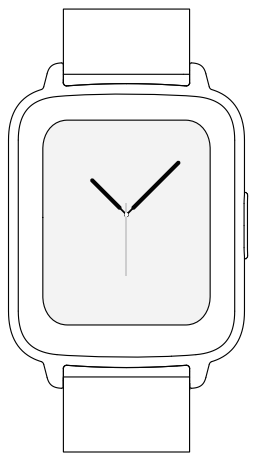


Smart Watch  
TGW007

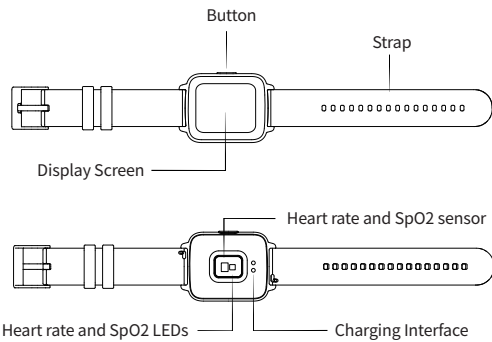
User Manual



1. Preface

Thank you for choosing SmartWatch TGW007. For your safety, please read this user manual carefully before use. We recommend that you keep this user manual properly for further reference.

2. Product Information



Buttons define:  
UP button

Long press	-In the shutdown state, long press to turn on. -In the boot state, long press to shutdown/restart.
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2. Product Information

Bluetooth Version	BLE5.1
Bluetooth Transmitting Power	≤0db
Weight	Proximately 47g (with strap)
Battery Capacity	200mAh
Working Temperature	50°F to 113°F(Fahrenheit)
Storage Environment	Temperature:-4°F to 140°F(Fahrenheit) RelativeHumidity:≤90%RH

• Warning: Unauthorized disassembly/assembly of the product is prohibited.  
• About the accuracy of this product  
• The accuracy of this product has been tested by our quality control department. Its performance parameters and sensors are based on the above-men toned technical standards and meet the delivery conditions.

7. Warning

① Matters needing attention

The electronic equipment contained in the product, if improperly handled or disposed of, may damage the environment or cause harm:

Click

-When the watch displays dial interface, click the up button to enter the application list interface .  
-When the watch displays a non-dial interface, click the button to return to the dial interface  
-In sports mode, click the up button to pause.

Touch screen define:  
Touch screen

Long press	In the main dial interface, long press to change the dial.
Swipe left	Switch card streams to heart rate and sleep, etc.
Swipe right	-Switch card streams to heart rate and sleep, etc. -Return to the upper level interface.
Swipe up	-In the dial interface,swipe up to view messages. -Change pages.
Swipe down	-In the dial interface, swipe down to enter shortcut menu. -Change pages.

3. In the box

• SmartWatch TGW007 (Built-in Polymer Lithium Battery)  
• User Manual  
• The Charger

4. Instructions

① Install App and Pair-Up

Your SmartWatch TGW007 will turn on automatically while charging. You can search & download "TouchLink" App on App Store / Google Play to update your personal information (name, gender, height, age, weight, etc.)  
Please make sure the Bluetooth of your mobile device is on, then open the "TouchLink" App for device pairing.  
A. Open "TouchLink" App, "Me → bind new device → SmartWatch → TGW007 → scan code connection"scan the device QR code displayed on watch to start pairing.  
  
B. Open "TouchLink" App, "Me → bind new device → SmartWatch→ TGW007→search connection"scan for nearby devices, then choose intended Bluetooth MAC address or device name. Click "√" to pair-up your phone and your watch.  
The watch will show "Whether to accept binding?" Click "√" to accept or "X" to refuse.

② E Label

To view E Label on your watch: go to Settings page --> System --> Regulatory Information.

③ Wear properly

Keep the touch button facing the user, make sure the bottom sensor is clung to the skin. Keep the wristband 0.8 inch or more from the wrist.

④ Low battery

When the battery remains less than 10%, your watch will vibrate once and display the following prompt, touch "√" to back to the latest mode.


⑤ Charging

a.Please connect charging cable to the watch as follow.  
b. Use a regular USB charger with output voltage of 5.0V and output current of 0.5A and above to connect your charging line.



