WM07说明书
尺寸：5.8x26.6cm（3mm出血）
材质：157g铜板（胶装）

LifePlus

LIFELEAF® WATCH

User Guide

Powered by LifeLeaf® non-invasive
vital signs monitoring system

Version 1.0

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Getting Started

What's in the box

1. Smartwatch and one strap (18cm strap)
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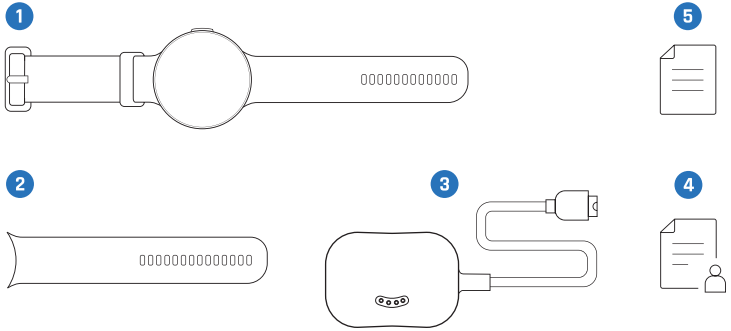
USB power adapter is not included. Without an adapter, you cannot charge your watch via wall outlet.

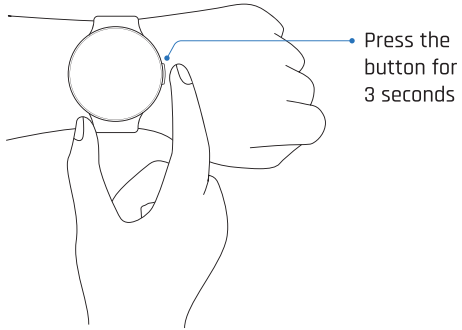


Download the LIFELEAF® app

To activate your watch, you'll need to pair it with your smartphone through the **LIFELEAF®** mobile app.
The **LIFELEAF®** app is available for both iOS and Android in the App Store and Google Play Store, respectively.

Turn your watch on

Press the crown of your watch for three seconds to turn the watch on. This is also how you turn the watch off.

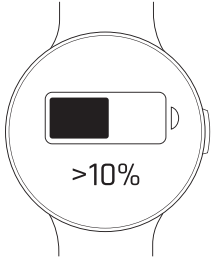


Connect your watch

To connect your watch to your smartphone:

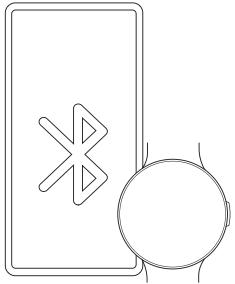
STEP 1

Open the **LIFELEAF**® app on your smartphone. Create your profile and enter the manufacturer's serial number (MSN). The MSN is eight characters and can be found on the box. It also appears on the watch when you first turn it on.



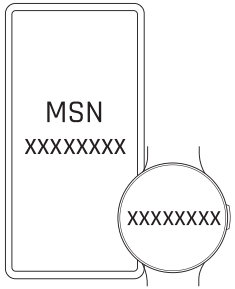
STEP 2

Make sure your watch is turned on with at least 10% charge.



STEP 3
Make sure your smartphone is close to the watch and has Bluetooth turned on. Use the manual for your smartphone to locate the Bluetooth settings.

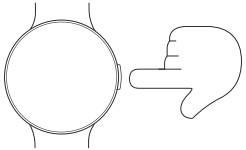
STEP 4
Give your watch permission to connect with your phone.



STEP 5
If you have yet to enter the MSN on the mobile app, you must complete this step before proceeding.

STEP 6
Once connected, your watch will go to the default view of Home.

Overall gestures



Gentle press on the button from any watch face other than the Health Overview will take you to the Health Overview.

- Gentle press of the button from the Health Overview will take you back Home.

Tap

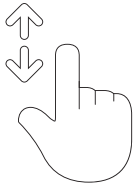
- Tapping an icon will take you to a watch face associated with that icon.

Swipe right

- From Home, swiping right takes you to Basic Apps.
- From any other face, this takes you back to the previous face.

Swipe left

- From Home, swiping left takes you to Health Overview.
- From Health Overview, this takes you to Steps.



