

Smart Watch

User Manual

P250

FCC ID; RQQHLT-P250KW

Please refer to this manual before using the product

Cautions before using

1. The company reserves the right to modify the contents of this manual without prior notice. It is normal that some functions may vary in certain versions of software.
2. Please charge this product with the configured charger for no less than 2 hours before use.
3. Please download the connection APP via mobile phone for synchronous time and personal information setting, for further details please refer to the manual instruction of following synchronization software.
4. The watch is IP68 waterproof rating. It can't be used under the corrosive liquids or hot water, tea, etc. Meanwhile, it does not support to use for deep sea diving over 3 meters. All the above situations will cause water damage to smart watches and without any warranty service.

1. Product overview



Display Zone

button

Magnetic charging port

Touch screen

Heart rate testing spot

Recommend phone's version for connection:

Android phones: support 5.0 OS and above

iPhones: Support 9.0 OS and above

2. APP (LinkTo Sport) download and connection

2.1 Scan the QR code to download the APP for connection with your phone

Please download the APP via browser of the phone (Wechat is not supporting the downloading function) and mobile internet data is required. Please authorize the APP in your mobile to allow the Bluetooth connection. QR code is also available in the watch.

=>It is recommended to use a browser to scan and download. Currently, WeChat scanner is not supported. please authorize the corresponding permissions to the APP during download and installation for BT connection.



LinkTo Sport QR code



LinkTo Sport icon

Note:

1. For iPhone users, please pay attention to that LinkTo APP will be blocked in the background platform and BT disconnected if

iPhone is under standby mode for more than 2hours. The bluetooth will reconnect automatically when the APP restarts.

2. For Android phone users, please enable the APP activated in the background platform via the setting. Operation process may various on different phones.

Take Huawei phones as example, the steps are as follow:

Setting - Apps - App permissions - choose LinkTo Sport, shift from auto management to manual management, open the "Permission" tab (allow self-starting function, associated-starting function and background activity), so to enable the APP remain the Bluetooth connection with the watch while the phone is under the standby mode without being disabled by Android system sweeper. This setting will not consume the internet data or battery.

