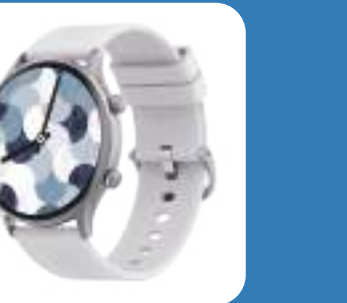
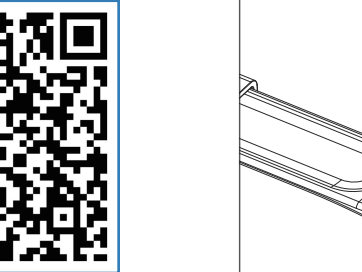


# USER MANUAL



## Downloading the App

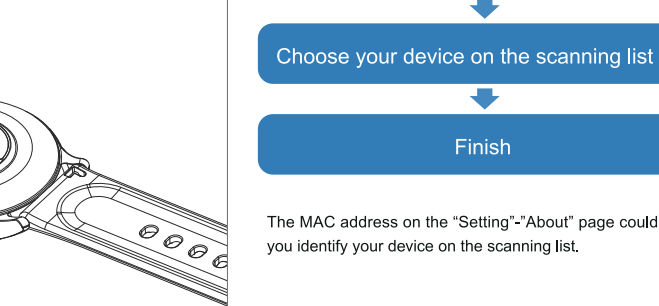
Scan the following QR code, download and install the App.



Scan QR Code and Download

## Charging and Active

Charging the device to active before the first time using;  
To charge your device, plug the charging cable into the  
adapter or USB port on your computer.



## Pairing

Open the App and set up your profile

Go to the [Device] , Click Add a [Device]

Choose your device on the scanning list

Finish

The MAC address on the "Setting"->"About" page could help  
you identify your device on the scanning list.

## Use the Touch Screen

Control Center  
Swipe Up  
Swipe Down

Swipe Left  
Swipe Right

Swipe Left  
Swipe Right

Swipe Up  
Swipe Down

Menu

Feature pages

Messages

Messages

## Smart Watch Features

After connecting the smart Watch to the phone, you can use the watch to dial  
to control the phone for making calls and answering the phone calls. You can also view the call history of  
the watch. You need to keep the connection between the watch and the phone stable when using the Phone Call  
function.

In the state of Bluetooth connection, the  
watch can wake up the voice assistant  
on the phone.

## Smart Watch Features

**Sleep**  
If you keep wearing Smart Watch in  
your sleep, it can provide the hours  
slept and quality of sleep stats on  
both the screen and the APP.  
NOTE: Sleep stats reset to zero at  
8:00 pm.

**Heart Rate Test**  
The Smart Watch could record your  
heart rate all day.  
Recently 5 messages can be stored.  
The last training recording will be  
shown on the training page.

## Smart Watch Features

**Sports**  
Smart Watch automatically tracks  
Steps taken on the screen.  
NOTE: Your movement stats reset  
to zero at midnight.

**Training**  
Tap the training icon on the menu  
to start a new training measure  
recording, there are 8 sport  
modes to be chosen.  
The last training recording will be  
shown on the training page.

## Smart Watch Features

**Blood Pressure Test**  
Tap on the blood pressure page  
to start measuring your blood  
pressure.  
On the blood pressure page, it can  
show the blood pressure measured  
data of the last times.

**SpO2 Test**  
Tap the SpO2 page to start  
measuring your SpO2.  
On the SpO2 page, it can show the  
SpO2 measured data of the last  
times.

## Smart Watch Features

**Weather**  
It could show the weather info of  
current and tomorrow on the  
weather page.  
Weather info is synced after con-  
necting with the APP, it will not be  
updated after a long disconnected.

**Messages Reminder**  
The device can sync incoming noti-  
fications from Twitter, Facebook,  
Whatsapp, Instagram etc.  
Recently 5 messages can be stored.  
Note: You can switch off/off the  
incoming notification in the APP.

## Smart Watch Features

**Remote Shutter**  
After connecting the device, you  
can remote control the camera on  
your phone.

**Player Shutter**  
After connecting the device, you  
can remote control the music player  
on your phone.

## Smart Watch Features

**Other Features**  
Other features include stopwatch,  
alarm, timer, brightness, mute on/off,  
theater mode, factory reset, power off  
and about.

**Stop Watch**  
Tap the start button on stopwatch  
page to start timing, and tap the  
stop button to stop timing.

## Smart Watch Features

**Silent Alarms**  
Set up the alarm on the APP, the  
device will vibrate to remind on  
time.

**Period**  
Menstrual period, ovulation  
can be set in the client period,  
ovulation peak reminder and  
prediction.

## Getting to Know Your Device

**Remind to Move**  
The device will vibrate to remind  
you to make a relax after 1 hour  
sitting.  
Note: You can switch on/off the  
feature in the APP.

**Remind to Drink**  
The smart watch will remind you  
"Time to Drink Some Water" at the  
planned drinking time.  
Note: You can set the feature in  
the APP.

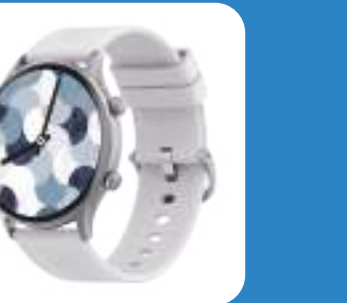
## General Info & Specifications

**1.Environmental Conditions**  
Operating temperature: 14°F to 122°F (-10°C to 50°C)  
Non-operating temperature: -4°F to 140°F (-20°C to 60°C)

**2.Size**  
Fits a wrist between 5.5 and 7.7 inches in circumference.

**3.Disposal and Recycling**  
Please kindly be aware that it is the consumer's responsibility  
to properly dispose and recycle Smart Bracelet and accompanying  
components. Do not dispose of Smart Bracelet with common  
household waste, the Smart Bracelet unit is considered electronic  
waste and should be disposed of at your local electronic  
equipment collection facility.  
For more information, please contact your local electronic  
equipment waste management authority or the retailer where  
you bought the product.

