


成品尺寸：60\*70（mm）

正反页印刷

2024/4/15

说明书



一、功能描述

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① 按键

② 显示屏

③ 塑胶外壳

④ 心率灯

⑤ 充电触点

⑥ 磁吸

⑦ 表带

⑧ 表扣

二、使用方法

1、开机机：长按按键3s, 开机机；

2、UI切换：下滑UI屏，点击，然后左右滑动选择喜欢的UI，点击即可或长按主界面选择UI；

3、计步界面：左滑到“计步界面”手表实时计步数据，在连接APP状态下，APP实时同步展示。

4、距离监测：左滑到“距离界面”，手表实时同步数据，在连接APP状态下，APP实时同步展示。

5、卡路里监测：左滑到“卡路里界面”手表实时同步数据，在连接APP状态下，APP实时同步展示。

6、心率监测：左滑到“心率界面”，测量当前心率值；

7、血氧监测：左滑到“血氧界面”，测量当前血氧值；

8、睡眠监测：左滑到“睡眠界面”显示昨天睡眠数据，在连接APP状态下，APP同步实时睡眠数据。

9、音乐控制：左滑到“音乐控制界面”在连接APP状态下，对手机的音乐实时控制播放。

10、运动模式：屏幕上滑选择“运动模式”共11种运动模式：走路、跑步、打羽毛球、登山、打乒乓球、骑自行车、踢足球、打篮球、平衡车、游泳、跳绳。

11、电话/信息推送：连接APP状态下，在APP设置打开电话消息推送功能、手机电话和短信都会推送到手表上显示。

12、提醒功能：久坐、喝水、会议、闹钟、寻找手机：连接APP状态下，在APP上设置久坐、喝水、会议等提醒时间。

13、设置：

(1):关于设备

(2):健康监测

三、规格参数

规格	参数	规格	参数
MCU	RM9200	待机时长	240H
电池规格	220mAh	工作时长	120H
显示屏	1.54TFT	防水级别	IP67
充电时间	2H	材质	全铝

四、注意事项

1、第一次使用，请先充电再使用；

2、连接APP之前，先打开手机系统对APP的授权；

3、确保在信号不干扰情况下，手机蓝牙打开；

4、此设备为防水7级防水，不适合游泳、洗澡、潜水等场景使用；

5、防止高温60℃以上环境使用；

6、本产品为医疗级设备，为提供的产品和服务仅用于日常健康监测服务，并不具备专业的医疗和急救等功能，您基于佩戴产品和使用获取的数据，不作为诊断和治疗的依据；


7、本款手表说明书内容与实物可能存在差异，请以实物为准；

8、请勿在驾驶汽车时使用手表，以免发生交通事故。在驾驶使用手表时，请先将车停在安全的地方；


9、在飞机上、医院内等禁止使用手表的地方请关机，以免对电子和医疗造成干扰。如果必须在这类地方使用手表，请咨询相关场所的规定；

10、消费者若使用电源适配器供电，请选购正配使用获得CCC认证并满足标准要求电源适配器。（注：适配器输出应为5V 1A）；

五、下载APP 二维码



Manual



1.Functional Description

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① KEY

② 1.54 TFT

③ Plastic Shell

④ Heart rate LED

⑤ Charging terminal

⑥ Clasp

⑦ TPU Watchband

⑧ Metal Clasp

2.Operation Method

(1).Open and shut down: Long press button 3s, turn on and off;

(2).UI switch:Screen decline，click，then slide left and right to select your favorite UI, click or long press the main interface to select the UI;

(3).Step Monitor: Left slide to the "Steps Interface" watch in real-time synchronization data. When connecting the APP state, the app is displayed in real-time;

(4).Distance monitoring: Left to the "Distance Interface", the watch simultaneously synchronizes the data in real time. When connecting the APP state, the app is displayed in real time;

(5).Calcium monitoring: Left to the "Calibra Interface" watch in real-time synchronization data. In the connection APP state, the app is displayed in real time;

(6).Heart rate monitoring: Left to the "Heart rate interface" to measure the current heart rate value;

(7).Blood oxygen monitoring: Left to the "Blood oxygen interface", to measure the current blood oxygen value;

(8).Sleep monitoring: Left to the "Sleep Interface" shows yesterday's sleep data. When connecting the APP state, the app synchronizes the sleep data yesterday;

(9).Music control: Left to the "Music Control Interface" in the connected APP state, the music on the side of the phone is controlled in real time.

(10).Movement mode: Swipe on the screen to select "Sports Model" in a total of 11 sports modes: walking, running, playing badminton, climbing, playing table tennis, cycling, football, playing basketball, flat support, skipping rope, yoga. Sliding to the exercise mode, refer to the following operations:

(11).Telephone/information push: When connecting the APP state, open the phone message push function in the APP settings. Mobile phone calls and text messages will be pushed to the watch to display.

(12).Reminder function: long-time, drinking water, meeting, alarm clock, looking for mobile phones: When connecting the APP state, set up a long time, drinking water, meeting, reminder time on the app.

(13).Set up:

(1).About

(2).Dimming

3.Specifications

Specification	Parameter	Specification	Parameters
MCU	RM9200	Parameters	240H
Battery specification	220mAh	Working time	120H
Screen	1.54TFT	Waterproof	IP67
Charging time	2H	Touch	Full touch

4. Precautions

(1) For the first time, use the electricity first, then charge it;

(2) Before connecting the APP, open the authorization of the mobile phone system to the APP;

(3) Make sure that the Bluetooth of the mobile phone is opened when the signal is not interfered;

(4) This device is waterproof for IP67, not suitable for swimming, bathing, diving and other scenarios;

(5) Prevent the use of high temperatures above 60 ° or more;

(6) This product is non-medical equipment. The products and services provided for you are only used for daily data monitoring services, and do not have professional medical and treatment functions. Based on wearing products and use data, you cannot be used as diagnosis and treatment. The basis;


(7) There may be differences between the content of this watch manual and the real object, please refer to the real object;

(8) Do not use watches while driving a car to avoid traffic accidents. When you need to use a watch, stop the car in a safe place;

(9) Please turn off at places such as the ban on the plane and in the hospital, so as not to cause interference to electronics and medical equipment. If you have to use watches in these places, please abide by the requirements of related places;

(10) If consumers use the power adapter to supply power, they should buy the supporting supporting of the power adapter to obtain CCC certification and meet the standard requirements; (Note: the output end of the adapter is 5V 1A);

5.Download the APP QR code



6.FCC Warning

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;

(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.

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:

(1) Reorient or relocate the receiving antenna.

(2) Increase the separation between the equipment and receiver.

(3) Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

(4) 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.