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IMPORTANT

Before operating or maintaining this unit, please read this manual carefully, paying extra attention to the safety warnings and precautions.

For Services and Support

www.otofixtech.com

(833) 686-1349 (OTO-1FIX) (North America)
0086-755-86147779 (China)

support@otofixtech.com

For technical assistance in all other markets, please contact your local selling agent.

Safety Information

For the safety of yourself and others, and to prevent damage to the device and vehicles upon which it is used, it is important that the safety instructions presented throughout this manual should be read and understood by all persons operating or coming into contact with the device.

Use the device only as described in this manual. Read, understand, and follow all safety messages and instructions in this manual.

Please use the power adapter that has the CCC certificate and complies with related standards.

Safety Messages

When using the smart watch, please follow the tips in 【IMPORTANT】. Those safety messages are provided to help prevent personal injury and equipment damage.

IMPORTANT

Do not drop your equipment or place heavy objects on it. Otherwise, the device may be damaged.

The screen is made of glass. If the device is hit hard or squeezed by heavy objects, do not touch or remove the glass fragments from the device. Stop using the device immediately and contact technical support personnel for repair or replacement information.

Keep the device away from high temperature or high pressure. The operating temperature of the device should be -20 ° C to 60 ° C, and the storage temperature should be -40 ° C to 85 ° C to avoid damage.

Do not touch the device with rain, extreme humidity, sweat, or other liquids to avoid short circuit or fault.

Do not remove or modify the device. Opening or modifying your equipment without authorization will void your warranty.

Please use the charging base that comes with your purchase. Otherwise, the normal charging speed will be affected, resulting in abnormal charging, and even damage to the device.

When your equipment reaches its service life, dispose of it in accordance with local environmental laws and regulations. Some internal parts may explode, leak or have adverse environmental effects if not handled properly.

Electronic Device

Do not use this device in places where the use of wireless devices is expressly prohibited, otherwise it will interfere with other electronic devices or cause other dangers.

FCC Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: This device may not cause harmful interference, and this device must accept any interference received, including interference that may cause undesired operation.

Warning: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

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

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1 Using This Manual

This manual contains device usage instructions.

The picture is only for reference, please make the object as the standard.

1.1 Conventions

The following conventions are used.

Bold Text

Bold text is used to highlight items such as buttons and menu options.

Example:

- Tap【OK】.

Notes and Important Messages

Notes

A **NOTE** provides helpful information such as additional explanations, tips, and comments.

Example:

NOTE

Pair the watch and your vehicle before the **Smart Vehicle Key** work**.**

Important

IMPORTANT indicates a situation which, if not avoided, may result in damage to the test equipment or vehicle.

Example:

IMPORTANT

The product is not waterproof, please keep the watch and charging base dry before or in or after charging, or there are short circuits or other risks.

Hyperlink

Hyperlinks, or links, that take you to other related articles, procedures, and illustrations are available in electronic documents. Blue italic text indicates a selectable hyperlink and blue underlined text indicates a website link or an email address link.

Illustrations

Illustrations used in this manual are samples, the actual testing screen may vary for each smart watch being tested. Observe the menu titles and the on-screen instructions to make correct option selection.

Procedures

An arrow icon indicates a procedure.

Example:

➢ **To power the smart watch on**

- Long press the【power button】to power on.
- Or the smart watch power on automatically when charging it.

2 Start Using

OTOFIX Watch is a smart watch with a smart vehicle key function, which supports remote control of vehicles. It also provides multi-dimensional intelligent services, such as exercise status recording, health monitoring, music playing or storing and so on.

This manual describes the structure and operation of the watch, and how to use it.

IMPORTANT

The smart watch comes with 4GB of memory and the available storage capacity is about 2.6GB because the system of watch will occupy some memory.