Swipe up and down

- Some faces have either arrows or fade-out text at the bottom to indicate that there is another face below. Swipe up and down to move between the faces.

Selecting your Home face

To select a different Home face from the default:

- Swipe right to view Basic Apps.
- Tap the settings icon to view Settings.
- In Settings, tap Watch Faces.
- Swipe left or right to browse, and tap to select your preferred Home face. This will be your new default face when you power the watch on.

Home faces

Simple Elegance
This is a simple watch face that has access to Health Overview.

Chronograph
This is a more detailed chronograph face that has access to Health Overview. It displays the weather based on your location.

Home faces

Health Monitor 1

This is a digital face that provides a small snapshot of three health metrics. You can customize which metrics display within Watch Faces in Settings. It has access to Alerts.

Health Monitor 2

This is an analog face that provides a small snapshot of three health metrics. You can customize which metrics display within Watch Faces in Settings. It has access to Alerts.

Home faces

Health Monitor 3

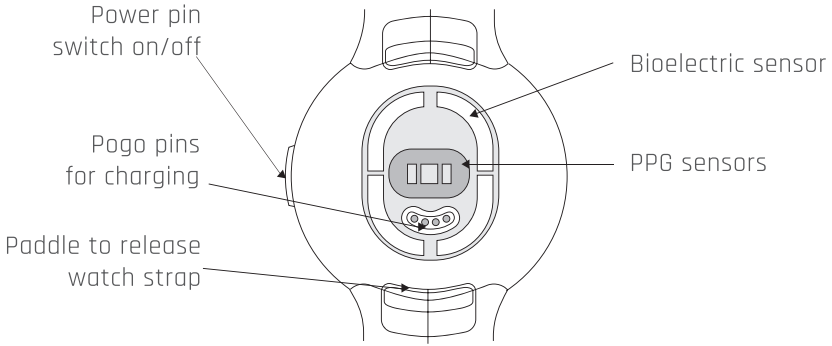
This is a digital face that provides a larger snapshot of three health metrics. You can customize which metrics display within Watch Faces in Settings. It has access to Alerts.

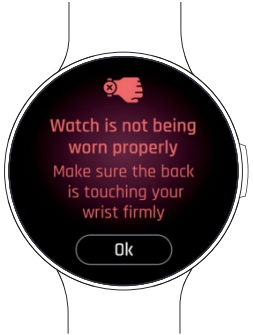
Steps Monitor

This is a digital face that compares your steps progress to your daily goal. It has access to Health Overview and Steps.

How the watch tracks your health

The sensor on the back of the watch measures five different health metrics, which are listed in the next section. The sensor must be in direct contact with your skin to record a measurement.





If the sensor is not in direct contact with your skin while trying to measure, you'll get a notification that you're not wearing the watch properly.

To prevent possible damage of watch internal components, the watch will only measure if it has at least 10% battery remaining.

Health metrics

The watch tracks the following health metrics using the ranges listed:

Blood glucose (mg/dL) — mmol/L also available

Fasting

After meal (within 2 hours)

After meal (after 2 hours)

Blood pressure (mmHg)

Systolic Blood Pressure

Diastolic Blood Pressure

Heat rate (bpm)

Heart Rate

Respiration rate (brpm)

Respiration Rate

Oxygen rate (%)

O2 Saturation

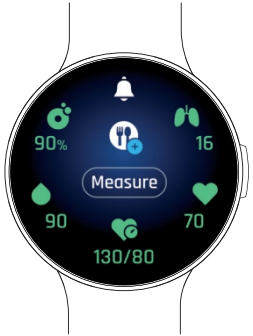
In addition to these health metrics, the watch also tracks your steps. Learn more about Steps in the Basic Apps section of this document.

The colors related to health metric ranges mean the following:

- **Green:** Reading is in range.
- **Yellow:** Reading is borderline low or high. This will trigger an alert.
- **Orange:** Reading is low or high. This will trigger an alert.
- **Red:** Reading is too low or too high. This will trigger an alert.

