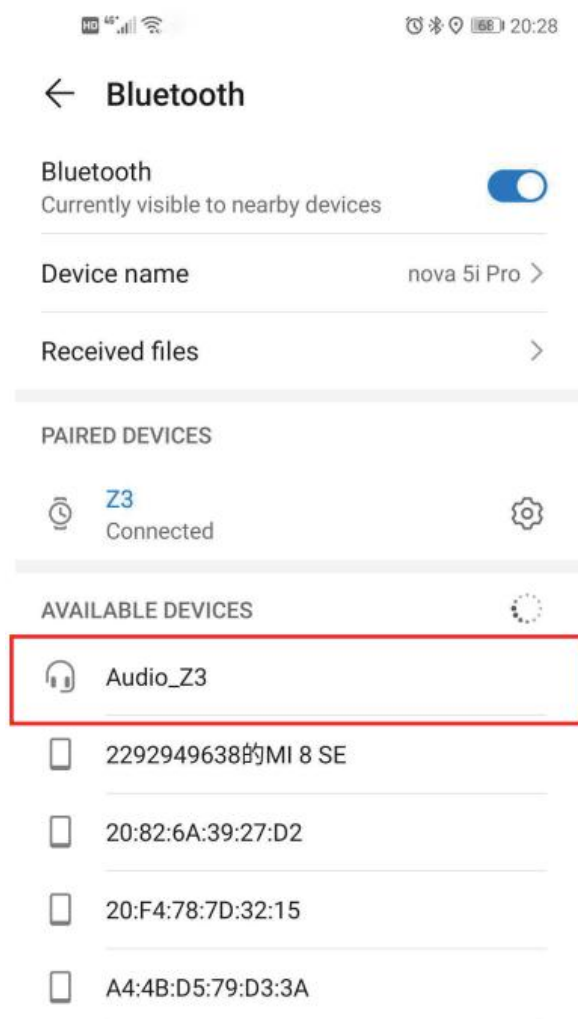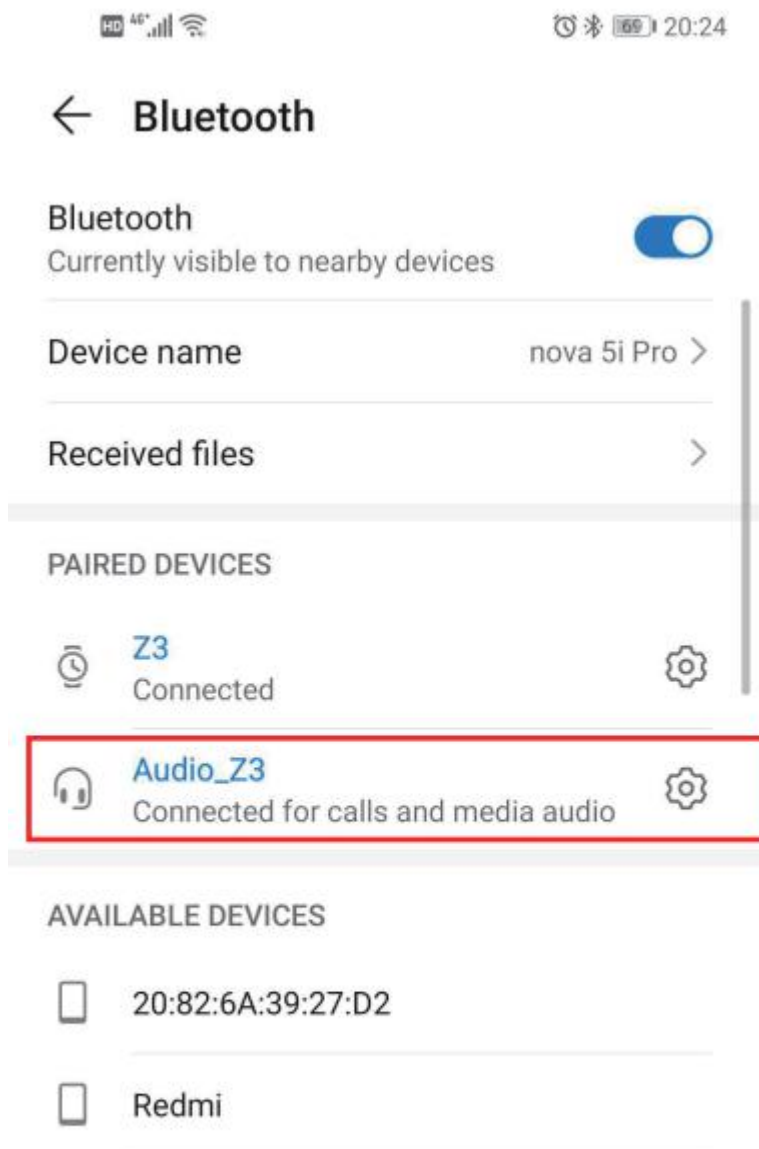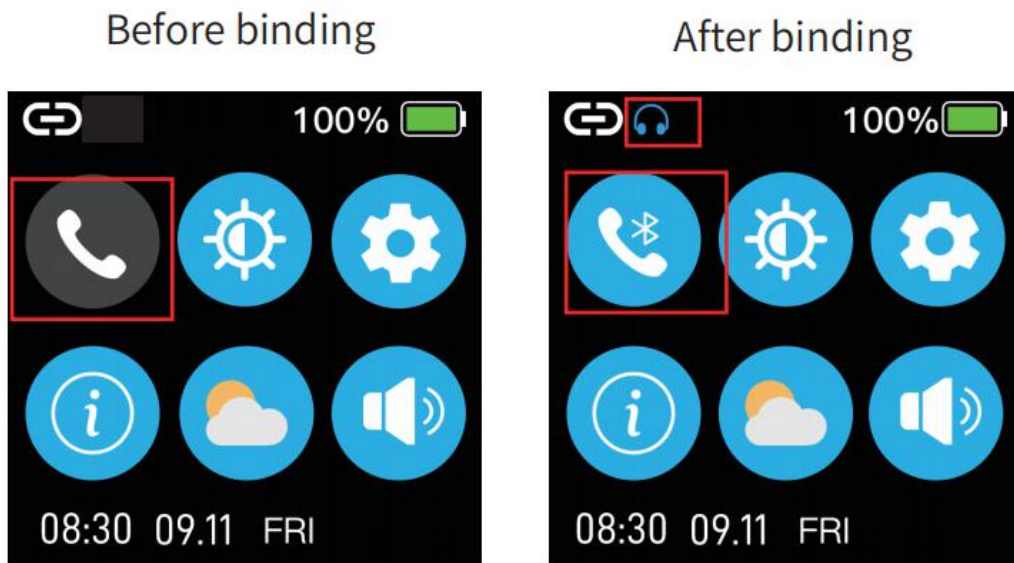
5、 How to turn on Bluetooth for bracelet audio