2.1 OTOFIX Watch

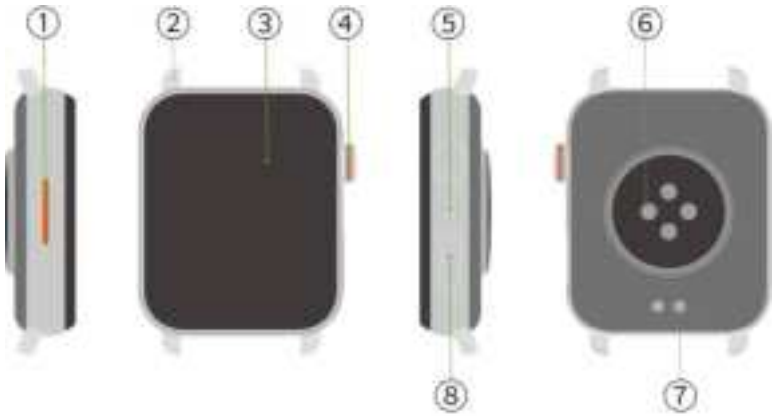

Figure 2.1 Overview of the Smart Watch

① Speaker

② Smart Watch Ear

③ Touch Screen

④ Power Button

⑤ Microphone

⑥ Heart Rate Sensing Area

⑦ Charging Contacts

⑧ Smart Vehicle Key

➢ **To install the smart watch band**

- Lay the smart watch flat with the back of the watch up, and the side with the buttons facing you.
- ①Insert the pogo pin on the watch band into the watch ear on the side near you; ②Slide the metal buckle toward the side near you until it there is no space to move; ③Align another side of pogo pin into the another watch ear and install it.
- Repeat these steps to install another watch band.

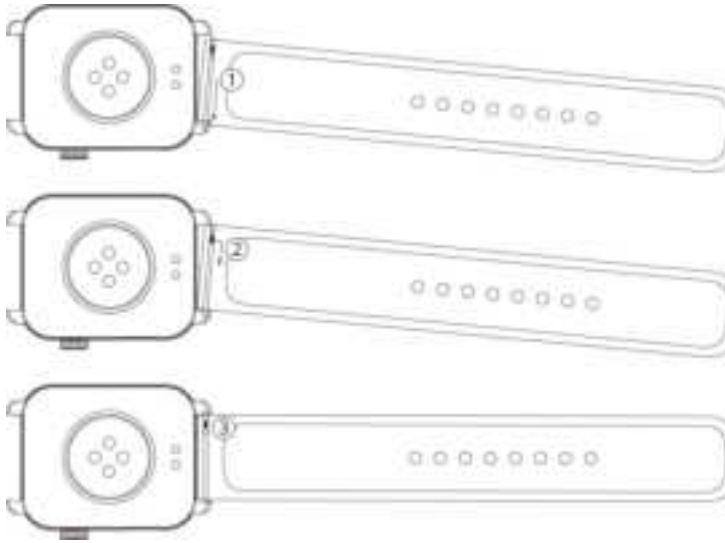

Figure 2.2 Install the Watch Band

NOTE

Lay the smart watch flat with the back of the watch up, and slide the pogo pin to disassemble the watch band.

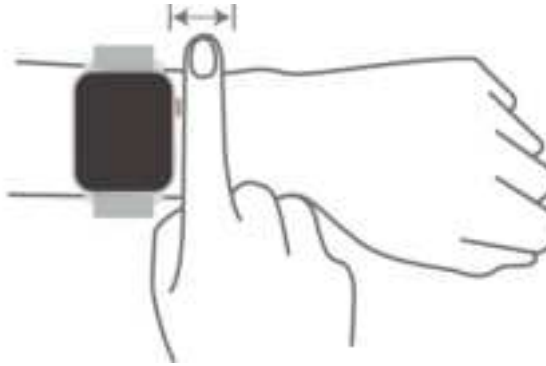

Figure 2.3 Wear the Smart Watch

Wear the smart watch as the picture show. Attach the Heart Rate Sensing Area to the wrist to maintain a comfortable and fit wearing state. In order to ensure the accuracy of heart rate measurement, please wear the smart watch correctly. Avoid to wear the smart watch on joints. Do not be too loose or too tight in normal status, but wear tight during exercise.

IMPORTANT

The smart watch is made of professional health materials and has passed a strict skin allergy test, so you can wear it with confidence. If you feel uncomfortable when wearing your smart watch, please take it down and consult your doctor.

Please wear your smart watch correctly, with appropriate tightness, and allow your skin to breathe. And keep the smart watch clean and dry.

2.2 Smart Watch Buttons and Touch Screen

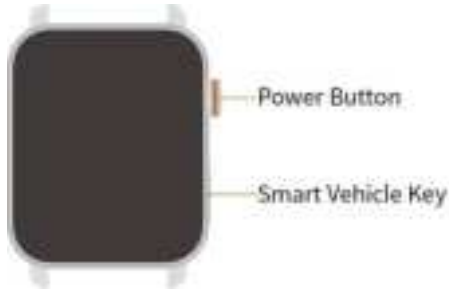

Figure 2.4 Smart Watch Buttons

Table 2.1 Power Button Description

Operation	Function
Short Press	Locked screen: Short press to light up the screen.
	In the page of application list : Short press to show the standby screen.
	In the page of standby screen : Short press to show the access the application list.
Long Press	Power off: Long press for 2 seconds to power on.
	Power on: Long press for 5 seconds to show the shutdown or restart icon.
	Power on: Long press for 12 seconds to restart the smart watch.

