192mm

94mm

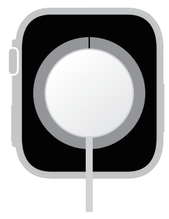
❶ 打开包装，按步骤将表带连接到智能手表。

❷ 佩戴智能手表长按按键将它开机

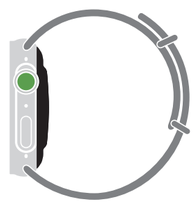
❸ 在手机上打开 Wearfit Pro 以设置设备

Wearfit Pro

❹ 若要充电，请将手表背面放在无线充电器上



❶ Open the package and follow the steps to connect the strap to the smartwatch.



❷ Wear your smartwatch and press and hold the button to turn it on

❸ Open Wearfit Pro on your phone to set up the device

Wearfit Pro

❹ To charge, place the back of the watch on the wireless charger

1.手表与手机的连接

1.1 手机下载“Wearfit Pro”APP 到手机上并安装，可在 APP 商城直接搜索“Wearfit Pro”进行下载，也可扫描以下二维码跳转连接下载（浏览器、微信等都可扫码）

1.2 连接手表

❖ 扫码连接：

■ 首次开机/恢复出厂设置时开机连接：开机选择语言后，会弹出下载 APP 二维码+配对二维码。直接使用 APP 扫描配对二维码添加设备即可

■ 常规使用连接：打开设置--通用--连接手机，可查看下载 APP 二维码+配对二维码。直接使用 APP 扫描配对二维码添加设备即可

❖ 手动连接：

■ 首次开机恢复出厂设置时开机连接：开机选择语言后，会弹出下载 APP 二维码+配对二维码，在配对二维码下方，会显示设备名称，在 APP 上点击添加设备，扫描到对应设备直接点击即可连接

■ 常规使用连接：打开设置--通用--连接手机，可查看下载 APP 二维码+配对二维码。在配对二维码下方，会显示设备名称，在 APP 上点击添加设备，扫描到对应设备直接点击即可连接

2.1 连接通话蓝牙

手表在初始状态下通话蓝牙是关闭的，此时 通话功能、音乐功能、语音助手不能使用。

点击通话蓝牙开关，开启后，可在手机系统内发现通话蓝牙（手机蓝牙打开的状态下），找到相应的蓝牙名称，点击连接。连接成功后可使用通话、音乐功能及语音助手。

3.主要功能

3.1 表盘

3.1.1 内置表盘：内置多个表盘，可自由更换；

3.1.2 表盘市场：APP 内置表盘商城，可下载表盘，自由更换；

3.1.3 自定义表盘：用户可在 APP 内上传图案，自定义表盘；

3.2 基础功能

3.2.1 菜单方式：菜单界面双击，可切换菜单风格；

3.2.2 应用市场：我的 TA（定位健康），血糖，短视频控制等功能；

3.2.3 组件管理：表盘快捷功能，支持：心率，睡眠，短视频等功能；

3.2.4 消息提醒：可同步手机端推送消息内容；

3.2.5 设置：抬腕亮屏、常亮设置、亮度调节、息屏时间、健康提醒、语言、按键定义、声音与振动、勿扰模式、连接手机、关机、重启、关于手表、时间设置、恢复出厂等；

3.2.6 快捷功能：蓝牙通话、锁屏、勿扰、常亮、找手机、支付宝、抬腕亮屏、设置、定位，短视频等；

3.3 运动

3.3.1 包含多种运动模式，室内跑步、室内骑行、室外骑行、健步、足球、羽毛球、篮球、徒步、爬山、自由运动等；

3.4 健康

3.4.1 睡眠监控：每天晚上到第二天早上会记录您的睡眠时长跟质量，帮助您更好的调整您的作休时间，提高睡眠质量。在睡眠功能界面，查询关于睡眠功能的选项；

3.4.2 心率：将手表贴紧手腕，最佳佩戴位置在手腕骨靠手臂上方，可测出实时的心率值，一般人正常值为 60-90 次/分；

3.4.3 血氧：将手表贴紧手腕，最佳佩戴位置在手腕骨靠手臂上方，可测出血氧值；

3.4.4 呼吸训练：能快速放松自己、缓解压力以及能快速给身体补充氧气的方式；

3.4.5 血压：将手表贴紧手腕，最佳佩戴位置在手腕骨靠手臂上方，可测量出血压；

3.4.6 压力：手表支持持续的压力监控，监控用户 24 小时的压力变化，运用科学的健康算法将压力用图标像是出来，让用户随时可调整自己的状态。压力范围显示：1-29 放松；30-59 正常；60-79 中等；80-99 偏高。

