

# Smart watch

## User Guide



# Warranty card

Distributors: .....

Contact number: .....

Date of Sale: .....

Product name: smart watch

Model and specification: W11

Customer name: Shenzhen Xingchen Digital Technology Co., Ltd

Customer service email: hi@wmbyy-xcsm.com

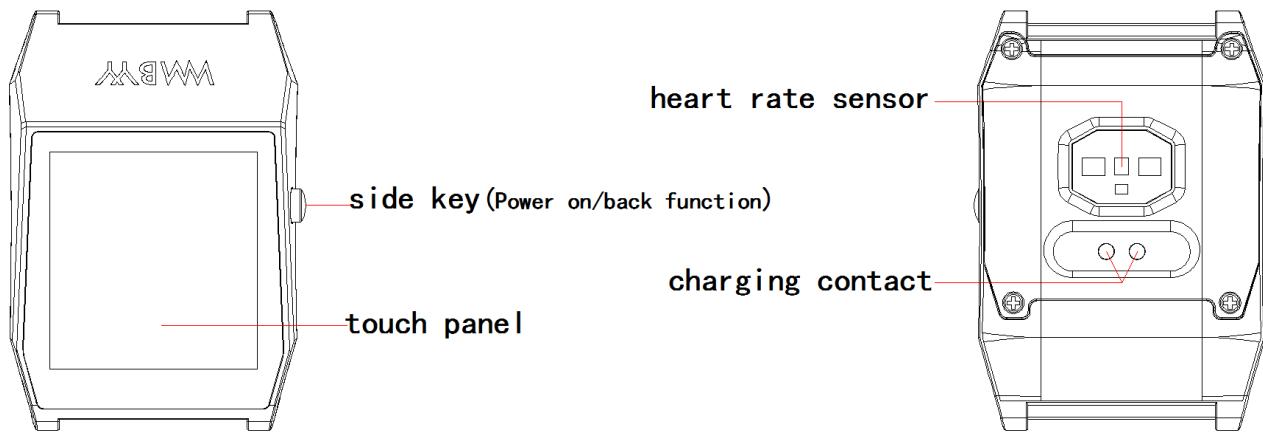
Address: Unit 5A21, International Commodity Exchange Building, Bao'an  
North Road, Luohu District, Shenzhen

 R XXX-XXXXXX

Hello, thank you for choosing our smart health watch. When using this device for the first time, in order to facilitate your use, please read the instructions carefully and operate according to the steps in the instructions.

## Watch Quick Operation Manual

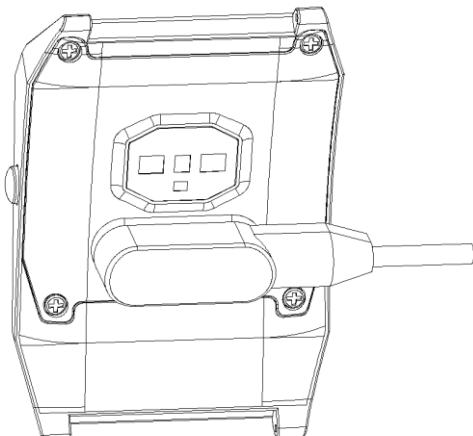
### Component Introduction



**Note:** Long press the side key of the watch to start the machine

### Watch charging and activation

Before using the watch for the first time, it needs to be charged and activated. Use the equipped magnetic charger to attach it to the charging contact on the back of the watch. Connect the other end of the charger to a USB charging head or a computer USB interface. Charging can automatically turn on the screen.



## Install watch APP

Scan the following QR code or enter each major application market to download and install "GloryFit"



Android for China



iOS



Google Play

Open the mobile phone client to set personal information

Switch to the "Device" page and click to select a device

Click your device in the scanned device list

Binding completed

## Main function interface

### Main interface/dial

Long press the touch screen on the main interface, enter the left and right sliding switch, and click OK. The dial has 6 styles.





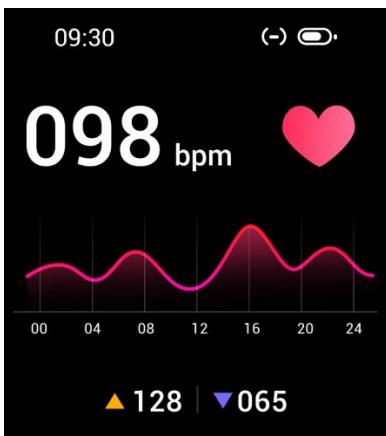
## Step/Distance/Calories

Check the number of steps, distance and calories consumed at any time during the day. Relevant data can be synchronously summarized into mobile APP in time.



