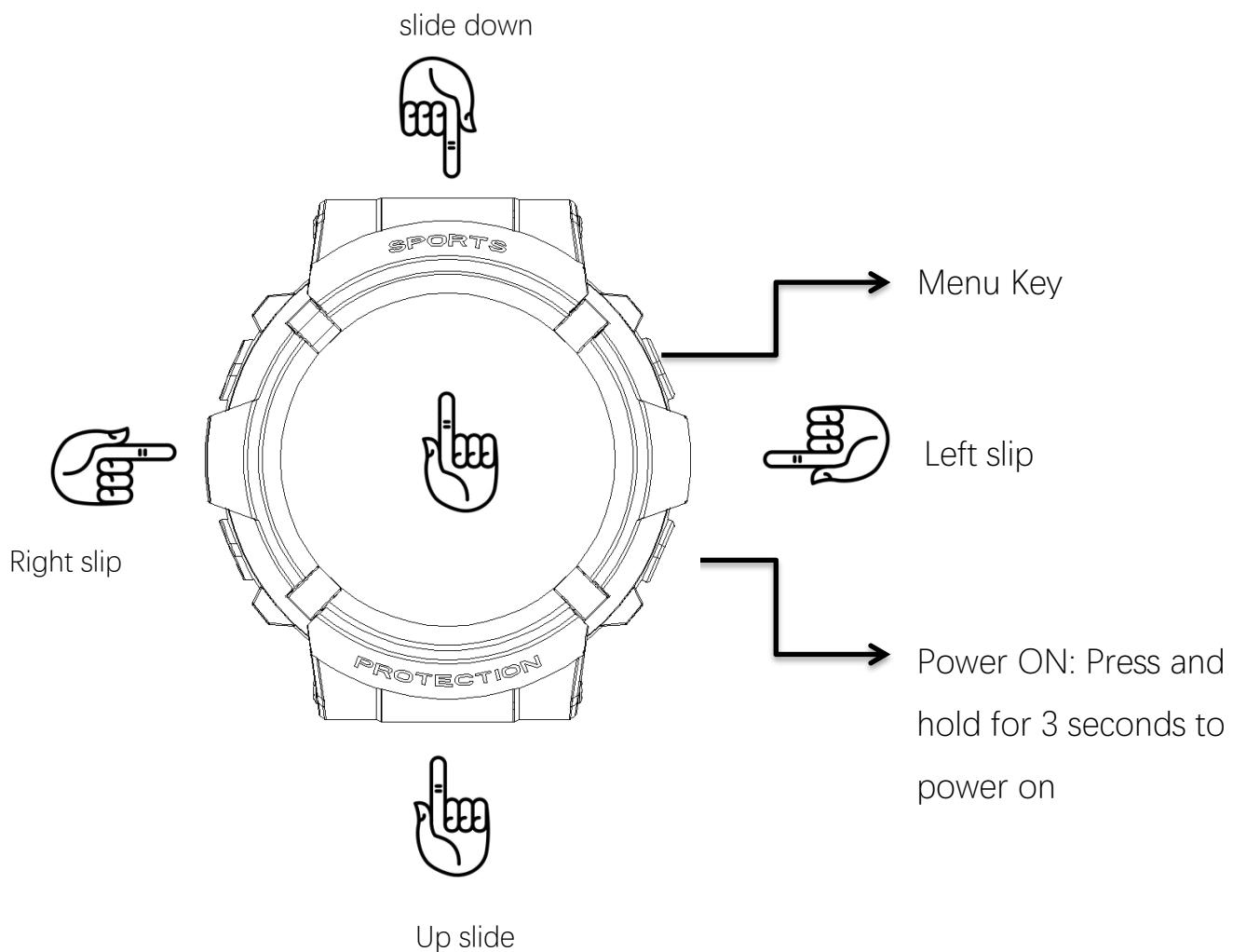


# Smart Watch



## User Guide

# Touch And Key Operation Instructions

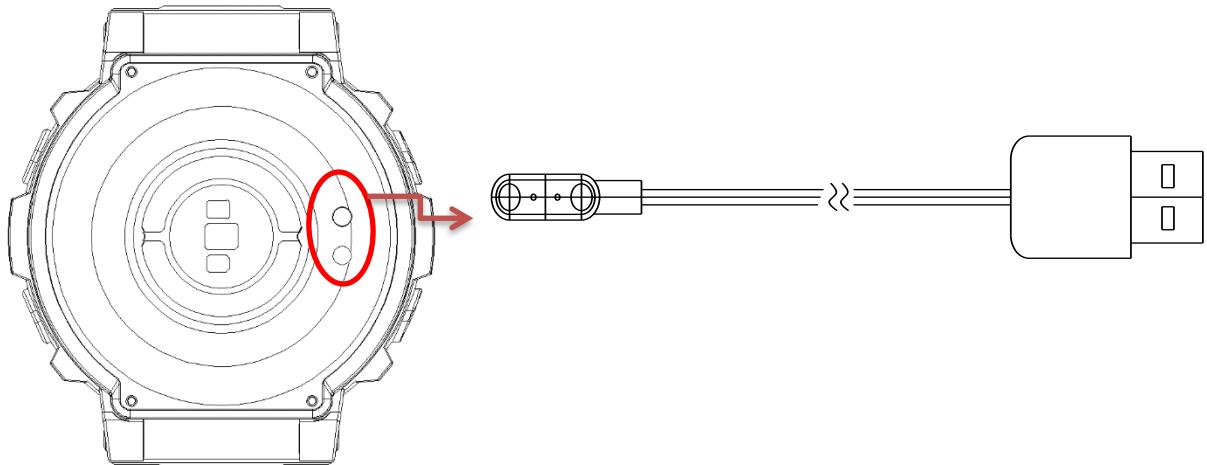


Touch Operating instructions	slide down	Control interface	Right slip	menu Bar
	Up slide	SMS notification	Left slip	Quick functions
	Long press	Dial switch		

For detailed product functions, please go to the APP to learn

## ■ HOW to Change

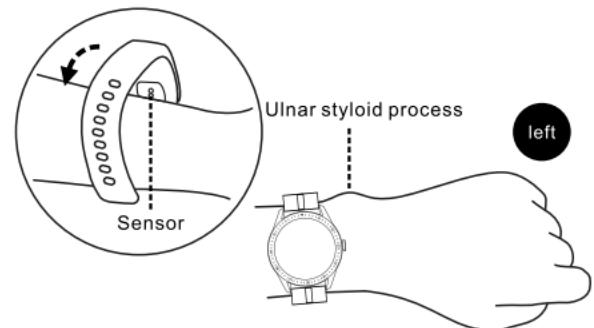
- For the first time using, please remove the bracelet and charge the device with the corresponding charger. (The charging method is shown in the following figure: Place the bracelet inside the charger and align it with the two contacts of the charger to start charging.)



- Note: Connect the USB interface to a charger or computer USB interface with an output current of 1A or above for charging

## ■ Wearing method

1. The size of the bracelet is best worn after the styloid process;
2. Adjust the wrist size according to the adjustment hole, Buckle the wrist strap;
3. Sensors should be tightly attached to the skin to avoid movement.



### Notes for heart rate testing :

- During testing, the heart rate LED light on the back of the bracelet will flash
- The sensor is tightly attached to the skin to avoid external light affecting the accuracy of the test
- The testing area should be kept clean, as sweat or stains can affect the test results.

## ■ On/Off

1. When the bracelet is turned off, charge or press and hold for 3 seconds to turn on the bracelet
2. When the bracelet is turned on, switch to the shutdown interface and press and hold the shutdown interface for 3 seconds. The bracelet vibrates and shuts down.