3.4.7 脱梅：手表实现梅脱功能，将日常所有运动量转换为梅脱值在手表以及 APP 上呈现出来，记录一周的运动能量代谢当量，形成可视化图标，让用户清楚了解自己的运动量；

3.5 日常工具

3.5.1 天气：连接 APP 可同步天气；

3.5.2 音乐播放器：连接 APP 可控制音乐播放。

3.5.3 遥控拍照：APP 内打开相机，可手表操控拍照；

3.5.4 查找手机：手机非静音状态下，操作手表，使手机响铃。

3.5.5 支付宝：手表支付宝，可绑定手机支付宝，二维码支付功能；

31.5.6 秒表：手表支持秒表计时；

3.5.7 电话：连接手机通话蓝牙，可以在手机端实现通话；

3.5.8 语音助手：手表快捷呼唤手机语音助手；

3.5.9 闹钟：支持手表设置闹钟.app 设置闹铃

3.5.10 计算器：可进行简易计算。

3.5.11 计时器：手表支持计时器。

3.5.12 钱包/名片：提前在 APP 中上传收款码和社交二维码。下滑快捷菜单打开钱包功能，支持微信、支付宝、PayPal 等。下滑快捷菜单打开名片功能，支持微信、QQ、Facebook、WhatsApp、Twitter 等；

4. 支付宝（收款码）

4.1 绑定支付宝

在手表应用列表中选择支付宝，根据屏幕提示操作，直至屏幕显示 扫码开始绑定二维码。

打开支付宝 App，扫描手表上的二维码，根据提示绑定手表。

根据支付宝 App 界面提示，完成绑定操作。

手表在与手机、平板断连、无网、离线的情况下也可以完成支付。

若未存入零花钱绑定，则使用手表二维码付款的扣款顺序与手机支付宝本身设置的扣款方式顺序一致。

4.2 扫码付款

手表与支付宝 App 绑定成功后，购物时，只需在手表滑至支付宝界面，向商家出示手表上的支付宝二维码或条形码，即可完成支付。

在手表应用列表或下拉快捷栏中，选择支付宝。双击手表下按键可直接打开支付宝

左右滑动，选择二维码或条形码付款，商家扫描即可完成支付。

注意事项

1、本产品的测量结果仅供参考，不作为任何医疗用途及依据。请遵从医生指导，切不可依此测量结果自我诊断及治疗。

2、本产品不可用于深度潜水以及长时间泡在水中。另外，本产品不防热水，因为水蒸气会对手环造成影响。

3、本公司保留不作任何通知的情况下，对本说明书内容进行修改的权利，恕不另行通知。部分功能在对应的软件版本中有区别，为正常情况。

基本参数

产品名称:HK8 Pro Max	智能手表 尺寸:49*44*14.4mm
机身材质:锌合金+IML 注塑工艺	表带材质:液态硅胶
电池容量:320mAh	蓝 牙:BT5.2
设备要求:Android5.0 或 iOS10.0 及以上版本	

注意危险

1、请勿在潮湿有水的环境下充电;

2、请确保手表背面与无线充电器表面干净完全接触；

3、请定期用干净的绒布清洁手表背面和无线充电器表面确保手表和无线充电器表面完全接触以保证正常充电;

4、本产品不配备电源适配器，为了保证家人及财产安全，在充电时，可以使用电脑 USB 接口或选用输出不超过 5V-1A 的电源适配器。请通过正规渠道购买电源适配器，杜绝使用低质、伪劣的电源适配器，避免引起爆裂或起火；

