# INSTRUCTION MANUAL
SMART WATCH

Please read this manual carefully before using this product

Open the package and take out the watch.
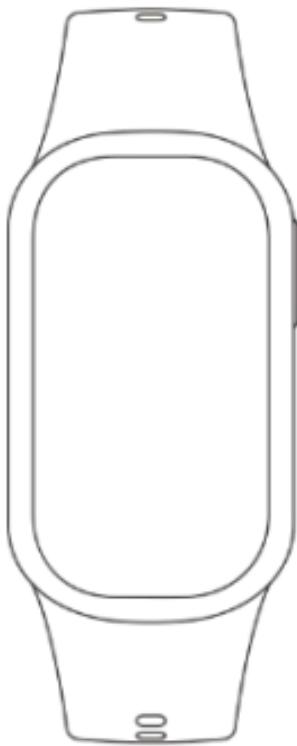
Wear the smartwatch and long press the square button to open it.

Key
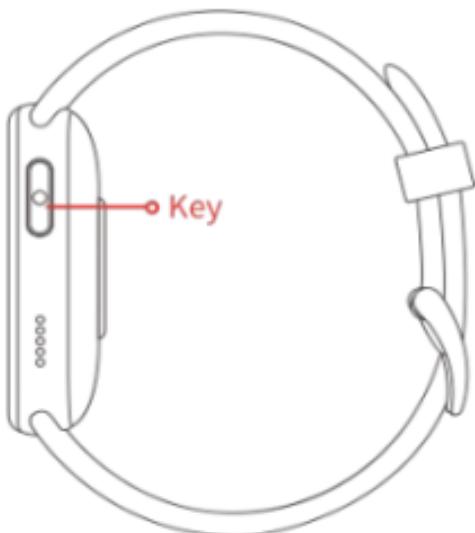
Watch Client Download and Connect

Open the device on APP by scanning the QR code with your phone.

Scan the OR code above to download the client

1. Download APP

The app can be downloaded and installed on your mobile phone in several ways. You can either scan the OR code in the user manual, scan the built-in OR code of the watch.

2. Connect the Watch

1) Scan Code Connection: After Bluetooth is enabled on the mobile phone enter the APP (Note: If the APP cannot be opened, please open the positioning and then open the APP) and click Device -> Add Device -> click Scan code binding (scan the OR code on the watch].

2) Manual Connection: After Bluetooth is enabled on the mobile phone enter the APP (Note: If the APP

cannot be opened, Click Device -> Add Device -> Click Search Device (Find the device with the corresponding Bluetooth name and MAC address in "Settings"-> "System" -> "System Information" in the sliding control center of the watch) -> click Connect

3) Connect Bluetooth for Calls: When the watch is in the initial state. Bluetooth for calls is enabled by default.

1. Mobile Android System: After the watch is successfully connected to the APP, the mobile terminal will prompt the bracelet to request Bluetooth pairing - click pairing -Talk Bluetooth connection success, you can dial and talk after the connection is successful.

2. Mobile iOS System: After the watch is successfully connected to the APP the Bluetooth will automatically connect to the mobile phone. Once the connection is successful, you can dial and start talking. (Note: In the initial state of the watch the media audio is turned off by default.

Media Audio Opening Method:

Slide down the main interface of the watch face (Control Center)

Click the phone icon there are two options (call audio/media audio

Click the media audio the watch can play mobile music after opening.

Charging and Activation

Align the magnetic charger and the magnetic suction hole on the back of the watch to see the charging prompt on the screen of the watch.

When the watch prompts low power, please charge it in time.

The device is an all-in-one machine, the back shell and battery cannot be removed.
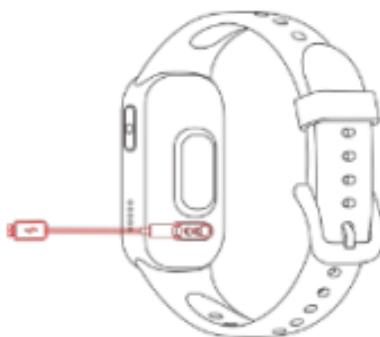
Watch Operation Instructions

1. Dial Page

-Long press the screen to enter the dial selection page

-Left or right stroke can switch the dial.