⑥ FAQ

Issue description	Possible cause	Solution
Incorrect step counting	Abnormal wagging or vibration of device	Wear the watch properly to avoid abnormal vibration
	Walked less than 15 steps	Walk more than 15 steps continuously
	Sliding or walking in slippers	Walk with normal posture slippers
No display	Low battery	Connect to charger to charge the Watch

IS 13253(PART 1)  
IEC 60950-1

  
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www.bis.gov.in  
FCC ID: XXXXXXXXXX

CE RoHS



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Nanshan District, Shenzhen, China  
  
Made in China

③Features:

• Bluetooth BLE5.1  
• Full-screen touch  
• 1.69 TFT display 240\*280 pixel  
• Daily Tracking: Steps / Calories / Sedentary  
• Dynamic heart rate monitoring  
• Breathing training  
• Sleep monitoring report  
• Call notification  
• Find your phone  
• Music control  
• Camera control

6. Specifications

Product Name	Smart Watch
Product Model	TGW007
Screen	1.69-inch TFT display
Resolution	240 * 280 pixel
Sensor	Accelerometer, Heart rate and SpO2 sensor/Capacitive touch sensor
Frequency Range	2402MHz-2480MHz

• Do not open the shell.  
• Do not replace the built-in battery by yourself.  
• Do not use corrosive cleaner to clean the product.  
• Do not charge when the product is wet.  
• If the product is not completely dry, do not charge.  
• Do not expose the product to direct sunlight for a long time.  
• Do not use the product in a sauna or steam room.  
• Do not place the product in a non-working temperature environment.  
• If the screen or shell is damaged, do not use the product.  
• Do not put the product in the dishwasher, washing machine or dryer.  
• Do not throw the product into fire, the battery may explode.  
• Please use the USB port of the computer or mobile phone charger correctly when charging.  
• If the temperature of the product rises sharply during charging, please stop charging.

② Safety instructions

• The product is not a medical device and cannot be used to diagnose, treat, cure or prevent any disease.  
• Before starting or adjusting any exercise plan, please consult your doctor.  
• Some users may have skin irritation or allergies due to wearing the product for too long. If you experience redness, swelling, itching, or other allergies, please consult your doctor.

③ Medical Disclaimer

Warning: This SmartWatch TGW007 is not a medical device. The SmartWatch TGW007 and its related Apps may not be used to diagnose, treat, or prevent any disease or medical condition. Before performing any exercise, sleep, or nutritional changes, be sure to seek the advice of qualified medical professionals, otherwise serious injury or death may result.

④ Other matters needing attention

• Do not dispose of watch batteries in violation of local household waste management regulations.  
• Packaging recycling should comply with local regulations.

⑤ Warning

• Throwing the battery into a fire or a hot oven, or mechanically breaking or cutting the battery may cause an explosion.  
• Placing the battery in an extremely high temperature environment may cause explosion or leakage of flammable liquid or gas.  
• The battery is under extremely low pressure, which may cause explosion or leakage of flammable liquid or gas.

⑥ NCC warnings

According to the Management Measures for Low Power Radio Wave Radiant Motors.  
Article 12  
• For certificated low-power radio frequency motors, neither the company nor the user is allowed to change the frequency, increase the power, or change the features and functions of the original design.  
Article 14  
• The use of low-power radio frequency motors must not affect safety and interfere with legal communication. If interference is found, it should be stopped immediately and improved to no interference before continuing to use.  
• Legal communication in the preceding paragraph refers to radio communication operated in accordance with the provisions of the

Telecommunications Law.  
• Low-power radio frequency motors must endure interference from legal communications or industrial, scientific, and medical radio wave radiation electrical equipment.

⑦ 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.  
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.

Caution

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. Radiation Exposure Statement.  
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.  
This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.  
SAR tests are conducted using standard operating positions accepted by the FCC with the device transmitting at its highest certified power level in all tested frequency bands, although the SAR is determined at the highest certified power level, the actual SAR level of the device while operating can be well below the maximum value, in general, the closer you are to a wireless base station antenna, the lower the power output.

尺寸:80x110mm  
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单黑印刷  
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