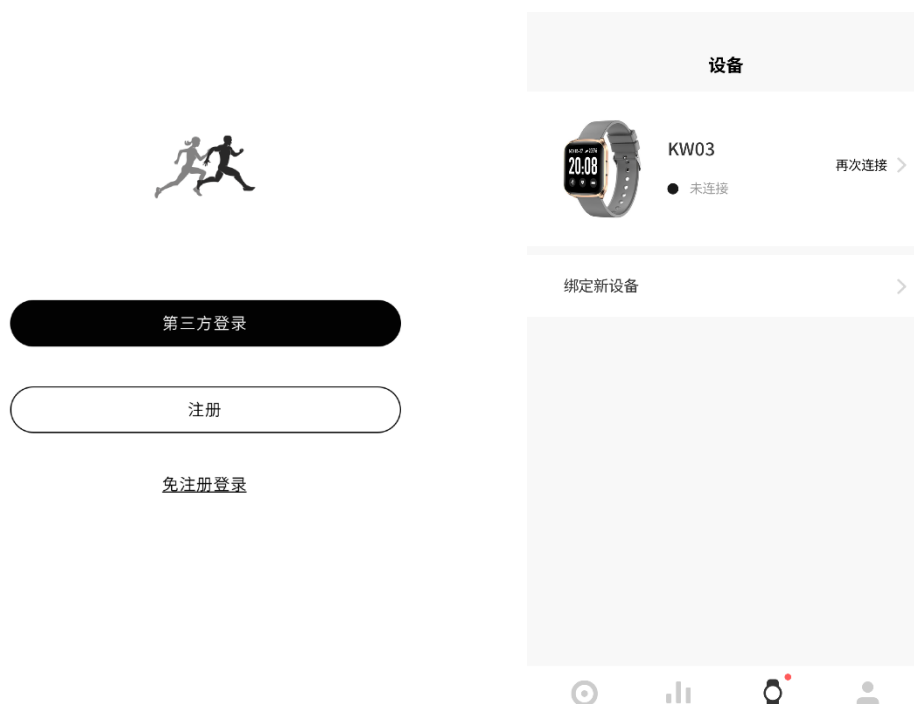
3. Connection for APP and Watch

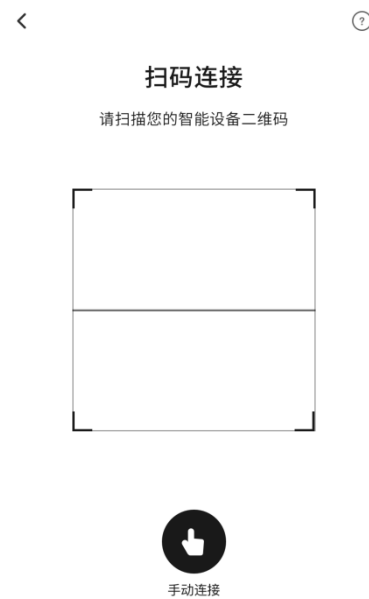
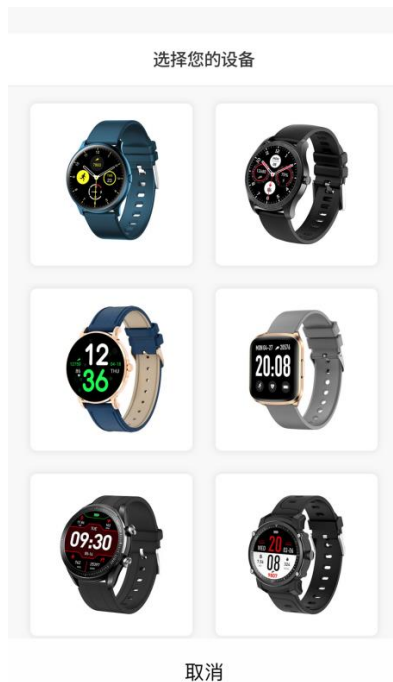
2.1 Open the APP, choose "New user registration" or "third-party sign on", or simply select the " Registration free login"(see chart 1)

2.2 Android phones will go to equipment page after login successfully, click the "bind new devices"(see chart 2), and enter

into “add your devices” page where you can select the corresponding model icon(See Chart 3), then you will be directed to the QR code page (see chart 4).

2.3 Open the paired QR code in the watch, at the same time scan and pair the watch by using phone’s APP. It will take around 30 seconds to be connected successfully after scanned. Please select all the “allow” when the permission requests automatically pop up to make sure every function work well.





2.4 For iPhone users, “Bluetooth Pair” request will pop up in your phone after scanned, paired then connected completely.

2.5 If the QR code scanning is failed, please select the manual connection function to finish BT connection.

4. APP settings (Functions are available after connected successfully)

4.1 Call reminder

When the function is turned on, your watch can receive the calls reminder, vibrate once then will exit the interface automatically if no action is taken within 10s. You can hand up the incoming calls in

the watch end.

4.2 Notifications reminder

To enable get all notifications, go into “Notification reminder” page, select the part of or all apps to be pushed as you like.

4.3 Alarm Clock Reminder

Click the “Alarm Clock Reminder” and enter the setting page, click the icon on the top right corner to add alarm clocks, maximum of 5 clocks can be added. It can be synchronized to the watch accordingly.

4.4 Sedentary Reminder

Enter into the sedentary setting page, select turn it on or off, intervals setting of reminder is supported.

4.5 NDN mode

After this function is activated, the icon listed in the watch’s status bar will become white during the ‘NDN’ period, whereas the icons are gray if this function is off or out of the period.

Note: When the ‘NDN’ mode is on, only alarm clocks and wake-up gesture work, and notifications can be found in the history records only.

4.6 Lift the wrist for bright screen

Turn it on, the watch will be activated when lift your wrist then brighten the screen.

4.7 Heart rate monitoring

Enter into the heart rate monitoring setting page, select turn it on or off, intervals setting of heart rate monitoring is supported. Heart rate monitoring will work automatically during setting intervals, data can be synced to the APP as well.

3.8 Remote Photography

Turn it on to activate the the camera of your phone, remotely control your phone to take photos. It is normal that some phones may need to turn on the camera function first before using.

3.9 Find devices

Click 'find device' in the APP, the watch will pop up the finding interface and vibrate as alert.

4.0 Firmware Update

You can choose to upgrade the firmware when there is reminder of new firmwares.

Note: please make sure that there are at least 50% battery life before upgrading, keep your watch close to your phone during upgrading.

4.1 Unbound

Unbind and disconnect the watch and phone.

Note: For iPhones, please forget the devices in phone's bluetooth setting to make sure the device is disconnected completely.

5. Main functions of Smart watch

3.1 Basic Operation

3.1.1 Power on: Long press the button for 3 seconds to turn the watch on if the watch is powered off; Short press the button to wake the watch up if the watch is standby mode.

