

IQ100 smart watch user manual



Fully charge . . . before use

APP:IQuark

1. Download and pair.

1. 1. . Press and hold the screen for about three seconds to power on.

Scan the following QR codes to install the app or download "iQuark" APP from major app stores (Samsung Mall,Xiaomi Mall,etc.) or Google Play.



Download IOS and andriod on the official website.

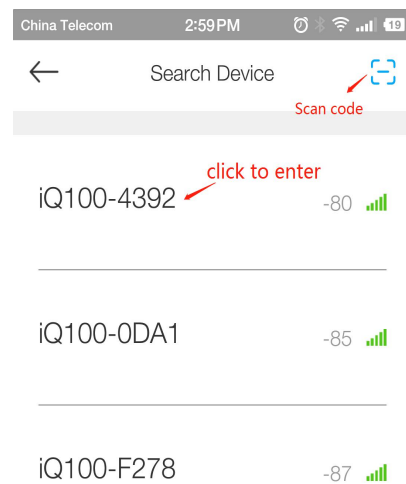
Compatible systems:Android 5.0 and above, IOS 10.0 and above.

The method of binding the device.

Step 1:Enable Bluetooth on your phone.

Step 2:Open "IQuark" APP,click On My - My Device, select the IQ100 tag for device search binding: .

. . . Or go to watch settings - device information for scanning connections.

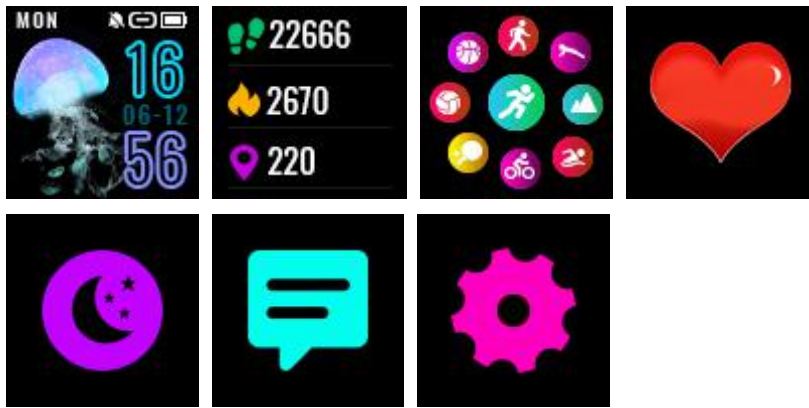


2. Smart bracelet function (swipe from default interface).

2. 1. . . The main function module of the watch is introduced.

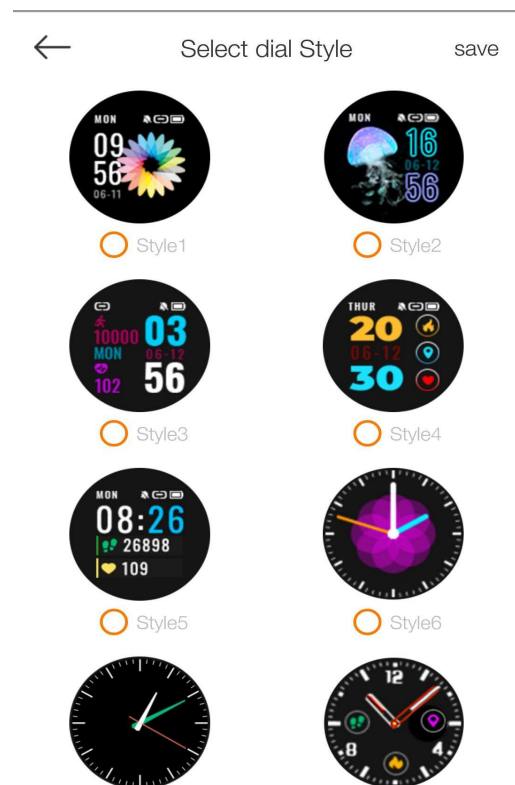
(Dial - Note Step

- Motion - Heart Rate - Sleep - Message - Settings.)