In the pull-down status bar on the main interface of the

bracelet, click the phone icon in the red box to turn on the

audio Bluetooth. After successfully binding with the system

Bluetooth, a small red box headset icon will appear.

Before binding

After binding

6、 Precautions

1. Soaking, diving, diving and bathing are prohibited.

2. This product is an electronic monitoring product, not as a medical reference, the data is for reference only.

3. Please use the factory resetting with caution, as resetting the factory settings will result in the loss of APP content settings and bracelet historical data.

7、 Frequently Asked Questions and Answers

What should I do when the APP cannot bind the bracelet?

1. Do not connect the bracelet through the Bluetooth function in the phone settings first. This operation will cause the

bracelet to not be searched in the APP (FunKeep). If the bracelet has been bound in the phone settings, please unbind it first.

2. When the user binds the bracelet, follow the steps below: Click the APP device interface → connect the device → click the MAC address of the bracelet to bind. (If the binding fails, please ignore the device in the system Bluetooth, and then re-bind)

3. Whether other mobile phones have been connected to the bracelet, a bracelet can only be connected to one mobile phone.

4. If the user cannot search for the bracelet, please bring the bracelet close to the phone and check whether the Bluetooth status on the bracelet is unbound (if it is bound, you need to go to the system Bluetooth to unbind), if the above operation still does not work , Please try to switch the phone's Bluetooth, restart the bracelet or restart the phone.

What should I do if the bracelet cannot play music or make and receive calls?

Please check whether the Bluetooth of the bracelet audio and the Bluetooth of the mobile phone system are connected. If it is not connected, please follow the steps below: (After the

connection is successful, a small headset icon will appear in the status bar)

1. The Bluetooth of the bracelet audio is not bound to the Bluetooth of the mobile phone system: please turn on the audio Bluetooth switch in the status bar of the bracelet, search for Audio_Z3 in the mobile phone-Settings-Bluetooth-and click bind. If you don't find it, you can switch the audio Bluetooth switch or the bracelet to restore factory settings.

2. The Bluetooth of the bracelet audio has been bound to the Bluetooth of the mobile phone system: Please check whether the Bluetooth of the mobile phone is turned on, and whether the Bluetooth of the audio in the status bar of the bracelet is turned on.

If they are all turned on, please switch the Bluetooth and audio Bluetooth of the mobile phone once. If the connection is still not successful, please unbind in the Bluetooth of the mobile phone system and search for the binding again.

3. If the wristband is left away from the phone for a long time, in order to enhance the battery life, the audio Bluetooth switch will be turned off automatically and needs to be turned on manually.

After turning it on, it will automatically reconnect with the phone.

8.Matters needing attention

*Please avoid strong impact, extreme heat and exposure to the sun.

*Do not disassemble, repair or modify the machine by yourself.

*The machine is charged with 5V 500MA, and it is strictly prohibited to use the over-voltage load power source for charging.

*The operating environment of this machine is 0-45 degrees. Do not throw it into the fire to avoid explosion.

*Please dry the bracelet with a soft cloth before charging, otherwise it will erode the charging contact and cause charging failure

*Do not come into contact with gasoline, cleaning solvents, propanol,alcohol or chemicals such as insect repellent.

*Do not use this product in high voltage and high magnetic environment.

*If you have sensitive skin or wear the bracelet too tightly, you may feel uncomfortable.

*Please wipe the sweat drops on the wrist timely. If the watch band is in contact with soap, sweat, allergies or contaminated ingredients for a long time, it may cause skin allergy and itching.

*For frequent use, it is recommended to clean the bracelet weekly. Wipe with a damp cloth and remove oil or dust with a mild electric fertilizer.

*Do not wear a bracelet to take a hot bath.

9.Warning

Consult your doctor before starting a new exercise program. The smart watch can, however, monitor your heart rate and blood pressure in real time. It should not be used for any medical purposes. It is intended to help people live healthier lives. Always consult your doctor before any exercise or diet plan

10.FCC Caution

   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.