

Instruction Manual

Smart watch charging and Activating

Align the magnetic cable with the metal charging port until the watch screen shows the charging indication. When the watch prompts low battery, please charge it in time. Please note the device belongs to all-in-one machine, the back shell and battery are not removable.

Mobile client download

Use the mobile phone to scan the QR code below to download and install the APP.



Function Introduction

1. Dial Switching

Long press home screen 2 seconds to enter the dial switching interface, slide left and right to switch the dial, and click the selected dial.



2. Control Center

Function overview: Not Disturb, Brightness, Settings, Find Phone, Battery Saver Mode, System Information



3. Motion Recording

The interface saves your last 10 exercise history, and you can view the exercise duration, heart rate, calories and etc.



4. Heart Rate

When entering the heart rate measurement interface, the bottom green light lights up to start measuring, and there will be a vibration reminder when the measurement is completed in about 45 seconds. If it says "watch is not worn", you need to wear the watch again. The user's current heart rate zone and 24-hour heart rate curve can be displayed.



5. Blood Oxygen

When entering the blood oxygen measurement interface, the red light at the bottom lights up to start measuring, and there will be a vibration reminder when the measurement is completed in about 45 seconds. This measurement is based on PPG technology. It can display the user's current blood oxygen interval and the last seven blood oxygen values.



6. Sleep

Display the sleep monitoring status of the day & the last seven days. It is updated every day, the data can be saved synchronously when the APP is connected, and the device will recalculate the data information of the new day. Sleep monitoring time period is from 21:30 to 12:00.



7. Women's Health

After the watch is connected to the APP, the women's health reminder is turned on the APP. You can view the women's health reminder information on the watch.



8. Music

After the watch is connected to the APP, it can control the pause and start, volume adjustment and song switching of the mobile phone music player.



9. Weather

After the watch is connected to the APP, this weather interface displays the real-time weather temperature and weather type.



10. Information

After the watch and the APP are connected, open the relevant information push on the APP, and the watch can receive the corresponding message, and the last 15 messages can be saved.



11. Alarm clock

After the watch and APP are connected, you can set a single alarm and cycle alarmup to 5 alarms.



12. Stopwatch

Click the start button to start the time, click the pause button to pause the timer, and click the reset button to reset the timer to zero. Up to 99 pieces of data can be saved.



13. Timer

The system presets the common timing time, and the user can click the corresponding time to time quickly, or click the custom button to set the time. Click the start button to start the time, click the pause button to pause the time, and click the reset button to reset the timer to zero.



14. Find your phone

After the watch and APP are connected, click "Find Mobile Phone", the mobile phone will ring to prompt, and the watch side will show that the search is successful. If the watch is not connected to the APP, the watch will indicate that it is not connected.



15. Settings

The setting function includes screen display (Dialswitching, Screen duration, Brightness adjustment, Wrist brightness adjustment), language, vibration intensity, menu style, battery, QR code, system.



16. Motion

There are 8+1 kinds of sports mode options, (walking, running, climbing, cycling, skipping, basketball, badminton, football, yoga (as push alternative sports)), click the icon to start sports, it supports 110+ sports push on the APP.



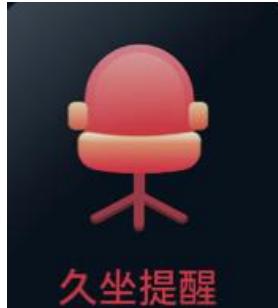
17. Drinking water reminder

It can be opened in the App [Device > Drinking Water Reminder]. After opening you can set the start time, end time, and reminder interval.



18. Sedentary reminders

It can be opened in the APP [Device >Sedentary Reminder]. After openingyou can set the start time, end timeand not disturb period.



FAQ

The smart watch does not turn on.

Please long press the power button more than 3 seconds. Or the battery may be too low, please charge it in time .

Bluetooth is not connected or cannot be connected.

1. Try restarting your watch and reconnecting it.
2. Please try restarting the Bluetooth of the phone and connecting again.
3. Do not connect other Bluetooth devices to the mobile phone at the same time.

Inaccurate measurement of heart rate/blood pressure/blood oxygen/ECG

1. Generally, the sensor of the watch is in poor contact with the human body during measuring.
2. Please pay attention to the full contact between the sensor and the wrist during measuring.
3. For people with darker skin and more arm hair, please turn on enhancement measurement in the App [Device > Enhancement Measurement].

Sleep data is not accurate enough

1. Sleep monitoring is to simulate the natural state of falling asleep and getting up. It needs to be worn normally.
2. Wear it too late or fall asleep, there may be errors.
3. Do not monitor sleep data during the day, and the default sleep monitoring is from 9:30 p.m. to 12:00 noon of the next day

Maximum working temperature

From 0 to 60 degrees

For more frequently asked questions, please refer to the App [My > FAQ]

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