5、电池（或电池组）不得暴露在高温环境下使用；

6、用错误型号电池更换会有爆炸危险，务必按照说明处置用完的电池

1. Connection between watch and phone

1.1Download the "Wearfit Pro" APP on your mobile phone and install it. You can directly search for "Wearfit Pro" in the APP store to download, or scan the following QR code to jump to the download link (browser, WeChat, etc. can scan the code)

1.2 Connect the watch

❖ Scan code link:

■ Power-on connection when powering on for the first time/restoring factory settings: After powering on and selecting a language, a QR code for downloading the APP + a pairing QR code will pop up. Directly use the APP to scan and pair the QR code to add the device

■ Regular use connection: Open Settings--General--Connect to mobile phone, you can view and download APP QR code + pairing QR code. Directly use the APP to scan and pair the QR code to add the device

❖ manual connection：

■ When booting for the first time and restoring the factory settings, boot connection: After booting up and selecting the language, the download APP QR code + pairing QR code will pop up. Below the pairing QR code, the device name will be displayed. Click Add Device on the APP to scan to the corresponding device. Just click to connect

■ Regular use connection: Open Settings--General--Connect to mobile phone, you can view and download APP QR code + pairing QR code. Below the pairing QR code, the device name will be displayed, click on the APP to add a device, scan to the corresponding device and click directly to connect

2.1 Connect and call Bluetooth

In the initial state of the watch, the call Bluetooth is turned off. At this time, the call function, music function, and voice assistant cannot be used.

Click the call Bluetooth switch, after it is turned on, you can find the call Bluetooth in the mobile phone system (when the mobile phone Bluetooth is turned on), find the corresponding Bluetooth name, and click to connect. After the connection is successful, you can use calls, music functions and voice assistants.

3. Main functions

3.1 Dial

3.1.1 Built-in dial: multiple built-in dials, which can be replaced freely;

3.1.2 Dial market: APP built-in dial mall, you can download dials and change them freely;

3.1.3 Custom dial: users can upload patterns in the APP and customize the dial;

3.2 Basic functions

3.2.1 Menu mode: Double-click on the menu interface to switch the menu style;

3.2.2 Application market: my TA (location health), blood sugar, short video control and other functions;

3.2.3 Component management: dial shortcut function, support: heart rate, sleep, short video and other functions;

3.2.4 Message reminder: the mobile phone can push the content of the message synchronously;

3.2.5 Settings: Raise the wrist to turn on the screen, always-on setting, brightness adjustment, off-screen time, health reminder, language, button definition, sound and vibration, do not disturb mode, connect to the phone, shutdown, restart, about the watch, time setting, Factory reset, etc.;

3.2.6 Shortcut functions: Bluetooth call, lock screen, do not disturb, always on, find phone, Alipay, lift wrist to brighten screen, settings, positioning, short video, etc.;

3.3 Movement

3.3.1 It includes a variety of sports modes, such as indoor running, indoor cycling, outdoor cycling, walking, football, badminton, basketball, hiking, mountain climbing, free exercise, etc.;

3.4 Health

3.4.1 Sleep monitoring: It will record your sleep duration and quality every night to the next morning to help you better adjust your work and rest time and improve sleep quality. In the sleep function interface, query the options about the sleep function;

3.4.2 Heart rate: put the watch close to the wrist, the best wearing position is above the wrist bone and above the arm, and the real-time heart rate value can be measured. The normal value of the average person is 60-90 beats/min;

3.4.3 Blood oxygen: put the watch close to the wrist, the best wearing position is above the wrist bone and above the arm, and the blood oxygen value can be measured;

3.4.4 Breathing training: a method that can quickly relax oneself, relieve stress and quickly replenish oxygen to the body;

3.4.5 Blood pressure: put the watch close to the wrist, the best wearing position is above the wrist bone and above the arm, and the blood pressure can be measured;

3.4.6 Stress: The watch supports continuous pressure monitoring, monitors the user's 24-hour pressure changes, uses scientific health algorithms to display stress icons, and allows users to adjust their status at any time. Pressure range display: 1-29 relaxed; 30-59 normal; 60-79 moderate; 80-99 high.