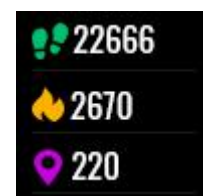


2. 1. 1.Wake up screen: Double-click Wake.

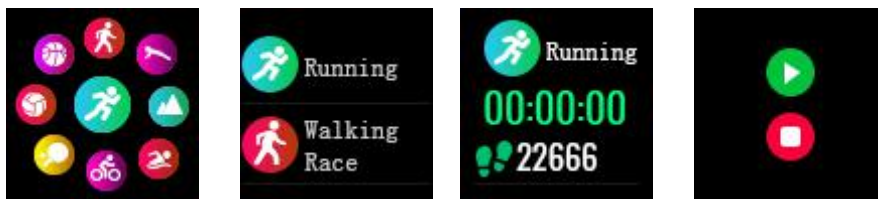
Home (Built-in eight-in dial style to choose from, in addition to sliding up and down the default interface to accommodate different bracelet interfaces, and on my device - Select the dial style to switch.)



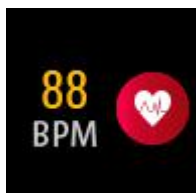
2.3.Step-keeping Watch will automatically record steps, distance, and calories burned.



2.4.Sport features built-in running, race walking, cycling, etc.

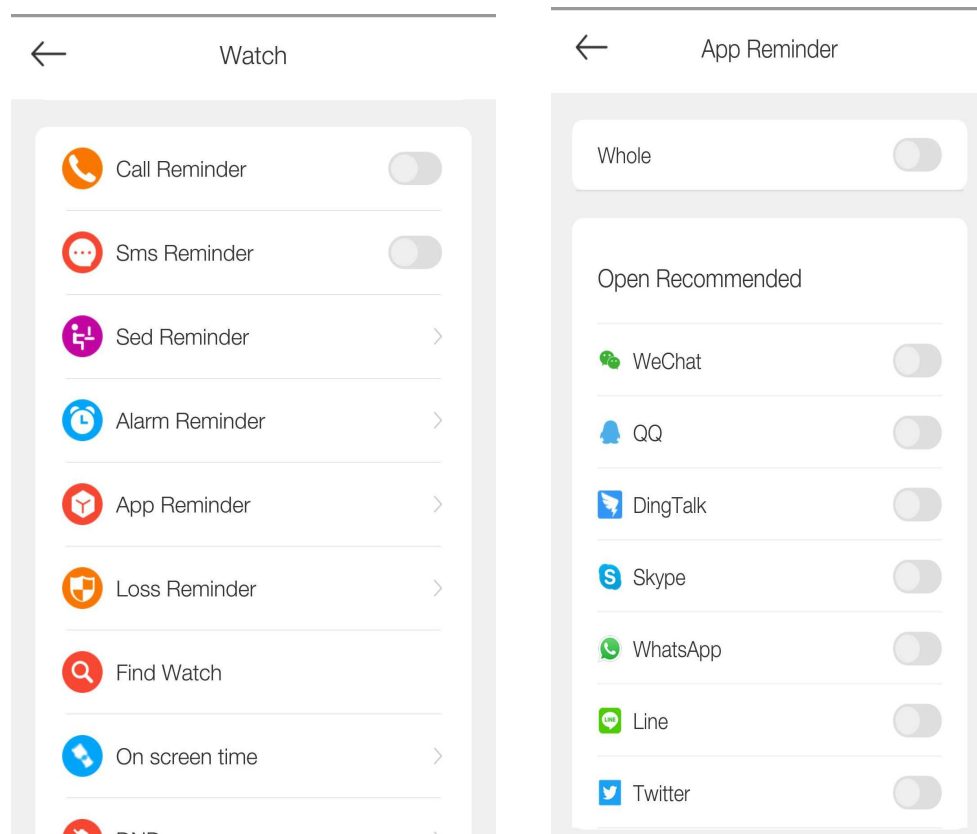


2.5. Heart Rate Function Manual heart rate detection time is approximately 30 to 40 seconds, the system will detect itself in hours when the automatic heart rate is turned on, and is displayed in an intuitive chart on the app.




