

K92 smart ear-to-ear bracelet

Instruction manual



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**Please read this instruction manual before using this product to
ensure safe and correct use.**

Precautions

The use environment of the product (too high or too low, humid, rainy, diving or dusty environment), operation specifications, low power, etc., may affect the normal use of the product, or even damage.

Please use the product correctly:

Please charge the product before using it for the first time, it takes about 2 hours to charge;

Please use qualified accessories from regular manufacturers for charging to avoid accidents;

Never charge when wet or when the product is wet or the product is stained with water;

When measuring, the sensor should be close to the skin and avoid moving;

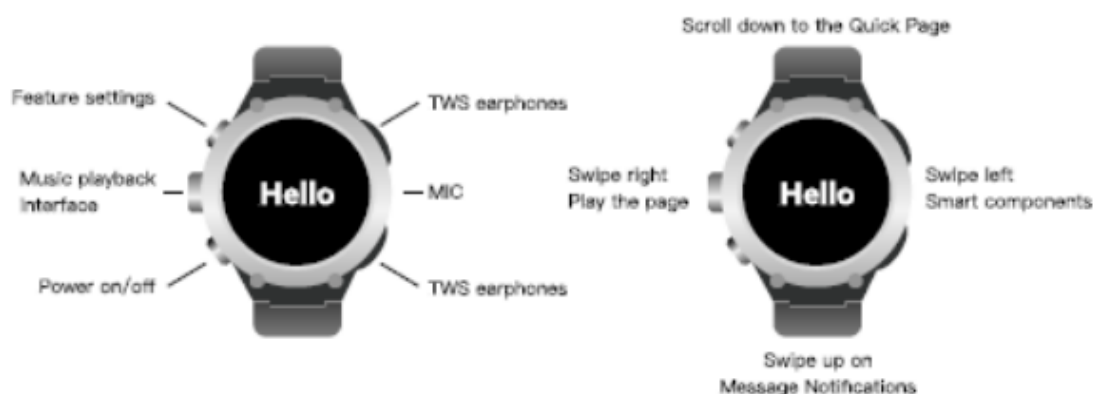
The measurement results of the product are for reference only and cannot be used as a basis for medical use;

Some data is synced with mobile phone or network data after connecting to the phone through the APP. Such as weather, steps, sleep, etc. (It cannot be set artificially)

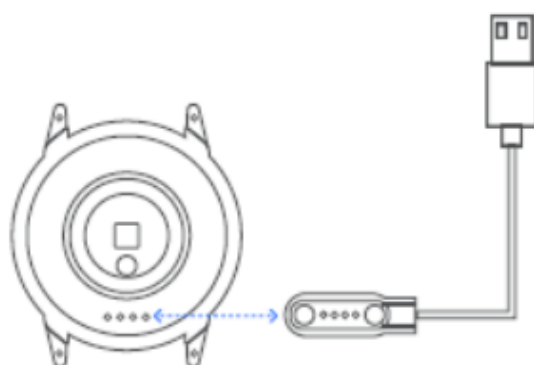
1. the product composition

Composition of the product: watch; The watch is equipped with headphones; charging cable; Instruction manual; Wrap;

2. Key function and touch



3. Charging Instructions and Music Storage (U Disk)



1. After the magnetic cable is successfully connected, the watch will display a charging icon; The other end is connected to a standard USB port for charging.

Note:

- 1.1. Do not charge in a humid and watery environment
- 1.2. Please make sure that the metal contacts on the watch body and the magnetic charging cable are not dirty or corroded;

1.3. Please use a clean flannel cloth to clean the metal contacts on the back of the watch and the magnetic charging cable regularly. Make sure that the contacts between the watch and the magnetic charging cable are fully in contact to ensure normal charging;

1.4. This product is not equipped with a power adapter, in order to ensure the safety of family and property, when charging, you can use the computer USB interface or choose a power adapter with an output of no more than 5V/1A. Please purchase the power adapter through regular channels, and avoid using low-quality and shoddy power adapters to avoid bursting or fire.

