

B02

Preface

Thank you for choosing our smart watch. You can fully understand the equipment by reading this manual. Use to appreciate the practical functions and simple operation methods.

The company reserves the right to modify the contents of this manual without any prior notice. Subject to notice.

Product configuration

- Smart watch X1
- Packing box X1
- Instruction X1
- Charging stand X1

Note: This product supports IP67 waterproof, rain, hand washing and wearing Hot water bath, but sauna is not feasible and can not prevent steam. The company will not provide free warranty in case of water entering due to failure to follow the prompts. There will be water in the horn hole after soaking in water. Please throw out the water so that the sound can return to normal.

App functions and settings

Personal information: settings → personal information, gender, age, height, weight and distance can be set.

You can also set your daily goal steps to monitor your daily completion.

Application push: In the connected state, if this function is enabled, when there are wechat, QQ, Facebook and other messages, the bracelet will vibrate to remind and display the content received by the app (you can also view the latest message records in the bracelet information menu), (the app should be given the permission to obtain the system notification, and the bracelet end can display 20-40 words).

Note: the incoming call reminder system is enabled by default, and there is no watch option (the incoming call push needs to be connected to the br device).

Other functions: when this function is enabled, the bracelet will vibrate when there is a call, message or other reminder. If it is closed, the bracelet will only have a screen reminder but not vibrate, so as not to disturb.

Raise your hand to light up the screen: when this function is enabled, when the hand is resting on the screen, lift the wrist and turn the screen to yourself to light up the screen, and the screen will go out when you put it down.

Device rest: setting/ rest this function will clear all data (such as step counting) of the bracelet.

Remove equipment: remove equipment this function will clear the data well to remove equipment.

TP Touch Gesture Function Description

Key with touch: Press and hold for 4 seconds to switch on and off. Short press any page to return to the dial; Short press on the dial page to turn off the screen; Rotate the button to switch the dial.

Touch gesture: The standby page slides up to enter the information page, and slides down to enter the control center.

Slide the standby page left and right to switch circularly three rings of exercise, weather heart rate, sleep monitoring, music control.

Watch to phone connection

First turn on the Bluetooth function of your phone.

The watch does not support multiple languages, the factory language is English. The mobile phone APP language is automatically synchronized when connected to the mobile phone APP.

Mobile App languages supported are: Android and IOS. Simplified Chinese, English, French, Spain, Portugal, Russian, German, Netherlands, Turkey, Malaysia, Poland, Czech, Slovakia, Arabic, Italy, Thai

IOS/Android mobile phone users scan the QR code below to download and install the client APP. APP name: "YAPHO"

System requirements: android 5.0 or above; ios 9.0 or above; Support Bluetooth 5.0

Device connection:

For the first use, you need to connect the app for calibration. After the connection is successful, the bracelet will automatically synchronize the time.

Turn on the Bluetooth switch of the mobile phone system → enter the app device module settings → click "find device to experience more functions" to enter, and the nearby Bracelet Bluetooth devices will be automatically searched, found and connected with the bracelet device (br-w02). After the pairing is successful, the app terminal will pop up a guide page. According to the guide, jump to the Bluetooth search of the mobile phone system, find the br device (br-w02) and connect. After the connection is successful, you can make / receive calls and listen to music. App will automatically save the Bluetooth address of the bracelet. When the app is opened or running in the background, it will automatically search and connect the bracelet. Android mobile phones need to read all notification permissions such as contact information, and app background operation is given in mobile phone settings.

Watch charging and activation

Make sure that the bracelet has normal power during initial use. If the bracelet cannot be started normally with low power, please connect the charger to charge the device.

Use the supplied magnetic charger to attach to the metal contacts on the back of the watch and connect the other end of the charger to the The other end of the charger can be connected to a USB charging head or to a USB port on your computer.

USER MANUAL

Version 1.1

Main features

Sleep mode
When falling asleep, the bracelet will automatically enter the sleep monitoring mode. Automatically detect your times of deep sleep / light sleep / wakefulness throughout the night, and calculate your sleep quality. The bracelet only displays the total duration of deep sleep / light sleep / sleep, and the app can view the details of sleep data.

Note: only when you are connected to the app and wear a bracelet to sleep can you upload sleep data to the app and start to detect sleep at 12:00 am.

Heart rate
Enter the heart rate three in one test interface and wait for several seconds to display the test results of current heart rate, blood pressure and blood oxygen. This function requires the bracelet to support the heart rate and blood pressure sensors.

Campaign information
The watch records and displays the number of steps taken each day, the number of calories burned and mileage information.

Exercise
8 sports modes to choose from including: walking, running, cycling, basketball, football, badminton, jumping rope and swimming. More detailed analysis and data records can be viewed in the client.

Pedometer is cleared in the early hours of the morning.

Blood pressure interface
Click on the blood pressure screen to measure the current blood pressure level. More detailed analysis and data logs can be viewed in the client.

Oxymetry interface
Click on the blood oxygen screen to measure the current blood oxygen level. More detailed analysis and data logging can be viewed in the client.

Smart Alarm Clock
When connected, alarm clocks can be set. After setting, the bracelet will be synchronized. Support offline alarm clock. After successful synchronization, the bracelet will remind you according to the set time even if the app is not connected.