2.6. The Sleep Function system automatically helps you monitor sleep, show the distribution of deep sleep, light sleep, and detailed data can be viewed on the APP.

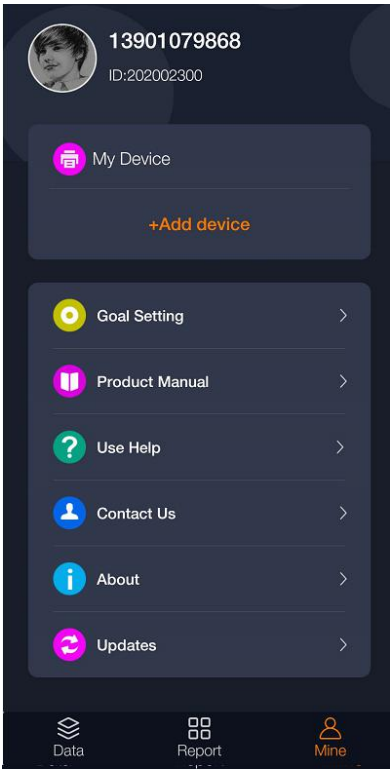
2.7. Message In order to ensure the normal use of this function, please ensure that the watch settings, do not disturb mode is off, after the IQark App connects the watch, make sure that the monitoring switch is turned on in my device - watch.



2.8. Settings (swipe up and down to select the following features.)

	<div>2.8.1 Brightness adjustment.</div> <div>2.8.2 Turn the wrist light screen .</div> <div>2.8.3 Do Not Disturb Mode.</div> <div>2.8.5 Heart rate monitoring.</div> <div>2.8.6 Stopwatch .</div> <div>2.8.7 Timer .</div> <div>2.8.8 Find your phone.</div> <div>2.8.9 Camera control.</div> <div>2.9.0 Music Control.</div> <div>2.9.1 Chinese Simplified .</div>
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3. APP features.
3. 1. Today's Data -- Weekly - My Device.

