

INSTRUCTION MANUAL

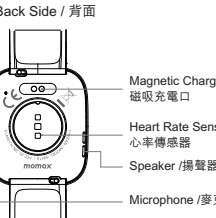
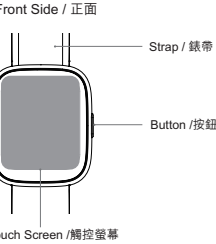
使用说明

momax

1-Wear Smart Watch 智能手錶



SW1S



Getting started/ 入門指南

- 1.Open the package and check its contents.
- 2.Charge the smartwatch to activate it and turn it on before first use. To charge, simply connect the magnetic charging cable to the charging port located on the back of the watch.
- 3.Search for "Momax Wear" in the App Store or Google Play to download and install the app.
- 4.Register & Log in to the app and enter your personal information, including your height and weight.
- 5.In the "Device" interface, tap the "+" icon in the upper right corner, select the appropriate product category, and your phone will start searching. From the list of devices found, choose your smartwatch to pair it. Alternatively, you can link the device directly by scanning its QR code using the scanning function.

- 1.打開包裝並檢查內容物。
- 2.在首次使用前，充電智能手錶以啟動並開機。如要充電，只需將磁性充電線連接到位於手錶背面的充電端口。
- 3.在 App Store 或 Google Play 中搜尋「Momax Wear」以下載並安裝該應用程式。
- 4.註冊並登入應用程式，並輸入您的個人信息，包括您的身高和體重。
- 5.在「裝置」介面，點擊右上角的「+」圖標，選擇正確的產品類別，您的手機將開始搜尋。從找到的裝置列表中選擇您的智能手錶進行配對。或者，您也可以通過使用掃描功能直接掃描裝置的 QR 碼來鏈接設備。

Introduction/ 介紹

Watch

- 1.After pairing, The watch will automatically record your data.
- 2.You can manually measure your heart rate, SpO2, and stress using the smart watch. Additionally, it can monitor your heart rate and sleep throughout the day. You can choose to operate it manually or set it to automatically monitor your health continuously.
- 3.To start an exercise: Open the sports app on the watch, tap the icon for the type of sport, set your goal, and then begin exercising.

App

- 1.Open the "Momax Wear" app, enable Bluetooth, and grant GPS location permission.
- 2.Wake up the Watch' s screen and bring it close to your phone.
- 3.Tap "Bind Device" in the app and select the model from the search results to complete the binding.
- 4.Enter your information and set your step goal in the app to finalize the binding process.

手錶

- 1.配對後，手錶將自動記錄您的數據。
- 2.您可以使用智能手錶手動測量您的心率、SpO2 和壓力。此外，它還可以全天候監測您的心率和睡眠。

健康。

- 3.要開始運動：請打開手錶上的運動應用程式，點擊運動類型的圖標，設定您的目標，然後開始運動。

應用程式

- 1.打開「Momax Wear」應用程式，啟用藍牙並授予 GPS 定位許可。
- 2.喚醒手錶的螢幕，並將其靠近您的手機。
- 3.在應用程式中點擊「綁定設備」，然後從搜尋結果中選擇型號以完成綁定。
- 4.在應用程式中輸入您的信息並設定步數目標，以完成綁定過程。

Basic Operations/ 基本操作

- 1.**Wear the Watch Correctly:** Ensure that your watch is positioned at least one finger's width above your wrist bone, with the sensor on the back touching your skin.
- 2.**Screen Operation:** The SW1S features a full touch screen, allowing for operations such as short taps, swipes left/right, and swipes up/down.
- 3.**Button Operation:** The SW1S has one physical buttons. The button supports "short press," and "long press."

- (1).**Short Press on the Button:**

- Enter or exit the application list.
- Short press to pause/start during exercise.
- Wake the screen when it is off.
- (2).**Long Press on the Upper Button:**
  - Long press for 8 seconds to restart the device.
  - Long press during exercise to end the activity.
  - Turn on the watch when it is in the off state.

