

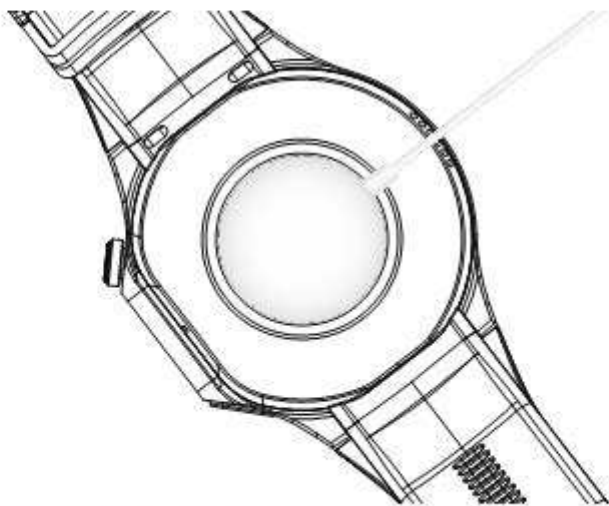
USER MANUAL

SMARTWATCH



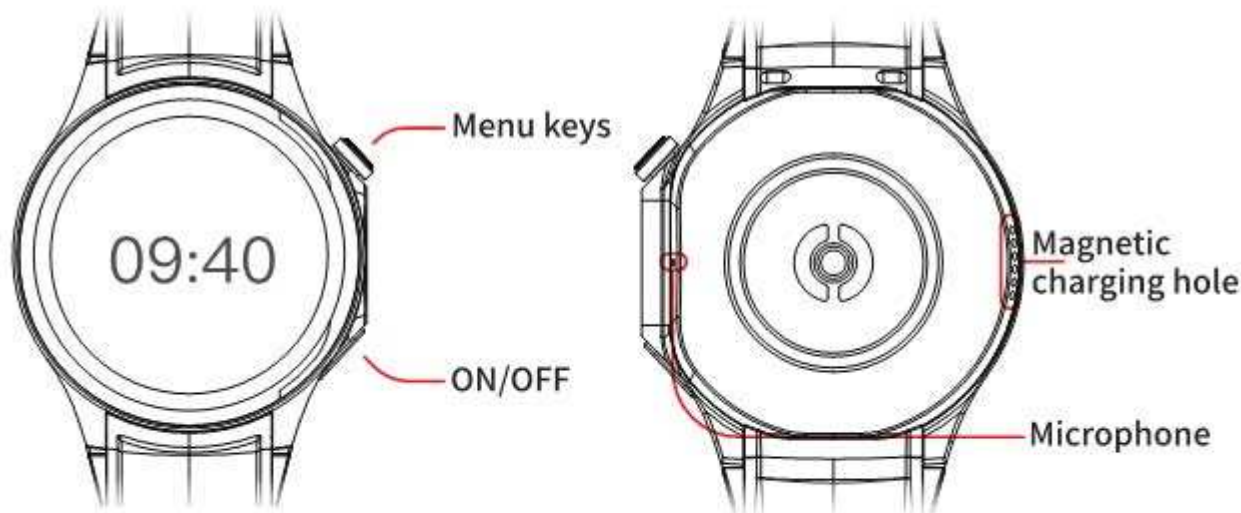
WATCH CHARGING AND ACTIVATION

Align and fit the wireless charger with the back of the watch until the charging prompt appears on the watch screen. When the watch is low, charge. The device is an all-in-one machine



* After receiving the watch, if it is not turned on, please charge it for more than 10 minutes before activating the watch.

WATCH APPEARANCE



MOBILE PHONE CLIENT DOWNLOAD

Scan the QR code below to download and install the mobilephone client



Scan QR Code and Download

Connect the smart watch



Audio Media Control

Call audio

Bluetooth connection switch for bracelet call.

Media Audio

It is used to play media audio switch.

