Size: Finished size 104.5mm * 75.5mm (folding), development size 731.5mm * 75.5mm
Material: 157g coated paper
Front and back printing

104.50 mm

731.50 mm

74.50 mm

Front

Back

iWR5GM
User Guide

Your iWR5GM

Digital Crown
Screen
Button
Band

Magnetic Charging Contacts
Heart Rate and Blood Oxygen Sensors

Magnetic Charging Cable

Front   Back   Charging cable

Steps for Use

You can follow these steps to use iWR5GM: ① Wear ② Power On ③ Set up ④ Start Using

The following steps will take approximately 5 to 10 minutes, please schedule a suitable time.

① Wear Your Watch
Step 1: Thread the longer band through the first loop of the shorter band.
Step 2: Adjust to a comfortable tightness, then press the holes on the longer band onto the metal pin buckle of the shorter band.
Step 3: Insert the longer band into the second loop of the shorter band and tighten.

Note: If the watch can't power on, it may be because the battery has drained due to long periods of inactivity. Please charge it for approximately 15 minutes and wait for it to power on automatically.

② Power On
Press the Digital Crown until the startup screen appears.

① Wear Your Watch
Step 1: Download the Fitbeing app
Go to the app store on your phone, search for Fitbeing, and install it.
- For Android phones, go to the Google Play.
- For iPhone, go to the App Store.

You can also scan the QR code on the left to directly go to the Fitbeing app in the app store, and install it.

Step 2: Pair with the App
Open the Fitbeing app and select "Set Up a Device" on the home page. Follow the instructions to pair your "iWR5GM" via Bluetooth. Then you can start using the watch.

Attentions:
1. To prevent connection issues between the watch and the app, please do not pair directly within the Bluetooth device list in your phone's system settings.
2. To ensure successful pairing, please grant Fitbeing App permissions to access Bluetooth, Location, and Camera on your phone.

④ Get Started
Touchscreen Operation
Support full-screen touch (swipe, tap, touch and hold)

Crown and Button
Press:
1. Press the digital crown to wake up the screen.
2. Press the digital crown to enter the app center from the watch face screen.
3. Exit an app.

Rotate the crown

Press the button

↑ Swipe up
↓ Swipe exit
← Swipe right
↓ Swipe down

Rotate
1. Toggle between screens or navigate through menus.
2. Adjust the volume of prompt tones and phone calls.

Press the button
1. Press to start Workout (oxhN)
2. Long press to activate SOS

Common Functions

Notification Center
Swipe down on the watch face screen.

Control Center
To access the Control Center, swipe up on the watch face screen. Enable features like Silent Mode, Sleep Mode, Always-on Display, and adjust brightness and volume swiftly.

Tiles
To switch quickly between the Suggestions, Activity, Heart Rate, Sleep, Weather, or Workout tiles, swipe left or right on the watch face screen.

Change the Watch Face
To change the watch face, press and hold the current watch face to access the watch face gallery.

Record Workouts
To start your workout recording, access the Workout app and select a specific workout.

Health Metrics Measurement
When wearing the watch, it automatically measures health data such as heart rate, sleep, stress, and activity. You can also view and track this data in the application.

Install New Watch Faces
In the Fitbeing app, navigate to the Face Gallery page to pick up your preferred watch face.

Make sure the USB charging plug is at the same side as the crown.
Ensure to use a standard USB power source with an output of 5V 1A or above.
Prior to charging, ensure to clean the charging contacts of the watch to eliminate any lingering sweat or moisture.

Charge the Watch
To charge the watch, connect the charging cable to a USB power source. Attach the other end to the charging contact on the back of the watch. The watch will display a charging icon while it is being charged.

Face Gallery
New Faces

09
30

Fun

Photos

Change band
Remove band
1. Lift the spring bar from the groove.
2. Push and hold the spring bar.
3. Pull it out gently to remove the band.

Install band
1. Insert the metal bit of position "A" in the hole.
2. Push and hold the spring bar.
3. Press the band into the body and release the spring bar.
4. Put the watch band to confirm the firm installation.

Spring bar

Wear and Care
- It is advised to remove the watch for approximately one hour daily. If you experience discomfort or irritation like redness, tingling, or a burning sensation, take off the watch and rest your wrist.
- To maintain hygiene, regularly clean your watch and wrist, particularly after workouts and sweating. Avoid using hand soap, shower gel, dishwashing liquid, or cleaning wipes as they can cause skin irritation. Instead, use mild soap and fresh water to clean the band.

Wear Your Watch
For optimal data accuracy, please observe the following guidelines while wearing the watch:
1. Wear the watch at a position approximately two finger widths from your wrist bone.
2. For comfort, adjust the band to allow a finger's width between it and your wrist. This ensures both contact and fit.

Precautions
- Do not expose the built-in battery yourself as it may pose a safety risk.
- Avoid forcibly opening the watch case, as it may cause short circuits and overheating.
- Keep the watch away from environments exceeding 45°C to prevent battery damage or explosion.
- While the product complies with IP67/water-resistance, it is not recommended for activities such as bathing, diving, or water sports that involve high water pressure.
- Note that the waterproof performance may be compromised if the product structure is altered.
- Always allow the watch to dry to interface with a charger/charges. For detailed information, please refer to the user manual instructions.

