

Smart Watch User Guide



Watch quick use instructions



Note: When testing heart rate/blood pressure/blood oxygen, the heart rate sensor is required to be in full contact with the skin.

Watch charging and activation

Charge activation is required before using the watch for the first time. Use the equipped magnetic charge to attract the metal contacts on the back of the watch, and connect this other end of the charger to a USB charging head or a computer USB interface.



Schematic diagram of bracket charging

Charging diagram

Power on/off method:

Power on: Long press the power on button to start the machine, or charge it to start the machine.

Power off: Press and hold the power on button to shut down.

Watch client download

Scan the QR code below to download and install the watch client.



Open the mobile client to set personal information.

Switch to the "Device" page and click "Device Binding".

Click on your device in the scanned device list.

Binding complete.

In other options, you can determine your device by the MAC address in the options.

After the watch is successfully bound, each time the client is opened in the future, the watch will automatically connect with the phone, and the data can be synchronized by pulling down on the client data page.

Watch operation guide



Sports Information

The watch is able to record and display your daily steps, calories burned and mileage information. More detailed information analysis and data records can be viewed in the client.

Sleep

The watch is able to record and display the total length of your sleep last night and the length of deep sleep and light sleep. More detailed information analysis and data records can be viewed in the client.

Heart rate

Click the heart rate icon to measure the current heart rate. More detailed information analysis and data records can be viewed in the client.

Exercise

Multiple sports modes are available, including: walking, running, cycling, basketball, football, basketball, and rope skipping. More detailed information analysis and data records can be viewed in the client.

Making phone calls

This interface can control the phone to make calls. View recent calls, etc.

Blood oxygen

Click on the blood oxygen icon to measure the current blood oxygen value. More detailed information analysis and data records can be viewed in the client.

Weather information

The weather page displays current weather, air quality information, and tomorrow's conditions. The weather information needs to be connected to the client to obtain the data. If the connection is disconnected for a long time, the weather information will not be updated.

Message Push

The watch is able to receive the notification push displayed on the mobile phone, and the push item switch can be set in the client. The watch message page can store the latest message records.

Camera control

After connecting the phone, the watch can be used as a remote control for the phone camera. After opening the camera on the phone, click on the watch camera control page to trigger the phone camera shutter. The delayed photo opportunity can be set to 0 seconds, 3 seconds, and 10 seconds.

Smart Alarm Clock

The smart alarm clock of the watch can be set in the client, and up to 3 alarm clocks can be set. When setting this time, the watch will display the alarm icon and sounds.

Other features

Other features of the watch include client mode, brightness adjustment, factory reset, and shutdown operation.

Music Control

You can control phone playback/pause on the music control interface. Music, Physical Next, Volume, Music.

Special precautions

Please ensure that the phone must be opened in the smartwatch according to the diagram. Audio can only be used for audio and call functions.

Frequently Asked Questions and Answers

Q: Why is there a deviation between the blood pressure value and the sphygmomanometer?

A: The deviation of the measured values between the watch and the sphygmomanometer is determined by many factors. The measurement site of the sphygmomanometer is in the brachial artery, and the measurement site of the watch is in the two main branches of the arteries. Under normal circumstances, the difference between the blood pressure measurement value and the sphygmomanometer blood pressure measurement value will be three to five. When the watch and the sphygmomanometer are used for measurement at the same time, because the blood flowing in the artery is in the centrifugal direction, the strap will cover the part before the middle of the elbow to be compressed when the sphygmomanometer measures, causing the blood to temporarily fail to flow smoothly to the branch of the artery below. At the same time, the resistor tension will increase, so that the deviation of the upper and lower blood pressure measurements will be greater.

Q: Why can't the watch be worn while taking a hot bath?

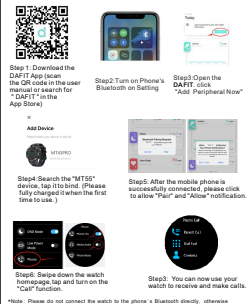
A: The temperature of the bath water is relatively high, which will generate a lot of water vapor. Since water vapor is in the gas phase, its molecular radius is small, and it is easy to penetrate into the gap of the watch case. When the temperature drops, a lot of condensable liquid water droplets in the liquid phase, causing a short circuit in the watch's internal circuit, damaging the watch's circuit board, and then damaging the watch.

Q: Why can't the watch receive message push?

A: Android phone settings:
1. Confirm that the message push switch is turned on in the mobile client.
2. Confirm that the message can be displayed normally in the mobile phone notification bar. The watch message push is pushed by reading the mobile phone notification bar message. If there is no message in the mobile phone notification bar, the watch will not be able to receive the push. It is required to find the notification settings in the phone settings, turn on the notification switch on the watch, QQ, phone, SMS, mobile client.
3. Open the accessibility settings of the Android client. It is required to find the assistant function in the phone settings, open the assistant control settings of the Android client.

A: Apple phone settings:
1. Confirm that the message push switch is turned on in the mobile client.
2. Confirm that the message can be displayed normally in the notification bar of the mobile phone. It is required to find the notification settings in the mobile phone settings, turn on the notification switch of WeChat, QQ, phone, SMS, mobile client.

How to connect to a smartwatch and use call answering and dialing functions?



Note: Please do not connect the watch to the phone + Bluetooth directly, otherwise some functions may not be available.

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.
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.
—Consult the equipment dealer or a radio/TV technician for help.

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

RF exposure:

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

Attention: This app is not a medical device. Data obtained during the use of this app is for reference only, and should not be used for clinical diagnosis, medical research, diagnosis, or treatment purposes.