3.1.2 Power off: if the watch is on, long press the button or 3 second to turn the watch off.

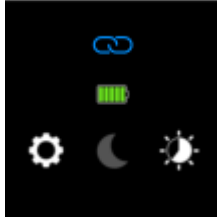
3.1.3 Watch Interface Shift Process:

1. Slide from top to bottom on the dial entering to the status bar
2. Slide from right to left on the dial entering to the menu
3. Slide from left to right on the dial entering to shortcut page
4. Slide from bottom to top on the dial entering to messages page

page



Operations on the dial



Shortcut interface

3.1.1 Pull down the status bar, slide from top to bottom on the dial entering to the status bar, which includes functions of NDN mode', brightness, settings, connected icon, battery

2.2 Dials shift

Long press the screen for 3 seconds to bring up all the dial plates, slide up and down to choose the wanted page. Reset a new dial plate and replace the defaulted plate with a single touch on the scaled down plate.

2.3 Pedometer

Pedometer is on by default and will real-time display the steps. After the watch successfully pair with the APP, the data will be synchronized automatically (or manual refresh) to the APP, including the steps, distance and calories.

Week data can be found in the APP. Slide to right to exit this page.

2.4. Workout

2.4.1 Workout modes include Walking, indoor walking, Outdoor running, indoor running, cycling, mountaineering and swimming.

This smart watch is not equipped with GPS, therefore some sport modes that require A-GPS supportive will vary with different versions, including the calculation and trail record. Please refer to the actual product.

2.4.2 Click the icon to enter the corresponding workout mode and customize the goal of the day, including distance, time and calorie. The customization is optional. The smart watch will automatically save the setting, and will apply to next usage of this workout mode.

2.4.3 History record: Maximum 8 history data can be saved, the newest one will cover the oldest one from the ninth record. The records will occur in chronological order, and can be checked by sliding up and down.

Note: The data will only be activated when exercise time is more than 5 minutes or exercise more than 200 steps, either one condition mentioned above will activate the recording function, otherwise the recording function will fail due to insufficient figure.

2.4.4 Single record will demonstrate the following content: workout type, start time, sport figure, you can click in for detail records. The figures will vary on different sport type and subject to our product.

2.4.5 Target completion: The smart watch will display 'Target completed' when the preset target is accomplished. Moreover, the

record function will keep recording if exercise continues.

2.5 Sleep Monitor

The defaulted sleep monitor starts from 21:00 pm to next 9:00 am. If the watch is worn while sleeping, you can check the sleep time on the sleeping page of watch in the following morning; After the smart watch paired with the APP, the sleeping record will synchronize automatically (or manually) with the APP. The smart watch is able to automatically identify and judge the sleeping status. There may be difference between the detected data and actual data because the watch is still under detecting process.. The watch will display the detected result of whole night, which will be identical with the actual sleep value, once it finishes the detection process of sleeping status. There may be some deviation with the actual sleeping status due to the change of different sleep mode, which is normal.

2.6 Heart rate(Health)

2.6.1 The screen will show ‘ --Bpm’ ,2 seconds later, heart rate test starts. The data will show on the screen directly when the heart rate value is generated, and the detection will be conducted continuously. If you wish to stop the detection, please slide to right to exit and return to previous page.

2.6.2 Click the icon on the top left corner of Heart rate page to

check the history of heart rate records, including highest, average values, which only from the latest record.

2.7 Notification (messages)

After successfully pair with the your phone and open the synchronization function, the messages received from the phone will be synchronized to the watch (The watch is defaulted to save only 8 messages, and the newest one will cover the oldest message from the ninth message; Messages will be automatically deleted after viewing, you can also empty all message by clicking the 'Empty' button). Phone's messages will push to the watch, replying messages directly or playing audio is not supported.

2.8 Clock (only set via APP)

Click the 'Clock' icon to enter the clock setting page, and only set clocks via the APP for maximum 5 clocks. You can check the clock settings, on and off status from the watch. Only 2 clocks can be shown in one page, and slide up for more clocks.

2.9 Music

2.9.1 The 'unconnected' reminder will pop up if you click the 'Music' icon without connecting the watch with your phone, and it will automatically exit without any actions after 2 seconds.

2.9.2 After pairing the watch with the APP on your phone, you

can enter the Music player page of the watch to control the phone's music player. There may exist some compatibility problems as the variety of music player software. Normally the watch can control your phone's music player directly, but some software may require to be open before accepting the control of the watch.

2.9.3 The watch is support to play, stop, switch to previous song or next song, but will not show the name of the song or control the volume.

3. Pairing QR code

Turn on the APP scanner and scan the QR code to finish the pairing. The 'connection' icon on the pull-down menu will show blue if the watch is connected. Please unbind and reconnect with other device if needed. Every single watch only can be connected with one mobile phone.

4.0 Timer

Click the Timer function to activate the timer program. Please follow the instruction and set the required hour,minute and second, and click 'Start' to enter the count down interface. It will show 'Time's up' when it count down to zero.