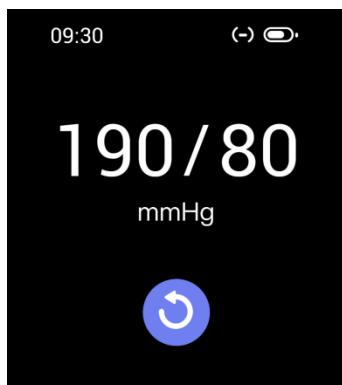
## Heart rate interface

Switch to the heart rate test interface to enter the real-time heart rate monitoring, and the measured data can be synchronized to the APP in time, with a test report.



## Blood pressure interface

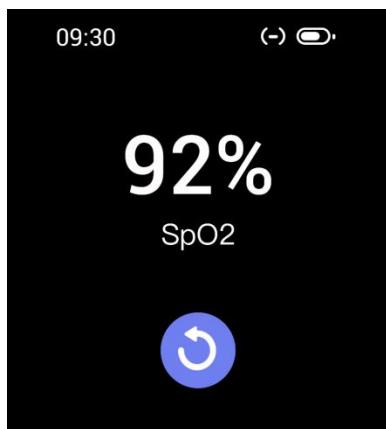
Switch to the blood pressure interface to enter the real-time blood pressure monitoring. The measured data can be synchronized to the APP in time, and there is a test report.



**Note:** The test results are for reference only and cannot be used as medical data.

## Blood oxygen interface

Switch to the blood oxygen test interface to enter the real-time blood oxygen detection, and the measured data can be synchronized to the APP in time, with a test report.



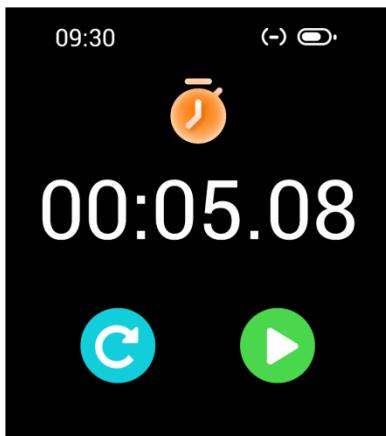
## Weather interface

The weather interface will display the current weather. The weather information can only be obtained after connecting to the APP. If the connection is disconnected for a long time, the weather information cannot be updated.



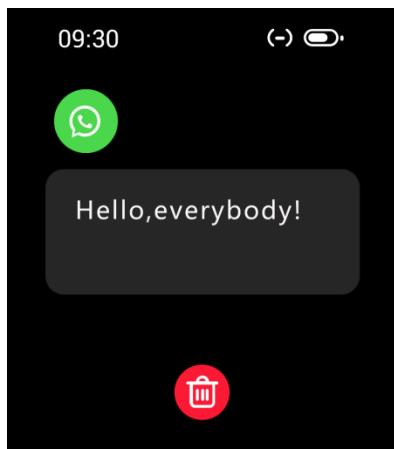
## Stopwatch

Click the stopwatch icon to enter the stopwatch function, and slide right to exit.



## Message interface

Slide into the message interface on the main interface, click the message icon to view the complete message, and click Flip Page. After viewing the message, press the side key to exit or slide right to exit.



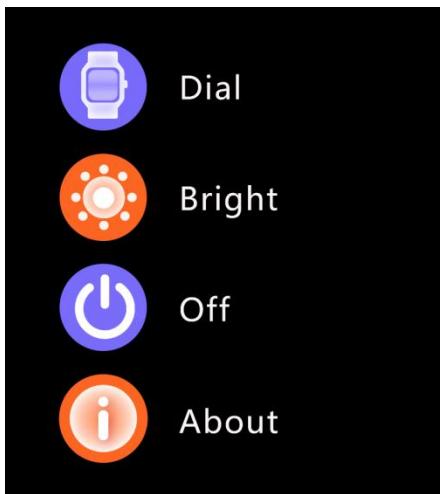
## Motion interface

Slide right to enter the main interface, click the exercise icon to enter, and slide up and down to switch and select the sport mode. Click the selected motion mode to start monitoring and calculation. Right slide and click End to exit the current motion mode. There are up to 25 sports modes for you to choose from, such as running, cycling, rope skipping, swimming, table tennis, tennis, etc.



## Setting function interface

Slide down the main interface to enter the setting function interface, where you can select dial, brightness, power off, about, factory recovery, APP download and other options, and click the icon to enter the corresponding function settings.



## Other function reminders

The reminder function needs to set a reminder switch on the APP end, and keep the mobile phone and the bracelet in the status of successful Bluetooth connection. When a message comes, it is a shock reminder.