3.4.7 Meteor off: The watch implements the Meter function, which converts all daily exercise into Meter values and presents them on the watch and APP, records the metabolic equivalent of exercise energy for a week, and forms a visual icon to allow users to clearly understand their exercise volume;

3.5 Everyday tools

3.5.1 Weather: Connect the APP to synchronize the weather;

3.5.2 Music player: connect to APP to control music playback.

3.5.3: Remote camera: open the camera in the APP, and the watch can control the camera;

3.5.4: Find the mobile phone: When the mobile phone is not silent, operate the watch to make the mobile phone ring.

3.5.5: Alipay: watch Alipay, can bind mobile phone Alipay, QR code payment function;

31.5.6: Stopwatch: the watch supports stopwatch timing;

3.5.7: Telephone: Connect the mobile phone to talk with Bluetooth, and you can realize the call on the mobile phone;

3.5.8: Voice assistant: the watch quickly calls the mobile phone voice assistant;

3.5.9: Alarm clock: support watch to set alarm clock, app to set alarm

3.5.10: Calculator: Simple calculations can be performed.

3.5.11: Timer: The watch supports timers.

3.5.12: Wallet/Business Card: Upload the payment code and social QR code in the APP in advance. Slide down the shortcut menu to open the wallet function, which supports WeChat, Alipay, PayPal, etc. Slide down the shortcut menu to open the business card function, which supports WeChat, QQ, Facebook, WhatsApp, Twitter, etc.;

4. Alipay (receipt code)

4.1 Binding Alipay

Select Alipay in the watch application list, and follow the on-screen prompts until the screen displays Scan the code to bind the QR code.

Open the Alipay App, scan the QR code on the watch, and bind the watch according to the prompts.

Follow the prompts on the Alipay App interface to complete the binding operation.

The watch can also complete the payment when it is disconnected from the mobile phone or tablet, has no network, or is offline.

If pocket money is not deposited into the binding, the order of deduction for payment using the QR code of the watch is the same as that of the deduction method set by Alipay itself.

4.2 Scan code payment

After the watch is successfully bound to the Alipay app, when shopping, just slide the watch to the Alipay interface and show the Alipay QR code or barcode on the watch to the merchant to complete the payment.

In the watch application list or drop-down shortcut bar, select Alipay. Double-click the button on the watch to open Alipay directly

Swipe left and right, select QR code or barcode payment, and the merchant can scan it to complete the payment.

Precautions

1. The measurement results of this product are for reference only, not for any medical purpose or basis. Please follow the doctor's instructions, and do not self-diagnose and treat based on the measurement results.

2. This product cannot be used for deep diving or soaking in water for a long time. In addition, this product is not resistant to hot water, because water vapor will affect the bracelet.

3. The company reserves the right to modify the content of this manual without prior notice. Some functions are different in the corresponding software version, which is normal.

Basic parameters

Product Name: HK One	Smart Watch Size: 49*44*14.4mm
Body material: zinc alloy +IML injection molding process	Strap material: liquid silicone
Battery capacity: 320mAh	Bluetooth: BT5.2
Device requirements: Android5.0 or iOS10.0 and above	

caution

1、Do not charge in a humid environment;

2、Please ensure that the back of the watch is in clean and complete contact with the surface of the wireless charger;

3、Please clean the back of the watch and the surface of the wireless charger with a clean flannel regularly to ensure full contact between the watch and the surface of the wireless charger to ensure normal charging;

4、This product is not equipped with a power adapter. In order to ensure the safety of family and property, you can use the computer USB port or choose a power adapter whose output does not exceed 5V-1A when charging. Please purchase power adapters through regular channels, and avoid using low-quality, fake and inferior power adapters to avoid bursting or fire;

5、Batteries (or battery packs) must not be exposed to high temperature environments;

6、There is a risk of explosion if you replace the battery with the wrong type. Be sure to dispose of the used battery according to the instructions.

Warning:

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 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.

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.

The product is a portable device and meets the exposure assessment requirements forportable devices.