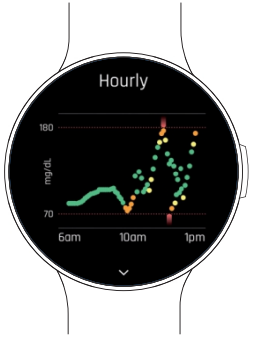
Health metrics overview

The Health Overview face has the latest readings for the different health metrics. Tap any health metric icon and number to view the details. If there is an alert, the color and trend arrow indicate so. From this face, you can also access all alerts, add meals, and initiate a manual measurement.



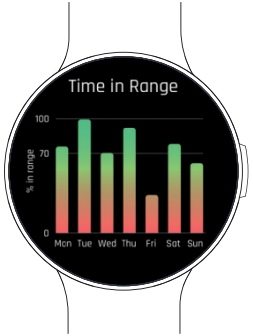
Health metric detail views (watch)

Tap any health metric icon from the Health Overview face or one of the Health Monitor Home faces to view the details for the latest reading.



Swipe up to scroll down and view a graph with today's readings. The graph includes the following:

- There are individual readings for a zoomed-in portion of the day, with colors to indicate where those readings fall in respect to the target range.
- Solid vertical red lines above and below the reporting range indicate readings either "too high" or "too low" – beyond the numerical reporting range of the device.
- For blood pressure only, there are two dots for every reading to show the systolic and diastolic numbers.



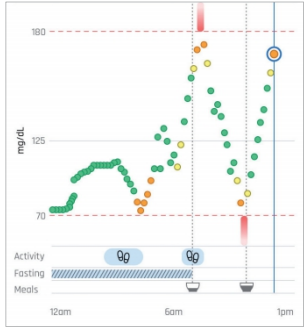
Swipe up again to scroll down and view a graph for the week. This graph shows the total percentage of readings that were “in range” (green) over the course of the previous seven days.

- For blood glucose, time in range (TIR) is the percentage of time that blood glucose levels in a target range. The range will vary depending on the person, but general guidelines suggest starting with a range of 70 to 180 mg/dL. For people with type 1 or type 2 diabetes, experts recommend aiming for at least 70% of time in range each day. The graph shows 70% as a benchmark number.
- For blood pressure, there are two graphs for the week view: one for systolic blood pressure and one for diastolic blood pressure.

Health metric detail views (app)

The mobile app provides more health metric details than the watch. To view these details, tap any health metric tile from the app Home screen.

View data by day, week, month, or year.

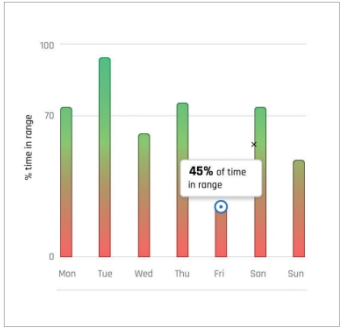


Day graph
Similar to the watch, the day graph contains individual readings. For additional context, it includes the following:

Activity:
Your watch tracks when you are physically active based on your movement sensed by the activity sensor, and it records the duration of each session to display on the app graph.

Meals:
Recorded meals display on the app graph. The icon appears nearly empty for small meals, half-full for medium-size meals, and full for large meals.

Fasting:
There is no user input required for the fasting feature. Fasting is determined by consecutive, consistent blood glucose readings. After a meal, if your blood glucose goes up for multiple readings, your watch will detect this and end the fasting period.



Week/month graphs

Similar to the watch, there is a bar graph to track time in range for each day.

The second graph shows the average, highest, and lowest readings for each day and a comparison to the averages for the previous week/month.

The third graph shows what an average 24-hour day looks like for that week/month by showing the average reading for every individual hour.

Year graphs

Year graphs follow the same format as week and month, except individual days are replaced with monthly averages.

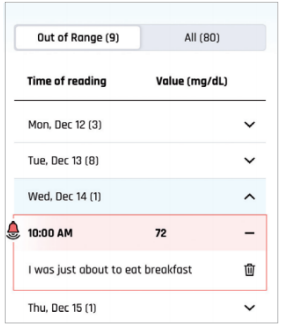


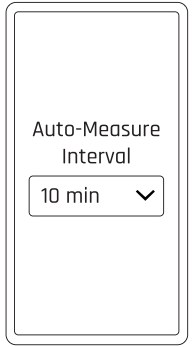
Table of all readings

All health metric detail views contain a table of individual readings for that time period. Add your own notes to any reading for additional context.