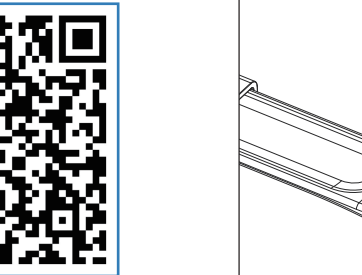
**2.Using Quick View**  
With Quick View you can check the time or the message from  
your phone on your Smart Bracelet without tapping. Just turn  
your wrist towards you and the time screen will appear for a  
few seconds.



## 使用指南

### 手表客户端下载

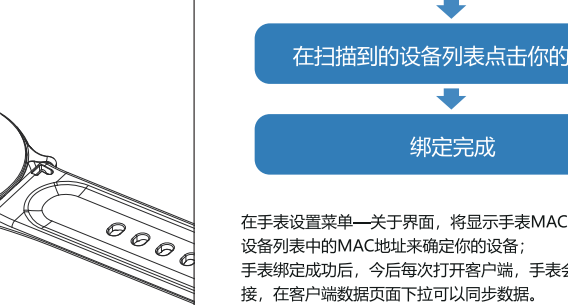
扫描下方二维码下载并安装手表客户端。



扫码下载手机客户端

### 手表充电与激活

首次使用手表之前需要充电激活；  
使用配备的磁吸充电器吸附到手表背面的金属触点，充电器  
另一端接入USB充电头或者电脑USB接口即可。



### 连接手表



在手表设置菜单——关于界面，将显示手表MAC地址，可以通过  
设备列表中的MAC地址来确定你的设备；  
手表绑定成功后，今后每次打开客户端，手表会自动与手机连  
接，在客户端数据页面下拉可以同步数据。

### 手表操作指导



### 手表功能简介

**当手表与手机连接后,可以使用手表进行拨号控制手机进行通话;也可以在手表上接听来自手机的通话。同时也可以查看手表的通话记录信息在使用通话功能时,需要确保手表与手机的连接状态稳定。**

**在连接通话蓝牙的状态下,通过手表唤醒手机端的语音助手。**

### 手表功能简介

**睡眠**  
手表可记录并显示昨夜的睡眠总时长以及深睡眠、浅睡眠的时长。更多详细信息分析以及数据记录可以在客户端中查看。

**心率**  
手表可以记录并显示全天24h心率值。点击心率界面,可测量当前心率值。更多详细信息分析以及数据记录可以在客户端中查看。

### 手表功能简介

**运动信息**  
手表可记录并显示每天行走的步数、消耗的热量以及里程信息。更多详细信息分析以及数据记录可以在客户端中查看。

**锻炼**  
8种运动模式可供选择,包括:走路、跑步、骑行、篮球、足球、羽毛球、跳绳、游泳。更多详细信息分析以及数据记录可以在客户端中查看。

### 手表功能简介

**天气信息**  
天气页面会显示当前的天气、空气质量信息,以及明日的状况。天气信息需要连接客户端后才可以获取数据,如果长时间断开连接,天气信息将无法更新。

**消息推送**  
手表可以接收显示手机上的通知推送,可在客户端中设置推送项目开关。手表消息页面可以储存最近5条消息记录。

### 手表功能简介

**血压**  
点击血压界面,可测量当前血压值。更多详细信息分析以及数据记录可以在客户端中查看。

**血氧**  
点击血氧界面,可测量当前血氧值。更多详细信息分析以及数据记录可以在客户端中查看。

### 手表功能简介

**相机控制**  
连接手机后,手表可以作为手机相机遥控器。在手机上打开相机后,在手表相机控制页面点击即可触发手机相机快门。

**音乐控制**  
连接手机后,手表可以控制手机音乐播放器。

### 手表功能简介

**其他功能**  
手表的其他功能中包含秒表、闹钟、计时器、亮度调节、振动开关、影院模式、恢复出厂设置、关机操作、关于。

**秒表**  
点击秒表图标,进入秒表功能。

### 常见问题与解答

**血压数值为什么跟血压计有偏差?**  
手表和血压计测量数值出现的偏差是由多种因素决定的,血压计测量部位是在肱动脉,手表测量部位是在微动脉的两个主要分支,正常情况下主动脉血压测量值和微动脉血压测量值会相差三到四十;如果你使用手表和血压计同时进行测量,由于动脉里流动的是离心方向的血液,血压计测量时绑带使你的肘正中以下部位处于受压状态,暂时血液无法顺畅的向下面的动脉分支流动;血管紧张感增加,将使上下血压测量值偏差会更大。

**为什么手表接收不到消息推送?**  
苹果手机设置:  
1.确认在手机客户端开启了消息推送的开关  
2.确认消息在手机通知栏都可以正常显示,手表消息推送是通过读取手机通知栏数据进行推送;若手机通知栏没有消息,手表将无法接收推送。  
(需要在手机设置中找到通知设置,开启微信、QQ、电话、短信、手机客户端的通知开关)  
3.打开手环客户端的辅助功能设置  
(在手机设置中找到辅助功能,打开手环客户端的辅助功能设置)

苹果手机设置:  
1.确认在手机客户端开启了消息推送的开关  
2.确认消息在手机通知栏都可以正常显示  
(需要在手机设置中找到通知设置,开启微信、QQ、电话、短信、手机客户端的通知开关)

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.

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