





<p>Smart Watch User Manual</p>	<p>Watch basic use instructions</p>  <p>New: When wearing heart rate monitoring, please avoid wearing the heart rate monitor in the shower and hot water.</p> <p>Charging & Activating</p> <p>Charging watch is required before using the watch at the first time. Using the magnetic charging cable to connect the charging pin on the back of the watch, and connect with the charger or USB port.</p> 	<p>Power On/Off Method</p> <p>Power On: long pressing the Power On/Off button to charging to power on the watch.</p> <p>Power Off: long pressing the Power On/Off button to power off the watch.</p> <p>Watch QR Code</p>  <p>Open the QR code below to download and install the App.</p> <ol style="list-style-type: none"> Open the QR code to get personal information. Switch to the "Chinese" page and click "Chinese Monitor". Click on your device in the installed device list. Binding complete. <p>In other options, you can determine your device by the MAC address in the system. After the watch bound successfully, the watch will be automatically activated and paired with you, and the data can be synchronized by refreshing the app data page.</p>	<p>Watch Operating Guide</p>  <p>Exercise</p> <p>After connecting the phone, the watch can be used as a remote control for the phone screen to other functions, including making calls, sending messages, controlling music, and so on.</p> <p>Phone Calling</p> <p>This interface can control the phone to make calls. You need to call you.</p> <p>Smart Oxygen</p> <p>Click on the blood oxygenation to measure the current blood oxygen value. More blood oxygenation analysis and data records can be viewed in the client.</p> <p>Spots</p> <p>The watch is able to report and display your daily steps, heart rate, and blood oxygenation. More detailed information analysis and data records can be viewed in the client.</p> <p>Sleep</p> <p>The watch is able to record and display the sleep stage. You can view sleep quality and sleep time and sleep score. More detailed information analysis and data records can be viewed in the client.</p> <p>Heart Rate</p> <p>The heart rate monitor is used to measure the heart rate. You can view heart rate information analysis and data records in the client.</p>	<p>Exercise</p> <p>After connecting the phone, the watch can be used as a remote control for the phone screen to other functions, including making calls, sending messages, controlling music, and so on.</p> <p>Phone Calling</p> <p>This interface can control the phone to make calls. You need to call you.</p> <p>Smart Oxygen</p> <p>Click on the blood oxygenation to measure the current blood oxygen value. 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More music control interface and data records can be viewed in the client.</p> <p>Special Notes</p> <p>Please ensure that the phone that is opened in the client watch according to the phone model, and the watch in the client watch can only be used for mobile and tablet devices.</p>	<p>Connect Watch Camera and Phone</p> <p>1. Why is there a distance between the blood pressure value and the smartphone screen?</p> <p>2. The distance of the watch and the smartphone screen is too far, and the blood pressure value is not accurate.</p> <p>3. The distance of the watch and the smartphone screen is too far, and the blood pressure value is not accurate.</p> <p>4. The distance of the watch and the smartphone screen is too far, and the blood pressure value is not accurate.</p> <p>5. The distance of the watch and the smartphone screen is too far, and the blood pressure value is not accurate.</p> <p>6. 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It is only intended for personal use.</p> <p>RF exposure:</p> <p>This device is not a medical device. It is not intended to be used for medical diagnosis, treatment, or monitoring. It is only intended for personal use.</p> <p>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, treatment, or monitoring.</p>
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