

INSTRUCTION MANUAL

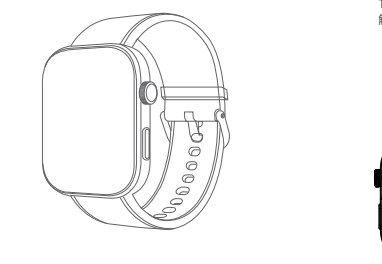
使用说明 / 使用说明



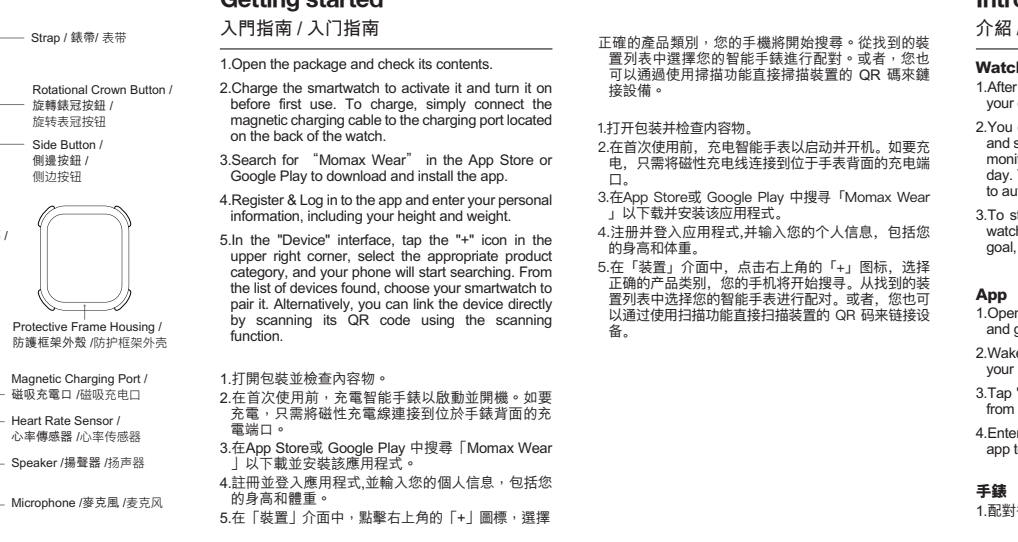
1-Wear+

Smart Watch

智能手表



SW3S



Getting started

入門指南 / 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 a Login 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，先為智能手表以啟動并开机。如要充電，只需將磁性充電線連接到位於手表背面的充電端口。
3. 在 App Store 或 Google Play 中搜尋「Momax Wear」並下載並安裝該應用程式。
4. 注冊并登入應用程式，并輸入您的個人資料，包括您的身高和體重。
5. 在「裝置」介面中，點擊右上的「+」圖標，選擇裝置列表中的智能手表進行配對，或者，您也可以透過使用掃描功能直接掃描裝置的 QR 碼來連接設備。

- 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表進行配對，或者，您也可以透過使用掃描功能直接掃描裝置的 QR 碼來連接設備。
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Introduction

介紹 / 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 heart health continuously.
- 3.Search for "Momax Wear" in the App Store or Google Play to download and install the app.
- 4.Register a Login 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.
- 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.配對好，手錶將自動記錄您的數據。
- 2.您可以使用智能手表手動測量您的心率、SpO2 和壓力。此外，它還可以全天候監測您的心率和睡眠。
- 3.在應用程式中搜尋「綁定設備」，然後從搜索結果中選擇裝置以完成綁定。
- 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。
- 應用程式**
- 1.打開「Momax Wear」應用程式，啟用蓝牙並授予 GPS 定位許可。
- 2.醒睡手表的螢幕，並將其靠近您的手機。
- 3.在應用程式中點擊「綁定設備」，然後從搜索結果中選擇裝置以完成綁定。
- 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。

