

Thank you for choosing our company products. You can read this manual to get a comprehensive understanding of the function and operation of the device. The company reserves the right to modify the contents of this manual without prior notice **without prior notice**.

Product configuration: one package, one manual, one smart watch, one charger.

This product supports IP68 waterproof, it's available to wear it while wash hands, swim etc. Hot water shower or sauna cannot be worn to prevent steam. If the water is not used according to the instructions, the company will not make a free warranty. Water will accumulate in the speaker hole after soaking in water. Please shake the water out to return to normal sound.

## **Operation instructions:**

The side top button: long press to switch watch, short press to return to the standby interface, short press on the secondary menu interface to return to the standby interface; when watch crashed, long press 10 seconds to restart.

The side bottom button: short press enter pedometer, In the secondary menu interface, short press is to return to the previous menu function; (when the screen is off, short presses of the up and down keys are both the bright screen function).

TP gestures: In the standby interface, the right swipe is running, the left swiping is the menu, the lower swiping is the shortcut bar, and the upper swiping is the notification; after entering each function, the right swiping is the return.

Watch face switch: long press the screen, there will be a dial choice, **select the watch face you want by swiping left and right**, tap confirm.

## **The connection between the watch and the mobile phone:**

First, the mobile phone needs to download the App "Youth Health" to the mobile phone and install it, two ways:

(1) IOS, Android Mobile User: Scan the next QR code through the mobile browser, or use scanner to scan and download the Youth Health App.



(2) Android Mobile User searches "Youth Health" Play Store and download. Iphone User

searches "Youth Health" on App Store and download.

△After installation, turn on cellphone Bluetooth and Youth Health App, confirm the notification enable, tap "More" at right bottom corner, enter add device, search "model\_LE" device and tap connect, then you are succeeding connected the Bluetooth 4.0;

Next go to watch side Bluetooth-searching Bluetooth-select turn on Bluetooth-tap your cellphone name in the list-confirm the connection at your cellphone end. Then you are succeeding connected Bluetooth 3.0;

Only when Bluetooth 3.0 & 4.0 both connected the watch can be able full performance, Slide down the watch you will see the Bluetooth icon, blue color at upper means Bluetooth 3.0 is connected, green color at bottom means Bluetooth 4.0 is connected. When the Bluetooth logo is blue and green, it means that Bluetooth 3.0 and 4.0 are connected successfully at the same time


☆ Bluetooth automatic reconnection:


1. There is no reminder when the bracelet is out of the Bluetooth connection range. When the bracelet reaches the Bluetooth connection range, open the APP and the Bluetooth will automatically reconnect


2. Close the application background or restart the phone or click the one-key cleanup that comes with the phone, and enter the split bracelet again. If the Bluetooth connection is within the effective range, the Bluetooth will automatically reconnect.


## Main function introduction:


Dial  : Bluetooth call via cellphone, talk at the watch end。


Phone book  : Sync all the contacts in the cellphone。


Call logs  : Sync all the calls history in the cellphone。


SMS  : Sync all the messages in the cellphone(Not support ios phone yet)


Bluetooth  : Search the device you want connect, or disconnect the devices。


Notification  : It will remind all the notifications from cellphone, such as facebook, Email, WhatsApp, SMS etc. It has to connect "Fundo" first.


Sleep monitor  : The smart watch will turn on it automatically from 9 p.m to 9 a.m. It records your sleep duration and quality, help you adjust a better rest time, improve sleep quality. Slide up enter options; Status, on and off; History, check out deep sleep and light sleep;


**Instruction.**Heart rate monitor  : Wear the watch tightly with your wrist, best position would be upper of the hand - wrist, around 20 seconds it will shows the real time heart rate data, slide down menu into history, mode includes single measure and continuous measure; **and instruction.** Generally speaking normal value is 60-90 times/min.


ECG  : Adopt optical heart rate and ECG combine technology, about 30 seconds can show the data.


Blood pressure  : In the measuring time, please lay the hand flat, about 60 seconds later will show the data.


Blood oxygen  : Enter the blood oxygen function, press start to enter the test, the normal blood oxygen saturation is about 94-99%.


Running  : Accurate monitoring the movement data, in the meantime will start heart rate monitor. Slide to sport mode, click the button sport mode, will popup stop and pause.

Pedometer  : Check the steps you walked during the day, calories burn and walk distance. Everyday 0 o'clock all the data will be saved automatically and reset to 0. Slide up enter option.


Remote shot  : (While connected with cellphone), turn on the camera in cellphone, turn the remote camera in the watch, take a photo by watch, photo save in cellphone side.


Music player  : Bluetooth Music is able to control the music playing in mobile.

Anti-lost  : Click "find phone", connected phone will be ringing warning, after find phone, tap "End" of the phone to stop the alarm, it works both watch and App sides.

Multi-languages:  : Auto synchronization is turned on by default. After the mobile phone is connected, the mobile phone language will be synchronized. To manually select the language, turn it off.


Calendar  : Check the calendar.


Calculator  : Simple calculations can be made.


Stopwatch  : Single timing, tap the left icon to start timing, and tap to pause, tap again for cumulative time.


Unit: Select the data unit is metric or imperial.


Set up  : Make various local settings of this machine.

Display  : Enter the adjustable screen brightness and screen duration.

Clock  : You can customize the alarm clock, long press to enter to delete the alarm clock.

QR code  : Enter into QR code, mobile browser open scan can download "Fundo".

Sedentary  : Set a long - time reminder or sit, remind you have a stand when time up.

 **Gesture**: Raise your hand to brighten the screen function can be turned off or on;

**Dial push and custom dial**: After connecting to the APP "Youth Health", you can push a variety of dials in the dial market in the APP, as well as push phone pictures to customize the dial;

**Restore the factory settings**: Generally, if there is a software problem happens, restore the factory settings can be resolved.

**About**: Can check the watch Bluetooth name, device address, Bluetooth address, and watch software version number.

## How to set the notification:

Go to phone settings - application management, in "Youth Health" - permission management, turn all on. Notification management - turn "Youth Health" all permissions on. Open "Youth Health" App - More - App Notification Push - Turn on background run permissions.

**Note**: Make sure that all the third - party Apps which you want receive notifications in the device make sure your phone is enable to receive the notifier in the phone notification bar.

## Common troubleshooting:

1. The watch cannot be turned on: the time to press the power button is too short, it takes more than 3 seconds; the battery power is too low, please use the charging stand to charge;

2. The watch cannot be charged normally: whether the charging contacts are in normal contact with the watch and whether the charger is normal; when the battery is too low, it will take a while to charge the charging interface;

3. Software problems can be restored through factory function;

## Warranty:

1. If it appears quality problems caused by manufacturing, materials, design within one year (since the day of purchase), we will offer free warranty for main part. We will offer free warranty for battery and adapter within 6 months. Premise is using normally and correctly.

2. About the fault caused by the users' personal reasons, we don't offer free warranty, as follows:

(1) Disassemble or refit the product;

(2) Caused by immodest drop;

(3) All artificial damage or misuse (such as: make water into the host, the external force shatter, scratch damage of peripheral components, etc.), all these are beyond the scope of the warranty.

3. When ask for free warranty, you must provide a warranty card with the seal of purchase place and purchase date.

4. Please make the final products as the standard.

Date of purchase:	Customer signature:
MAC code:	Clerk signature:
Buy store:	Shop stamp:

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.

Changes or modifications to this unit 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.

This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

#### Radiation Exposure Statement

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