## ■ Bracelet operation

1. When the bracelet is turned on, swipe to turn on the screen or switch displays
2. No operation defaults to five second screen rest, users can connect to the mobile app to modify the screen rest time ;
3. The bracelet factory defaults to 24-hour heart rate monitoring, which users can choose from the general settings on the APP device interface Turn it on or off.

## Install the braceletAPP

Scan the QR code below or enter major application markets to download and install it **GloryFit**



Mobile System Requirements :



Android 4.4 and above



iOS 9.0 or above supports Bluetooth 4.0

# Device Connect

The first time you use the bracelet, you need to connect to the APP for calibration. After successful connection, the bracelet will automatically synchronize the time, otherwise the step count and sleep data will be inaccurate.

**Open the mobile app and click on the settings icon**



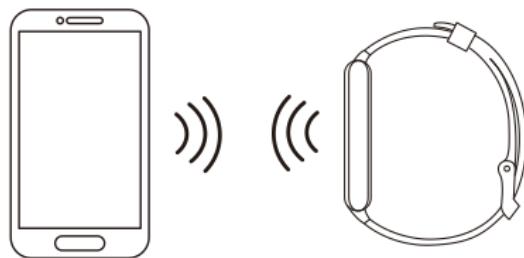
**My Device (iOS) Search Device (Android)**



**Click on the 'Find Me' icon in the upper right corner**



**Click on device connection**



**Bluetooth connectivity:** After successful pairing, the app automatically saves the Bluetooth address of the bracelet. When the app opens or runs in the background, it will automatically search for and connect the bracelet.

**Data synchronization:** Manually pull down to synchronize data on the APP homepage: The bracelet can store offline data for 7 days. The more data the bracelet has, the longer the synchronization time will be, up to about 2 minutes. After the synchronization is completed, there will be a prompt of "synchronization completed".