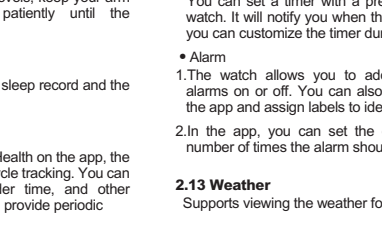
- Basic Operations**
- 基本操作 / 基本操作**
- 1.Wear the Watch Correctly:** Ensure that your watch is positioned at least one finger's width above your wrist bone, with the sensor on the back touching your skin.
- 2.Screen Operation:** The SW3S features a full touch screen, allowing for operations such as short taps, swipes left/right, and swipes up/down.
- 3.Button Operation:** The SW3S has two physical buttons. The upper button supports "rotate," "short press," and "long press."
- 1.配戴正確:** 確保您的手表佩戴在手腕上方一個手指的寬度，並使背面的感應器貼合您的皮膚。
- 2.螢幕操作:** SW3S 配備全觸控螢幕，支持短按、左滑和右滑、上滑滑動操作。
- 3.按鍵操作:** SW3S 具有兩個實體按鍵。上方按鈕支持「旋轉」、「短按」和「長按」。
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- Changing/Installing the Watch Strap**
- 更換/安裝錶帶**
- 1.This device is compatible with general quick-release watch straps that are 22 mm wide.
- 2.Insert one end of the spring bar of the new strap into the device.
- 4.Slide the quick-release lever to attach the spring bar to the device.
- 5.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.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。
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Function Description

功能說明 / 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 application categories are listed as follows (from top to bottom): Activity, Phone, AI Voice, Sports, Sports Record, Heart Rate, Blood Oxygen, Stress, Sleep, Cycle Tracking, Breathe, Clock, Weather, Music, Camera, Find Phone, Calculator, Calendar, Games, and Settings.
- 2.1 Activity**
- The watch collects and displays various activity data, including:
- Daily exercise/activity/walking data and goals
- Hourly histogram of exercise/activity/walking data
- Total steps and distance
- 2.2 Phone Functionality**
- 1.You can add up to 10 frequent contacts through the app and call them directly from the watch.
- 2.Recent call history is accessible on the watch, allowing you to call displayed numbers.
- 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, Rowing, and other.
- b) 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.
- 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 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.
- 2.8 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.
- 2.9 Sleep**
- You can view your most recent sleep record and the status of each sleep stage.
- 2.10 Cycle Tracking**
- After opening the Women' s Health on the app, the watch will display options for cycle tracking. You can set the cycle length, reminder time, and other preferences, and the watch will provide reminder.
- 2.11 Breathing**
- 1.Open the app for "Breathe" function and select the desired duration.
- 2.Click to start, then follow the vibration frequency and animation instructions to adjust your breathing. This will help you relax.
- 2.12 Clock**
- Stopwatch
- Use the watch as a stopwatch. The stopwatch features a "Lap" function.
- Timer
- You can set a timer with a preset duration on the watch. It will notify you when the timer expires, and you can customize the timer duration.
- 2.15 Camera**
- When the watch is connected to the app, you can manually activate the phone's camera to take photos.
- 2.16 Find Phone**
- 1.When the watch is connected to the app, you can make your phone ring.
- 2.Click the icon to stop the ringing.
- 3.This function can be displayed or hidden in the app settings.
- 2.17 Calculator**
- The calculator allows for simple calculations.
- 2.18 Calendar**
- Quickly view past and future calendar events.
- 2.19 Games**
- Enjoy casual puzzle games that offer a unique experience.
- 2.20 Music**
- 1.When the watch is connected to the app, you can control the mobile music player to perform functions such as "next," "previous," "play/pause," and "increase/decrease volume."
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- 2.21 Camera**
- When the watch is connected to the app, you can manually activate the phone's camera to take photos.
- 2.22 Notification**
- 1.You can receive push notifications for up to 10 contacts when the watch is connected to the app. You can also view the notification content on the watch.
- 2.23 Activity**
- The watch collects and displays various activity data, including:
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- Total steps and distance
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SW3S_Manual_NewSize_ww