Key Specifications

Product Name	iWR5GM
Display	1.43" HD AMOLED
Resolution	466 x 466
Battery Capacity	400 mAh
Wireless Connection	Bluetooth 5.3
Water resistance grade	3ATM
Satellite positioning	Support GPS
Geomagnetic sensor	Support compass
Air pressure sensor	Supports elevation
Body Dimension	46.6mm×11.6mm
Working Temperature	0°C – 50°C
Compatible Operating Systems	iOS 13.0 and above, Android 9.0 and above

Help and Guide

Frequently Asked Questions
If you encounter any problems while using the product, you can access the "Profile → Help & Support" section in the Fitbeing app for assistance.
Scan the QR code on the right to access or visit Help.Fitbeing.com to browse.

Product Manual
If you need the complete product manual in Fitbeing app at "Profile → User Guide".
Scan the QR code on the right to access, or visit Help.Fitbeing.com to browse.

Chart paper		Date		Size		Remark
Name		Comparison example		Material quality		

(Chinese section — 简体中文)

初步了解您的产品

前后面板
屏幕
按键
心率和血氧传感器

磁吸充电触点
磁吸充电线

产品正面   产品背面   充电线

使用步骤

通过以下步骤即可使用iWR5GM：① 佩戴 → ② 开机 → ③ 设置手表 → ④ 开始使用

下列操作步骤约需5至10分钟，请选择适合的时间操作。

① 佩戴手表
第一步：将长表带穿过较短表带的第一个扣环。
第二步：调整到舒适的松紧度，将长表带的孔扣到短表带的金属针扣上。
第三步：将长表带插入短表带的第二个扣环并收紧。

提示：如果手表无法开机，可能因长时间闲置导致电池耗尽。请充电约15分钟，等待其自动开机。

② 开机
长按"数码表冠"直到出现启动界面

① 装配手表

第一步：下载Fitbeing app
请前往您手机中的应用商店，搜索Fitbeing并安装。
- Android用户请前往应用商店
- iPhone用户请前往App Store

您也可以扫描左侧二维码，快速进入应用商店的Fitbeing app，完成安装。

第二步：与 app 配对
打开Fitbeing app并在首页选择"配对设备"，通过"蓝牙连接"的方式，按照提示进行配对您的"iWR5GM"，完成后即可开始使用手表。

注意：
1. 为避免手表和app之间的连接出现问题，请勿直接在手机系统设置的蓝牙设备列表中配对。
2. 请为确保配对成功，请授予Fitbeing app获取您手机的蓝牙、定位、相机等权限。

④ 开始使用
触屏操作
支持全屏操作（滑动、点触、长按）

表冠和按键
按压：
1. 按屏时按数码表冠唤醒屏幕。
2. 在主表盘按数码表冠进入应用中心。
3. 退出应用

↑ 向上滑动
↓ 向左滑动
← 向右滑动
↓ 向下滑动

旋转表冠
1. 滑动界面或导航菜单
2. 调节提示音和电话通话的音量

按键
1. 按下快速进入运动
2. 长按进入SOS报警

常用功能

通知中心
在主表盘界面下滑进入通知中心。

控制中心
在主表盘界面上滑进入控制中心。即可开启静音模式、睡眠模式、常亮显示等功能，也可以快速调节"亮度、音量"等设置。

快捷卡片
在主表盘左右滑动，可切换建议卡片、活动、心率、睡眠、天气、运动记录。

切换表盘
在主表盘长按屏幕1秒钟，即可进入切换表盘界面。

记录运动
打开运动，选择一项运动即可开始进行运动记录。

健康测量
佩戴手表时自动测量心率、睡眠、压力和活动等健康数据，您也可以通过应用查看和追踪。

声称运动时，请在空旷的环境中开启GPS连接方式，佩戴至手腕骨上方约两指宽的位置，并贴合你的皮肤佩戴。

安装新表盘
在Fitbeing app中，进入Face Gallery页面，挑选喜欢的表盘即可使用。

Face Gallery
New Faces

09
30

Fun

Photos

充电
将充电线连接入电源的USB电源，并将另一端附到手表背面的充电触点上，此时屏幕将显示充电图标。

请确保USB充电头处于表冠同一侧。
请确保使用标准的5V 1A或以上的USB电源。
充电前请确保手表背面充电触点的清洁，避免汗水残留影响充电。

更换表带
拆下表带
1. 将弹簧杆从凹槽中抬起。
2. 推动并按住弹簧杆。
3. 轻轻拉出即可取下表带。

安装表带
1. 将金属针插入"A"位置的孔中。
2. 推动并按住弹簧杆。
3. 将表带压入机身并释放弹簧杆。
4. 拉动表带确认安装牢固。

产品主要规格

产品名称	iWR5GM
显示屏	1.43" HD AMOLED
分辨率	466 x 466
电池容量	400 mAh
蓝牙连接	Bluetooth 5.3
防水等级	3ATM
卫星定位	支持GPS
地磁传感器	支持指南针
气压传感器	支持海拔高度测量
机身尺寸	46.6mm×11.6mm
工作温度	0°C – 50°C
兼容操作系统	iOS 13.0 and above, Android 9.0 and above

佩戴注意事项
为了让本产品得到更好的使用体验，您需注意以下事项：
1. 将手表佩戴在距离手腕骨约两指宽度位置。
2. 将手表调整到刚好能伸入一根手指的松紧度，这样既能接触皮肤，又不会太紧。

注意事项

帮助与指南

常见问题
您在使用本产品过程中遇到问题，可在Fitbeing app中"我→帮助与支持"查看帮助。
您可以通过右侧二维码进入，或访问 Help.Fitbeing.com 以浏览查看。

产品说明书
您可以在Fitbeing app"我→使用说明书"查看完整产品说明书。
您可以通过右侧二维码进入，或访问 Help.Fitbeing.com 以浏览查看。