2. One end of the magnetic cable is connected to the watch, and the other end is connected to the USB port of the computer, and the computer reads out the watch USB flash drive and saves the song, only MP3 format

4. APP installation

Scan the QR code or enter the App Store, search for "Flow Fit" in the App Store to download and install the APP.



Note: Android supports 5.0 and above systems, ios supports 13.0 and above systems, and Bluetooth hardware 5.3 and above.

5. APP connection

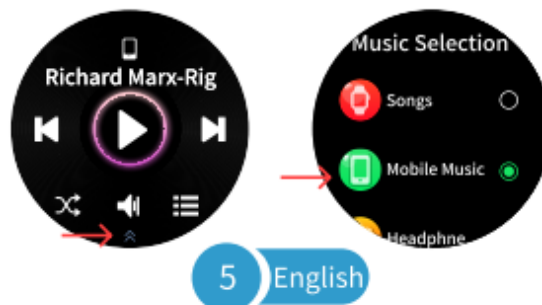
1. Install and open the APP for the first time: Allow the APP to obtain the corresponding permissions according to the prompts. The first APP connection of the Apple mobile phone will prompt a Bluetooth pairing request, click "Pairing" to connect, and the watch can accept notifications and reminders such as incoming calls and text messages pushed by the IOS system.

2. Open the APP, click "Add Device" and search for "K92" to connect. If multiple devices are nearby, select the MAC address (composed of 12 letters and numbers) of your watch to bind the devices. (The MAC address of the watch can be viewed through the watch settings-about-MAC address), and the Bluetooth icon appears on the top of the watch or the Bluetooth connection is successful, indicating that the watch is successfully connected to the mobile phone.

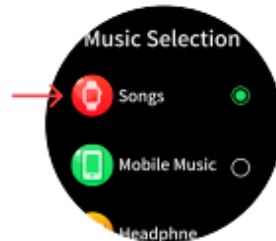
3. This product provides three Bluetooth signals, namely: "K92"/watch Bluetooth signal;" K92_AUDIO"/Watch Amplifier Speaker (Watch Horn) Signal;" K92"/Watch Bluetooth headset signal.

The function and usage method are as follows: press the left middle button to enter the music playback interface, and click the middle swipe button menu icon to enter the music mode selection page.

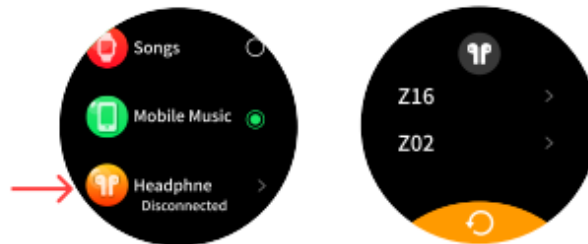
"Watch Local Music" mode: As shown in the figure below, the watch amplifier speaker (watch speaker) plays the music in the watch memory.



"Mobile Music" mode: As shown in the figure below, after the Bluetooth of the mobile phone searches and connects to the "K92_AUDIO" successfully, the watch amplifier speaker (watch speaker) plays mobile phone music. In this mode, the watch can use the function of making and receiving calls and voice control.



Bluetooth headset" mode: As shown below, take out the Bluetooth headset, search for the Bluetooth of the mobile phone and connect to "K92", after the successful connection, the watch earphones play mobile phone music.



6. Instructions for using the APP

1. Exercise

Step count, sleep, used to view the data recorded by the watch and synced to the phone, according to the date

Review the data

Heart rate, blood pressure, blood oxygen, body temperature, click to enter to select "Start Detection" in the details, and the watch will start testing

Quantity, please wear the watch according to the instructions when measuring. The measurement data synchronization app allows you to view the records.

2. GPS movement

Select the "Exercise Type" to "Start Training" to display the map track, if you need to stop, short press to start/pause, long press to end.

3. Equipment

Displays the status of connected devices and unbinds.

Local watch face: The watch has a built-in watch face display, and you can switch it by sliding.

Watch face center: Various styles of watch faces can be downloaded and synchronized by themselves.

