



Watch charging and activation

Align the magnetic charging cable with the metal contact of the charging port until the charging indication appears on the watch screen, and when the watch indicates that the battery level is low, please charge it in time.

Packing list

Bracelet ×1 Packing box ×1

Bluetooth headset ×2 Magnetic charging cable ×1 User guide × 1

Mobile Client Download

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

Scan the QR code to download the app.



Lookfitplus

Open the App



Find LookfitPlus



Bound the device

Attention : The connection must start with the App store , not through your phone's own Bluetooth



Search and find M18



Complete connection

BT connected devices and pairing

- 1) BT connection: In the device interface of APP, click Bind Device Now, click Connect, after successful connection, you can see the Bluetooth successful connection symbol on APP and under the device model, if it shows the disconnected symbol indicates that the connection is not successful, please operate again. After successful connection, the data and time will be synchronized automatically.
- 2) After the first successful connection, the device will be automatically connected after it is turned off and on, disconnected after leaving the signal range and then returned to the vicinity of the host.
- 3) APP connects the second or third device, please unbind it on APP first, and then connect the device.

Bluetooth headset function use instructions and precautions

1. Indicator light

A. Power on indicator: headset from the bracelet bin after removal, automatic power on, lights flashing, 1 second flashing once, on the connected or cell phone connection successfully extinguished lights (power-saving mode)

B. Charging indicator: Long light when charging, and goes off when it is full.

2. Headphone function

A. Headset and cell phone connection: the headset from the bracelet host bin to take out, there is a power-on tone, the light flashes, open the Bluetooth in the phone settings, find the corresponding Bluetooth name and pairing connection, after a successful connection inside the settings to see "connected", that the product is successfully connected.

B. After the first successful connection, remove the headset from the charging compartment again and it will be automatically connected in about 5 seconds.

C. After the headset is successfully connected, if the phone has a manual disconnection, you need to reconnect in the phone Bluetooth settings.

Dial Switching

Press and hold for 2 seconds on the home screen to enter the dial switching interface, slide left and right to switch the dial to be selected, click the selected dial



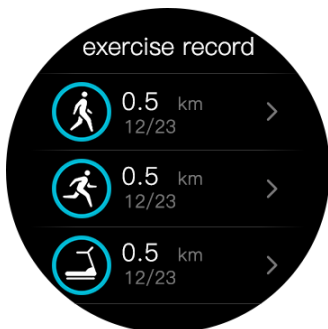
Control Center

Function overview: Do not disturb, brightness, settings, find the phone, Bluetooth on/off.



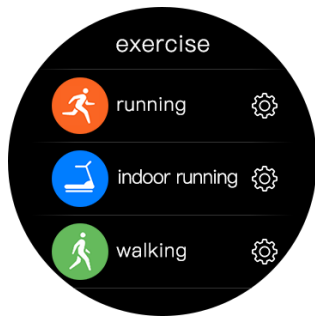
Movement Data

Display the step, distance and calorie data recorded on the day, and set the target step, distance and calorie in APP



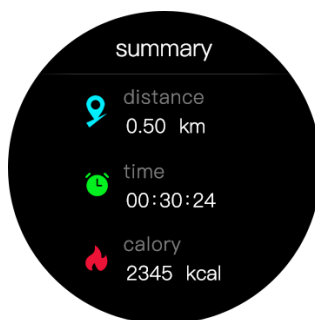
Movement

Exercise mode options: walking, running, cycling, hiking, yoga, elliptical, basketball, etc., click the icon to start exercise



Campaign Record

This interface stores your last 10 exercise history, and allows you to view exercise time, heart rate, calories and other data during exercise



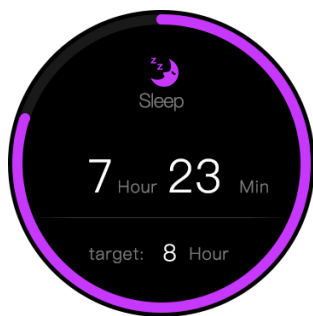
Heart rate

When you enter the heart rate measurement interface, the green light at the bottom will be on to start measurement, and there will be a vibration reminder when the measurement is completed in about 40 seconds, if it says "not wearing the watch", you need to put on the watch again



Sleep

Display the day's sleep monitoring status, the data is updated daily, the data can be synchronized and saved when the APP is connected, the device will recalculate the data information for the new day



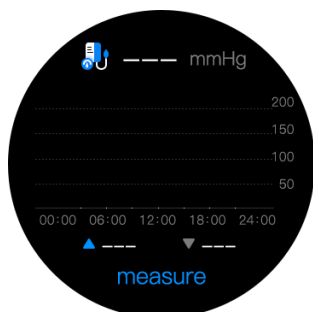
Voice Assistant

Voice assistant support after connecting the phone to the bracelet



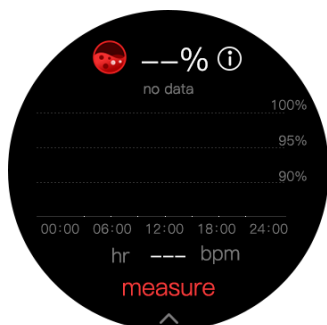
Blood pressure

When entering the blood pressure measurement interface, the green light at the bottom lights up to start the measurement. A vibration reminds you when the measurement is completed in 30~60 seconds. The measurement is based on PPG technology



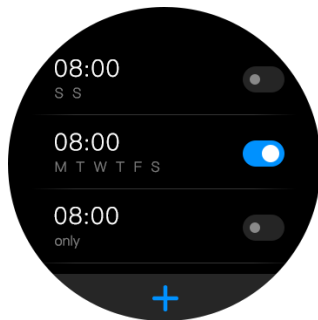
Blood Oxygen

When entering the blood oxygen measurement interface, the green light at the bottom lights up to start the measurement. A vibration will alert you when the measurement is completed in 30~60 seconds. The measurement is based on PPG technology



Alarm Clock

After the watch and APP are connected, you can set single / cycle alarm



Stopwatch

Click the Start button to start the timer, click the Pause button to pause the timer, and click the Reset button to reset the timer to zero. Up to 10 pieces of data can be saved



Message

After the watch is connected to the APP, the watch can receive the corresponding message push by opening the relevant information in the APP, and up to 15 recent messages can be saved.