5.1 stop watch

5.1.1 Click the stopwatch - enter to the stopwatch interface - click 'start' button - start the timer - click 'Lap' at the left bottom will record the time period of every interval, click the 'Stop' button at right bottom to stop the counting, and the 'Lap' button will change to 'clear' button. Click the 'Clear' button at the left bottom when the counting is stop to cancel the counting.

5.1.2 When stopping counting, click the 'Times sequence' button at the left top to enter the page that shows the list of times. Only 4 records of time-recording will show on one page, and slide the screen upward for more records, and only 20 time records will be saved, and the latest record will cover the the oldest one from the 21st record.

5.2 Anti-lost

When your watch is paired successfully with the APP, click 'Find phone' on the watch, the phone will respond with vibration together with ring.

5.3 Setting

5.3.1 Click Setting and find functions including Screen brightness setting, APP downloading QR code, Camera,

5.3.2 Reset, About etc.

5.3.3 Screen brightness setting: click this option and enter to adjust the brightness of the screen.

5.3.4 APP downloading QR code: click this option and find the QR code for your phone to scan and download

5.3.5 Camera: After the watch successfully pair with the APP, click the 'Camera' on the APP, the watch will then pop up a camera icon which can be used to control your phone's camera function. Photos will be automatically saved in the phone's photo album. Some kind of mobile phone may need to turn on the camera before the using the watch's controlling function.

5.3.6 Reset: Select 'Reset' and enter the page, click the '✓' to reset the watch, or exit this option by clicking the '⏮' and return to previous page.

5.3.7 About: Watch's model number, device address and software version..

6. Notes:

6.1 Your mobile phone can only install one connection APP to ensure the success of connection and data synchronization, as multiple APP installation will result in interference and thus influence the connection between your phone and the smart watch.

Note: Some phones using Android system may show that the

installation is failed, please go to 'setting' of the phone and authorize the ' Unknown source' , then the installation should be applicable.

6.2 When your phone prompt you to permission requests, please select 'allow' so as to avoid the failure of receiving notifications, scanning QR code and remote camera functions because the APP doesn't get the permission from the phone. The permission request is regular and normal without consuming your phone's internet data or other message and application, it is only used for the Bluetooth connection between the APP and the watch.

6.3 Some Android system may mistakenly turn the APP off while cleaning up applications. Please keep checking and ensure the APP running on the background of your phone by following the steps: Setting - Application management - LinkTo Sport - Authority management - Background management - Running in the background (setting method may vary with different phone models and versions).

6.4 Moderate tightness between the watch and your wrist is required for the accuracy of heart rate test as too tight or too loose will incur inaccurate figures. Too tight will affect the blood flow while

too loose will affect the monitor function of the heart rate sensor.

6.5 Please avoid collision with hard objects as it may broken glass.

6.6 Please use 5V, 1A version chargers, this watch does not support quick charge. Charge under watery (sweat) condition is prohibited to avoid short circuit and result in damage.

6.7 This watch is electronic monitoring product and the data is for reference only, can not be used as medical reference.

7. Common faults and troubleshooting methods

If the following problems occur in the use of the smart watch, please refer to the instructions. And if problems remain, please contact dealers of designated technicians.

7.1 Unable to boot the watch

7.1.1 May occur if the pressing of power button is not long enough, please press again for over 3 seconds

7.1.2 May occur if power is too low, please charge the watch instantly.

7.1.3 May occur if the watch has not been used for long time and the watch does not respond to normal charger, please use chargers in 5V/1V of output power to charge and activate the

watch.

7.2 Auto power off

May result from low battery, please charge the watch instantly.

7.3 Short battery life

7.3.1 may occur when the battery hasn't been fully charged, please ensure sufficient time for the charging (at least 2 hours is required)

7.3.2 Charger or data line may not working properly, please change a new one.

7.3.3 Please check the port of the data line and try again to ensure a proper connection.

7.4 Bluetooth hasn't connect to or unable to connect to the watch

7.4.1 Restart the watch

7.4.2 Turn off the Bluetooth of your phone, turn on the Bluetooth again and connect to the watch again.

7.5 Inaccurate sleep data

Sleep monitor is designed to imitate the natural pattern of falling asleep and waking up, please wear the watch regularly, otherwise

deviation may occur if going to bed late or only wear while sleeping. There may not sleeping data generated if go to bed at day time as the defaulted sleeping time is preset to between 9:00 pm to 9:00 am.

FCC Statement

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.

Any 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, 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,

- 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.

FCC RF Radiation Exposure Statement

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

Warranty Card			
Client information			
Model		Vendor	(stamp)
Client name		Contact no.	
Sales contact		Purchase date	
Client address			
Sales address			

Description			
Date	Problems	Diagnosis	Note