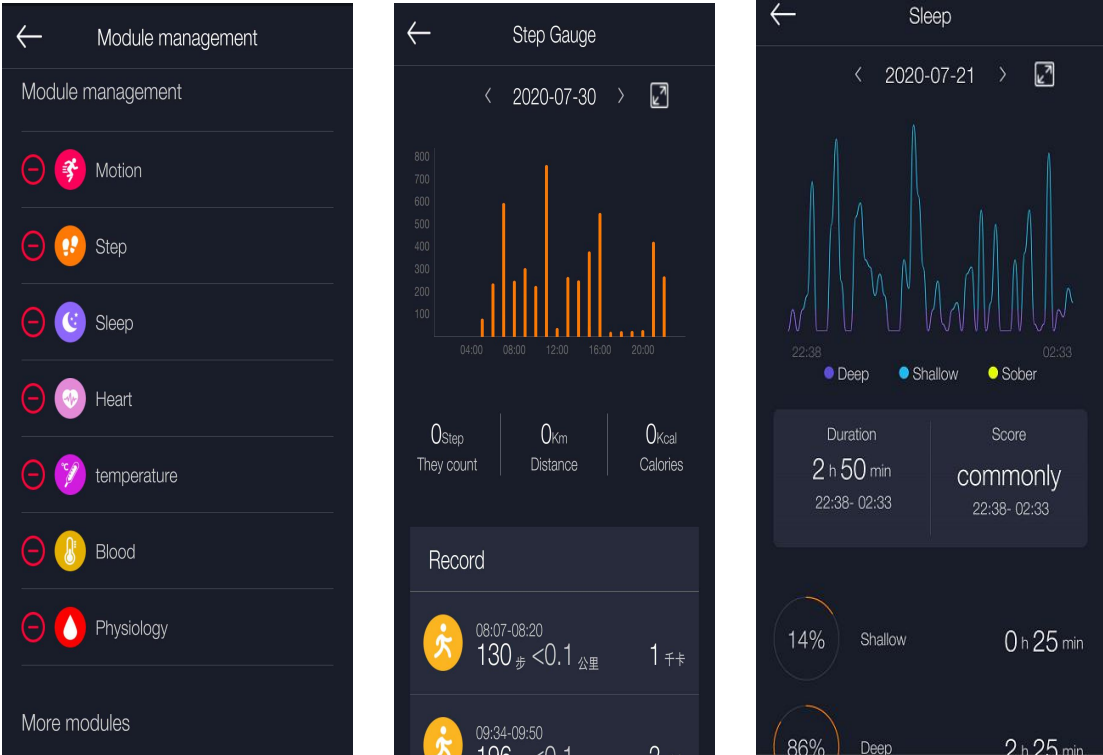


3.2.1 Data .

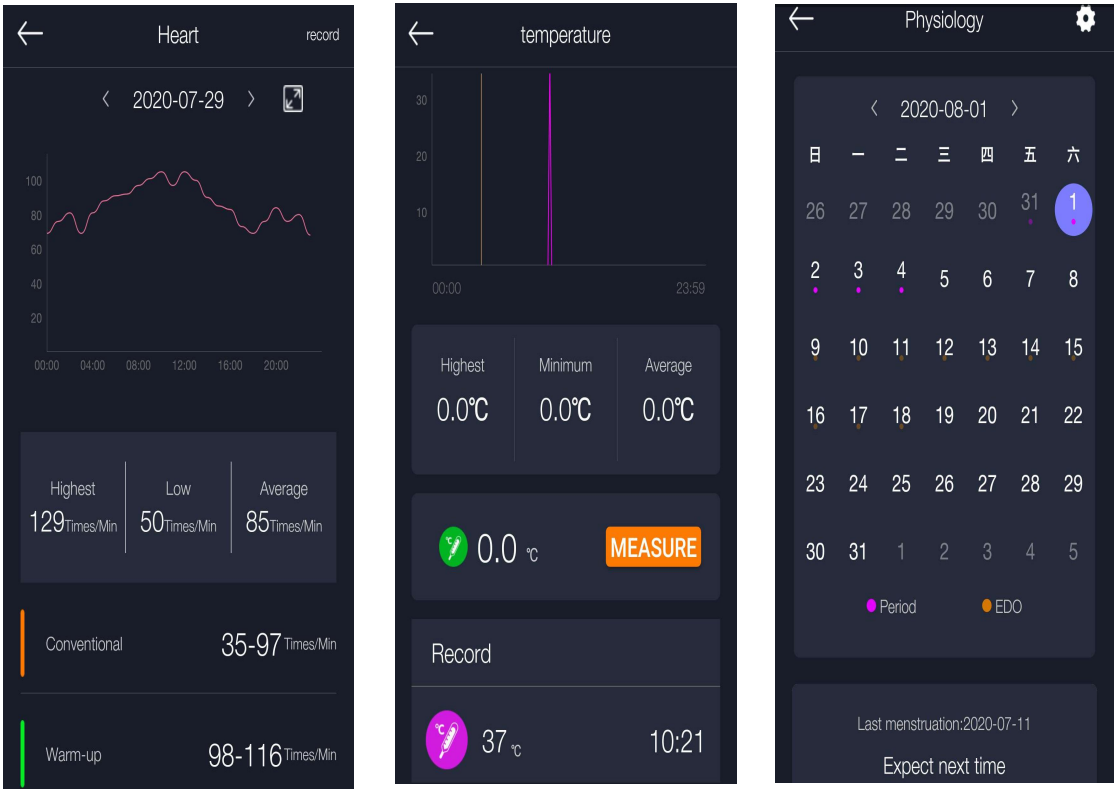
The home page is modular management, including (sports - pedometer - sleep - heart rate - body temperature - female physiological period plus exploratory blood pressure functions .