1) Only when the call audio has been turned on To turn on media audio

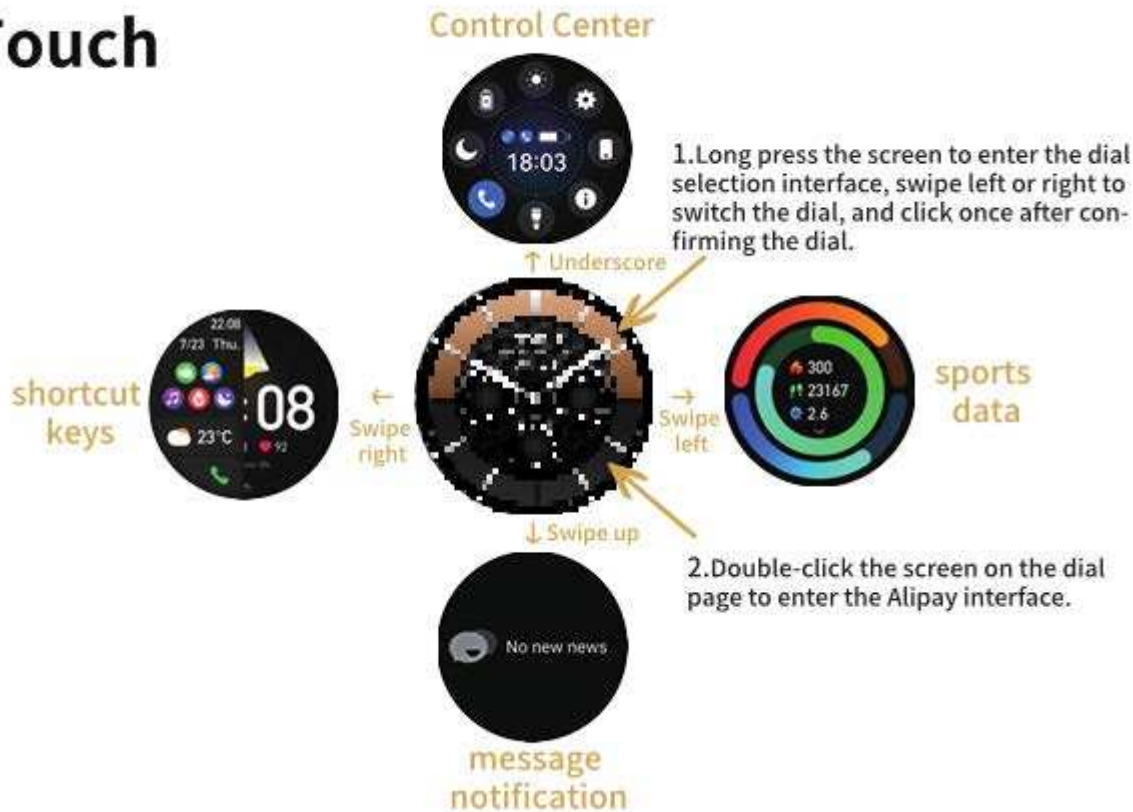
2) When 'Media Audio' is on, turn it off "Call audio", "Media audio" switch and Step off.

3) In case (2), turn on "call tone" Frequency "Media Audio" switch will be turned on synchronously



Bluetooth is on

Touch



FUNCTION INTRODUCTION

Dial switch

Long press for 2s on the home screen to enter the dial switch interface. Slide right and left to switch the dial for selection and click to select the dial.

Control center

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

Movement data

Display the number of steps, distance, and calories recorded on the day, and the number of steps in the last seven days. You can set the target number of steps, distance, and calories in the APP

Sports

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

FUNCTION INTRODUCTION

Sport record

The interface saves the recent 10 pieces of historical sport records. You can view the sport duration, heart rate and calories during the sport.

Heart rate

When entering the heart rate measurement interface, the bottom green light lights up to start the measurement, and there will be a vibration reminder when the measurement is completed in about 45 seconds. It can display the user's current heart rate zone and 24-hour heart rate curve.

sleep

Displays the sleep monitoring status of the current day & the last seven days, the data is updated every day, and the data can be saved synchronously when the APP is connected, and the device will recalculate the data information of the new day.

Sleep monitoring time period: 21:30-12:00

Blood pressure

When entering the blood pressure measurement interface, the bottom green light lights up to start the measurement, and there will be a vibration reminder when the measurement is completed in about 45 seconds. This measurement is a measurement based on PPG technology. The last seven blood pressure values of the user can be displayed.

FUNCTION INTRODUCTION

Blood oxygen

When entering the blood oxygen measurement interface, the red light at the bottom lights up to start the measurement, and there will be a vibration reminder when the measurement is completed in about 45 seconds. This measurement is a measurement based on PPG technology. It can display the user's current blood oxygen interval and the last seven blood oxygen values.