背面

- 2.8 压力**
- 1.您可以使用手表手动测量压力。这款手表还支持全天候自动压力监测。在应用程序的设置中，您可以启用或禁用压力监测。或者查看您的压力数据。
- 2.在应用程序中，您可以设置睡眠的延迟时间和延迟次数。
- 2.9 睡眠**
- 您可以查看最近的睡眠记录和每个睡眠阶段的状态。
- 2.10 睡眠追踪**
- 在打开应用程序的女性健康功能后，手表将显示睡眠追踪的选项。您可以设置睡眠长度、提醒时间及其他偏好，手表将定期提供提醒。
- 2.11 呼吸**
- 1.您可以通过手表手动呼吸功能，选择所需的持续时间。
- 2.点击开始，然后根据振动频率和动画指示调整您的呼吸。这将帮助您放松。
- 2.12 时钟**
- 计时器
- 您可以在手表上设置一个具有预设持续时间的定时器。当定时器到期时，它会发出通知，您也可以自定义提醒的持续时间。
- 2.13 天气**
- 1.您可以通过手表手动查看天气。您可以在应用程序的设置中启用或禁用天气功能。或者查看您的天气数据。
- 2.14 音乐**
- 1.当手表连接到应用程序时，您可以控制手机音乐播放器的选项。您可以设置播放列表、提醒时间及其他偏好，手表将定期提供提醒。
- 2.15 相机**
- 1.当手表连接到应用程序时，您可以手动启动手机的相机并拍摄照片。
- 2.16 寻找手机**
- 1.当手表连接到应用程序时，您可以使用手机的相机寻找手机。
- 2.17 血氧**
- 1.您可以通过手表手动测量血氧水平。此外，这款手表还支持全天候自动血氧监测。在应用程序的设置中，您可以启用或禁用血氧功能。或者查看您的血氧数据。
- 2.18 压力**
- 1.您可以使用手表手动测量压力。这款手表还支持全天候自动压力监测。在应用程序的设置中，您可以启用或禁用压力监测。或者查看您的压力数据。
- 2.19 睡眠**
- 您可以查看最近的睡眠记录和每个睡眠阶段的状态。
- 2.20 睡眠追踪**
- 在打开应用程序的女性健康功能后，手表将显示睡眠追踪的选项。您可以设置睡眠长度、提醒时间及其他偏好，手表将定期提供提醒。
- 2.21 呼吸**
- 1.您可以通过手表手动呼吸功能，选择所需的持续时间。
- 2.点击开始，然后根据振动频率和动画指示调整您的呼吸。这将帮助您放松。
- 2.22 时钟**
- 计时器
- 您可以在手表上设置一个具有预设持续时间的定时器。当定时器到期时，它会发出通知，您也可以自定义提醒的持续时间。
- 2.23 天气**
- 1.您可以通过手表手动查看天气。您可以在应用程序的设置中启用或禁用天气功能。或者查看您的天气数据。
- 2.24 音乐**
- 1.当手表连接到应用程序时，您可以控制手机音乐播放器的选项。您可以设置播放列表、提醒时间及其他偏好，手表将定期提供提醒。
- 2.25 相机**
- 1.当手表连接到应用程序时，您可以手动启动手机的相机并拍摄照片。
- 2.26 寻找手机**
- 1.当手表连接到应用程序时，您可以使用手机的相机寻找手机。
- 2.27 血氧**
- 1.您可以通过手表手动测量血氧水平。此外，这款手表还支持全天候自动血氧监测。在应用程序的设置中，您可以启用或禁用血氧功能。或者查看您的血氧数据。

