智能手表使用说明



手表外观

手表充电与激活

2.充电器与手表背面对准贴合,直到手表屏幕出现充电提示 5.提示电量低时,请及时充电。该设备屋干—休机、后来和



09:40

扫描下方二维码下下载并安装手机客户键

手表客户端下载

手表连接





表盘切换

22秒,进入表盘切换界面,左右滑动切换待选表盘,单击选定表盘。

控制中心

T扰、翻腕亮屏、亮度、设置、查找手机、省电模式、系统信息。

运动 蚁坑 显示当天记录的步数、距离、卡路里数据,最近七天的步数数据,可在APP设置目标步数、距离、卡路里。

运动模式选项:8+1种、(健走、難步、登山、騎行、跳绳、篮球、羽毛球、足球、 瓣側作为可维运替换运动)),点击图标开始运动,可支持在APP端110+ 种运动推送。

手表功能简介

音乐 手表与APP连接后,可控制手机音乐播放器的暂停与开始,音量调节以及歌曲切换。

闹钟 手表和APP连接后,可以设置单次闹钟、循环闹钟,最多可设置5个闹钟。

安钮计时开始,点击暂停按钮则计时暂停,点击复位按钮计时归零.

计时器

自定义按钮进行时间设 点击复位按钮计时归零。

手表功能简介

久坐提醒

。 备>久坐提醒!开启、开启后可设置开始、结束时间、勿扰时段。

在7位数上限(不处理负数的输入),计算的结果在上限8位数内,结果

日历 显示当前年月日,下滑显示日历。

常用联系人

-----常用联系人:需要在app標常用联系人栏设置添加,设置的常用联系人将自动 同步到设备:最多可添加10位联系人。

IDAD 手表和APP连接后,在APP螺打开相关信息的推送,手表端可收到相应的消息 推送、最多可保存最近15条消息。

手表触控





手表功能简介

心跳管理

进入测量界面时,底部绿光亮起开始测量,约45秒完成测量时会有震动提醒,如提示 "未佩戴好手表。可展示用户当前心率区间和24小时心率曲线。

睡眠数据

显示当天睡眠&最近七天睡眠监测状况,数据每天更新,已连接APP时可同步保存数据,设备将重新计算新一天的数据信息。睡眠监测时间段: 21:30-12:00

女性健康

手表与APP连接后,APP上开启女性健康提醒可在手表上查看女性健康提醒信息。

运动记录

ペニール **ルボ** 後界面保存息最近的10条运动历史记录,可查看运动时的运动时长、心率 卡路里等数据。

手表功能简介

查找手机

接后,点击查找手机,手机端会响铃提示,手表端显示查找成功;若手表与APP未连接,

设置 设置功能下包含屏幕显示(切换表盘、亮屏时长亮度调节、翻腕亮屏时长)、语言、震动强度菜单 中心 由: 油 一种红 系统。 支付宝

生 支付宝扫码绑定,点击"同意协议并绑定"绑定成功后,双击主屏幕后显示支付宝的付

呼吸训练

喝水提醒

常见问题

手表无法开机 请按住电源键时间超过3秒或可能电池电量过低请及时充电。 蓝牙未连接或无法连接

请尝试重启于衣,黑河运车 请尝试重启手机蓝牙后再次连接 壬机不要同时连接其它蓝牙设备

手表测量数据不准确

泛测量数据不准确 統为測量时,手表的感应器与人体接触不良导致 用源量时请注意感应器与手腕充分接触 于颜色较深且于简毛发较多的人,请在App[设备>加强测量]中开启加强测量

睡眠測量数据不准确 1. 時戰溢測是模拟人的自认入睡及起床时间状态,需要正确佩戴 2. 入睡太坡或入睡时才佩戴,可能出现接差 3. 白天不监測睡眠敗觀,數认睡眠盐溅为晚上9:30至次日中午12:00

更多常见问题请查看App[我的>FAO1

蓝牙数据传输

与手机连接时,手表会通过蓝牙与手机及时同步部分数据,包括天气、通知消息、运动健康数据等。 连接断开或关闭蓝牙后,将不会同步这些数据。

注意:

- 请勿在潮湿有水的环境下充电。 请定期用干净的绒布清洁手表背面和无线充电器表面,确保手表和无线充电器表面完全接触以保证正常充电。 本产品不配备电源适配器,为保证家人及财产安全,在充电时,可使用电脑USB接口或选用输出不超过5V == 1A的电源适配器。请通过正规渠道够买电源适配器,社绝使用低质、伪劣的。电源适配器,避免引起爆裂或起火。

注意事项

- 1、本产品不可用于深度潜水以及长时间泡在水中。另外,本产品不防热水,因为水蒸气会对手 表造成影响。
- 2、本公司保留不做任何通知的情况下,对本说明书内容进行修改的权利,恕不另行通知。 部分功能在对应的软件版本中有区别,为正常情况。
- 3、这个应用程序不是医疗设备,本应用程序使用过程中获得的数据仅供参考,不应用于临床诊断、医学研 究、诊断或治疗目的。

智能手表使用说明



WATCH CHARGING AND ACTIVATION

WATCH APPEARANCE









Connect the smart watch

Audio Media Control

FUNCTION INTRODUCTION

Dial switch

on the home screen to enter the dial switch interface. Slide right

Controlcenter

ction overview: Do not disturb mode, power saving mode, brightness adjustm settings, find phone, system information, flashlight, call Bluetooth

Movement data

Options for sport patterns: 8+1 types, (walking, running, mountaineering, cycling, rope skipping, basketball, badminton, football, yoga (as a pushable replacement ercise]),click the icon to start exercising, support 110+ on the APP side sports push

FUNCTION INTRODUCTION

Stopwatch

buttonto start timing .Click the pause button topause timing .Click on to time to zero.It can save up to 99 pieces of data Timer

ish on the App and the watch can receive the corresponding

Find my phone

FUNCTION INTRODUCTION

Calculator

e result of the calculation is within the upper limit of 8 digits.If the calculated value, it will be displayed with "——-" that cannot

Calendar

Frequent contacts

Frequently Asked Questions and Trouble Shooting

Fail to start the watch

- be some error

 It does not monitor the sleep data during daytime. The default time for sleep
 monitoring from 9:30 in the evening to 12:00 at noon on the next day
 For more frequently asked questions, please view
 [My >FAQ] on the App

Wireless data transmission

When connected to a mobile phone, the device will synchronize some data with the mobile phone through wireless in time, including weather, notification messages, sports health data, etc. This data will not be synced when the connection is dropped or wireless is turned off.

Notice:

2) Please regularly clean the back of the watch and the surface of the wireless charger with a clean flannel to ensure the watch and the wireless charger surface are in contact to ensure normal charging.

3) This product is not equipped with a power adapter. In order to ensure the safety of family members and property, you can use the computer USB interface or choo power adapter with an output of no more than 5V:—: IA when charging. Please buy power adapters through regular channels, and avoid using low-quality, fake pradapters to work but bursting or fire.

- 1. The measurement results of this product are only for reference, and are not used for any medical purpose or basis. Please follow the doctor's instructions. Do not self-diagnose and treat with this measurement result.
- 2. The waterproof level of this product is IP68, and it cannot be used for diving swimming or soaking in water for a long time; in addition, this product can not be used in hot water/sauna environment, because water vapor will cause damage to the equipment.
- This app is not a medical device. Data (obtained during the use of this app is for reference only, and should not be used forclinical diagnosis, medical diagnostic, or treatment research, purposes.

MOBILE PHONE CLIENT DOWNLOAD





Touch







FUNCTION INTRODUCTION

Sleep

Heart rate

Weather

Sport record

interface saves the recent 10 pieces of historical sport records. You can view the

FUNCTION INTRODUCTION

Breath training

re were 1 min 2 mins options. The user clicks the correspo

Drinking reminder

Sedentary reminder

Frequently Asked Questions and Trouble Shooting

The bluetooth is not connected or cannot be connected

- The measurement data of the watch is inaccurate
- ral, it is caused by poor contact between the watch sensor and human bo e ensure that the sensor contacts the wrist well during e keep your body still and the watch attached to your wrist tightly during
- Sleep data is not accurate enough

FCC Information and Copyright

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.

15.19 Labelling requirements.

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.

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

FCC 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.