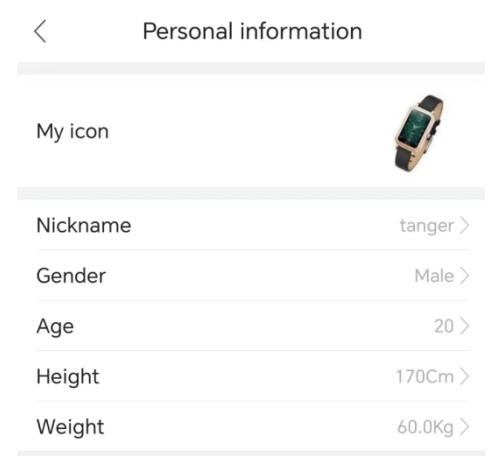
# APP Functions and settings

After entering the app, please set your personal information first

My → Personal

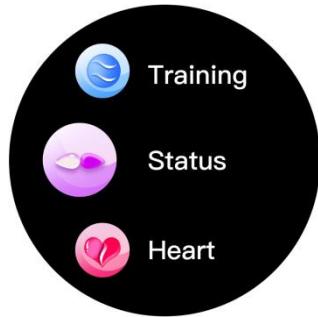
Can set avatar - gender - age - height - weight, personal information can be provided High data accuracy.

Customizing personal daily exercise goals and reasonable Motion planning will help Improvement of physical fitness.



## Main functional interface

### Three menu styles



Tabulation



honeycomb



rotate



### sleep

Swipe the screen to the left to enter the sleep status interface, activate the sleep monitoring function, and detect sleep quality during sleep. You can view data such as sleep duration, deep sleep, and light sleep

## heart rate



Place the watch close to the wrist, with the best wearing position above the wrist bone and arm. Click patiently to wait for 30-60 seconds to measure the real-time heart rate value. The normal value is 50-100 beats per minute, and you can also view the heart rate record by sliding up



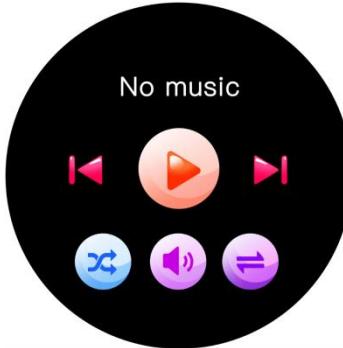
## Sleep

Swipe the screen to the left to enter the sleep status interface, activate the sleep monitoring function, and detect sleep quality during sleep. You can view data such as sleep duration, deep sleep, and light sleep



## Weather

Not connected to the APP, enter the weather display prompt. After connecting to the APP, the current weather temperature will be displayed



## Music

Click to control music playback on your phone

## **Matters needing attention**

- Do not disassemble, repair or modify the product without authorization
- Do not collide the product violently to avoid product damage.
- Please avoid using in strong magnetic field, direct light or high temperature environment.
- This product is not used for disease diagnosis, treatment and prevention.
- The waterproof grade of this product is IP67 to avoid being immersed in water for a long time.
- Please avoid wearing the watch strap too tightly, and keep the contact position between the watch and the skin clean
- Children should use this product under the guidance of their parents to avoid harm。

## **Common problem handling**

### **The watch cannot be switched on**

- Please fix the power key for more than 3 seconds
- The battery may be too low, please charge it in time.

### **Bluetooth is not connected or cannot be connected**

- Please try to restart the watch and reconnect.
- Please try to restart the mobile phone Bluetooth and connect again.
- The mobile phone should not be connected to other Bluetooth devices at the same time.

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

- It is generally caused by poor contact between the sensor of the watch and the human body during measurement.
- Please pay attention to the full contact between the sensor and wrist when measuring.
- Keep your body still and watch close to your wrist during measurement
- For people with darker skin color and more hair on their arms, please enable enhanced measurement in App [Equipment>Enhanced Measurement].

## Sleep data is not accurate enough

- Sleep monitoring is to simulate the natural state of falling asleep and getting up, which needs to be worn normally.
- Wearing it too late or when sleeping may cause errors.
- Sleep data is not monitored during the day, and the default sleep monitoring is from 9:30 p.m. to 12:00 p.m. the next day.

**For more frequently asked questions, please check the mobile app [My>FAQ]**

## Product parameters

Product Type	Smart Watch	Battery Type	Lithium polymer
Display Size	1.2ch	Battery Capacity	200mAh
Weight	37g	Charging Voltage	DC 5V
Watch Size	Φ41*13.5mm	Waterproof Level	IP68
Wristband Material	RUBBER	Package Contents	Smartwatch, manual, charging cable

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