- 2.28 压力**
- 1.您可以使用手表手动测量压力。这款手表还支持全天候自动压力监测。在应用程序的设置中，您可以启用或禁用压力监测。或者查看您的压力数据。
- 2.在应用程序中，您可以设置睡眠的延迟时间和延迟次数。
- 2.29 睡眠**
- 您可以查看最近的睡眠记录和每个睡眠阶段的状态。
- 2.30 睡眠追踪**
- 在打开应用程序的女性健康功能后，手表将显示睡眠追踪的选项。您可以设置睡眠长度、提醒时间及其他偏好，手表将定期提供提醒。
- 2.31 呼吸**
- 1.您可以通过手表手动呼吸功能，选择所需的持续时间。
- 2.点击开始，然后根据振动频率和动画指示调整您的呼吸。这将帮助您放松。
- 2.32 时钟**
- 计时器
- 您可以在手表上设置一个具有预设持续时间的定时器。当定时器到期时，它会发出通知，您也可以自定义提醒的持续时间。
- 2.33 天气**
- 1.您可以通过手表手动查看天气。您可以在应用程序的设置中启用或禁用天气功能。或者查看您的天气数据。
- 2.34 音乐**
- 1.当手表连接到应用程序时，您可以控制手机音乐播放器的选项。您可以设置播放列表、提醒时间及其他偏好，手表将定期提供提醒。
- 2.35 相机**
- 1.当手表连接到应用程序时，您可以手动启动手机的相机并拍摄照片。
- 2.36 寻找手机**
- 1.当手表连接到应用程序时，您可以使用手机的相机寻找手机。
- 2.37 血氧**
- 1.您可以通过手表手动测量血氧水平。此外，这款手表还支持全天候自动血氧监测。在应用程序的设置中，您可以启用或禁用血氧功能。或者查看您的血氧数据。

- 2.38 压力**
- 1.您可以使用手表手动测量压力。这款手表还支持全天候自动压力监测。在应用程序的设置中，您可以启用或禁用压力监测。或者查看您的压力数据。
- 2.在应用程序中，您可以设置睡眠的延迟时间和延迟次数。
- 2.39 睡眠**
- 您可以查看最近的睡眠记录和每个睡眠阶段的状态。
- 2.40 睡眠追踪**
- 在打开应用程序的女性健康功能后，手表将显示睡眠追踪的选项。您可以设置睡眠长度、提醒时间及其他偏好，手表将定期提供提醒。
- 2.41 呼吸**
- 1.您可以通过手表手动呼吸功能，选择所需的持续时间。
- 2.点击开始，然后根据振动频率和动画指示调整您的呼吸。这将帮助您放松。
- 2.42 时钟**
- 计时器
- 您可以在手表上设置一个具有预设持续时间的定时器。当定时器到期时，它会发出通知，您也可以自定义提醒的持续时间。
- 2.43 天气**
- 1.您可以通过手表手动查看天气。您可以在应用程序的设置中启用或禁用天气功能。或者查看您的天气数据。
- 2.44 音乐**
- 1.当手表连接到应用程序时，您可以控制手机音乐播放器的选项。您可以设置播放列表、提醒时间及其他偏好，手表将定期提供提醒。
- 2.45 相机**
- 1.当手表连接到应用程序时，您可以手动启动手机的相机并拍摄照片。
- 2.46 寻找手机**
- 1.当手表连接到应用程序时，您可以使用手机的相机寻找手机。
- 2.47 血氧**
- 1.您可以通过手表手动测量血氧水平。此外，这款手表还支持全天候自动血氧监测。在应用程序的设置中，您可以启用或禁用血氧功能。或者查看您的血氧数据。

