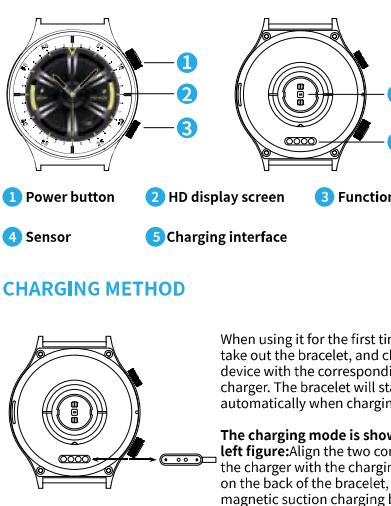


DIRECTORY	
Packing list 01
Product overview 02
Charging method 03
Touch and buttons 04
Connecting the phone 05
Connecting audio 06
Function introduction 07
Frequently asked questions 08
Precautions 09
Disclaimer 10

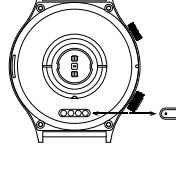
PACKING LIST

- *Watch X1
- *Charging cable X1
- *Watch band X1
- *Instruction manual X1

PRODUCT OVERVIEW



CHARGING METHOD

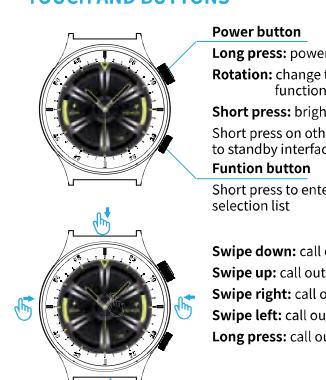


When using it for the first time, please take out the bracelet, and charge the device with the corresponding charging cable. The bracelet will start automatically when charging.

The charging mode is shown in the left figure. After the connection of the charger with the charging position of the watch, the corresponding magnetic suction base will automatically connect, and the other will be connected to the standard USB interface for charging.

***If power on fails after long pressing the power button, charge the battery and try again**

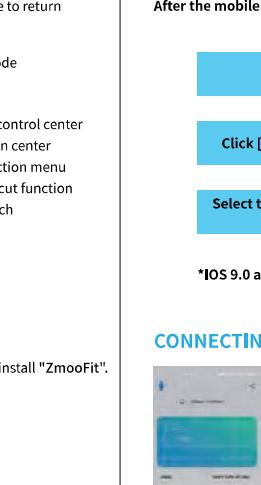
TOUCH AND BUTTONS



2. Device connection

When using the watch for the first time, you need to connect to the APP for calibration. If the APP is successfully logged in, you need to set personal information. After the connection is successful, the bracelet will automatically synchronize the time, otherwise the step counting and sleep data will be inaccurate.

After the mobile APP is successfully set, click: select device.



CONNECTING THE PHONE

1. Install the APP

Scan the QR code below or enter the app to download and install "Zmooft".



CONNECTING AUDIO

After the watch and APP are successfully connected, the mobile pairing request will pop up in about 3 seconds, as shown on the right. After authorizing, and the watch audio is connected successfully. You can use the bluetooth calling and bluetooth music function. The connection of the other side will be connected to the standard USB interface for charging.

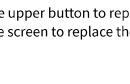
***Please make sure that Bluetooth is turned on before connecting the phone**

1. Dial switch



Turn the upper button to replace the dial, or press and hold the screen to replace the dial.

3. Control center



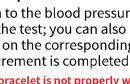
Switch to the control center. Style selection, Bluetooth switch, settings, screen brightness, QR code, no disturbance mode...

5. Status interface



Switch to this interface to view the current number of steps.

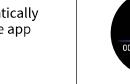
7. Blood oxygen interface



Switch to the blood oxygen interface to automatically enter the detection, you can also connect to the mobile app to enter the blood oxygen interface. When the measurement is completed in 30-60 seconds.

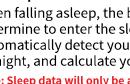
*** If the bracelet is not properly worn or the test fails.**

9. Call records



The call record can keep up to 10 call records, and the latest call record will overwrite the oldest record.

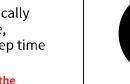
11. Step detection function



When taking a step, the bracelet will automatically enter the detection, you can also connect to the mobile app to enter the step detection interface. When the measurement is completed in 30-60 seconds.

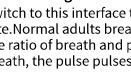
*** If the bracelet is not properly worn or the test fails.**

13. Weather interface



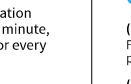
Display the weather conditions and temperature for the day, as well as the weather and temperature for the next day.

15. Breathing rate



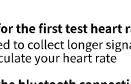
Switch to this interface to measure the respiration rate. Normal adults breathe 16 ~ 20 times per minute, each breath and pulse is 14, that is, for every breath the pulse goes 4 times.

17. Breathing training



Switch to this interface, and you can know the safety period, easy pregnancy period and menstrual period of each month.

19. Setting interface



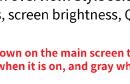
The setting function includes: theme, brightness adjustment, dial, language setting, bright screen duration, time, factory recovery, about, and shutdown.