- 1.**正確佩戴手錶：**確保手錶至少距離手腕骨一個手指的寬度，並使背面的感應器貼合您的皮膚。
- 2.**螢幕操作：**SW1S 配備全觸控螢幕，支持短按、左右滑動和上下滑動等操作。
- 3.**按鈕操作：**SW1S 具有一個實體按鈕。按鈕支持「短按」和「長按」。

- (1).**按鍵短按：**
  - 進入或退出應用程式列表。
  - 在運動中短按以暫停/開始。
  - 在螢幕關閉時喚醒螢幕。
- (2).**按鍵長按：**
  - 長按 8 秒重新啟動設備。
  - 在運動過程中長按以結束運動。
  - 當手錶處於關閉狀態時，開啟手錶。

Function Description/ 功能說明

1. Dial

You can switch between watch faces manually on the watch or through the Momax Wear App' s watch face settings. The app also allows for customization of the watch face. Additional watch faces are available for download in the "Watch Face Market."

2. Application List

To access the application list while viewing the watch face, press the physical button. The applications are listed as follows (from top to bottom): Activity, Phone, AI Voice, Sports, Sports Records, Heart Rate, Blood Oxygen, Stress, Sleep, Cycle Tracking, Breathe, Clock, Weather, Music, Camera, Find Phone and Settings.

2.4 Sports

- a) The watch supports up to 12 default exercise types:
  - Outdoor Run, Indoor Run, Outdoor Walk, Indoor Walk, Hiking, Outdoor Cycle, Indoor Cycle, Cricket, Pool Swim, Open Water Swim, Rower, Elliptical.You can add or remove exercise types and change their display order in the Momax Wear App, which offers a total of 100 exercise types.

- b) The watch features intelligent exercise recognition, automatically detecting when you're running or walking. It can pause exercises automatically and remind you when an exercise ends; this feature can be toggled on or off in the app.

- c) The watch provides a summary of various exercise data, which can be reviewed in the Momax Wear App.

2.2 Phone Functionality

- d) Recent exercise records, including detailed data,

are viewable on the watch and in the app.

2.5 Sports Records

Record the data for each exercise and view your exercise records at any time

2.6 Heart Rate

1.You can manually measure your heart rate using the watch. In the app settings, you can enable or disable the intelligent around-the-clock heart rate monitoring, or view your heart data.

2.When measuring your heart rate, keep your arm and wrist still and wait patiently until the measurement is complete.

2.7 Blood Oxygen

1.You can manually measure your blood oxygen levels using the watch. Additionally, the watch supports automatic around-the-clock blood oxygen monitoring. In the app settings, you can enable or disable this function, or view your blood oxygen data.

2.When measuring your blood oxygen, keep your arm and wrist still and wait patiently until the measurement is complete.

2.8 Stress

1.You can manually measure your stress levels using the watch. The watch also supports automatic around-the-clock stress monitoring. In the app settings, you can enable or disable this function, or

view your stress data.

2.When measuring your stress levels, keep your arm and wrist still and wait patiently until the measurement is complete.

3.Calls can be made using the watch' s dialer.

2.3 AI Voice

Control your phone' s built-in voice assistants, such as Siri and Google Assistant, by inputting voice commands on the watch.

2.4 Sports

- a) The watch supports up to 12 default exercise types:
  - Outdoor Run, Indoor Run, Outdoor Walk, Indoor Walk, Hiking, Outdoor Cycle, Indoor Cycle, Cricket, Pool Swim, Open Water Swim, Rower, Elliptical.You can add or remove exercise types and change their display order in the Momax Wear App, which offers a total of 100 exercise types.

- b) The watch features intelligent exercise recognition, automatically detecting when you're running or walking. It can pause exercises automatically and remind you when an exercise ends; this feature can be toggled on or off in the app.

- c) The watch provides a summary of various exercise data, which can be reviewed in the Momax Wear App.

2.2 Phone Functionality

- d) Recent exercise records, including detailed data,

are viewable on the watch and in the app.

2.5 Sports Records

Record the data for each exercise and view your exercise records at any time

2.6 Heart Rate

1.You can manually measure your heart rate using the watch. In the app settings, you can enable or disable the intelligent around-the-clock heart rate monitoring, or view your heart data.

2.When measuring your heart rate, keep your arm and wrist still and wait patiently until the measurement is complete.