Table 2.2 Smart Vehicle Key Description

Operation	Function
Short Press	Short press to lock your car.
Long Press	Long press to unlock your car.

IMPORTANT

Pair the smart watch and your vehicle before the Smart Vehicle Key work.

Table 2.3 Gesture Description

Operation	Function

Swipe the Screen to the Right or Left	Swipe the screen to the right or left to switch between different interfaces.
Swipe the Screen Right	Swipe the screen to the right to return to the previous interface.
Raise Your Wrist	In Normal Mode: Raise the wrist to brighten the screen and return to the standby screen. You can also raise the wrist to brighten the screen and start the voice-recognition.
	In Sports Mode: Raise the wrist to displays the sports data interface.
Put Down Your Wrist	Put down your wrist to lock your smart watch.

NOTE

Set【raise wrist screen】to brighten the screen when you wear the smart watch and rise the hand. You can tap the【power button】to enter the application list＞Tap ＞【Display & brightness】＞【raise wrist screen】, turn on the【raise wrist screen】, set the beginning and end time .

Set the time to lock the smart watch: You can tap the【power button】to enter the application list＞Tap ＞【Display & brightness】＞【auto screen time】, set the time to lock the smart watch.

In standby screen, swipe the screen right to show the interface of sports recording, music player, heart rate data, smart vehicle key.

2.3 Power on/ Power off/ Reboot

- **To power the smart watch on**
  - Method 1: Long press the【power button】to power on.
  - Method 2: Charge the smart watch to power it on.

IMPORTANT

When battery is running low, the smart watch is unable to power on.

➢ **To power the smart watch off**

- Method 1: Long press the【power button】, tap【Power off】.
- Method 2: Tap the【power button】to enter the application list＞Tap ＞Swipe down the screen to choose【System】＞Click【Power off】.

IMPORTANT

When battery is lower than 5%, the smart watch power off automatically and can not be powered on.

➢ **To reboot the smart watch**

- Method 1: Long press the【power button】, tap【Reboot】.
- Method 2: Tap the【power button】to enter the application list ＞Tap ＞Swipe down the screen to choose【System】＞Click【Power off】.

➢ **To force a reboot**

- Long press the【power button】for about 12 seconds to reboot.

2.4 Match the Smart Watch and Phone

By default, the smart watch bluetooth is on. Android users and iOS users can follow these steps to match.

➢ **To match the smart watch and phone with Android system**

- Download【Autel Link】App through the phone App market, or scan the【Autel Link】App QR.

Figure 2.5 Autel Link App QR

- Register and log onto your account of【Autel Link】App.
- Open the phone【Bluetooth】, access the【Autel Link】App, tap 【Devices】 ＞【+】＞【Scan QR to add】or 【Add by model】.

When choose【Scan QR to add】, then scan the QR on the smart watch screen with your phone. When choose【Add by model】, then tap【OTOFIX watch】＞【Start Pairing】＞select your device＞start to match.

- When the match requirement appear on the smart watch, click【Pair】then【OK】 to finish the match.

➢ **To match the smart watch and phone with iOS system**

- Download【Autel Link】App through the phone App market, or 【Autel Link】App QR.
- Enter the phone system＞Open the phone【Bluetooth】＞Check the smart watch name that you need to match＞Enter the【Autel Link】App＞Scan the smart watch QR＞Choose the correct smart watch name＞Start to match.

NOTE

When match the phone and the smart watch successfully, the smart watch will automatically synchronize time with the phone.

2.5 Commonly Used Function

After successfully matching, you can access【Autel Link】App to apply some commonly used functions, such as 【Face Gallery】, 【Music】, 【Clock】, 【Contacts】, 【Weather】, 【Vehicle Key】.

➢ **To apply those functions**

- Access the【Autel Link】App＞【Devices】＞Tap the Connected OTOFIX WATCH.

Figure 2.6 Commonly Used Function

2.6 Do Not Disturb Mode

After entering the【Do Not Disturb】mode, incoming calls and message reminders are forbidden, the alarm clock does not vibrate or ring, and the screen does not turn on when you raise your wrist.

You can also set a regular 【Do Not Disturb】time period, and the smart watch will enter the【Do Not Disturb】state on time.

- **To set【Do Not Disturb】mode**
  - Tap the【power button】to light up the screen then swipe up to open the status bar and turn on .
- **To set the regular time of【Do Not Disturb】mode**
  - Tap the 【power button】 to enter the application list＞Tap ＞【Sound & vibration】＞【Do Not Disturb】＞【Timer on】＞Adjust the 【Do Not Disturb time】.