- 2.48 压力**
- 1.您可以使用手表手动测量压力。这款手表还支持全天候自动压力监测。在应用程序的设置中，您可以启用或禁用压力监测。或者查看您的压力数据。
- 2.在应用程序中，您可以设置睡眠的延迟时间和延迟次数。
- 2.49 睡眠**
- 您可以查看最近的睡眠记录和每个睡眠阶段的状态。
- 2.50 睡眠追踪**
- 在打开应用程序的女性健康功能后，手表将显示睡眠追踪的选项。您可以设置睡眠长度、提醒时间及其他偏好，手表将定期提供提醒。
- 2.51 呼吸**
- 1.您可以通过手表手动呼吸功能，选择所需的持续时间。
- 2.点击开始，然后根据振动频率和动画指示调整您的呼吸。这将帮助您放松。
- 2.52 时钟**
- 计时器
- 您可以在手表上设置一个具有预设持续时间的定时器。当定时器到期时，它会发出通知，您也可以自定义提醒的持续时间。
- 2.53 天气**
- 1.您可以通过手表手动查看天气。您可以在应用程序的设置中启用或禁用天气功能。或者查看您的天气数据。
- 2.54 音乐**
- 1.当手表连接到应用程序时，您可以控制手机音乐播放器的选项。您可以设置播放列表、提醒时间及其他偏好，手表将定期提供提醒。
- 2.55 相机**
- 1.当手表连接到应用程序时，您可以手动启动手机的相机并拍摄照片。
- 2.56 寻找手机**
- 1.当手表连接到应用程序时，您可以使用手机的相机寻找手机。
- 2.57 血氧**
- 1.您可以通过手表手动测量血氧水平。此外，这款手表还支持全天候自动血氧监测。在应用程序的设置中，您可以启用或禁用血氧功能。或者查看您的血氧数据。

- 2.58 压力**
- 1.您可以使用手表手动测量压力。这款手表还支持全天候自动压力监测。在应用程序的设置中，您可以启用或禁用压力监测。或者查看您的压力数据。
- 2.在应用程序中，您可以设置睡眠的延迟时间和延迟次数。
- 2.59 睡眠**
- 您可以查看最近的睡眠记录和每个睡眠阶段的状态。
- 2.60 睡眠追踪**
- 在打开应用程序的女性健康功能后，手表将显示睡眠追踪的选项。您可以设置睡眠长度、提醒时间及其他偏好，手表将定期提供提醒。
- 2.61 呼吸**
- 1.您可以通过手表手动呼吸功能，选择所需的持续时间。
- 2.点击开始，然后根据振动频率和动画指示调整您的呼吸。这将帮助您放松。
- 2.62 时钟**
- 计时器
- 您可以在手表上设置一个具有预设持续时间的定时器。当定时器到期时，它会发出通知，您也可以自定义提醒的持续时间。
- 2.63 天气**
- 1.您可以通过手表手动查看天气。您可以在应用程序的设置中启用或禁用天气功能。或者查看您的天气数据。
- 2.64 音乐**
- 1.当手表连接到应用程序时，您可以控制手机音乐播放器的选项。您可以设置播放列表、提醒时间及其他偏好，手表将定期提供提醒。
- 2.65 相机**
- 1.当手表连接到应用程序时，您可以手动启动手机的相机并拍摄照片。
- 2.66 寻找手机**
- 1.当手表连接到应用程序时，您可以使用手机的相机寻找手机。
- 2.67 血氧**
- 1.您可以通过手表手动测量血氧水平。此外，这款手表还支持全天候自动血氧监测。在应用程序的设置中，您可以启用或禁用血氧功能。或者查看您的血氧数据。

