

# User Instructions

Smart Watch

38083

Please read the instructions before use:

- The company reserves the right to revise the contents of this notice without prior notice. Under normal circumstances, some functions differ in specific software versions.

- The product should be charged for more than 2 hours before use, but avoid long-term charging in an unattended environment when charging.

- Please attach the magnetic charging cable to the charging port of the bracelet automatically.

- Please use the input voltage: 5V/1A or 5V/2A charging head, with the original charging cable provided by the manufacturer.

- Before using the product, please download the login application to your mobile phone and set your personal information.

- It is forbidden to use the car charger to charge

the car voltage is unstable when the car is turned



off).

## APP download login

- APP download method "OnWear Pro":

1. Apple mobile phones can be downloaded from the App Store.

2. Android phones can be downloaded from Google play store and App Store.

3. Or scan the QR code in the watch to download the APP (compatible: IOS12.0 or above /Android6.0 or above).

- To install the APP, please follow the interface prompts to register and log in, and you need to turn on Bluetooth.

- On the device interface, select the Bluetooth name FT\_38083 to bind, and the watch can be used normally.

## How to operate

- In the dial interface, draw from top to bottom, enter the information list interface

- In the dial interface, draw from bottom to top,

enter the function menu list interface

- In the dial interface, draw from left to right, enter the fast interface
- In the dial interface, draw from right to left, enter the interface of steps, heart rate, sleep and other interfaces

More function introduction:



Frequent contacts

Adding commonly used contacts through the app, contact information will be synchronized to the watch side, clicking the contact person to dial.



Dial

After connecting the APP, match the watch BT Bluetooth with the mobile phone, the Bluetooth display connection state, you can call from the watch.



Motion data

Swipe the touch screen from the right to the left,

enter the sports data interface, and check the data of the day: the number of steps, distance, calories.



### Information

After the watch is connected to the mobile app, the newly popped information of the mobile phone will be pushed to the watch end simultaneously. The watch will store multiple pieces of information.



### Language assistant

After the watch is connected to the mobile phone app, light the voice ball to wake up the voice assistant.



### Heart rate monitoring

Heart rate measurement: The bottom green light starts to measure, and the measurement is completed in about 30 to 60 seconds. At this time, the measurement value is based on PPG technology measurement.



### Blood oxygen monitoring

Blood oxygen measurement: The red light at the bottom starts to measure, and the measurement is completed in about 30 to 60 seconds. At this time, the measurement value is based on PPG technology measurement.



### Sleep monitoring

Display the sleep monitoring status of the day, the data is updated every day, and the specific data can be used to the APP to view.



### Motion mode

Enter the interface to perform various sports modes: outdoor running, outdoor walking, outdoor cycling, football, basketball, cricket, badminton, skipping rope, rowing machine, elliptical machine, swimming, yoga, climbing, free training.



### Game

After entering the game interface, there are six games in the list: 2048, color change square, jigsaw puzzle, greedy snake, car racing and black and white chess. You can start the game by touching the screen.



### Alarm clock

Find the alarm function in the list and add alarm clock according to the corresponding settings.



### Weather

After the watch is connected to the mobile app, the weather will automatically synchronize to the watch end.



### Secondary watch

Package time -click the triangle to start, click the pause again, and click the left button after the pause is restored.



### Timer

The timer function -After selecting the

corresponding time, open the timer, and the timer end the vibration reminder.



### Music

Music function-After connecting the app, open the music player to control the playback of music.



### Camera

After the watch is connected to the phone, turn on the camera, click to take a picture, and the photo will be saved in the phone.



### Respiratory training

Choose the corresponding time and follow the interface to inhale and exhale to achieve the purpose of practice.



### Female health

Women's Health: APP on the link needs to set the gender to women in the app. According to the prompts of physiological health, the watch will prompt the corresponding state.



### Dial switch

The dial can be selected, and can be switched by long pressing the dial. It supports pushing the dial (multiple dials are built in the watch).



### Style Mode

Style mode: Adjust the style mode selection in the watch settings. The style mode supports list mode and 9 grid mode.



### Turn off

Long press the button for 3 seconds to turn on. The watch will automatically turn on when charging. Click the shutdown icon to shut down.



### System message

View information about the Bluetooth name, MAC address, firmware version number and other information of the watch.



### Restore Factory



It is confirmed that the restoration of the factory setting will clear all personal data.

## Product parameters

Please read this manual first to ensure safety and correct use:

- The data of this product is for health management reference only. Please do not serve as medical data. If you find abnormal physical data, you should prevail for hospital testing.
- The waterproof level of the watch is IP68. You can use it normally in life scenarios such as hand washing and rain. Do not place your watch in hot water. Do not perform underwater keys or deep dives. Do not contact the watch to corrode. Liquid to prevent damage to the watch. The waterproof function is not permanent and effective, and the protection function may decrease due to daily wear.

Waterproof level: IP68

Sensor: 3 G-sensor

Battery capacity: 260mAh

Synchronous method: Bluetooth

Differential rate: 240\*296

Show screen: 1.91TFT

Working hours: about 7-10 days

Work temperature: -10 °C ~ 45 °C

Packing list: host, charging cable

Compatible system: iOS 12.0 or above, Android  
6.0 or more

## 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.