2.7 Upgrade the Smart Watch System and App

- **To upgrade the smart watch system**
  - Access the【Autel Link】App＞【Devices】＞Choose the connected smart watch＞【Firmware update】＞【Update now】.

➢ **To upgrade the Autel Link App**

- Please update the【Autel Link】App in Android App Market or iOS App Store.

NOTE

You need to re-pair your phone and the smart watch after finishing the Autel Link App update.

2.8 Factory Reset

➢ **To reset the smart watch**

- Method 1: Tap the smart watch【power button】to enter the application list＞Tap ＞ 【Factory reset】＞【OK】.
- Method 2: Access the Autel Link App＞【Devices】＞Choose the connected smart watch＞【Reset】＞【OK】, tap 【OK】again when a pop-up appear on the smart watch.

NOTE

When choose【Factory reset】, the stored data will be deleted.

If tick【Clear pke data】, the original pke data will be deleted from smart watch.

2.9 Charge the Device

➢ **To charge the device**

- Connect the power adapter to the power outlet, then connect the USB port of the charging base with the power adapter.
- Place the smart watch horizontally on the charging base. Align magnetic contacts on the charging base and that on smart watch.

IMPORTANT

Please use the attached charging base, and the charger with a rated output voltage of 5V and a rated output current over 1A to charge the smart watch.

When the smart watch has a low battery, connect it to the power source, and an icon of charging will be displayed.

The charging time is about 1 hour. Under different environmental conditions, the required charging time varies slightly. When finish the charging, please disconnect the charger in time .

The smart watch and the charging base and is not waterproof, please keep them dry before or in or after charging, or there are short circuits or other risks.

The smart watch can be fully charged when the charging temperature is between 0 and 45℃; It can not be fully charged when the charging temperature is between 45℃ and 60℃.

In order to protect the battery life of the product, the charging current will be reduced in a cold and low temperature environment, and the charging time may be longer, but the battery life will not be affected.

- **To check the battery power**
  - Method 1: Tap the【power button】to light up the screen, then slide up to enter the status bar. And you can check the battery level of the smart watch.
  - Method 2: Access the【Autel Link】App>【Devices】> Click the connected smart watch to view the battery power.

3 Basic Functions

3.1 Notification

After the smart watch is successfully paired with the Autel Link App, the message reminder from the phone will be synced to the smart watch. Therefore, the smart watch will vibrate to remind you when there is a new message in the status bar of the phone. You can swipe the screen down to view the content of the message.

Each message supports one screen display. You can click the news to read it. Please follow these steps to set up a message reminder.

- **To set up a message reminder**

  - Access the【Autel Link】App＞【Devices】＞Tap the connected smart watch＞【Notifications】＞Turn on the notifications switch, allow the【Autel Link】App to sync the information and choose the applications whose message you need to sync.

NOTE

The message reminder from phone application can be received by the smart watch. But you can not reply the message.

If you set the Do Not Disturb mode or do not wear the smart watch, the smart watch will not receive notifications.

If a new message comes while you are viewing the content of the message, the new message will automatically pop up to cover the content of the message currently being viewed.

When the mobile phone and the smart watch are connected via Bluetooth, the mobile phone receives WeChat and QQ news, which will be transmitted to the smart watch via Bluetooth and has a delay.

When the phone is connected to the smart watch and other Bluetooth devices at the same time, the smart watch's message or incoming call reminder still works.

WeChat/QQ voice and picture messages reminders can be received on the smart watch, but the content can not be heard or read. Only the words of 【Voice message】, 【Picture】will be displayed.

- **To delete the news**

- Tap the【power button】to light up the screen＞Swipe down the screen to check the news.
- Choose a piece of notification, you can swipe right to delete a single message, or click 【Delete All】at the bottom of the message list to clear all unread messages.

3.2 Make a Call

After pair the smart watch and your phone successfully, there are three ways to make a call by smart watch.

After setting the frequently used contacts in the Autel Link App on the mobile phone, the name and number of the contact will be synchronized to the call app of the smart watch, and then the smart watch call can be made. You can also directly enter the number to be dialed on the smart watch to make a call. Or dial the number in the record through the call record on the smart watch end.

The specific steps are recorded below.

➢ **To add/ delete frequent contacts**

- Access the【Autel Link】App＞【Devices】＞Tap the connected smart watch＞【Contacts】.
- Tap【Add】＞Select some contacts＞Tap 【OK】to add frequent contacts.
- Tap 【Delete】＞Select some contacts＞Tap 【OK】to delete frequent contacts.