- 2.68 压力**
- 1.您可以使用手表手动测量压力。这款手表还支持全天候自动压力监测。在应用程序的设置中，您可以启用或禁用压力监测。或者查看您的压力数据。
- 2.在应用程序中，您可以设置睡眠的延迟时间和延迟次数。
- 2.69 睡眠**
- 您可以查看最近的睡眠记录和每个睡眠阶段的状态。
- 2.70 睡眠追踪**
- 在打开应用程序的女性健康功能后，手表将显示睡眠追踪的选项。您可以设置睡眠长度、提醒时间及其他偏好，手表将定期提供提醒。
- 2.71 呼吸**
- 1.您可以通过手表手动呼吸功能，选择所需的持续时间。
- 2.点击开始，然后根据振动频率和动画指示调整您的呼吸。这将帮助您放松。
- 2.72 时钟**
- 计时器
- 您可以在手表上设置一个具有预设持续时间的定时器。当定时器到期时，它会发出通知，您也可以自定义提醒的持续时间。
- 2.73 天气**
- 1.您可以通过手表手动查看天气。您可以在应用程序的设置中启用或禁用天气功能。或者查看您的天气数据。
- 2.74 音乐**
- 1.当手表连接到应用程序时，您可以控制手机音乐播放器的选项。您可以设置播放列表、提醒时间及其他偏好，手表将定期提供提醒。
- 2.75 相机**
- 1.当手表连接到应用程序时，您可以手动启动手机的相机并拍摄照片。
- 2.76 寻找手机**
- 1.当手表连接到应用程序时，您可以使用手机的相机寻找手机。
- 2.77 血氧**
- 1.您可以通过手表手动测量血氧水平。此外，这款手表还支持全天候自动血氧监测。在应用程序的设置中，您可以启用或禁用血氧功能。或者查看您的血氧数据。

- 2.78 压力**
- 1.您可以使用手表手动测量压力。这款手表还支持全天候自动压力监测。在应用程序的设置中，您可以启用或禁用压力监测。或者查看您的压力数据。
- 2.在应用程序中，您可以设置睡眠的延迟时间和延迟次数。
- 2.79 睡眠**
- 您可以查看最近的睡眠记录和每个睡眠阶段的状态。
- 2.80 睡眠追踪**
- 在打开应用程序的女性健康功能后，手表将显示睡眠追踪的选项。您可以设置睡眠长度、提醒时间及其他偏好，手表将定期提供提醒。
- 2.81 呼吸**
- 1.您可以通过手表手动呼吸功能，选择所需的持续时间。
- 2.点击开始，然后根据振动频率和动画指示调整您的呼吸。这将帮助您放松。
- 2.82 时钟**
- 计时器
- 您可以在手表上设置一个具有预设持续时间的定时器。当定时器到期时，它会发出通知，您也可以自定义提醒的持续时间。
- 2.83 天气**
- 1.您可以通过手表手动查看天气。您可以在应用程序的设置中启用或禁用天气功能。或者查看您的天气数据。
- 2.84 音乐**
- 1.当手表连接到应用程序时，您可以控制手机音乐播放器的选项。您可以设置播放列表、提醒时间及其他偏好，手表将定期提供提醒。
- 2.85 相机**
- 1.当手表连接到应用程序时，您可以手动启动手机的相机并拍摄照片。
- 2.86 寻找手机**
- 1.当手表连接到应用程序时，您可以使用手机的相机寻找手机。
- 2.87 血氧**
- 1.您可以通过手表手动测量血氧水平。此外，这款手表还支持全天候自动血氧监测。在应用程序的设置中，您可以启用或禁用血氧功能。或者查看您的血氧数据。

- 2.88 压力**
- 1.您可以使用手表手动测量压力。这款手表还支持全天候自动压力监测。在应用程序的设置中，您可以启用或禁用压力监测。或者查看您的压力数据。
- 2.在应用程序中，您可以设置睡眠的延迟时间和延迟次数。
- 2.89 睡眠**
- 您可以查看最近的睡眠记录和每个睡眠阶段的状态。
- 2.90 睡眠追踪**
- 在打开应用程序的女性健康功能后，手表将显示睡眠追踪的选项。您可以设置睡眠长度、提醒时间及其他偏好，手表将定期提供提醒。
- 2.91 呼吸**
- 1.您可以通过手表手动呼吸功能，选择所需的持续时间。
- 2.点击开始，然后根据振动频率和动画指示调整您的呼吸。这将帮助您放松。
- 2.92 时钟**
- 计时器
- 您可以在手表上设置一个具有预设持续时间的定时器。当定时器到期时，它会发出通知，您也可以自定义提醒的持续时间。
- 2.93 天气**
- 1.您可以通过手表手动查看天气。您可以在应用程序的设置中启用或禁用天气功能。或者查看