-Confirm the dial after clicking.

Note: The system presets 6 dial pages, and the last dial is "Custom". This dial will change according to the dial market of the APP side and the download Settings of the custom dial

2. Menu Page

-Press the right button on the dial page to enter the Menu page.

-After entering the Menu page, press the right button twice continuously to switch the menu style, and press only once to return to the main Dial page.

3. Function Page

Click the application icon on the Menu page to enter the corresponding function, Swipe right to return, and simply press the right button to return to the Main Dial page.

Buttons and Touch Controls

1. In the shutdown state, long press the Square button to turn on the machine.

In the startup state, long press the Square button to turn off the machine

2. Press the Square key on the main dial to access the Menu screen.

3. On the Menu screen, click the Square button to return to the Main Dial screen.

4. Double-click the Square button to switch to different menu styles.

Up: Message notification

Swipe left: Movement data

Swipe right: Go to the sidebar

Down: Control Center
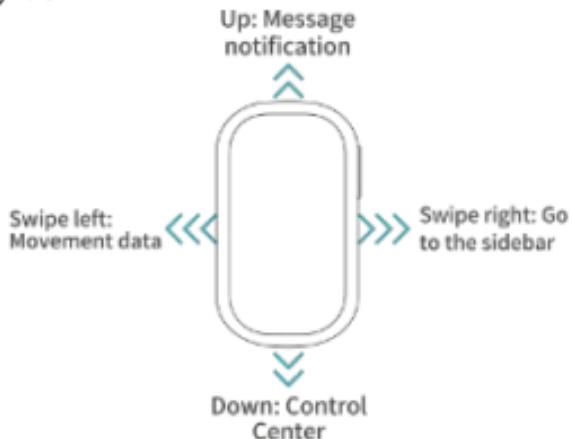
Watch Function Introduction

Alarm

After the watch is connected to the APP, you can set a single alarm clock, a cycle alarm clock, and up to 10alarm clocks in the APP terminal.

Stopwatch

- Click the Start button to start the timing.
- Click the Pause button to stop the timing
- Click the Reset button to return the timing to zero.

Breathing Training

- During breathing exercises, there are 1-minute and5-minute options.
- Users click on the corresponding time to perform breathing training.
- Click Start and follow the ICONS in the breathing exercises to zoom in and zoom out.

Blood Pressure

When entering the Blood Pressure Measurement Interface, the green light at the bottom will start the test and there will be a vibration reminder when the measurement is completed within 30 to 60 seconds. The measurement is based on PPG technology.

Female

After the watch is connected to the APP, a women's health alert can be enabled on the APP to view women's health information on the watch.

Heart Rate

When you enter the Heart Rate Measurement Interface, the green light at the bottom will start to measure. When the measurement is completed in about 40 seconds, there will be a vibration reminder. If the message "Please wear the watch correctly" is displayed, you need to wear the watch again.

Blood oxygen

When entering the interface of Blood Oxygen Measurement, the red light at the bottom will start the test for 30~60 second sand there will be a vibration reminder when the measurement is completed. The measurement is based on PPG technology

Movement

Sports mode options: Hiking, Running, Cycling, Mountaineering, Badminton, Baseball, Basketball, etc. Click the icon to start Sports.

Weather

When the watch is connected to the APP the weather interface will display real-time weather temperature and weather type.

Messages

After the watch is connected to the APP you can open the push of relevant information on the APP terminal. The watch terminal can receive the corresponding push message and save up to 15 latest messages. For

example, after receiving a WeChat message, enter the WeChat function interface to view the message. After receiving a short message, enter the Information Interface to view the message.

Set-Up

The Settings function includes screen display (Switching Dial, On-Screen Duration, Brightness Adjustment, Wrister On-Screen Duration, and Touchscreen Clock), language, vibration intensity, menu style, battery, password, two-dimensional code, and system.

Music

When the watch is connected to the APP, you can control the Pause and Start of the mobile music player, adjust the volume and switch songs.

