# Smart Watch User Manual

## Basic introduction to the product

- Silicone strap
- Alloy
- On/off
- Touch panel
- Function keys

- Heart rate sensor
- Mic
- Speaker
- Charging contact

## Basic Product Operation

1. Press the key for 3 seconds to turn on or off.

2. On the main interface, Press the screen to switch the dial.

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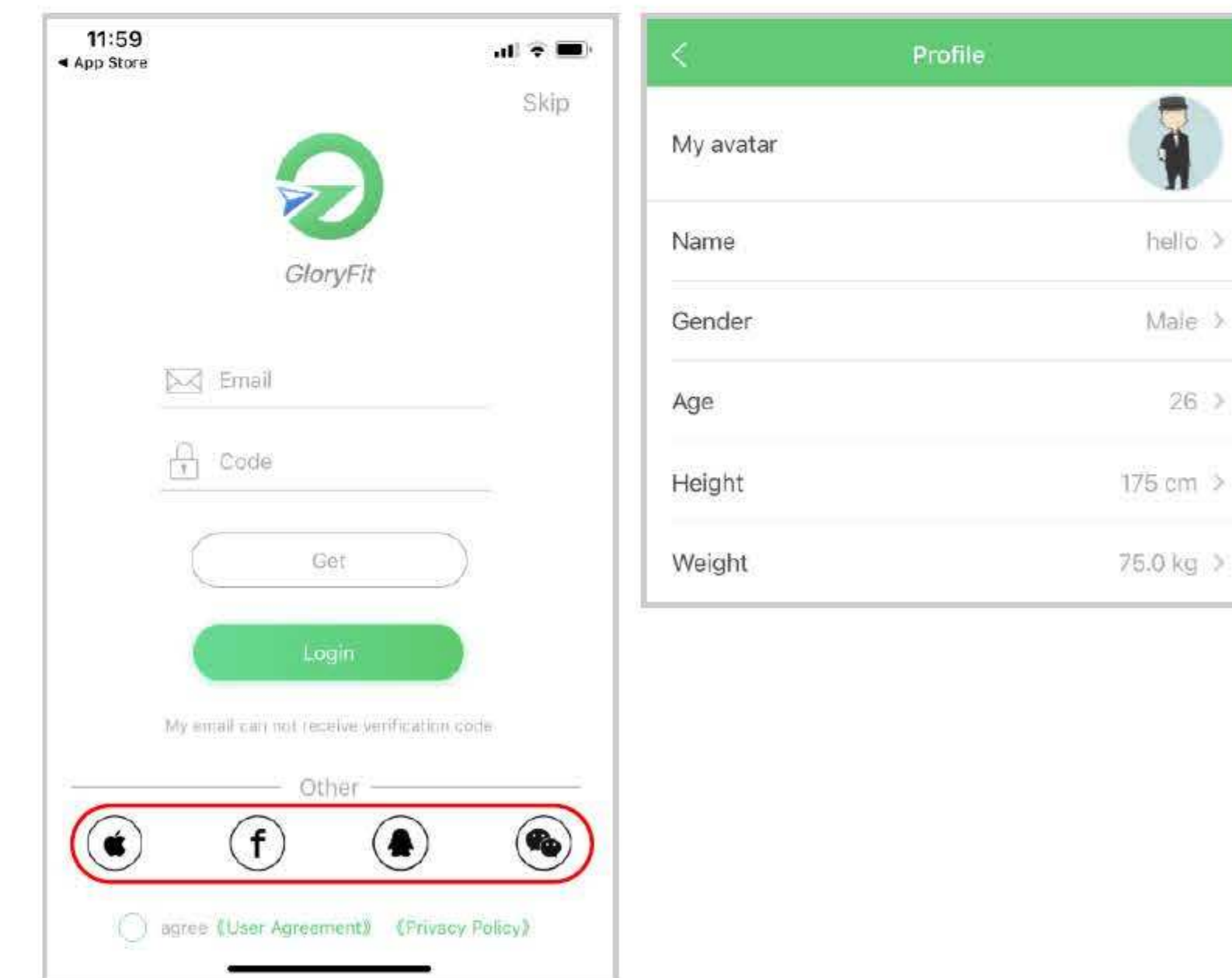
## APP download, installation and use