2.7 Blood Oxygen

1.You can manually measure your blood oxygen levels using the watch. Additionally, the watch supports automatic around-the-clock blood oxygen monitoring. In the app settings, you can enable or disable this function, or view your blood oxygen data.

2.When measuring your blood oxygen, keep your arm and wrist still and wait patiently until the measurement is complete.

2.8 Stress

1.You can manually measure your stress levels using the watch. The watch also supports automatic around-the-clock stress monitoring. In the app settings, you can enable or disable this function, or

view your stress data.

2.When measuring your stress levels, keep your arm and wrist still and wait patiently until the measurement is complete.

3.Calls can be made using the watch' s dialer.

2.3 AI Voice

Control your phone' s built-in voice assistants, such as Siri and Google Assistant, by inputting voice commands on the watch.

2.4 Sports

- a) The watch supports up to 12 default exercise types:
  - Outdoor Run, Indoor Run, Outdoor Walk, Indoor Walk, Hiking, Outdoor Cycle, Indoor Cycle, Cricket, Pool Swim, Open Water Swim, Rower, Elliptical.You can add or remove exercise types and change their display order in the Momax Wear App, which offers a total of 100 exercise types.

- b) The watch features intelligent exercise recognition, automatically detecting when you're running or walking. It can pause exercises automatically and remind you when an exercise ends; this feature can be toggled on or off in the app.

- c) The watch provides a summary of various exercise data, which can be reviewed in the Momax Wear App.

2.2 Phone Functionality

- d) Recent exercise records, including detailed data,

are viewable on the watch and in the app.

2.5 Sports Records

Record the data for each exercise and view your exercise records at any time

2.6 Heart Rate

1.You can manually measure your heart rate using the watch. In the app settings, you can enable or disable the intelligent around-the-clock heart rate monitoring, or view your heart data.

2.When measuring your heart rate, keep your arm and wrist still and wait patiently until the measurement is complete.

2.7 Blood Oxygen

1.You can manually measure your blood oxygen levels using the watch. Additionally, the watch supports automatic around-the-clock blood oxygen monitoring. In the app settings, you can enable or disable this function, or view your blood oxygen data.

2.When measuring your blood oxygen, keep your arm and wrist still and wait patiently until the measurement is complete.

2.8 Stress

1.You can manually measure your stress levels using the watch. The watch also supports automatic around-the-clock stress monitoring. In the app settings, you can enable or disable this function, or

view your stress data.

2.When measuring your stress levels, keep your arm and wrist still and wait patiently until the measurement is complete.

3.Calls can be made using the watch' s dialer.

2.3 AI Voice

Control your phone' s built-in voice assistants, such as Siri and Google Assistant, by inputting voice commands on the watch.

2.4 Sports

- a) The watch supports up to 12 default exercise types:
  - Outdoor Run, Indoor Run, Outdoor Walk, Indoor Walk, Hiking, Outdoor Cycle, Indoor Cycle, Cricket, Pool Swim, Open Water Swim, Rower, Elliptical.You can add or remove exercise types and change their display order in the Momax Wear App, which offers a total of 100 exercise types.

- b) The watch features intelligent exercise recognition, automatically detecting when you're running or walking. It can pause exercises automatically and remind you when an exercise ends; this feature can be toggled on or off in the app.

- c) The watch provides a summary of various exercise data, which can be reviewed in the Momax Wear App.

2.2 Phone Functionality

- d) Recent exercise records, including detailed data,

are viewable on the watch and in the app.

2.5 Sports Records

Record the data for each exercise and view your exercise records at any time

2.6 Heart Rate

1.You can manually measure your heart rate using the watch. In the app settings, you can enable or disable the intelligent around-the-clock heart rate monitoring, or view your heart data.

2.When measuring your heart rate, keep your arm and wrist still and wait patiently until the measurement is complete.

2.7 Blood Oxygen

1.You can manually measure your blood oxygen levels using the watch. Additionally, the watch supports automatic around-the-clock blood oxygen monitoring. In the app settings, you can enable or disable this function, or view your blood oxygen data.

2.When measuring your blood oxygen, keep your arm and wrist still and wait patiently until the measurement is complete.