Find a phone

After the watch and APP are connected, click Find Phone, the phone will ring and the watch will show the success; if the watch and APP are not connected, the watch will show that it is not connected.



Settings

The settings function includes screen display (switching dial, screen light up time, brightness adjustment, wrist flip brightness), language, vibration intensity, menu style, battery, QR code, system



Calling

Dial pad, call log, frequently used contacts on the call screen



Drinking Reminder

Can be turned on in the App [Device>Drink Reminder], after turning on, you can set the start and end time, reminder interval



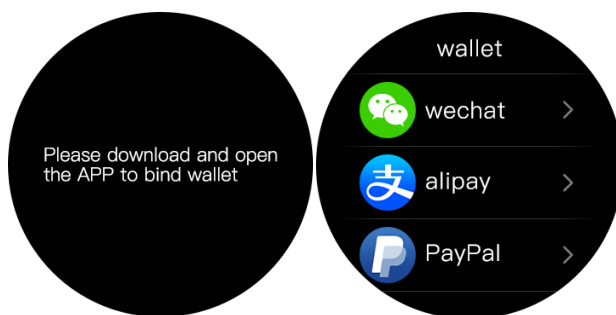
Sedentary Reminder

Can be opened in APP [Device>Sedentary Reminder], after opening, you can set the start and end time, do not disturb time



Wallets

Open the cell phone APP and save the QR code received by WeChat, Alipay and PayPal to the APP. when the customer pays, the cell phone opens the receipt code of the wallet to complete the receipt.

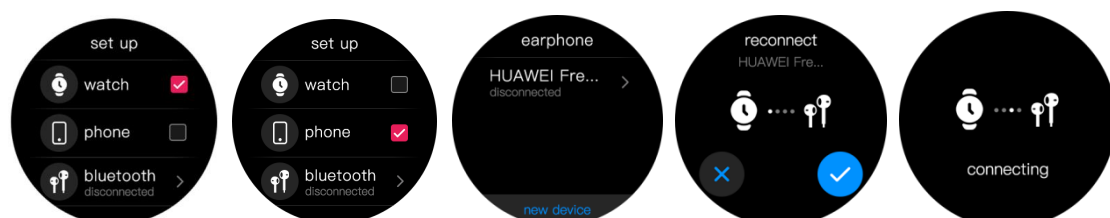


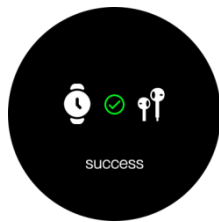
Music Copy

Open the PC mode of the bracelet, connect the data cable to the bracelet and pop up the U disk mode, copy the desired MP3 music into the bracelet.

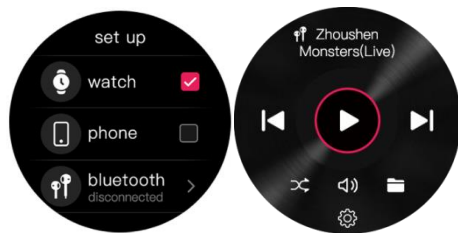
Music

Bluetooth headset and bracelet pairing: click the Bluetooth headset to enter the find new device searching, click connect successfully and play the music in the bracelet.





The bracelet plays music: directly click the watch music interface to enter, and click play.



Cell phone music: it is the connection between cell phone and bracelet, click the cell phone music in the interface, turn on the switch, when the cell phone plays music, the bracelet's speaker will play the music from the cell phone



Frequently Asked Questions

Sleep data is not accurate enough

1. Sleep monitoring is to simulate the natural sleep and wake up time state, need to wear normally
2. Wearing it too late or when you fall asleep may cause errors
3. No sleep data monitoring during the day, the default sleep monitoring for 9:30 pm to 8:00 am the next day

Watch won't turn on

Please press and hold the power button for more than 3 seconds or the battery may be too low, please charge in time

Bluetooth is not connected or cannot be connected

1. Please try to restart the watch and reconnect
2. Please try to restart the phone Bluetooth and then connect again
3. Do not connect your phone to other Bluetooth devices at the same time

Inaccurate measurement of heart rate/blood pressure/blood oxygen

1. Generally, it is caused by poor contact between the sensor of the watch and human body of measuring
2. Please note that the sensor is in full contact with the wrist when measuring

VI. Basic Parameters

Main control chip: AC7012A6S

Photoelectric sensing: PAH8007

Main body weight: 55g

Data transmission: Bluetooth 4.2

Battery type: Lithium polymer

Battery capacity: 300mAh

Charging voltage: 5V

Charging current: 220mA

Operating temperature: -5~45°C

Waterproof: No

Device requirements: Android 8 and above, Bluetooth 4.2 for phone, iOS 10 or above

FCC Warning:

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.

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.