Album watch face: Customize the background, you can choose to sync your watch by taking a photo or a photo stored in your phone's photo album

Message push: used for the synchronous display of mobile APP messages on the watch. It is recommended to enable call message alerts.

Daily Alarm Clock: Set the alarm clock function, you can set up to 5 alarms.

Remote photography: Turn on remote photography, shake the watch or tap the camera icon on the watch to control the phone's photo function

Other settings:

Find the bracelet: The watch will vibrate and ring when using the function

Time format: 24/12-hour setting can be selected and synced to the watch.

Unit settings: You can select the kilometer/mile setting and sync it to the watch .

Temperature system: °C/°F setting can be selected and synchronized to the watch.

Sedentary reminder: You can set the watch vibration to remind you to sit for a long time during the time period.

Drink water reminder: You can set the watch to vibrate to remind you to drink water within the time period .

24-hour heart rate: When turned on, the heart rate is automatically monitored every 30 minutes .

24-hour body temperature: When turned on, the body temperature is automatically monitored every 30 minutes .

Raise your hand to light up the screen: When on, the watch screen lights up when you raise your hand .

Night mode: After it is enabled, raise your wrist to turn off the screen within the set time range, and the brightness will be reduced to the lowest setting .

Firmware Upgrade: Used to detect and upgrade the watch version.

4. Mine

Profile: Used to set user information. Accurate input of personal information is conducive to APP integration Monitoring data is analyzed.

Frequently used contacts: Synchronize contacts from your phone to your watch.

Frequently Asked Questions: Use the FAQ Q&A

Feedback: Feedback on usage questions and suggestions is provided in it

Background operation settings: The background operation of mobile phones of various brands is permanently set in the background.

About: App version, there is a new version that can be upgraded

7. Instructions for use of the watch

1. The watch supports 21 Chinese language switching: Chinese, English, Spanish, Portuguese, French, German, Italian, Polish, Russian, Czech, Indonesian, Malaysian, Hebrew, Turkish, Arabic, Greek, Ukrainian, Swedish, Dutch, Vietnamese, Slovak

2. Press and hold on the UI watch face interface of the main screen to enter the watch face selection (you can also select the watch face in the settings watch face selection or App)



3. Swipe down on the UI watch face interface of the main screen to enter the shortcut menu



After turning on the call, the information cannot be received, and the screen is turned off when you raise your wrist.



You can choose to turn on and off the wrist lift screen function.



Choose to turn on or off the BT function, and connect to the App to receive and make calls.



Quickly enter the watch settings function interface.



Connect the App, tap Find Phone, and the phone responds.



Quick access to adjust brightness and set the screen-off watch face function.



Click "Flashlight", and the bracelet screen will display a white screen.



Click to select the switch menu style, which supports 5 styles to switch freely.



App QR code, scan the code to download the App



Display the content of the bracelet information: MAC address, version information.



heart rate

Start the heart rate measurement on the bracelet or APP, the maximum measurement time is 30S, and the measured value will be displayed after the end



Thermometer

Start the body temperature measurement on the bracelet or APP, the maximum measurement time is 30S, and the measured value will be displayed after the end



Blood pressure

Start the blood pressure measurement on the bracelet or APP, the maximum measurement time is 30S, and the measured value will be displayed after the end



Activity logs

Record "Today's Steps", "Calories", and "Distance" on the activity screen



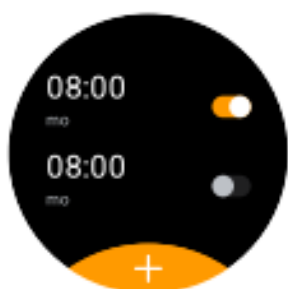
Blood oxygen

Start the blood oxygen measurement on the bracelet or APP, the maximum measurement time is 30S, and the measured value will be displayed after the end



Find your phone

The APP binds the bracelet, and the bracelet selects "Find Phone" in the function menu interface to enter, touch "Start Finding", the bracelet vibrates once, and the phone rings/vibrates



