



手表客户端下载

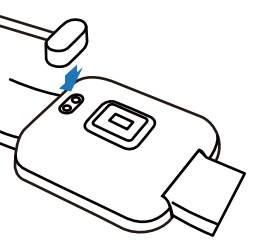
扫描下方二维码下载并安装手表客户端。



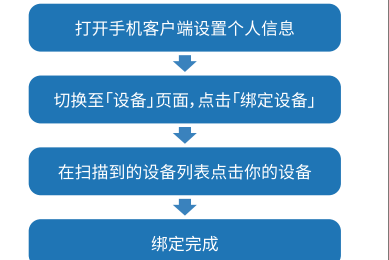
扫码下载手机客户端

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。

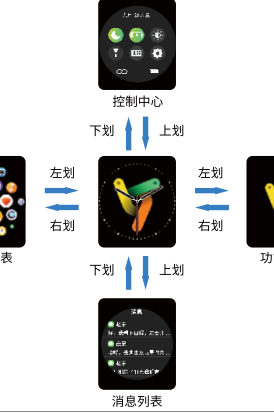


连接手表



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

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。
点击心率界面，可测量当前心率。
更多详细信息分析及数据记录可以在
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。
更多详细信息分析及数据记录可以在
客户端中查看。

锻炼
123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。
更多详细信息分析及数据记录可以在
客户端中查看。

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。
更多详细信息分析及数据记录可以在
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

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。

手表功能简介

智能闹钟
在客户端中可以设置手表的智能闹钟，
最多可以设置3个闹钟。
在设定时间时，手表将会显示闹钟图
标并振动。

勿扰模式
打开勿扰模式后，将关闭手机振动，并
降低屏幕亮度。
可以在手表控制中心设置开关。

手表功能简介

久坐提醒
手表在你久坐1小时后，会提示你起身
走走。
久坐提醒功能可以在客户端中设置开
关。

喝水提醒
手表在计划的喝水时间时，会提示你
该喝水了。
喝水提醒功能可以在客户端中设置。

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，正常情况下主动脉搏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，血压计测量时排开你的肘正
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。

为什么不能佩戴手表洗热水澡？
洗澡水的温度比较高，会产生很多的水蒸气，而且水蒸气是气
相的，其分子半径小，容易从手表的壳体空隙渗进去，当温度
降下来后又重新凝结成液相的水滴，容易造成手表内部线路
短路，损伤手表电路板，进而损坏手表。

常见问题与解答

为什么手表接收不到消息推送？
安卓手机设置：
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
过读取手机通知栏消息进行推送；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.打开手机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)



Downloading the App

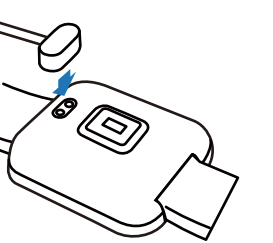
Scan the following QR code, download and install the App.



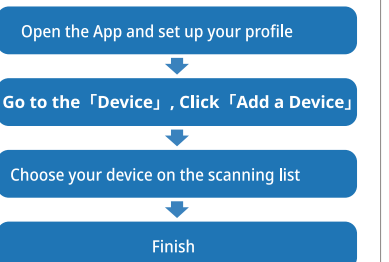
Scan QR Code and Download

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.

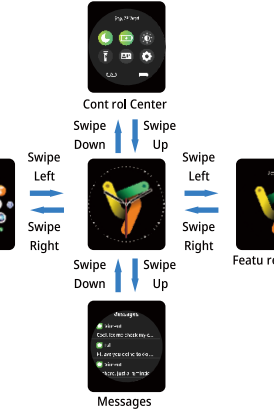


Pairing



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

Use the Touch Screen



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.
You also could tap on the page to
start measuring heart rate.

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 123 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 on/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.

DND Mode
The device will turn off the vibration
and turn down the brightness when
the theater mode is turned on.
Note: You can turn on/off the theater
mode in the control center.

Smart Watch Features

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.

Getting to Know Your Device

1.Using in Wet Conditions
Your device is water-resistant, which means it is rain-proof and
splash-proof and can stand up to even the sweatiest workout.
NOTE: Do not swim with your Smart Bracelet. We also don't
recommend showering with your wristband; though the water
won't hurt the device, wearing it 24/7 does not give your skin
a chance to breathe. Whenever you get your bracelet wet, dry
it thoroughly before putting it back on.

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

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.

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, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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.

Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment can be used as portable exposure without any restriction.