## Sleep monitoring function

When you fall asleep, the watch will automatically judge that you have entered the sleep detection mode, automatically detect the duration of your deep sleep/shallow sleep/waking up all night, and calculate your sleep quality; Sleep data can only be viewed on the APP side temporarily.

**Note: Sleeping data is available only when you wear a watch to sleep.**

## Common problem

1: Blood pressure test method

Quiet rest for more than 5 minutes is required before the test. Do not eat, smoke, take medicine or drink caffeine for 2 hours before the test; During the test, take a comfortable and static sitting posture, maintain a stable attitude, and prohibit

talking. Please make sure that the bracelet is at the same height as the heart.

## 2: Why is blood pressure test inaccurate

The blood pressure test is affected by the external environment and personal posture at that time. The blood pressure monitoring is only used to monitor the changes in blood pressure. It cannot really test or monitor the blood pressure of hypertension patients, and cannot be used as a medical device. The test data cannot be used as the basis for diagnosis and treatment, but only for reference.

## 3: Why can't I push incoming call information or content.

### 3.1: Access to Android QQ and WeChat alert service permissions

When the user first opens the QQ and WeChat reminder switches, the APP will obtain the corresponding permissions. Check the programs in the APP to make them obtain the corresponding permissions.

### 3.2: When the IOS (incoming call, SMS, QQ, WeChat) reminder is switched on, the system will automatically pop up a pairing request, and the user only needs to select pairing.

## Security information

### Be careful

Some features and functions of the product and its accessories described in this manual depend on the design and performance of the local network and the software you install. Some features and functions may not be available because the local network operator or network service provider does not support them, or because the

local network settings or the software you install do not support them. Therefore, the description in this manual may not be completely one-to-one correspondence with the product you purchased or its accessories.

Shenzhen Xingchen Digital Technology Co., Ltd. reserves the right to modify any information in this manual at any time without prior notice and without any responsibility.

## **Data security**

If you use unauthorized third-party software to upgrade the firmware and system of the device, there may be security risks such as the device cannot be used or your personal information may be leaked. It is recommended that you use online upgrade.

## **Security information**

Before using and operating the equipment, please read and observe the following precautions to ensure the best performance of the equipment and avoid dangerous or illegal situations.

## **Electronic equipment**

Do not use this device in places where it is expressly prohibited to use wireless devices, otherwise it will interfere with other electronic devices or cause other dangers.

## **Impact on medical equipment**

- In medical and health care places where the use of wireless devices is expressly prohibited, please abide by the regulations of the place and do not use this device.
- The radio waves generated by the device may affect the normal operation of implantable medical devices or personal medical devices, such as pacemakers, cochlear implants, hearing aids, etc. If you use these medical devices, please consult

their manufacturers for restrictions on the use of this device.

- When using this device, please keep at least 15cm away from implanted medical devices (such as pacemakers, cochlear implants, etc.).
- This product is an electronic product, not a medical device. The health data and suggestions provided are only for reference and are not used as the basis for diagnosis and treatment.

### **Flammable and explosive area**

- Do not use this equipment in the gas station (maintenance station) or any flammable and explosive area near flammable substances, chemicals, etc., and observe all graphic or literal instructions. In or around the storage and transportation area of fuel or chemicals or explosive places, the equipment may cause explosion or fire.
- Do not store or transport the equipment and its accessories in the same box with flammable liquids, gases or explosives.

### **Traffic safety**

- Remember that safe driving is your primary responsibility. Do not engage in activities that may distract your attention.
- The electronic equipment of the car may malfunction due to the radio interference of the equipment. Please contact the manufacturer for details.
- Do not place the equipment above the car airbag or in the area accessible after airbag deployment. Otherwise, when the air bag expands, the equipment will be pushed by a strong external force, which will cause serious injury to the personnel inside the vehicle.
- Wireless equipment may interfere with the flight system of the aircraft. Please

comply with the relevant regulations of the airline. Do not use wireless equipment where it is prohibited.

## **Operating environment**

- Do not use the equipment in a wet place or near the magnetic field to avoid internal circuit failure of the equipment.
- Do not use this device in thunderstorm weather. Thunderstorm weather may cause equipment failure or electric shock hazard.
- It is forbidden to charge when there is water stain.
- Please use this equipment within the temperature range of - 10 °C~+45 °C. When the ambient temperature is too high or too low, equipment failure may be caused.
- Do not place the equipment in direct sunlight, such as the dashboard or window sill.
- Do not place the equipment near heat sources or exposed ignition sources, such as electric heaters, microwave ovens, ovens, water heaters, furnace fires, candles or other places that may generate high temperatures.
- Do not let children or pets swallow the equipment or its accessories to avoid injury to children or pets or cause equipment failure or explosion.

