



# User Manual

**Smart Watch**  
**Model: TSP-WP01**

**Hereby, TECNO MOBILE LIMITED.**  
**Declares that this Smart Watch is in compliance with the essential requirements and other relevant provisions of directive 2014/53/EU.**

**CAUTION :**

1. Risk of explosion if battery is replaced by an incorrect type, dispose of used batteries according to the instructions.
  - disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can result in an explosion;
  - leaving a battery in an extremely high temperature surrounding environment that can result in an explosion or the leakage of flammable liquid or gas;
  - a battery subjected to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas.
2. EUT Temperature: -5°C ~ +55°C(Standalone).

Frequency Range(RF) :

BT: 2400-2480MHz (TX/RX);

RF output power ( only for CE ) :

BLE : 4.1dBm

BT:-1.6dBm

## FCC Caution:

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

### IMPORTANT NOTE:

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.

### FCC Radiation Exposure Statement:

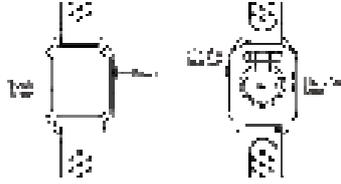
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

## Equipment maintenance

When taking care of your watch, keep the following tips in mind:

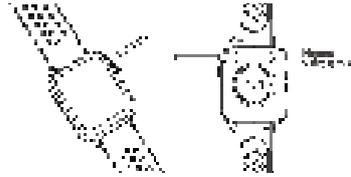
1. Clean the watch regularly, especially the inside of the watch, to keep it dry. Adjust the strap tightness to ensure air circulation.
2. The wrist worn on the watch should not use excessive skin care products.
3. If skin allergies or discomfort occur, please stop wearing.

## Diagram mainframe of the watch



## Boot up

Press and hold the side button for 3 seconds or plug in the charging cable to charge.



## 1. Download and install the APP:

- (1) Use mobile phone to scan the QR code and download the APP.
- (2) The IOS system selects the App store, searches for and downloads My Health, or scans the QR code to download.  
The Android systems can choose Google Play to download and install My Health, or scan the QR code to download.



APP QR: My Health

Note: The phone must support Android 8.0 or IOS 9.0 system or above, Bluetooth version 4.0 or above.

## 2. APP bound the watch

- ① Click "Add Device" to bind the watch.
- ② Click on your device in the list of scanned devices.
- ③ The IOS system will have a Bluetooth pairing request, click the Bluetooth "pairing" to confirm.
- ④ Binding successful.

## Phone Call Binding

① Android phones: After the APP is successfully bound, the phone will automatically pop up the select the Bluetooth "BT\_TECNO WATCH PRO" pairing window, select "Pair" option

② IOS mobile phone: bind the call Bluetooth, open the mobile phone settings Bluetooth

Note: Before Phone Call Binding, the BT switch of the watch needs to be on, as shown below:



### Watch function introduction power on status:

Main screen menu interface switching, as shown below the interface, etc.;



## Unbind

Android phones can be disconnected from the phone by simply tapping Remove Device.

After the Apple Phone is unbound, you also need to option the Bluetooth and click the symbol on the right, Select ignore this device in the settings, As shown in the following figure



## Common problems

- 1.1 Make sure that the phone Bluetooth is turned on, and the watch is turned on;
- 1.2 When searching for Bluetooth, make sure that the watch has not been bound by other accounts;
- 1.3 When searching for Bluetooth, the watch and the phone should be as close as possible.
2. If the user has installed other software such as mobile phone housekeeper in the mobile phone, in order to ensure the normal operation of the background APP, please open the message push and allow the background running permission on the mobile phone, otherwise the message cannot be pushed.
3. Charging requirements:  
Use a charger with a specification of 5V 0.5~1A to charge. If you do not use it for a long time, please be sure to turn off the system and keep the power supply once every month.

## Disclaimer

Warning: This product is not a medical device, watch and its application should not be used to diagnose, treat or prevent diseases. If you want to change your exercise, sleep and other habits, please be sure to consult a qualified medical professional first to avoid serious casualties. The Company reserves the right to modify and improve any of the functions described in this manual without prior notice, and the Company reserves the right to continuously update the product content, and all content shall be subject to physical objects.

## EU Declaration of Conformity

In accordance with EU Directives and Regulations

Company name: TECNO MOBILE LIMITED

Address: FLAT N 16/F BLOCK B UNIVERSAL INDUSTRIAL CENTRE 19-25 SHAN MEI STREET FOTAN NT

HONGKONG

as the manufacturer hereby declares under our sole responsibility that the,

Product(s): Smart Watch

Model name: TSP-WP01

is in conformity with the essential requirements of the RE Directive 2014/53/EU:

Radio [ETSI EN 300 328 V2.2.2 \(2019-07\)](#)

Article 3.2

EMC [ETSI EN 301 489-1 V2.2.3 \(2019-11\)](#)

Article 3.1(b) [DRAFT ETSI EN 301 489-17 V3.2.5 \(2022-08\)](#)

Safety [EN IEC 62368-1:2020+A11:2020](#)

Article 3.1(a)

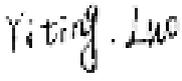
Health [EN 50663:2017, EN 62479:2010](#)

Article 3.1(a)

Signed on behalf of TECNO MOBILE LIMITED

(Signature of authorized person)

Yiting Luo

Signature: 

Manager

Date: 2022-12-30

CUSTOMER SERVICE



Name:	
Address:	
Tel.No:	
Date of purchase: ( dd/mm/aa)	
S/N:	

TECNO MOBILE LIMITED

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