

# Smart Health Bracelet

## User Manual

### Product Introduction

Note: Smart bracelet is not a medical device and is not intended to diagnose or monitor any disease or medical condition.

- (1) Smart bracelet
- (2) Magnetic USB charger
- (3) User manual

### 1.Download the app

.Scan the QR code below or search QWatch Pro on Google Play/App Store to download.

#### Our QWatch Pro app

- .Make sure the Bluetooth function of your mobile device is turned on.
- .Select the device identified in the app and connect to your smart bracelet.

### QWatch Pro



Note: Please ensure that your Android version is 5.0 or later, iOS version is 10.0 or later. This bracelet supports Bluetooth 5.0 connection.

### 2. Charge and activate

When using for the first time, please charge and activate the device. If you have performed a factory reset on the device, please charge and activate it before using it again.

Simply place your device on the magnetic USB charger and plug it into an outlet or USB 2.0+ port to start charging. The red light will stay on while charging, and the green light will appear when fully charged.

Warm Tips: Please prevent the USB charger port from contacting conductive materials such as liquids, dust, metal powder and pencil leads.

### 3. APP and function operation

After the device is activated, please pair it with the QWatch Pro app for operation and use. After Bluetooth connection, press the button to display a green light. If the connection is not successful, press the button to display a red light.

### **Health**

Here you can view your detailed health data and reports every day such as steps, distance, calories, heart rate, SpO2, blood pressure, sleep, stress.

### **Device**

Check the basic information of the current device and start detailed settings. Set the automatic health monitoring interval. Turn on/off automatic heart rate/SpO2/blood pressure/sleep monitoring through the app. The sleep detection period is 18:00~12:00, and data from the main detection period 1:00~7:00 will be recorded.

Heart rate is automatically tested every five minutes. Blood oxygen/blood pressure is automatically tested every hour.

### **Goal Setting**

Customize your daily goals for steps, distance, calories, and sleep time.

### **Alarm Clock**

Set the alarm on the app according to your needs.

### **Device Settings**

It includes settings for Bluetooth disconnection reminders, smart notifications, sedentary alerts, firmware updates, and factory resets.

#### **\*Smart Notifications**

Different social notifications and their light and vibration prompts are as follows:

Green light flashing vibration frequency	Signal	Is Bluetooth connection required?
Once per second	Incoming calls	Yes
Once	SMS and third-party APP Notifications (WeChat, WhatsApp, Skype, etc)	Yes
Three times	Sedentary reminder	Yes
Thirty times	Alarm Clock	Yes
Note: Press the home key once to stop above notifications, and press the home key twice to remote the software to take pictures.		

#### **\*Firmware Update (OTA)**

The APP will remind you if a new firmware version has been released; if so, follow the steps to upgrade to the latest version.

#### **\*Restore factory settings**

After resetting, all device data will be deleted. Please charge and reactivate.

## **Exercise**

You can turn on the sports mode on the QWatch Pro APP

You can see more than 100 sports modes. GPS running can track movement trajectory and running records.

## **Me(My personal information)**

Check basic APP settings: personal information, third-party access, login account management, app background, about us, feedback support, app version update, etc.

## **Fault Resolution**

If the device cannot pair with your phone

1. Make sure your device is power on.
2. Check your phone to make sure Bluetooth is turned on.
3. Check the app and make sure Bluetooth permissions are turned on.
4. Restart the APP and go to the APP home page.
5. The battery icon should be displayed on the APP home page.

If your device battery consumes quickly:

1. Charge for at least three hours to calibrate the battery.
2. Then continue to use your device as usual.

## **Battery Disposal**

Do not attempt to replace the device battery yourself, as this may damage the battery, cause battery overheating and damage. The lithium-ion battery in the device must only be repaired by the manufacturer or an authorized service provider. The battery must be recycled or disposed of separately from household waste. Do not incinerate the battery. Do not dispose of the device in household waste.

## **Operating Temperature**

This device is designed to operate in ambient temperatures between 32°F and 113°F (0°C and 45°C) and to be stored between -4°F and 158°F (-20°C and 70°C). The device may be damaged or its battery life may be shortened if stored or operated outside of these temperature ranges.

Avoid exposing the device to extreme changes in temperature or humidity.

## **Avoid prolonged exposure to high temperatures**

Do not expose the device to extreme temperatures or extreme temperature fluctuations. Keep the device out of direct sunlight. Do not sleep on the device or place it on a blanket, pillow, or under your body while it is charging or plugged into a power source. Take special care if you have a medical condition that prevents you from feeling heat outside your body.

## **FCC 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

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.

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

This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.