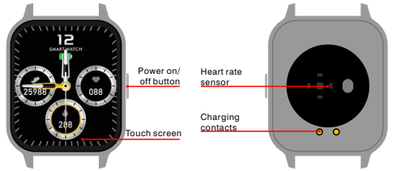
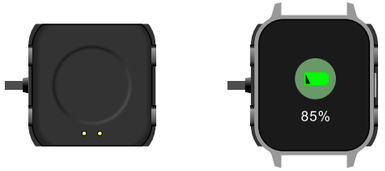
Smart Watch User Manual

Brief Introduction

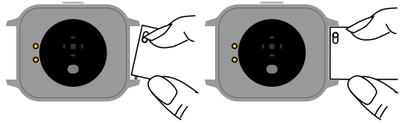
1，Appearance



2，Charging



3，Strap installation method



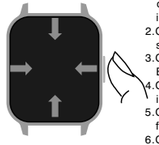
4，Packing List

Watch*1 User Manual*1 Charging base*1

5，Battery Parameters

type of battery：Lithium polymer battery
battery model：CH382224
battery capacity：200mAh
Charging voltage：4. 2V

Basic Operations



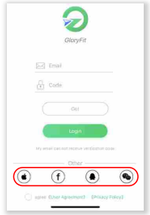
1.Long press the button for 4 seconds to power on or power off, short press to return to main interface.
2.On the main interface, press and hold for 3 seconds to switch the dial.
3.On the main interface, swipe down to show Bluetooth, battery volume and shortcut menu.
4.On the main interface, swipe up to show incoming messages and tap to read the content.
5.On the main interface, swipe right to show function list.
6.On the main interface, swipe left to show c ommon functions.

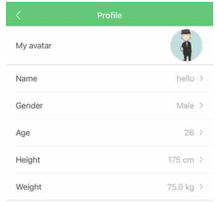
APP Download and Installation

1.Scan the QR code as follows or access to major application markets to download and install "GloryFit".

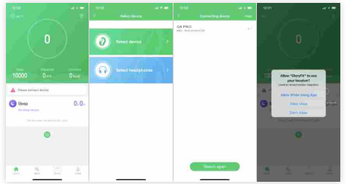
2.After APP has been downloaded, start new user registration or third-party login with basic personal nformation.

GloryFit

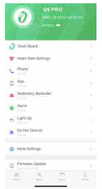




3.Start to bind the watch.



4.After the watch binding is completed, start function setting in the APP based on individual habits.



Basic Functions

Main interface/dial
long press for 3 seconds to switch the dial on the main interface
Exercise status
record current walking steps, distance, calories in real time
Body temperature monitoring
Switch to the body temperature interface to measure the body surface temperature and actual body temperature in time
Heart rate monitoring
switch to the interface of heart rate monitoring, current heart rate will be automatically measured, swipe to exit the measurement. Real-time heart rate measurement can be activated or inactivated in the APP.
Blood oxygen saturation monitoring
tap on blood oxygen saturation monitoring to start the measurement, the watch will vibrate to remind measurement completed.
Blood pressure monitoring
The current high and low pressure can be measured in time, and can be synchronized to the APP
Sleep monitoring
switch to sleep monitoring interface to check the sleep last night. When you fall asleep by wearing the watch, the deep sleep, light sleep and total sleeping hours will be automatically recorded.
Weather
When it's connected to the APP, the weather conditions of that day and next week will be displayed.
Message reminding
The latest 8 messages will be saved, tap to read or click to delete.
24 sport modes
tap on the sport mode to enter the sport list, tap on the selected sport mode to start measurement, swipe right to pause, stop or continue.
DND mode
DND period can be set in the APP, the mode can be activated or inactivated in the watch
Brightness adjustment
tap on "+" and "-" to adjust brightness, four levels available
Find Phone
tap on Find Phone and the phone will ring as reminding without lighting up the screen.

Setting
dial selection, about, shutdown, reset
Music control
Play music on phone, tap to control on watch, pause/play, previous, next
Stopwatch
tap to access stopwatch and click to start, stopwatch can be paused, continued or reset.
Countdown
tap to access Countdown, select time or swipe up to set countdown time
Flashlight
tap to activate Flashlight mode and swipe right to exit

Other reminding functions:
Incoming call reminding /Message reminding/ Alarm reminding
Sedentary reminding /Goal reaching reminding

Notes:

1.Avoid strong impact, extreme heat and sun exposure.
2.Do not disassemble, repair or modify the device without authorization.
3.This device is charged with 5V 500MA power supply. Over-voltage power supply is strictly forbidden for charging.
4.Charging is prohibited in the case of water stains.
5.This product can only be used for electronic consumer monitoring instead of medical purposes, the measurement data is for reference only.

Note:
The company reserves the right to modify the user manual without any notifications in advance. It's normal that some functions may be different in specific software versions.

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.
Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
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 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.
The device has been evaluated to meet general RF exposure requirement. The device can be u sed in portable exposure condition without restriction