## **Waterproof**

- The equipment has been tested and shows waterproof performance in a specific environment.

## **Child health**

- This device and its accessories may contain some small parts. Please keep the device and its accessories out of the reach of children. Children may unintentionally damage the equipment and its accessories, or swallow small parts to cause suffocation or other hazards.

- This device is not a toy. Children should use the device under adult supervision.

## Accessories requirements

- It is prohibited to use adapters with charging voltage greater than 5V and charging current greater than 2A. The charging time is 2-3 hours. Otherwise, fire, explosion or other hazards may be caused.

## Battery safety

- This equipment is equipped with a built-in battery that cannot be removed. Do not replace the battery by yourself to avoid damaging the battery or equipment.
- Do not connect metal objects or conductors with the charging poles of the battery, or touch the battery terminals, to avoid short circuit of the battery, burns and other personal injuries caused by overheating of the battery.
- Do not expose the battery to high temperature or around heating equipment, such as sunlight, heater, microwave oven, oven or water heater. Overheating of the battery may cause explosion.
- Do not disassemble or refit the battery, insert foreign matters, or immerse in water or other liquids to avoid battery leakage, overheating, fire or explosion.
- If the battery leaks, do not let the skin or eyes contact the leaked liquid. In case of contact with skin or eyes, please immediately flush with water and go to the hospital for medical treatment.
- Do not throw the battery into the fire, or it will cause fire and explosion.
- Please dispose of the battery according to local regulations. Do not dispose of the battery as domestic waste. Improper disposal of the battery may lead to battery explosion.
- Do not let children or pets swallow the battery to avoid injury to children or pets or

battery explosion.

- Do not drop, crush or puncture the battery. Avoid exposing the battery to external pressure, which may cause internal short circuit and overheating of the battery.
- Do not use damaged batteries.

## Maintenance

- Please keep the equipment and its accessories dry. Do not use external heating equipment such as microwave oven or hair dryer to dry them.
- Do not place the equipment and its accessories in areas where the temperature is too high or too low, or it may cause equipment failure, fire or explosion.
- Do not subject the equipment and its accessories to strong shock or vibration, so as to avoid damaging the equipment and its accessories and causing equipment failure.
- If the product is equipped with a leather wrist strap, please avoid using it in the hot sun, direct sunlight, high temperature and humid environment. If you are accidentally stained with water or sweat, please wipe it as soon as possible and place it in a ventilated and cool place to wait for drying. Do not use microwave oven, hair dryer and other external heating equipment to dry the wet leather wrist strap, or the leather surface may shrink or expand.
- Before cleaning and maintenance, please stop using this equipment and disconnect all connections or cables with other equipment.
- Please use a soft brush or a clean cloth to clean the charging port. Do not use sharp metal objects to wipe the charging port to prevent scratching the coating from affecting the charging effect.
- Do not use strong chemicals, cleaning agents or strong detergents to clean the equipment or its accessories. Please use a clean, dry soft cloth to wipe the

equipment or its accessories.

- Do not contact the magnetic stripe card (such as bank card, telephone card, etc.) with the device for a long time, or the magnetic stripe card may be damaged by the magnetic field.
- Do not disassemble or modify the equipment and accessories without authorization, otherwise the equipment and accessories will not be covered by our warranty.
- If the device collides with hard objects or the device is severely impacted by the outside world, which causes the screen to be broken, do not touch or try to remove the broken part, please stop using immediately.
- Please keep the equipment and its accessories clean and dry. Do not wear too loose or too tight during exercise. Please clean your wrists and equipment after exercise, and then wear them after cleaning and drying.
- The watchband or wrist strap can be slightly relaxed for daily wear to ensure that the parts where the skin contacts the equipment are dry and breathable. If it is not appropriate to wear it continuously for a long time, please remove the device and let the wrist rest for a period of time or change hands to wear it.
- If discomfort still occurs, we recommend that you stop wearing and consult your doctor in time. This watch is equipped with a 24 mm wide standard strap. You can also purchase other watch straps through the Internet.
- It is not recommended for snorkeling, hot water shower, hot spring, sauna (steam room), diving, diving, water skiing, other wading activities facing high-speed water flow and deepwater activities.

## Environmental protection

- Do not treat this equipment and its accessories as ordinary domestic garbage.
- Please comply with the local regulations on the disposal of this equipment and its accessories, and support the recycling action.

## Warning

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

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the 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.

FCC ID: 2BAT8-W11