2. Dial switch



Turn the upper button to replace the dial, or press and hold the screen to replace the dial.

4. Sports interface



Switch to this interface, click the screen to enter the specific sports interface. You can switch to outdoor running, indoor running, walking, cycling, rope skipping, mountain climbing... The screen can switch the specific sports interface.

6. Mood pressure interface



Switch to the blood pressure interface to automatically enter the test; you can also connect to the mobile app to enter the blood pressure interface. When the measurement is completed in 30-60 seconds.

*** If the bracelet is not properly worn or the test fails.**

8. Bluetooth calls



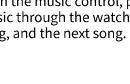
In the "Connect" interface, click to open the call settings. After the connection is successful, the Bluetooth calling function can be turned on, and the dialing function can also be used on the watch side.

10. Common contacts



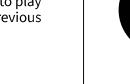
You can add, delete, and sort through "Add contact", "Edit contact", "Delete contact" up to 30 favorite contacts can be added.

12. Bluetooth music



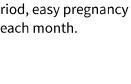
When the watch and mobile phone are connected, open the music control, press the play button to play music, and you can also pause, stop, and play the previous song, and the next song.

14. Information interface



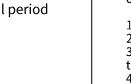
Slide down on the main interface to quickly enter the message interface, view messages on the stand-alone screen, and receive messages on the watch side. You can also return or exit after viewing the information.

16. More interfaces



More functions include: timer, mobile phone search, stopwatch, camera, QR code.

18. Message interface



Switch to this interface, click to add an alarm clock, you can set the alarm time and repeat time, you can set the alarm time and repeat time, you can also enter the set alarm clock to delete this group of alarm clocks.

Q&A

(1) Is the breathing time for the first heart rate too long?
For the first time, you need to collect longer signals according to different groups of people to accurately calculate your heart rate.

(2) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(3) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(4) Does the Bluetooth connection need to be turned on all the time?
There is still data after disconnection.

(5) Is the watch suitable for medical use?
The data is collected on the watch side, and the data can be collected for 30 days. When the Bluetooth connection between the mobile phone and the bracelet is successful, the data of the bracelet will be automatically uploaded to the mobile phone. This equipment is a medical device, and it is strictly forbidden to use it in a residential installation. This equipment generates uses and can radiate radio frequency energy, and it may cause interference to radio communications, television, medical equipment, and other electronic equipment. If this equipment does cause harmful interference to radio communications, television, medical equipment, and other electronic equipment, it is required to identify the source of interference and take measures to eliminate it. If this equipment does cause harmful interference to radio communications, television, medical equipment, and other electronic equipment, it is required to identify the source of interference and take measures to eliminate it.

(6) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(7) Does the Bluetooth connection need to be turned on all the time?
There is still data after disconnection.

(8) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(9) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(10) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(11) Is the watch suitable for medical use?
The data is collected on the watch side, and the data can be collected for 30 days. When the Bluetooth connection between the mobile phone and the bracelet is successful, the data of the bracelet will be automatically uploaded to the mobile phone. This equipment is a medical device, and it is strictly forbidden to use it in a residential installation. This equipment generates uses and can radiate radio frequency energy, and it may cause interference to radio communications, television, medical equipment, and other electronic equipment. If this equipment does cause harmful interference to radio communications, television, medical equipment, and other electronic equipment, it is required to identify the source of interference and take measures to eliminate it. If this equipment does cause harmful interference to radio communications, television, medical equipment, and other electronic equipment, it is required to identify the source of interference and take measures to eliminate it.

(12) Does the Bluetooth connection need to be turned on all the time?
There is still data after disconnection.

(13) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(14) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(15) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(16) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(17) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(18) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(19) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(20) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(21) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(22) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(23) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(24) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(25) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(26) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(27) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(28) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(29) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(30) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(31) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(32) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(33) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(34) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(35) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(36) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(37) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(38) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(39) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(40) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(41) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(42) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(43) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(44) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(45) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(46) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(47) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(48) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(49) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(50) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(51) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(52) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(53) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(54) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(55) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(56) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(57) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(58) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(59) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(60) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(61) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(62) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(63) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(64) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(65) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(66) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(67) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(68) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(69) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(70) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(71) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(72) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(73) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(74) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(75) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(76) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(77) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(78) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(79) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(80) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(81) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(82) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(83) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(84) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(85) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(86) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(87) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(88) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(89) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(90) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(91) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(92) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(93) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(94) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(95) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(96) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(97) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(98) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(99) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(100) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(101) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(102) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(103) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(104) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(105) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(106) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(107) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(108) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(109) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(110) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(111) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(112) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(113) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(114) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

(115) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(116) Does the watch support heart rate monitoring?
The watch does not support heart rate monitoring.

(117) What should I do if the blood oxygen detection fails?
Calibration is required. Please connect the Zmooft and Zmooft app and follow the steps.

(118) Can I turn on the call and SMS reminder function?
You must turn on the call and SMS reminder supports offline.

<p