2.8 Stress

1.You can manually measure your stress levels using the watch. The watch also supports automatic around-the-clock stress monitoring. In the app settings, you can enable or disable this function, or

view your stress data.

2.When measuring your stress levels, keep your arm and wrist still and wait patiently until the measurement is complete.

3.Calls can be made using the watch' s dialer.

2.3 AI Voice

Control your phone' s built-in voice assistants, such as Siri and Google Assistant, by inputting voice commands on the watch.

2.4 Sports

- a) The watch supports up to 12 default exercise types:
  - Outdoor Run, Indoor Run, Outdoor Walk, Indoor Walk, Hiking, Outdoor Cycle, Indoor Cycle, Cricket, Pool Swim, Open Water Swim, Rower, Elliptical.You can add or remove exercise types and change their display order in the Momax Wear App, which offers a total of 100 exercise types.

- b) The watch features intelligent exercise recognition, automatically detecting when you're running or walking. It can pause exercises automatically and remind you when an exercise ends; this feature can be toggled on or off in the app.

- c) The watch provides a summary of various exercise data, which can be reviewed in the Momax Wear App.

2.2 Phone Functionality

- d) Recent exercise records, including detailed data,



www.momax.net

SW1S\_Manual\_NewSize\_aw

背面

- 1.您可以使用手錶手動測量壓力。這款手錶還支持全天候自動壓力監測。在應用程式的設定中，您可以啟用或禁用此功能，或者查看您的壓力數據。

2.9 睡眠

您可以查看最近的睡眠記錄和每個睡眠階段的狀態。

2.10 週期追蹤

在打開應用程式的女性健康功能後，手錶將顯示週期追蹤的選項。您可以設置週期長度、提醒時間及其他偏好，手錶將定期提供提醒。

2.11 呼吸

- 1.打開應用程式呼吸功能，選擇所需的持續時間。
- 2.點擊開始，然後根據震動頻率和動畫指示調整您的呼吸，這將幫助您放鬆。

2.12 計時器

- **計時器**  
您可以將手錶用作計時器。計時器具有「圈選」功能。
- **定時器**  
您可以在手錶上設置一個具有預設持續時間的定時器。當定時器到期時，它會通知您，您也可以自訂定時器的持續時間。

- **鬧鐘**  
1.手錶允許您添加、刪除以及開啟或關閉鬧鐘。您還可以通過應用程式設置鬧鐘並為每個鬧鐘分配提醒

- 以便識別。
- 2.在應用程式中，您可以設置鬧鐘的延遲時間和延遲次數

2.13 天氣

支援七天的天氣查看，您可以查看今天的當前天氣，以及今天和接下來六天的最高和最低氣溫值。

2.14 音樂

- 1.當手錶連接到應用程式時，您可以控制手機音樂播放器，執行「下一曲」、「上一曲」、「播放/暫停」以及「音量增減」等功能。
- 2.此功能可以在應用程式設置中顯示或隱藏。

2.15 相機

- 1.當手錶連接到應用程式時，您可以手動啟動手機的相機來拍攝照片。

- 2.Repeat steps 2 to 4 to replace the strap on the other side.

- 1.本裝置適用於 22 mm 寬的一般快拆錶帶。

- 2.滑開彈簧棒上的快拆拉桿以拆下錶帶。

- 3.將新錶帶彈簧棒的一端插入裝置。

- 4.滑開快拆拉桿，將彈簧棒與裝置的另一端對齊。

- 5.重複步驟 2 至 4 替換另一側的錶帶。



FCC Requirement

Any changes or modifications not expressly approved by the party responsible for compliance could void the user' s authority to operate the 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.

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.