Weather information
The weather page displays the current weather, air quality information, and tomorrow's conditions for tomorrow. The weather information is only available if you are connected to the client. If you are disconnected for a long time, the weather information will not be updated.

Message Push
When the app is connected, if the push notification reminder is enabled, when the bracelet pushes multiple reminder messages, enter this interface to view the latest message records.

Camera controls
When connected, start photographing from the bracelet end or enter the remote photographing interface from the app end, shake / roll your wrist / touch the bracelet, and take photos automatically after the countdown of 3 seconds. Please allow the app to access the album to save self taken photos.

Music control
The bracelet can control to switch the previous song, the next song, and pause / start playing.

Stopwatch
Enter the stopwatch, click the start button to start timing, click the pause button to stop, and click the reset button to clear the timing.

Smart Alarm Clock
When connected, alarm clocks can be set. After setting, the bracelet will be synchronized. Support offline alarm clock. After successful synchronization, the bracelet will remind you according to the set time even if the app is not connected.

Find the bracelet
In the connected state, click the "find Bracelet" option, and the bracelet will vibrate.

Sedentary reminder
Set whether the sedentary reminder function is enabled. You can set the reminder time interval. If you sit for a long time within the set time, the bracelet will remind you.

Do not disturb mode
Turn on the do not disturb mode function, you can set the do not disturb time period, and the bracelet will stop receiving notification messages within the set time period to avoid being disturbed by reminder messages.

Frequently asked questions and answers

Why do blood pressure values deviate from the blood pressure monitor?

The deviation between the watch and the sphygmomanometer is due to a number of factors. The sphygmomanometer measures in the brachial artery and the watch measures in the two main branches of the micro-artery. If you use a watch and a blood pressure monitor at the same time, the straps put pressure on the area below the middle of your elbow, temporarily preventing the blood from flowing smoothly to the anterior branches below. This increases the tension in the blood vessels and will cause the upper and lower blood pressure measurements to deviate even more.

Why should I not wear my watch in a hot bath?

The temperature of the bath water is relatively high and produces a lot of water vapor, which is in the vapor phase and has a small molecular radius and can easily seep through the watch casing. When the temperature drops, it will condense again into liquid droplets, which can cause a short circuit in the internal wiring of the watch, damaging the circuit board and thus damaging the watch. This can damage the watch circuit board and damage the watch.

Product specification

Hardware Platform	yizhaowei yc1133
ROM	32Mb
RAM	64KB
Display size	TFT 1.69inch (240*280)
Dial size	52.5*38*12.5mm
Strap width	122mm
Battery	200MAH (maximum charging current 100mA)
Bluetooth version	Bluetooth 5.0+5.0 KW-B22 dual mode
Compatible system	Android 5.0 and ios 9.0 or above
Encoders	Rotate to switch dials, scroll up and down in the list menu, adjust—in the volume/ brightness screen, zoom in and out in the honeycomb screen, etc.
Languages	Simplified Chinese, English, French, Spain, Portugal, Russian, German, Netherlands, Turkey, Malaysia, Poland, Czech, Slovakia, Arabic, Italy, Thai

Common Troubleshooting

1. The watch cannot be turned on: Press the on button for too short a time, more than 3 seconds; the battery power is too low, please use the charging cable to charge.
2. The watch cannot be charged normally: whether the charging contact is normal and the charger is when the battery is too low, the charging interface will be displayed only when the battery is charged.
3. Software problems can be solved by restoring the factory function.

Warranty Description

1. This product in normal use, if the product quality problems caused by manufacturing, materials, design and other reasons, from the date of purchase, the motherboard within one year free warranty, battery, charger warranty for six months.
- No warranty is provided for faults caused by the user's personal reasons, as follows:
 - (1) Unauthorized disassembly, modification of the watch, etc. causing injury.
 - (2) Injuries caused by inadvertent dropping during use.
 - (3) All human damage or third party fault, misuse (e.g. water in the main unit, external shocks, scratch damage to peripheral components, etc.) is not covered by the warranty.

When requesting a free warranty, please provide a warranty card with the date of purchase and the stamp of the place of purchase. Warranty card.

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this 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.

RF Exposure Information

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

ISED Statement

- English: This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause interference, and (2) This device must accept any interference, including interference that may cause undesired operation of the device.

The digital apparatus complies with Canadian CAN ICES-3 (B)/NMB-3(B).

- French: Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

L'appareil numérique du CIEM conforme canadien peut - 3 (b) / nmb - 3 (b).

This device meets the exemption from the routine evaluation limits in section 2.5 of RSS 102 and compliance with RSS 102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

Cet appareil est conforme à l'exemption des limites d'évaluation courante dans la section 2.5 du CNR - 102 et conformité avec RSS 102 de l'exposition aux RF, les utilisateurs peuvent obtenir des données canadiennes sur l'exposition aux champs RF et la conformité.

This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment.

RF Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

L'appareil a été évalué pour répondre aux exigences générales d'exposition aux radiofréquences. L'appareil peut être utilisé en condition d'exposition portable sans restriction.