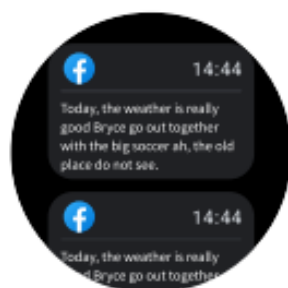
Alarm settings

The bracelet can be set with a single alarm and a repeat alarm, the alarm clock reminds the bracelet to vibrate 5 times, and the alarm clock picture is displayed on the screen



stopwatch

The stopwatch interface has start/pause timer and timer clearing; The stopwatch interface is long on



Information

1. Bind the bracelet to the APP, turn on the SMS and third-party message push switch, and the message received by the bracelet will be pushed to the bracelet display
2. The information list can display up to 5 messages, and you can click to enter to view the information content



QR code

Use a browser, AppTreasure, WeChat, etc., scan the QR code to download the Flow Fit-APP



countdown

1. The timer interface has 1 minute, 3 minutes, 5 minutes, 10 minutes, 15 minutes, 30 minutes, 1 hour, 2 hours and custom duration
2. When the countdown ends, the bracelet vibrates once, and a pop-up window prompts



Music

For details, please refer to Article 3 of the 5. APP connection in this manual



sleep

1. Sleep monitoring is carried out from 22:00 p.m. to 9:00 a.m., and no monitoring is carried out at other times
2. The APP binds the bracelet, synchronizes the sleep data of the bracelet, and the sleep interface displays deep sleep and light sleep charts



motion

Support 15 sports monitoring and record different project data for different sports (walking, running, cycling, climbing, football, badminton, basketball, Skipping rope, table tennis, tennis, yoga, elliptical machine, free training, billiards, rowing machine)



Breathing exercises

Start breathing training and perform breathing training according to the breathing contraction animation; The bracelet vibrates once each as you exhale/inhale



calculator

Quickly use the bracelet to calculate data



call

You can dial a number on the watch to make outgoing calls

Note: This function must be used in the "Mobile Music" mode, when the watch is successfully connected to the mobile APP, and the Bluetooth connection between "K92" and "K92 Audio" is successful, please follow the instructions in Article 3 of the 5. APP connection in this manual, and select the mode as the mobile phone music mode.



Weather

The APP binds the bracelet to synchronize the data, obtains the weather conditions of the APP side for three days, the APP switches the temperature unit, and the bracelet is displayed correctly



Mobile phone voice assistant

Tap the voice icon to wake up your phone's voice assistant. Note: This function must be used in the "Mobile Music" mode, when the watch is successfully connected to the mobile APP, and the Bluetooth connection between "K92" and "K92_Audio" is successful.



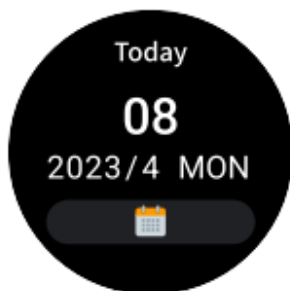
Menu style

Menu style, support 5 menu styles to switch freely



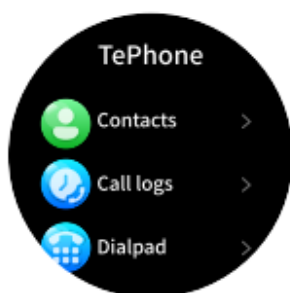
Set up

Support watch face switching, menu style, language setting, time setting, bedside lamp, QR code, display and brightness, sound and vibration, system menu, background switching, about and other function settings



Calendar

The "Calendar" screen displays the current "Year", "Month", "Day", and identifies "Date"



Contact

After connecting the APP, select the usual contacts to synchronize to the bracelet, and the bracelet can make calls directly, and up to 9 numbers can be synchronized

Call logs

After connecting BT, the recent call history can be displayed, and you can click the call history to make a call



Card function

On the last page of the first-level interface, "+" enters the shortcut function that can optionally display the first-level interface