1. Scan the following QR code or enter each major application market to download and install "GloryFit"

Equipment requirements: ios 9.0 and above; Android 5.0 and above
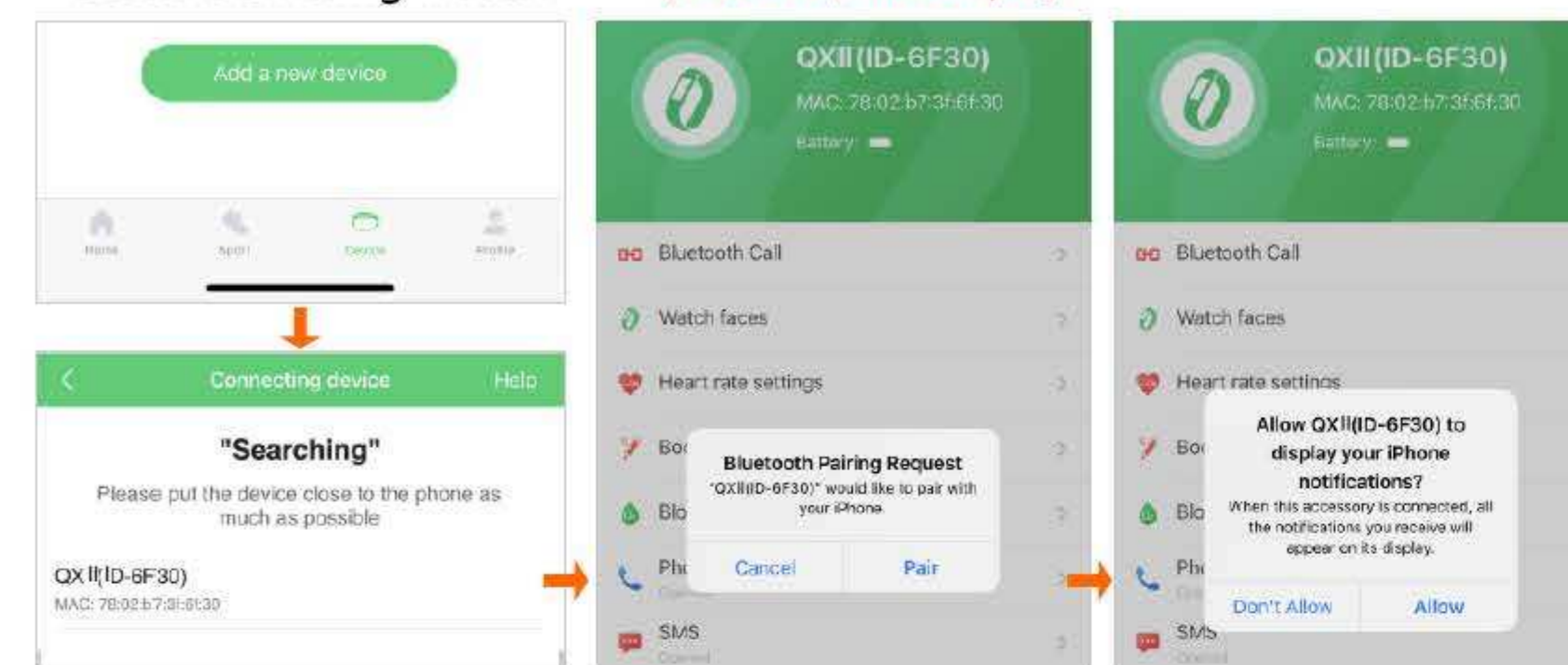
### GloryFit

2. After the download is completed, start the new user registration or third-party login.And improve personal basic information

| Profile | |
|---|---|
| My avatar | |
| Name | hello > |
| Gender | Male > |
| Age | 26 > |
| Height | 175 cm > |
| Weight | 75.0 kg > |