Click on the chart in the upper right and bottom to do so, and click on each module to go to its detailed page.

The module manages ----- step-by-step ----- sleep.



Heart rate ----- body temperature ----- the physical period of a woman.



3.2.2. The Weekly Report will summarize and analyze the performance of the main functions of the watch over the past week, including (sports - pedometer - sleep - heart rate - body temperature - female physiological period plus exploratory blood pressure functions.)

3.3 My device.

Be sure to follow the settings steps below so that your watch can receive notifications:

Find out mobile apps such as WeChat, WeChat Me / Settings / New Message Notifications and display all message details must be turned on phone settings / Find WeChat notifications / You must turn on all options such as allow prompts, badges, display previews, etc. Make sure your WeChat / QQ / Skype is not online on your computer, otherwise messages you receive on **your mobile device won't sync because your computer has** been notified.

3. 3. 1. 2. . . Time format (can be set on the -12/24 hour clock.)

3. 3. 1. 3. . . Language settings (setable - Chinese Simplified / Chinese Traditional / English / Japanese.)

3. 3. 1. 4. . . Turn your wrists on the screen.

3. 3. 1. 5. . Heart rate timing measurement, temperature timing measurement turn on, select minute measurement / ten-minute measurement results, note: the higher the accuracy, the higher the power consumption.

3. 3. 1. 6. . Paired devices (turn on paired devices, watch data is uploaded to a cloud server, and if you want to connect your smartwatch to another phone, the newly connected phone can still download previous data from that device.) Cloud server.) .

3. 3. 1. 7. . Sedentary settings (manually set start time, time, and time span).

3. 3. 1. 8. . Call alert, SMS alert.

3. 3. 1. 9. . Alarm alert (can be set to ring the way / reminder time / reminder type).)

3 . . . 10. Find your phone.

3. 3. 1. 11. . Anti-throw alerts.

3. 3. 1. 12. Clear historical data.

3. 3. 1. 13. . Light-up time.

3. . . 1.14 Restart the device and turn off the device.

3. . . 2 Set goals (exercise goals, sleep).

3.3.3 Product Manual - Help to Use - Contact us (if you have valuable suggestions, I sincerely hope you can get back in touch with us, you can also email us directly to our company email (service@iquarkwatch.com) and we will reply first, thanks again).

3.3.4 About us (view the Privacy Policy page and version information and update the firmware.)

3.3.5 Check for updates.

4. Warm tips.

4. 1. . Connect to Bluetooth: .

4. 1. 1 Turn on Bluetooth on your phone and turn on the smart bracelet before connecting.

4. 1. 2 Before connecting, make sure that your smart bracelet is not connected to another phone.

4. 1. 3. When connecting, please be close to the smart bracelet.

4. 2. . If you have a mobile assistant with other similar applications, open authorization in the background to ensure that the application works properly in the background, or you will not receive this message.

4. . . . Battery charging power adapter: Requires 5V 0.5to1A. If you do not use the bracelet for a long time, make sure that it is fully charged every month and turned off when fully charged.

4. 4. . To ensure the accuracy of your blood pressure data, after entering blood pressure monitor mode, hold the smart bracelet at the same height as your heart, relax the stitching and maintain calm. The monitor does not speak while it is working. (This feature is used to monitor changes in blood pressure data before and after exercise.) These data are for informational purposes only and cannot be used for special medical purposes.

Disclaimer.

Warning: This product is not a medical device. Smart bracelets and their applications should not be used in the diagnosis, treatment or preventive treatment of diseases. Consult a medical expert before changing your exercise or sleep habits to avoid serious injury. The Manufacturer reserves the right to modify and improve any feature notes in this User Guide and to keep new content updated without notice. This user guide is for informational purposes only, and the smart bracelets sold are based on the final product.

FCC Warning

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. 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.

FCC ID: 2AZHK-IQ100