8. Introduction to the functions of TWS earphones

A: Earphone pairing

1. Earphone pairing, take the earphones out of the watch host, there is a boot prompt sound, turn on Bluetooth in the phone settings, find the corresponding Bluetooth name K92 for Bluetooth connection, and the TWS earphones have been paired with each other before leaving the factory. Only the Bluetooth name K92 is displayed, and the phone is connected when you see it, which means that the product has been connected successfully.
2. Take out the earbuds from the watch console, and the earbuds will automatically power on and pair and connect automatically
3. If the earphones are disconnected from the mobile phone or the earphones are not connected during use, the mobile phone needs to be reconnected to Bluetooth. There is a Bluetooth model that has been connected before in the Bluetooth under the mobile phone settings, please clear it first, and then search for Bluetooth K92 to connect.
4. Earphone couplet: If there is a situation where only one earphone has sound, then it is necessary to couplet between the ears.

How to pair the earbuds

1. First power off by pressing and holding both earphones at the same time for 6 seconds
2. Press and hold both earphones to turn on at the same time, when the lights of the two earphones are flashing alternately, press the two earphones 7 times at the same time, and the two earphones will automatically turn off at the same time after pressing 7 times
3. Turn on both earphones at the same time, only one of the earphones will be on after powering on. Indicates that the earbuds are paired successfully.

B: The middle surface of the earphone is the touch surface, which is used to touch control answering/hanging up the call, controlling the music up and down, volume up and down, and AI voice assistant

C: Answer/hang up an incoming call

When the earphone is in the watch base for an incoming call, it will be automatically connected when taken out of the watch, when the earphone is in the watch for a long time, the call needs to be answered manually, click the button to answer the call, and then click to hang up the call, put the earphone back on the watch during the call, then the earphone will be turned off. If the other party does not hang up the phone, it will automatically switch to the mobile phone to answer.

D: Music operation

Click to pause/play, double tap to previous/next, and triple tap to volume +/-.



E: When the Ai voice assistant and the earset are connected to Bluetooth, press and hold the touch button for three seconds to activate Siri on the iPhone and the voice assistant on the Android phone, and you can use the voice assistant to operate functions such as making calls, checking the weather, and navigating maps. Activation voice must be active on the standby screen or on the main time screen

Precautions for use

1. The measurement results of this product are for reference only and are not used as any medical use or basis. Please follow your doctor's guidance and do not self-diagnose and treat based on this measurement result.
2. The waterproof level of this product is waterproof for life, and it cannot be used for deep diving and long-term immersion in water. In addition, this product is not waterproof, because water vapor will affect the watch.
3. The Company reserves the right to revise the contents of this manual without prior notice. Some functions are different in the corresponding software version, which is normal.
4. Please use factory reset with caution, restoring factory settings will lead to the loss of APP content settings and watch history data.

9. Troubleshooting

How to turn on message notifications

Turn on FlowFit–Device–Message Push, turn on the switch, and set all the permission settings of the mobile phone to Allow.

Note: If the computer version of WeChat is online at the same time, the mobile phone will not receive the letter notification, and some mobile phones need to add FlowFit to the power saving whitelist to avoid being turned off by the mobile phone when the battery is low.

What should I do if I don't receive a notification?

The notification function of the watch is only to synchronize the notification function of the mobile phone, such as incoming calls SMS WeChat, QQ reminders, if you do not receive the notification on your mobile phone, then the watch side will not receive it, you should find the corresponding APP in the notification function of the mobile phone settings, and turn on the allow notification.

What should I do if I can't search and can't connect to Bluetooth?

1. Kill the APP and reopen the search connection.
2. Unpair all Bluetooth in the Bluetooth settings of the phone, turn the Bluetooth switch off and on, and restart the bracelet and the phone if necessary.

Watch time out of sync?

1. The bracelet is not connected to the APP, please reconnect the bracelet with the APP.
2. APP the home page drop-down to refresh the synchronization.

APP background automatically exits?

The mobile phone manufacturer does not allow other software to run in the background for some reason, and if you encounter such problems, please turn on the permission to always run in the mobile phone settings.

Warranty Card

User Profile

Product model	
Product name	
Date of purchase	
Customer's name	

Warranty Records

Warranty date	Failure and how to deal with it	Completion date	Customer's signature

FCC Warning:

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.