Automatic measure

By default, measurements for all five health metrics are recorded automatically every 10 minutes while you're wearing the watch.

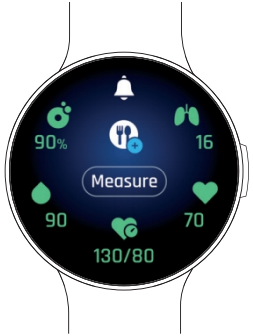
You can turn auto-measure off in Settings on the watch or the mobile app.



You can change the 10-minute interval on the mobile app settings.

Manual measure

Measurements can be triggered manually at any time. The Health Overview face and Health Metric faces all have a Measure button. Tap that button to initiate a measurement.



You can also tap the Measure Now button on your mobile app from either the Home screen or any of the health metric detail screens.

The watch will indicate if the measurement cannot be performed.

Calibration

Using the mobile app, you can manually input health metric measurements from home-use reference devices to improve the accuracy of watch readings. Measure your health metrics with existing gold standard devices, and go to the calibrate section of the mobile app to input each number. You don't have to add a number for every health metric – just the ones you've measured.

The gold standard health metrics and raw data from the watch are sent to the LifePlus backend cloud. This data will be used for improving the accuracy of the watch in measuring various vitals.

Health metric alerts

Tap the bell icon, which appears on various Home faces and the Health Overview face, to open the Alerts face.

If a reading is out of range, it will trigger an alert. When an alert is triggered:

The bell icon will display a dot that indicates an unread alert. The color of the dot will match the color of the furthest-out-of-range unread alert at the moment.

The reading will display on the Alerts face along with a message about how far out of range that reading was. The color will match the range-related colors from the previous section. In addition to the color, there is a bell icon. The number of lines under the bell matches the severity of the alert. The most critical alerts (red), have three lines under the bell.

Any out-of-range reading has an arrow to indicate if that health metric is trending up or down.

On the Alerts face, a blue dot will indicate that an alert has not been read.

The watch will vibrate if vibration is turned on. Vibration is on by default but can be turned off within Settings.

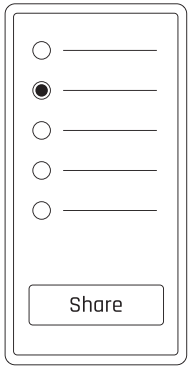
Alerts disappear from the watch after six hours.

Alerts also show up on the mobile app with additional context. Mobile app alerts include recommended steps you should take in order to address the alert.

How to share data

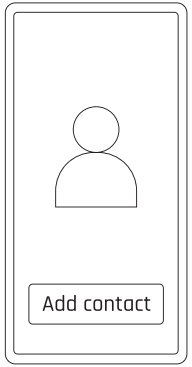
It's easy to keep other people informed about your health. You can share your health data with friends, family, and medical professionals using the mobile app. This functionality does not exist on the watch.

At the bottom of the Home screen of the app, there is a Share Now button. Select the time range you want to share, and then select the contacts you want to share the data with. Your selected contacts will receive a link to view your data.



Adding contacts

To share data, you need to add contacts. You can do this through the share data flow described in section 15, or you can add contacts in the profile section of the app.

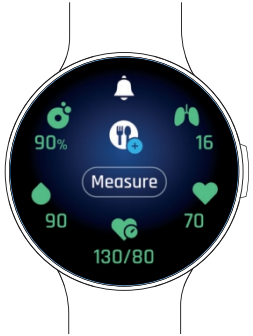


- Tap “contacts” within your profile.
- Add the contact’s full name.
- Select the type of contact from the dropdown.
- Add at least one of either email or phone number. This is how the contact will receive your data.

Whenever you share your data, all of your contacts will be preselected for you. Deselect any that should not receive that data.

Adding meal information

You can record a meal at any time from the Health Overview face. Tap the meal icon and then select the size of the meal to record it.

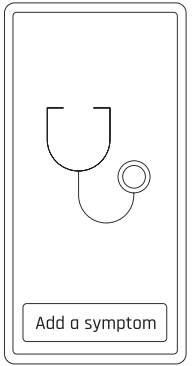


To view meal details, go to the meals section of the mobile app from the Home screen. Add or edit notes and times for each meal. You can record meals here as well.