➢ **To call by smart watch**

- Tap the【power button】to enter the application list＞Tap ＞Tap 【Contact person】＞Choose one contact and make a call.
- Tap the【power button】to enter the application list＞Tap ＞Tap 【Keypad】＞Input the phone number and make a call.
- Tap the【power button】to enter the application list＞Tap ＞Tap 【Call Log】＞Choose the phone number and make a call.

NOTE

You can make a call only after the smart watch and your phone are paired successfully.

Up to 10 frequently used contacts can be kept.

To make a call through the smart watch 【Contacts】, the smart watch and the phone need to keep the normal connection.

Up to 50 call records can be saved.

In the 【Call Log】interface, swipe up to the bottom of the screen and click 【Clear All】to clear all existing call records.

3.3 Answer or Reject Calls

When the smart watch and the phone are connected normally and there is an incoming call, the smart watch will vibrate to remind you and display the number or name of the caller. You can choose to answer or reject the call.

NOTE

The caller ID is the same as that on the mobile phone: when there is a incoming call, the unknown caller ID displays the phone number; the contacts in mobile phone address book show the preserved ID of contact.

If you set the Do Not Disturb mode, the smart watch will not receive incoming call notifications or vibrate or brighten the screen to remind you.

When it is inconvenient to answer or you need to end the call, you can hang up through clicking the red button on the smart watch screen.

When calling, the volume of the call can be adjusted.

3.4 Play the Music

The smart watch can play the stored music. It can also play the music on the mobile phone after turning on the 【Control music in mobile phone through watch】 in the Autel Link App, which is only supported by Android phones.

- **To store/ play/ delete the music in the smart watch**
  - Access the【Autel Link】App＞【Devices】＞Tap the connected smart watch＞【Music】＞【Music Management】＞【Add】. Then the added music will be stored in the smart watch.
  - Tap the【power button】to enter the application list＞Tap ＞Tap to play music.
  - Swipe left to enter the【Local list】. Select the music you want to delete, swipe right and tap 【Delete】to delete it from the playlist.

➢ **To add some songs to the playlist**

- Access the【Autel Link】App＞【Devices】＞Tap the connected smart watch＞【Music】＞【Music Management】＞create a playlist, input the playlist name＞【OK】.
- Tap the playlist＞Tap ⋮＞【Add Music】, choose some songs＞【OK】.

NOTE

In the smart watch play music interface, you can choose list loop (default), single loop, random play.

If you need to use the smart watch to control mobile phone music, you need to click【Music】on the【Devices】interface page of【Autel Link】App to open 【Control music in mobile phone through watch】.

3.5 Stopwatch/ Timer

➢ **To use stopwatch**

- Tap the【power button】to enter the application list＞Tap ＞Tap to time races. Tap to pause. Tap to reset the stopwatch. Swipe the screen to the right to exit the stopwatch app.
- When using the stopwatch, you can tap to record each time point, and the timing will continue.

➢ **To use timer**

- Tap the【power button】to enter the application list＞Tap ＞The smart watch provides you with 8 countdown timers by default, 1/ 3/ 5/ 10/ 15/ 30 minutes, 1 hour, 2 hours, etc.
- You can choose the appropriate timer according to different scenarios. Then start the timer. Tap to pause. Tap to exit countdown.
- At the same time, you can customize the timer. Click 【Customize】at the bottom of the【Timer】screen to set your countdown time. Tap to start the countdown. Swipe the screen to the right to the timer interface then swipe right again to exit the timer application.

3.6 Set a Clock

You can set a clock through smart watch or Autel Link App.

➢ **To set a clock through smart watch**

- Tap the【power button】to enter the application list＞Tap ＞【add Alarm】.
- Set the time ＞【OK】 ＞Set the repetition period of the alarm＞【OK】＞Set the【Delay Time】＞Tap【OK】to finish the set.
- Tap the existing alarm clock to edit or delete it.

NOTE

By default, it is a one-time alarm when the repetition period of the alarm is not set.

The alarm clock only supports the default ringtone of the smart watch.

➢ **To set a clock through Autel Link App**

- Access the【Autel Link】App＞【Devices】＞Tap the connected smart watch＞【Clock】＞【add Alarm】＞Set the time, clock label, repetition period of the alarm＞Tap【OK】in the upper right corner.
- Tap the【power button】to enter the application list and tap to check whether the alarm is set successfully.
- Tap the existing alarm clock to edit or delete it.

NOTE

The alarm clocks on the smart watch and the Autel Link App are synchronized, and up to 5 alarms can be set.

