

- Slide right to view quick menu, which allows you to go to any function with a single click. You can also come to this page and double press the first button to switch the menu style



- a) Slide left to view Today Activity (step, sleep, exercise), Health (HR, BP, SpO2), Weather, Shutter Player, Breathe, AI, Phone



- b) On each function when you slide down you can view details.

- SPO2



- Heart Rate



- Sleep



Touch Button Operations

Short press from the 1st side button

To unlock the screen in the lock screen status

To return to the watch face page from the first-level menu entry in the unlocked status



Short press from the 2nd side button

To immediately land on the exercise page and begin the exercise



Long press from the side button

To power on the watch in the power off status



Watch Wearing and Charging

It is recommended to wear the watch with a moderate tightness at a distance two fingers far from your wrist to ensure that the optical heart rate monitor works properly

Tip - Please wear the device a bit little tighter when using the heart rate monitor & SpO2 feature

Charging

- Plug the charger's USB port into a mobile phone charger or a computer USB port to charge the watch.
- Attach the charging pin to charge the smart watch.
- The charging icon will appear on the screen, indicating that the watch is being charged.
- It is recommended to use computer USB ports or brand mobile phone chargers to charge the watch.



Use of Functions

The watch has a lot of functions, these can be accessed by swiping left to the menu. A short brief of the functions are as below:

Steps- The watch automatically tracks the step taken on the screen. Note: Your movement stats reset to 0 at midnight.



- **Sleep** - You need to wear the watch while sleeping, it will provide the hours slept and quality of sleep stats.
- **Note:** Sleep Detection starts from 8pm to 10 am the next day



- Exercise - This feature comprises of 60+ exercise modes. Track your fitness goals in a tap. You can view the following activities: Running, Walking, Cycling, Skipping, Football, Basketball, Badminton, Swimming, Cricket, Kabbadi



- Heart Rate - The watch will record your heart rate all day. You can also tap on the page to start measuring



- A - Click the icon to wake up the phone smart assistant, and you can control the smartphone smart assistant through the watch voice.