Recorded meals also appear on the mobile app as part of the day graphs within each health metric detail screen.

Adding health symptoms

You can record health symptoms on the mobile app. Go to the health symptoms section from the Home screen. Add or edit notes and times for each symptom. Health symptoms cannot be recorded on the watch.



Updating the watch software

Software updates will happen automatically as new watch software becomes available. These updates will address bugs and improve the accuracy of health metrics readings. You will receive a notification when an update is available, and the update will download the next time your watch is connected to the charger.

You will be notified once the software has been successfully updated.

Accessing Basic Apps

To access Basic Apps on the watch, swipe right from Home. Tap any icon to open that specific section.

Steps

The watch records your steps and tracks your progress against a daily steps goal. To view Steps Walked, tap the steps icon from Basic Apps or the Steps Monitor Home face – or swipe left twice from Home. Swipe up to scroll down from the Steps Walked face and see how many steps you've taken every day for the past week. To adjust your daily steps goal, open the profile section of the mobile app.

Notifications

View the same notifications on your watch as you see on your phone. There is a toggle on the Notifications screen within Settings where you can turn this off.

Alarm clock

Set one or many alarms. For each alarm, select the frequency with which it should repeat and whether or not you want snooze capability. By default, snooze is turned on. When an alarm goes off, the watch will vibrate unless vibrate is turned off in Settings.

Stopwatch

Access a stopwatch and add any number of laps as the clock runs. Tap to stop. Tap again to reset.

Weather

Get in-depth details about weather based on your location. Swipe up to scroll down and see temperature forecasts, precipitation percentage, UV index, and wind.

Settings

Accessing Settings

To access Settings on the watch, swipe right from Home to get to Basic Apps. Then tap the settings icon.

Brightness

There are 4 levels of brightness with 4 being the brightest. By default, brightness is set at 2. If there is no activity for at least 60 seconds, the watch will go to a light sleep mode where the brightness is reduced to the lowest brightness level, 1.

Watch faces

All Health Monitor Home faces are customizable. Swipe left or right to view different watch faces and tap Customize to make edits. From there, tap on a specific health metric, and swipe left or right to choose a different health metric for that display area. Tap “done” when you're finished.

Vibration

Vibration is turned on by default. This means that the watch will vibrate whenever there is an alert, an alarm, or a notification.

Bluetooth

Bluetooth is turned on by default. The watch will not be able to sync with the mobile app if Bluetooth is turned off. If the watch and app are not connected for 24 hours, the watch will no longer automatically update your health metrics. To address this, reconnect the watch through the app.

Auto-Measure

Auto-Measure is turned on by default. Open the Settings section of the mobile app to edit the frequency of automatic measurements.

Confirm Meals

Confirm Meals is turned on by default. While tracking your blood glucose, if there is a continuous increase, your watch will confirm if this is due to a meal. This makes it easier to record meals, but you can turn it off to avoid the notification.

Notifications

Notifications are turned on by default. Receive the same notifications that you see on your phone. These are different from alerts, which are related to your health metrics. You cannot turn off alerts. You can view these notifications within Basic Apps.

About

View the MSN and version for this watch. Also confirm that the right phone is connected. You can delete this phone to connect to a different one.

Cannot connect app with the watch

To connect the watch through the app, make sure all of the following are true:

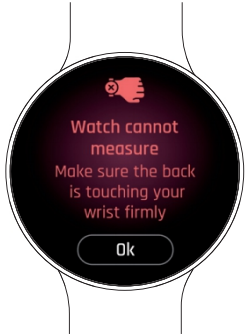
- The watch is on and close to the phone, within 10 meters.
- The watch has at least 10% charge.
- The Bluetooth on the phone is on.
- MSN on the watch is the same as that entered on the mobile app.

If all of the above are true and the app will not connect, please restart the watch and the phone, and open the app on the phone and try again.

Cannot measure

If you tap to measure and the measurement fails, you'll receive a notification on the watch. To successfully measure, ensure that all of the following criteria are met:

- The watch is on.
- The watch is touching your wrist firmly.
- The watch has at least 10% charge.
- The watch is connected with the mobile app



Low battery

When the battery level is at 10%, a message will pop up to indicate that. The battery must be at least 10% charged for the watch to connect to the app or measure your health metrics. The battery icon will be red to indicate it is at or below 10%.