When the alarm vibrates, tap the screen or the power button of the smart watch to delay the alarm. By default, the delay time is 10 minutes, you can also adjust it into 5/15/30 minutes.

To turn off the alarm, tap the power button of the smart watch.

When the alarm vibrates and there is no operation within 30 seconds, the alarm will be automatically closed after three times of automatic delay.

3.7 Use the Flashlight

Tap the【power button】to enter the application list and tap to turn on the flashlight.

Then the screen will display bright light, you can slide left to change the color of the light. Touch the screen to turn off the flashlight. Touch the screen again to turn it on. Slide the screen right to exit the【Flashlight】application.

3.8 Use the Compass

Tap the【power button】to enter the application list and tap to turn on the compass. Rotate the smart watch as prompted by the smart watch to complete the calibration. After the calibration is completed, the smart watch can display the compass dial, which can help u to tell the direction.

3.9 Check the Weather Information

The smart watch can display the weather information of your current location. You can check the weather on the smart watch in the following two ways.

- **To synchronize the weather information of phone to the smart watch**
  - Access the【Autel Link】App＞【Devices】＞Tap the connected smart watch＞Tap【Weather】＞Turn on the weather switch＞Choose the temperature unit, then the real-time weather conditions in the phone will be synchronized to the smart watch.
- **To check the weather information**
  - Method 1: Check through the smart watch, tap the【power button】to enter the application list＞tap . The location, weather status, temperature, air quality and other information will be displayed.
  - Method 2: Check through standby screen, tap the【power button】to enter the application list＞Tap ＞Tap【Display & brightness】＞Tap【replace dial】＞Choose a dial with weather information.

4 Basic Functions

4.1 Scientific Exercise

The smart watch can record a variety of exercises, including walking, running, cycling, boating, climbing, rope skipping, yoga, boxing, dumbbells, etc. You can choose a favorable exercise according to different scenarios. In addition, you can also customize other types of exercise.

➢ **To start the exercise**

- Tap the【power button】to enter the application list＞Tap to start the exercise.
- Swipe up and down the screen to select different exercise types. Before exercising, you can set a exercise goal through tapping . Then tap 【Finished】.

NOTE

The exercise goal is mainly measured by calories, distance, duration or other standards. The measurement standard differ in different exercise.

- The smart watch need position itself. Then tap 【Start exercise】.In the exercise interface, the exercise time, exercise distance, heart rate, calories, and other information will be displayed. These are differ in different types of exercise.
- Swipe the screen to the right during exercise, you will see: 【Lock】, 【New training】, 【End】, 【Pause】. When you tap 【Lock】, the smart watch screen will be locked on the exercise display interface, and you can unlock it by long pressing the screen. After hearing the smart watch vibrate, the smart watch is unlock successfully. Choose 【New Training】to start another new exercise, the current project will end. Click 【pause】, the smart watch will stop recording. After you touch 【End】, the ongoing sports will be ended.
- When not tap【Lock】, click the smart watch【power button】the to exit the exercise interface. But the recording will not stop.
- After the exercise, you can click in the smart watch application list to view detailed exercise records. You can also click 【Exercise Records】 on the homepage of the 【Autel Link】 App, and click 【All Exercises】at the top of the 【Exercise Records】 interface to pick a certain exercise record you want to view, or select all records.

NOTE

When the smart watch start to position itself, you can wait for the watch to complete positioning and click【Start exercise】, or directly tap【Start exercise】to start exercising.

After a single exercise is over, please choose to end the exercise to avoid increased power consumption.

4.2 Activity Record

The smart watch will display the activity energy consumption, exercise time, and standing time.

The smart watch records daily exercise data and summarizes it to form weekly exercise data, and analyzes the completion of weekly exercise goals. So that you can learn about your sports status or adjust your sports goals.

Through the【Activity Records】in the application list, you can view diversified exercise status, weekly exercise data.

➢ **To check the activity records**

- Turn on the activity records: Tap the【power button】to enter the application list＞Tap , swipe left the screen, tap【Start to use】.
- Check the activity records: Tap the【power button】to enter the application list＞Tap , swipe left the screen to check the weekly exercise data.

IMPORTANT

To view exercise data through the【Autel Link】App, you need to keep your phone and the smart watch connected normally.

4.3 Track the Movement

The smart watch supports an GPS. When you do some exercises, you can record your track movement during outdoor exercises such as outdoor running, outdoor walking, outdoor cycling, and mountain climbing.

NOTE

The movement track cannot be viewed on the smart watch. After the data is synchronized to the【Autel Link】App, detailed movement data such as the movement track can be viewed in the exercise record.