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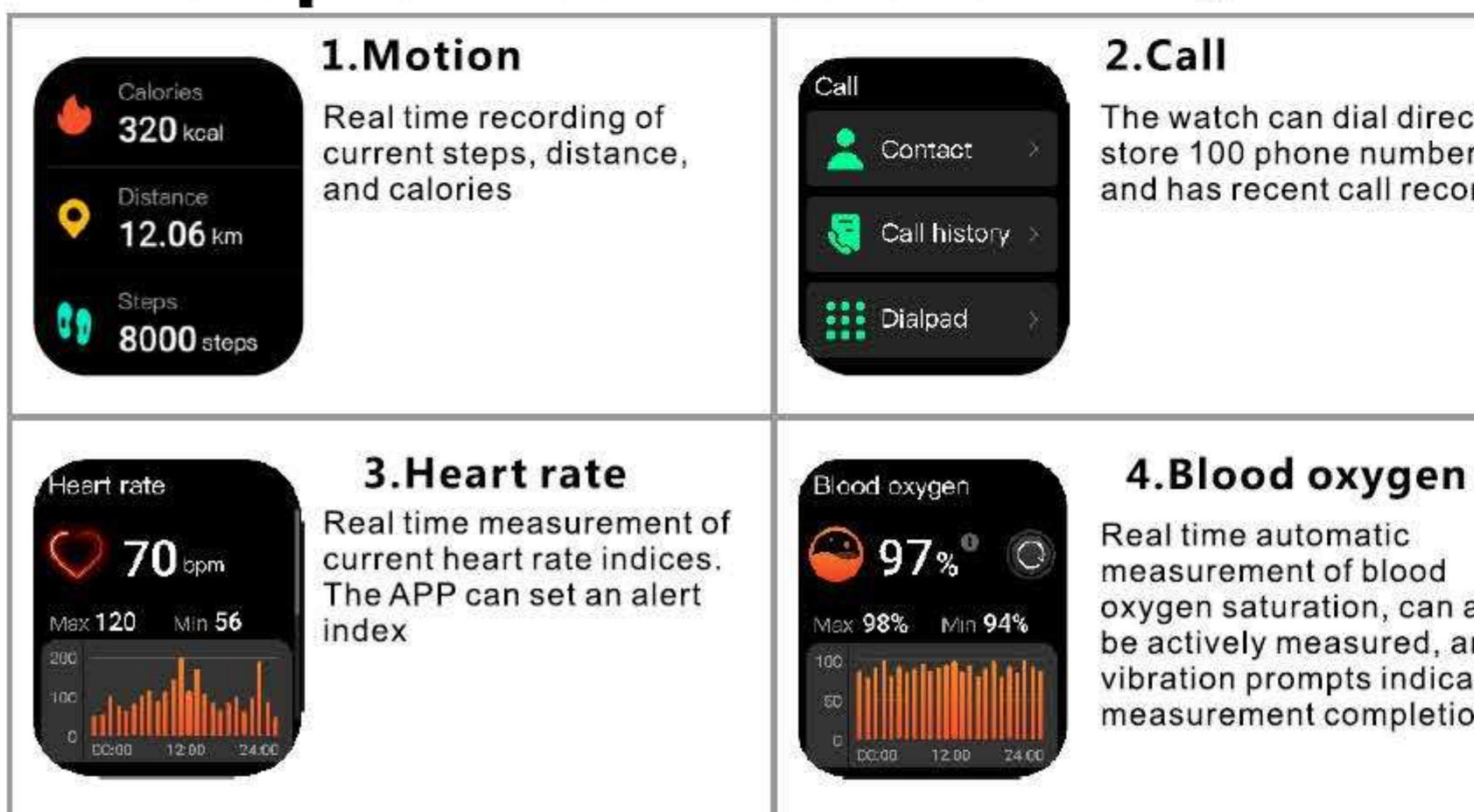3. Start binding watch ( Bluetooth, for example )

4. After the binding is successful, start to set the functions of the watch in the APP according to your habits

### ★ IMPORTANT NOTICE ★
#### How to make music and social media playing?

WATCH "SETTING" ICON

IN "SETTING"---"SOUND AND VIBRATION" TURN ON / OFF THE "MEDIAL AUDION" TO SWITCH THE MUSIC PLAYING

## Basic product functions — Sort regardless

**1. Motion**
Real time recording of current steps, distance, and calories

**2. Call**
The watch can dial directly, store 100 phone numbers, and has recent call records

**3. Heart rate**
Real time measurement of current heart rate indices. The APP can set an alert index

**4. Blood oxygen**
Real time automatic measurement of blood oxygen saturation, can also be actively measured, and vibration prompts indicate measurement completion.

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**5. Blood pressure**
Timely measure the high and low voltage at that time and synchronize it with the APP

**6. Sleep monitoring**
Wenn Sie eine Uhr in den Schlaf tragen, überwacht die Uhr automatisch Daten wie Tiefschlaf, leichter Schlaf, Wachzustand und Augenbewegung

**7. Weather forecast**
After successfully connecting to the app, the watch can view the weather conditions of the day and the past few days

**8. Information reminder**
Watch saves the last 8 message prompts. Click to view the content, or click to clear the message

**9. 100+Sport mode**
Enter the selected sports mode and start, swipe to the right to pause, stop, or continue

**10. Voice Assistant**
Click on voice, speak to the watch, and control the phone to achieve the goal

**11. Music control**
Watch Bluetooth plays music from the phone, can pause/play, previous, next, volume adjustment

**12. SOS**
Synchronize the emergency number to the watch end in the app, and click on SOS to make a call.

**13. Bluetooth photography**
Open Bluetooth camera in the app, click on the watch to control the phone to take photos

**14. Game**
Built in multiple entertainment decompression games

**15. Breathing exercise**
Set the time and frequency in the watch, follow the practice, and achieve the purpose of breathing training.

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**Other functions of the watch :**
Do Not Disturb Mode/Stopwatch/Countdown/Flashlight/Calculator/ Female Physiological Cycle/Call Reminder/Alarm clock reminder/ long sitting reminder/Find phone /goal achievement reminder

## Matters needing attention

1、Please avoid strong impact, high temperature and exposure to the sun.

2、Do not disassemble, repair or modify the machine by yourself.

3、This machine can be charged with 5V 500MA -- 5V 2A charger. It is strictly prohibited to use the over-voltage load power supply for charging.

4、It is prohibited to charge when there is water stain.

5、This product is an electronic consumption monitoring product and is not used for medical purposes.
The measured data are for reference only.

### FCC Warning Statement

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

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