SPECIFICATION/ 產品規格

MODEL: SW1S

- Input : DC 5V=0.5A
- Display : 1.83 " Touch Screen
- Battery capacity : 3.8V , 300mAh Li-Po Battery
- Operation Time : Up to 5-7Days per single charge
- Charging time : ~2.5Hours
- Connectivity : Wireless
- Wireless range : 10M
- Sensor : PPG Sensor/ 3D Accelerometer
- Waterproof : IP68
- Switch : Tact Switch
- Charing Port : Magnetic Charging Port
- Dimension: Watch (w/o Strap): 46.5\*40\*12.2mm
- Watch (with Strap): 258\*40\*12.2mm
- Weight : 46g
- Material : Glass/AL-Alloy/Plastic/ Silicone
- Compatibility : iOS/ Android

Contains:

- 1-Wear Smart Watch
- USB A to Pogo Magnetic Charging Cable
- Instruction manual and warranty card

型號: SW1S

- 輸入 : 直流5V = 0.5A
- 螢幕 : 1.83吋觸控螢幕
- 電池容量 : 3.8V , 300mAh 鋰電池
- 工作時間 : 每次充電最多 5-7 天
- 充電時間 : ~2.5小時
- 連線方式 : 無線
- 無線範圍 : 10M
- 傳感器 : PPG傳感器/3D加速度計
- 防水等級 : IP68
- 開關 : 輕觸開關
- 充電接口 : 磁吸充電口
- 尺寸: 手錶 (不含錶帶): 46.5\*40\*12.2毫米
- 手錶 (含錶帶): 258\*40\*12.2毫米
- 重量 : 46克
- 材質 : 玻璃/鋁合金/塑膠/矽膠
- 兼容性 : iOS/安卓

包裝內容:

- 1-Wear 智能手錶
- USB A 轉 Pogo 磁性充電線
- 使用說明書及保固卡

IMPORTANT SAFETY AND PRODUCT INFORMATION 重要安全和產品訊息

WARNING

• Failure to heed the following warnings could result in an accident or medical event resulting in death or serious injury.

• Skin Irritation

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist.

Battery Warnings

A lithium-Po battery is used in this device. If these guidelines are not followed, batteries may experience a shortened life span or may present a risk of damage to the device, fire, chemical burn, electrolyte leak, and/or injury.

- KEEP BATTERIES AWAY FROM CHILDREN. Never put batteries in the mouth or in any part of the body. Severe or fatal injuries can occur within 2 hours. Seek medical attention immediately.
- Do not force discharge, recharge, disassemble, heat above the temperature over 50C, or incinerate. Doing so may result in injury due to venting, leakage, or explosion resulting in chemical burns.

- Do not modify, remanufacture, puncture, or damage the device or batteries.
- Do not remove or attempt to remove the non-user-replaceable battery.

Battery Warnings

- To avoid possible device damage, do not leave the device exposed to a heat source or in a high-temperature location, such as in the sun in an unattended vehicle.
- Do not operate or store the device for an extended time period outside of the applicable temperature range.
- Do not use a power cable, data cable, and/or power adapter that is not supplied by Momax or is not properly certified.

Health Warnings

- If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.
- The optical wrist heart rate monitor and pulse oximeter emit lights, and flash occasionally. Consult your physician if you have epilepsy or are sensitive to bright or flashing lights.
- Always consult your physician before beginning or modifying any exercise program.
- The device, accessories, heart rate monitor, pulse oximeter, and related data are intended to be used only for recreational purposes, not medical purposes, and are not intended to diagnose,

monitor, treat, cure, or prevent any disease or condition.

- The heart rate and blood oxygen saturation readings are for reference only, and no responsibility is accepted for the consequences of any erroneous readings.

- While the optical wrist heart rate monitor and pulse oximeter technologies typically provide accurate estimates of a user's heart rate and blood oxygen saturation, respectively, there are inherent limitations with the technologies that may cause some of the readings to be inaccurate under certain circumstances, including the user's physical characteristics, device fit and position, and type and intensity of activity.

- Activity trackers rely on sensors that track your movement and other metrics. The data provided by these devices is intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate.

警告

- 未遵守以下警告可能會導致事故或醫療事件，從而造成死亡或嚴重傷害。

• 皮膚刺激

某些使用者在長時間佩戴手錶後可能會出現皮膚刺激，尤其是對於皮膚敏感或有過敏反應的使用者。如果您注意到任何皮膚刺激，請立即取下手錶，並給予皮膚時間癒合。為了幫助防止皮膚刺激，請確保手錶保持清潔和乾燥，並且不要將手錶戴得太緊。

電池警告

</