5 Health Management

5.1 Measure the Heart Rate

The smart watch is designed with the heart rate sensing area, from which you can test your heart rate, to help you stay healthy in a scientific way.

NOTE

Once sleep status is detected, the smart watch will automatically switch to invisible light, try to avoid disturbing the user's sleep.

5.1.1 Measure the Heart Rate Continuously

Intelligent monitoring

Intelligently adjust the measurement frequency according to the exercise status, which helps to save power.

- **To turn on the intelligent monitoring**
  - Tap the【power button】to enter the application list＞Tap ＞【Health】＞【Heart rate】＞Turn on the 【Continuous reading】＞ Choose 【Intelligent monitoring】.

Real-time monitoring

When the smart watch is unlocked, it supports 24-hour continuous monitoring and recording of your heart rate, recording once a minute or five minutes.

- **To turn on the real-time monitoring**
  - Tap the【power button】to enter the application list＞Tap ＞【Health】＞ 【Heart rate】＞Turn on the 【Continuous reading】＞ Choose the 【Real-time monitoring】.
- **To check real-time heart rate data**
  - Tap the【power button】to enter the application list＞Tap .
  - The heart rate dynamics will be displayed in the heart rate chart, forming a curve, which is convenient for viewing the heart rate changes in a day. Slide down the screen to view the heart rate range.
  - Swipe the smart watch screen to the right to return to the application list.

IMPORTANT

In order to ensure the accuracy of heart rate measurement, please wear the smart watch normally, avoiding the joints, and try to wear it tightly during exercise, not too loose. Ensure that the heart rate monitoring area is close to the skin and not covered by foreign objects.

Heart rate zone record

During exercise, the smart watch can record the average, maximum and minimum heart rate of the current exercise, and the duration of the heart rate in each heart rate zone, based which exercise is conducive to a better training effects.

When the training interval of the corresponding intensity is reached during exercise, it will be displayed in different color intervals on the smart watch.

5.1.2 Measure the Exercise Heart Rate

When entering the exercise state, the smart watch will record the heart rate status. When you start exercising, swipe the smart watch screen and you can check the current heart rate. After finishing the exercise, you can see the average heart rate, heart rate range.

- **To view heart rate during exercise**
  - Tap the【power button】to enter the application list＞Tap ＞ Swipe up and down the screen and select different exercise. Tap to set a exercise goal.
  - When start to exercise, the smart watch will displays the current heart rate other data.

- **To view heart rate after exercise**
  - Method 1: Tap the smart watch【power button】to enter the application list＞Tap ＞Choose one exercise record and swipe down the screen to check the heart rate curve, average heart rate, etc.
  - Method 2: Tap 【Autel Link】App＞【Home】＞【Exercise】, choose one type of exercise record. ＞Tap 【Charts】to view the heart rate graph, maximum heart rate and average heart rate value.

5.1.3 Measure the resting heart rate

Resting heart rate refers to the heart rate value measured in a quiet, inactive, non-sleeping state, and can indicate the health of the heart.

The resting heart rate can only be checked in the【Autel Link】App.

If the resting heart rate display is a horizontal line "- -", this is the scenario where the smart watch does not reach the resting heart rate. At this time, please make sure to measure your resting heart rate in a quiet, inactive, and non-sleeping state.

5.1.4 Heart rate notification

When your heart rate exceeds the upper/lower heart rate limit you set and the duration exceeds 10 seconds/minutes, the smart watch will vibrate to remind you that your heart rate is too high/low. You can view and set the upper/ lower limit of your heart rate on your smart watch.

- **Set the heart rate notification**
  - Tap the【power button】to enter the application list＞Tap ＞【Health】＞【Heart rate】＞【Heart rate notifications】＞ Choose a value in【High heart rate】, tap 【OK】 ＞Set the value in【Low heart rate】, tap 【OK】.

NOTE

When the heart rate is lower or higher than the set value, the device will vibrate, pop-up prompt, and run voice alarm. The default upper heart rate is 165 times/min, and you can adjust it to some values between 100 and 220 times/min.The default lower heart rate value of the smart watch is 50 times/min, you can also adjust to 45 times/min, 40 times/min.

Turn off the heart rate notification: Tap the【power button】to enter the application list＞Tap ＞【Health】＞【Heart rate】＞【Heart rate notifications】＞【High heart rate】/【Low heart rate】＞【Turn off】.

During exercise：When the heart rate is below a set minimum or above a set maximum and lasts for more than 10 seconds, the smart watch will remind you.

Non-exercise status：When the heart rate is below a set minimum or above a set maximum and lasts for more than 10 minutes, the smart watch will remind you.