How to get support and services

Email support@lifeplus.ai

When and how you can return the watch and get a replacement

Any watch with a manufacturing defect can be replaced with the basic and premium plans. Lost, stolen, or damaged watches can be purchased at a reduced price within the premium subscription plan. Contact the support center to report issues with the watch. See the warranty support table for more specific information.

Warranty Type	Duration	Defects Type	Replacement Policy	Costs	Turnaround Time
Manufacturer warranty	1 year	Manufacturing defects	Replacement and Refurbishment	No costs	~30 days (faster with extra supply at Warehouse)
Extended Warranty for repair and replacement	2–3 years	Manufacturing defects	Replacement and Refurbishment	Covered by warranty	~30 days (faster with extra supply at Warehouse)

Warranty Type	Duration	Defects Type	Replacement Policy	Costs	Turnaround Time
Premium Service	1 year	User caused defects (not cosmetic fixes)	Replacement (limitation TBD)	Covered by premium service	30 days (faster with extra supply at Warehouse)
Post-warranty support		All types	Repair at scheduled cost (certified repairhouse)	Depends on the issue	Depends on the issue

Watch technical specifications

ITEM	DESCRIPTION
Watch case	Circular shape (44mm); Weight: 40g–50g (watch only, no strap) Thickness: 12.7mm Water resistant: IP67 Case material: aluminum (back of watch is hard plastic in white) Case Color: silver

ITEM	DESCRIPTION
Strap	Material: medical silicone (biocompatible), Interchangeable Sizes: short (18cm) , long (22cm), 1 extra strap added per box Strap colors: white
Touch screen	1.3" display diameter, 360x360 resolution Capacitive touch screen 3D touch display AMOLED, 16M colors

ITEM	DESCRIPTION
Watch cover glass	Sapphire crystal cover glass (high-end, less prone to scratches)
Battery	Rechargeable lithium ion battery ~390 mAh Battery life: 2–4 days depending on the usage modes
Charge Cable	Li-Polymer Charge Management Controller Magnetic pogo, External charge cable color: white

ITEM	DESCRIPTION
Bluetooth	BLE 5.0 (part chip set), supports BLE4.0-5.0 at mobile App side
OS	freeRTOS (Android and iOS compatible at the app level)
CPU	PSoC63 with BLE (Amazon freeRTOS) from Cypress
Storage	64MBytes+ flash (embedded and/or by external SPI extension)
Memory	24MBytes SRAM (volatile, embedded and/or external)

ITEM	DESCRIPTION
Sensor	PPG sensor, OSRAM SFH7072
Analog frontend	TI AFE4420 with built-in ADC (sigma-delta)
Vibration system	Vibration system triggered by alters interrupts
Pedometer	Automatically running, including Step records, Distance [miles/meters]
Notifications	Watch alarm, calendar alarm, push notification display

ITEM	DESCRIPTION
Other functions	Clock, notification, stop clock, timer, weather, temperature (synchronized from app) Wakeup mode: watch goes to sleep after 60s, comes back with screen touch/tap on the watch screen or hand gesture
IMU (6-axis)	3-axis Accelerometer, 3-axis gyroscope for motion detection
Watch crown(s)	Long press used for power off and on of the watch, Gentle press used to return to Home face

ITEM	DESCRIPTION
Bioelectric Impedance	Bioelectric impedance at the back of the watch. Primarily used to detect skin contact
Certifications	Prioritized for release: USA FCC, EUROPE CE, Battery UN/DOT 38.3, IEC 62133 IP67 waterproof

My watch manufacturer's serial number _____

My doctor's phone number _____

FCC Statement

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.

NOTE: 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 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.

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

Warning:

- Replacement of a battery with an incorrect type that can defeat a safeguard (for example, in the case of some lithium battery types);
- Disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can result in an explosion;
- Leaving a battery in an extremely high temperature surrounding environment that can result in an explosion or the leakage of flammable liquid or gas;
- A battery subjected to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas.

My notes

My notes

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