Q16 Manual

Q16 Smart Sports Watch

Smart Watch Manual

Product Introduction

APP download and connection:

1. Scan the QR code to download and install the "HryFine" APP

2. APP connection method

① After turning on the watch (please make sure the watch is fully charged), open Settings - General - About This Device - Check the Bluetooth name.

② Turn on the watch Settings - General - Bluetooth (turn on the switch).

③ Turn on your phone's Bluetooth, enter HryFine, click Add Device, scan to the corresponding name, and click directly to connect.

Thank you for using our company's smartwatch. After the smartwatch is connected to the mobile phone APP, the data of the watch's functions will be synchronized via Bluetooth through the mobile phone APP. More functions of the watch can be set in the APP to achieve smart functions and enrich smart life. After disconnection or unbinding, it will no longer be synchronized.

Watch Operating Instructions:

Function Introduction

Dial: By connecting the Bluetooth of your mobile phone, you can make calls on the watch

Contact person: After the watch is successfully connected to the APP, you can add contacts in the APP. Once the contacts are successfully added, the watch's phonebook will display them simultaneously. By clicking on the contacts in the phonebook on the watch, you can make a call

Call record: It can display the call records on the watch end. Click on the phone number to make a call

Information: Display the content of mobile phone message push notifications, supporting various types of messages such as text messagest

Sports: Select the multi-exercise mode, randomly start an exercise, record the exercise process information, and you can view the exercise record after it ends

Sedentary reminder: Set sedentary reminders through the mobile phone APP

Bluetooth photography: You need to open the camera within the APP and operate the watch to take a photo

Bluetooth music: You can control the playback of music on your mobile phone. Use "+" and "-" to adjust the volume

Settings: It includes Bluetooth switch, notification Settings, raise your hand to light up the screen, vibration, key Settings, backlight display, time Settings, sound and touch, language Settings, cover your hand to turn off the screen, dynamic island, shake to answer, Do not disturb mode, off-screen clock, shutdown, restart, factory reset, and about this device

Looking for a mobile phone: When the mobile phone is not in silent mode and you operate the device, the phone will ring

Weather: Connect to the APP to display the current weather temperature

Reminder for drinking water: Set water drinking reminders for the device and APP

Stopwatch: Supports stopwatch timing and segmentation

Calculator: Simple calculations can be carried out

Calendar: The calendar can be viewed on the device

Alarm clock: You can customize the alarm clock and long press to delete it

Style: Switch between multiple UI styles

Sleep: The watch can record and display the total sleep duration of the previous night as well as the duration of deep sleep and light sleep. More detailed information analysis and data records can be viewed in the APP

Heart rate: Press the watch tightly against your wrist. The best wearing position is when the wrist bone is above the arm. It can measure the real-time heart rate value. The normal value for an average person is 60 to 100 beats per minute

Blood pressure: Press the watch tightly against your wrist. The best wearing position is when the wrist bone is above the arm. It can measure the real-time blood pressure value. For adults, the diastolic blood pressure is 60 to 80 (mmHg), and the systolic blood pressure is 100 to 120 (mmHg).

Blood oxygen: Press the watch tightly against your wrist. The best wearing position is when the wrist bone is above the arm. It can measure the real-time blood oxygen value. The normal range of the value is generally between 95% and 100%. Disassemble it

Disassembly
Take off the watch, hold one end of the strap and push it out along the wrist strap slot of the main unit. This will successfully remove the strap from the main unit

Precautions
The measurement results of this product are for reference only. The data provided by the product should not be used for any medical purposes or as a basis.
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If a power adapter is used for charging, a power adapter that meets the corresponding safety standards should be used to avoid explosion or fire caused by inferior power adapters. Do not wear or use this product in damp or high-temperature environments

Basic parameters
Supported systems: Android 5.0 or IOS 9.0 and above. Supported languages: English, Simplified Chinese, Italian, Portuguese, Polish, Spanish, French, Russian, Turkish, Hungarian, Dutch, German, Thai, Indonesian, Malay, Filipino, Persian, Hebrew, Finnish, Swedish

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.
Important: Change or modifications not expressly approved by the manufacturer 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.