5.2 Sleep monitoring

Wearing the smart watch to fall asleep, the smart watch will automatically recognize the moment when you enter sleep, exit sleep, sleep deeply, and sleep lightly. It can be synchronized to the【Autel Link】App to view your sleep details.

The smart watch record the sleep cycle from 22：00 pm to 8：00 am on the next day, a total of 10 hours.

The sleep data of the day can be displayed on the smart watch. Tap the【power button】of the smart watch to enter the application list, tap , and swipe up the screen to view the sleep duration at night.

You can view historical sleep data in the【Autel Link】 App. Please click on the【Sleep】on the homepage of the【Autel Link】App, and the historical data will be displayed, with statistics on a daily, weekly, and monthly basis.

IMPORTANT

The smart watch will not record sleep time from 8:00 am to 22:00 pm.

The smart watch will not show the sleeping status if your sleep time is too short and less than 60 minutes at the beginning. It's not until you are detected to sleep over 60 minutes that the smart watch start to produce the sleep data every 30 minutes. If you wake up suddenly and do some exercises, the smart watch will stop the recording. It starts the second sleep recording when you reach more than 30 minutes sleeping time. If your body or wrist moves a lot during sleep, the smart watch may not be able to detect it, and sleep data will not be recorded at this time.

The smart watch will automatically recognize the state of entering sleep and exiting sleep, and can accurately analyze awake, light sleep, deep sleep to help you understand sleep scientifically and improve sleep quality.

The clock alarm, incoming call, reminder of heart rate and exercise still work normally when the smart watch detects that you are sleeping. The notification from your phone or missed calls will be showed in the information center, without ringtone or vibration. Other information will not be reminded.

The smart watch will vibrate to remind you of sleeping 15 minutes before the sleep reminder time you set. You can tap the【power button】to enter

the application list＞Tap ＞【Health】＞【Sleep】＞ Turn on 【Sleep reminder】switch＞ Set the sleep reminder time＞【OK】.

5.3 Breath Training

Breathing training can help you relax in the stressful work or life and soothe your mood.

➢ **To start the breath training**

- Tap the【power button】to enter the application list＞Tap .
- Please wear your smart watch and keep your arms still, tap【Start】, then exhale and inhale according to the on-screen instructions.

NOTE

The training time is 1 minute by default. There is a vibration reminder during the inhalation process, and the vibration changes from fast to slow.

After training, the screen displays your training effect and heart rate changes.

You can also manually set the number of breaths per minute: Tap the【power button】to enter the application list＞Tap ＞【Health】＞【Breathe】＞Choose【Number of breaths】＞【OK】

➢ **To set the reminder of the breath training**

- You can also set a reminder for breathing training. The smart watch will vibrate to remind you of breathing training according to the number of times you choose.
- Tap the【power button】to enter the application list＞ Tap ＞【Health】＞【Breathe】＞【Reminder count】＞Choose the reminder count＞【OK】.

5.4 Blood oxygen saturation test

The smart watch supports manual detection of blood oxygen and data storage in order to monitor the metabolic state of tissue cells and monitor the health status.

➢ **To measure the blood oxygen saturation**

- Tap the【power button】to enter the application list＞ Tap ＞Tap 【Start】to measure your current blood oxygen saturation.

NOTE

For the accuracy of the measurement, please wear the smart watch normally and avoid the joints. Ensure that the heart rate sensing area is close to the skin and not covered by foreign objects, not wearing loosely. Keep your body still.

The test range of blood oxygen measurement is 70%~100%.

The duration of a single blood oxygen measurement is about 30 seconds.

While measuring blood oxygen saturation, the smart watch will measure a single heart rate value.

The measurement will be interrupted when swiping the smart watch screen to the right, when there is an incoming call/alarm reminder on the smart watch.

Manually measured data can be viewed through the【Autel Link】App. The data will be presented in phone every 30 minute.

5.5 Stand reminder

The【Stand reminder】function will detect your activity status within the set time, 60 minutes one time by default.

If you have been sitting in the period, the smart watch will vibrate and brighten the screen to remind you that you should stand up and move your body to ensure your full rest and good health.

The mobile phone defaults to turn on the 【Stand reminder】 function, if you do not want to be disturbed, you can set it off.

- **To turn off stand reminder**
  - Tap the【power button】to enter the application list＞Tap ＞【Health】＞【Stand reminder】

NOTE

If you turn on the【Do Not Disturb】mode, the smart watch will not vibrate to remind you.

When you are asleep, the smart watch will not vibrate to remind you in case of disturbing your rest.

Every day from 8：00 to 22：00, when you keep sedentary for over 1 hour, the smart watch will vibrate and pop up a stand reminder.