Female Health

Keep the watch connected to the APP, you can open the female health reminder on the App. you can view the female health reminder information on the watch

Music

Keep the watch connected to the APP, You can control the pause and start of the mobile phone music player, volume adjustment, and song switching

Weather

After you connect your watch with the APP and open the location permission, the weather interface will display the real-time temperature and weather type

FUNCTION INTRODUCTION

Alarm clock

Keep the watch connected to the AAP, you can set a single alarm clock or a cyclic alarm clock. You can set up to 5 alarm clocks.

Stop watch

Click the start button for the timing of the start. Click the pause button to timing the pause. Click the reset button to time to zero. It can save up to 99 pieces of data.

Timer

As for the timer function, the user may start quick timing through the system preset time or click the user-defined button to set the time. Click the Start button for the timing of the start. Click the pause button to timing the pause. Click the reset button to time to zero.

Information

Open information push on the App and the watch can receive the corresponding message. It can save up to the last 15 pieces of messages.

FUNCTION INTRODUCTION

Find my phone

Keep the watch connected to the App and click "Find my phone". The bell rings on your mobile phone and the watch shows that you have successfully found your mobile phone; if the watch is not connected to the APP, the watch will indicate that it is not connected.

Settings

Setting functions include screen display (dial switch, duration of screen brightening, brightness control, duration of screen brightening through palpating), language, vibration strength, menu style, battery, QR code and system setting.

Alipay

Scan the code with mobile Alipay binding, click "consent agreement and binding" after successful binding. Double-click the Alipay payment code display after the home screen, can also unbinding.

(Note: This function is only available in both Chinese and English languages)

Breath training

During breath training, there were 1 min 2 min options. The user clicks the corresponding duration for breathing training. After clicking to start, follow the icon to zoom in and inhale, shrink and exhale.

FUNCTION INTRODUCTION

Drinking reminder

You can open this function through [device>drinking reminder] on the APP. After it is opened, you can set the start time, end time and reminder interval.

Sedentary reminder

You can open this function through [device>sedentary reminder] on the App. After it is opened, you can set the start time, end time and the period for Do Not Disturb.

Calculator

The numerical input is in the upper limit of 7 digits (input of negative numbers is not processed), and the result of the calculation is within the upper limit of 8 digits. If the result exceeds the calculated value, it will be displayed with "-----" that cannot be calculated.

Calendar

Display the current year, month and day, slide down to display the calendar.

Frequent contacts

Frequent Contacts: You need to add them in the frequently used contacts column on the app side. The frequently set contacts will be automatically synced to the device, and up to 10 contacts can be added.

Frequently Asked Questions and Trouble Shooting

Fail to start the watch

Press the power switch for more than 3s Maybe the battery level is too low.Please charge the battery timely

The bluetooth is not connected or cannot be connected

- 1、 The bluetooth is not connected or cannot be connected
- 2、 Please restart the mobile phone bluetooth and connect again
- 3、 Do not connect your mobile phone to other bluetooth device at the same time

The measurement of heart rate/bloodoxygen/Ecg is inaccurate

- 1、 General, it is caused by poor contact between the watch sensor and human body
- 2、 Please ensure that the sensor contacts the wrist well during
- 3、 Please keep your body still and the watch attached to your wrist tightly during measurement

Frequently Asked Questions and Trouble Shooting

Sleep data is not accurate enough

- 1、 Sleep monitoring simulates the status of natural sleep and getting up of human, and you should wear it as usual
- 2、 If you sleep too late or you do not wear the watch until you go to sleep, there may be some error
- 3、 It does not monitor the sleep data during daytime. The default time for sleep monitoring is 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

Bluetooth data transmission

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

Notice:

- 1) Do not charge in a humid and watery environment.
- 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 full 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 choose a power adapter with an output of no more than $5V = 1A$ when charging. Please buy power adapters through regular channels, and avoid using low-quality, fake power adapters to avoid bursting or fire.

Precautions

1. The measurement results of this product are only for maternity examinations, 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 cannot be used in hot water/sauna environment, because water vapor will cause damage to the equipment.
3. The company reserves the right to modify the contents of this manual without prior notice. Some functions are different in the corresponding software version, which is normal.

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.

To assure continued compliance, any changes or modifications not expressly approved by the party.

Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).

This equipment 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 warning statement:

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