Timer

In the timing function, the system preset the common timing duration. You can click the corresponding duration to time quickly or click the custom button to set the time.

- Click the Start button to start the timing.
- Click the Pause button to pause the timing.
- Click the Reset button to reset the timing to zero.

Sleep

The watch displays the total sleep duration as well as light and deep sleep duration last night, and the sleep screen slides up to show sleep data generated in the

last seven days.

Computer

On the Menu screen, click Calculator to enter the Function Screen of Calculator. On this screen, you can calculate addition, subtraction, multiplication, and division.

Movement Data

Display the number of steps, distance, and calorie data recorded on that day. You can scroll up the data interface to view the number of steps in the recent seven days, and set the target number of steps, distance, and calories in the APP.

Bluetooth Phone

When the watch is connected to the Bluetooth of the mobile phone, it can synchronize with the watch after adding the common contacts in the APP. You can dial directly from the interface of the common contacts of the watch, or use the watch to dial and control the call of the mobile phone.

Looking for Mobile Phone

After the watch is connected to the APP, click to find the phone, the phone will ring and the watch will show that the search is successful. If the watch and the APP are not connected, the sides of the watch will prompt to show Bluetooth's disconnected.

The Control Center

Function Description: Screen Brightness Adjustment, Do Not Disturb Mode, Flashlight, Audio Bluetooth, Settings, System Information, Phone Search, Music Playback.

Q&A

l. The watch isn't starting. What to do?

Ans: Press the Power button for more than 6 seconds. Or, the battery may be low. Charge it in time.

2. Bluetooth is not connected or cannot be connected How to deal with that?

Ans: You can try the following ways:

1) Please try to restart the watch and re-link.

2) Please try to restart Bluetooth and connect again.

3) Don't connect your phone to other Bluetooth devices at the same time.

3. Watch is measuring the heart rate, blood pressure, and blood oxygen data abnormally. Possible reasons?

Ans: There could be several reasons for that. Here are a few of them:

1) Generally for measurement, the watch sensor and the human body might be in poor contact. Please check and work on that.

2) Please pay attention to full contact between the sensor and the wrist during measurement.

3) For people with darker skin color and hairy arms, please enable enhanced measurement in App [Device >

Enhanced measurement].

4. Abnormal sleep data is showing. Possible reasons?

1) Sleep monitoring simulates people's self-perceived state of falling asleep and waking up, which needs to be worn correctly.

2) If you wear it for too long or when you fall asleep, errors may occur.

3) Sleep data is not monitored during the day, and the default sleep monitoring is from 9:30 PM to 12:00 noon the next day.

For more frequently asked questions, please check the App [My >FAQ]

Bluetooth data transmission

When connected to a mobile phone, the watch synchronizes some data, including weather, notifications, sports, and health data, with the phone via Bluetooth. When the connection is disconnected or Bluetooth is turned off, the data will not be synchronized.

Note:

1) Do not charge in a humid environment.

2) Please use a clean flannelette to clean the magnetic suction charging hole on the back of the watch. This will ensure that the magnetic suction charging port and magnetic charger fit well confirming normal charging.

3) This product is not equipped with a power adapter to ensure the safety of the family and property. While charging, you can use the computer USB interface or choose a power adapter whose output is not more than5V1A. Please buy the power adapter through the regular channel, and avoid using the bottom quality and fake power adapter to avoid bursting or firing.

Matters Needing Attention

1. The measurement results of this product are only for industrial examination and are not used for any medical use or basis. Please follow the doctor's guidance and do not use the measurement results for self-diagnosis and treatment.

2. This product's waterproof grade is IP67, so, it can't be used for deep diving and a long time in the water. In addition, this product does not put hot water, because the steam will affect the watch.

3. The Company reserves the right to modify the content soft his manual without prior notice.

Some functions are different in the corresponding software version. This is normal.

FCC Statement

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.

To assure continued compliance, any changes or modifications not expressly

approved by the party.

Responsible for compliance could void the user's authority to operate this

equipment. (Example- use only shielded interface cables when connecting to

computer or peripheral devices).

This equipment 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.

RF warning statement:

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.