

Smart Watch

EN

Quick start manual

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1 Start using

This device supports steps statistics, sleep monitoring, heart rate monitoring, blood pressure monitoring, message push, music playback and control, exercise monitoring, voice calls, emergency calls and other functions.

Sleep monitoring

Sleep monitoring only records sleep data from 8pm to 10am when you fall asleep, and supports the recording of light and deep sleep.

Message push

- When the phone receives a new notification, the device will vibrate to remind you to receive a new notification.
- The device and the App are required to maintain a valid connection.
 - The corresponding message notification switch needs to be turned on on the App.

Music playback and control

The device supports displaying the playback status of mobile phone music, and you can control the previous song, the next song, and adjust the volume on the device.

Exercise monitoring

The device supports running, walking, cycling, yoga, and plank. Click on the exercise page on the device to start recording exercise data.

Voice calls

When the device audio Bluetooth is connected, you can answer the phone on the device when you receive an incoming call, and you can control the phone to answer the phone when the audio Bluetooth is not connected.

Emergency calls

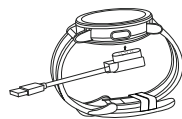
Press and hold the side button for 5 seconds to enter the emergency call, and the app will call the preset emergency contact.

1.1 Start charging

After unpacking and taking out the device, please insert the USB end of the charging cable into the charging head interface, and connect the metal contact on the other end to the contact of the device base. After the power is turned on, the device can be charged normally after the charging prompt appears on the screen. Under normal circumstances It can be fully charged in 2 hours.

⚠ Precautions:

- Please use the special charging cable that comes with the package to charge. Please dry the charging port before charging.
- Make sure the contact is good. If there is no charging prompt on the screen, you can charge for a while and observe.



Charging indication

Blood oxygen test

The blood oxygen test requires the user to perform the test in a static state. If the test cannot be obtained in the wearing state, the device can be removed and the fingerprint of the finger can be tightly pressed against the bottom sensor for testing.

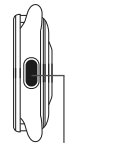
Heart rate monitoring

Heart rate monitoring is turned on by default, you can turn off and turn on automatic monitoring in the app' s Device>Monitoring Settings>Auto Heart Rate Monitoring. Measure the heart rate on the device, the test result will not be saved.

1.2 Power On/off

Power on: Long press the side button of the device to turn it on.

Power off: Click Shut down on the device settings page to shut down



1.3 Download and install the app

Scan the following QR code and click to download and install the App according to the mobile platform.



Android



iOS



Google

Blood pressure monitoring

The blood pressure monitoring is turned off by default. You need to turn on the blood pressure monitoring in the device> monitoring settings> automatic blood pressure monitoring in the app to display the blood pressure monitoring page on the device. If it is closed, the device will not display it. Measure the heart rate on the device, the test result will not be saved.

3 Water proof

3.1 The device supports IP67 life waterproof.

3.1 The waterproof performance of the device is not permanently effective, and may change over time. Weakened by passage.

1.4 Register login and enter information

Open the App, switch to the "User" page, and click on the user information bar to jump to the login registration page. On the registration page, use a mobile phone or email to register an account. After the registration is successful, log in with the account and password.

1.5 App connection device

Open the App, switch to the "Device" page, click "bind", turn on the Bluetooth, give the "Get Location" permission, enter the scan page, the app will automatically scan the device, after scanning the device, click the device to connect normally.

1.6 Sync device data

When the device is already connected, pull down the "Home"page to start synchronizing device data. After synchronizing the device data, today's data can be displayed on the homepage.

3.3 The device supports use when washing hands and raining, and does not support hot showers,Used in diving,surfing and other scenes.

- 3.4 The following conditions may affect the waterproof performance of the device
- The device has been dropped, bumped, or hit.
 - The equipment is in contact with shower gel, detergent perfume, etc.

- Do not wear it in hot showers, saunas and other high temperature scenes.

⚠ Precautions

1.7 View historical data

Click each item on the "Home" page to jump to the details page. On the details page, click the "Date" column to select the date you want to view, or click "<" or ">" to switch between the previous day and the next day.

2 Basic functions

Step count

Swipe left on the main interface to switch to the step count page. The distance unit is kilometers in the metric system, and miles in the imperial system.

4.1 Android devices need to be given app location permission, and only when the GPS switch is turned on can the device be searched.

4.2 For devices with IOS 13 and above, it will be received when the information reminder is turned on If there is no information reminder, please go to Settings "Bluetooth" Devices "【!】 Open the [Sharing System Notification] option.

4.3 If the data cannot be tested during heart rate monitoring, please wear the device at 1 finger away from the wrist joint, adjust the strap to the appropriate range of tightness, and adjust the strap to the appropriate range of tightness.

4.4 The equipment is not medical equipment, the data is for reference only, please consult a doctor before seeking medical attention

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this 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.

RF Exposure Information

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