

4G SOS GPS Health Care Smart Watch

2032



————— User Manual —————

Introduction

2032 is a smart watch for elder care with 4G, SOS, GPS, WIFI, Heart Rate, SpO2, ECG, Blood Pressure, HRV, Sleep etc.



Note: the watch is not a medical device. The test results and suggestions are for reference only.

What's Included in the Box

- (1) Watch with detachable band
- (2) Magnetic USB charger
- (3) User manual
- (4) Gift box



1. Download the APP

- Scan the APP code below or search JCHHealth on Google Play or IOS App Store to download the APP JCHHealth.
- Make sure your mobile device is connecting with Cellular Network or WIFI.
- Scan the QR code of the smart watch in the App and connect to your smart watch device.

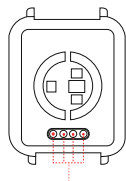


Note: Please ensure that your Android version is 4.3 or later, iOS version is 9.0 or later. After downloading the APP, please follow the instruction to register and log in.

2. Charge the Battery

Your device is powered by a rechargeable battery.

If the battery is less than 5%, the device will remind you to charge. Use the magnetic USB charger for charging. You can check the charging status through the battery icon in the upper right corner. It takes about 2 hours to be fully charged.



Magnetic
Charging Pins



Charging

Note: Please prevent the USB charger port from coming into contact with conductive materials, such as liquids, dust, metal powders and pencil leads.

3. Activate and Bind the Device

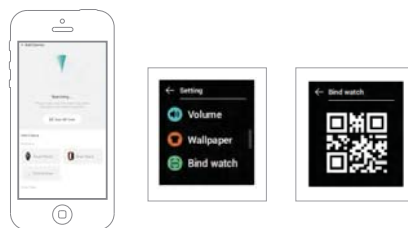
3.1 When using the device for the first time, please press and hold the lower right power button to turn it on.

3.2 Insert the SIM card in the card slot according to the prompt and wait for about 60s. The signal-strength icon in the upper right corner of the main interface changes to green, which means that the SIM card is successfully installed. If the icon doesn't turn on green, please check the SIM card and make sure it is properly installed into the watch.



* Please pull out the SIM card slot by hand. *

3.3 After the device is activated, you can use the "JCHHealth" APP to scan the QR code on the watch screen to bind. You can find the QR code in Bind Watch of the watch Setting interface. Make sure that the watch is connecting with SIM card and network during binding.



3.4 Enter the Guardian's information such as the phone number and the relationship with the watch user on APP.



3.5 Set the watch user's info to finish binding such as avatar, nickname, gender, date of birth, height, weight, etc



4.Basic Operation



Swipe down : Swipe down in the main interface to enter the quick view page, you can view the current device battery, steps, number of messages and enter to setting.

Swipe up: Swipe up in the main interface to enter the sleep quality display of deep sleep, light sleep, and total sleep time. The watch automatically detects sleep for 24 hours. You can check the detailed sleep report on the app too.

Swipe left or right: Check detailed operation for different functions, e.g. Call, Chat, Setting, Blood Pressure, ECG, SpO2, Heart Rate.

Home button: "  " at the bottom of the screen, click once to return to the previous page.

Power button: The black button on the lower right side of the device is the power button. When the screen is off, short press the button to light up the screen. When the screen is on, short press to back to home page or hang-up the phone. Long press the button to turn on the watch or restart.

SOS button: The red button on the upper right side of the device is the SOS button. When the screen is off, short press the button to light up the screen. When the screen is on, there is no response to press the button. Long press the button for more than 5s to trigger the SOS function.

ECG button: The metal protrusion button in the middle of the right side of the device is the ECG button. When measuring ECG, please follow the reminder as shown in the picture,

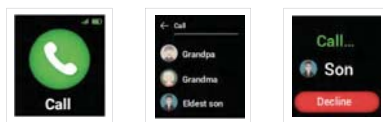
wear the watch, and put the fingers of the other hand against the ECG button to measure.



5. Function Operation

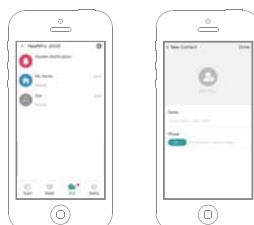
5.1 Call

Swipe right from home screen to find the Call icon. Select the contact who you want to call to make a call. If the contact is not found, please add it on the app. During the call, you can use the hang up on the screen or the power button on the lower right side of the watch to hang up. When the call is incoming, please select "Answer" or "Hang up" according to the screen display.



Please note: If the watch does not receive an incoming call, please confirm whether the contact has been added to the watch or whether the watch is turned on to restrict incoming calls from strangers in the Call Settings;

The watch will identify the contacts from your SIM card, or you can add the new contact from the APP JCHHealth.

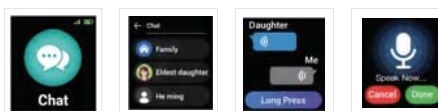


You can set Everyone Can Call In or Only Contacts Can Call In in the watch. The default setting is Everyone Can Call In.



5.2 Chat

Swipe right from home screen to find the Chat icon. Tap to chat to send the voice message. The phone bound with the watch will be in the chat list on the watch and be added into the family group automatically. The watch user can send the voice message to others privately or send the voice message in the family group.



Guardians can receive and send the the voice message on the APP JCHHealth.



5.3 SOS

Long press the Red SOS button on the upper right side of the watch for more than 5s to trigger the SOS, please add emergency contacts on the app in advance.

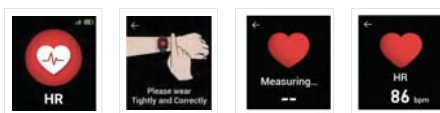


Long press for 5s to trigger the SOS

5.4 Heart Rate Monitor

Swipe right from home screen to find the Heart Rate icon. Tap to start heart rate monitoring. Please wear tightly for accurate heart rate monitoring, otherwise the device will remind you to wear tightly.

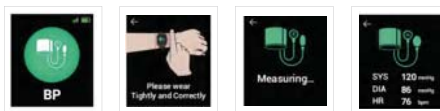
You can also start Heart Rate measurement on APP.



5.5 Blood Pressure Monitor

Swipe right from home screen to find the BP icon. Tap to start Blood Pressure monitoring. Please wear tightly for accurate monitoring, otherwise the device will remind you to wear tightly. Please keep still while measuring.

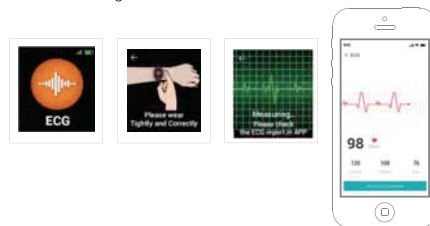
You can also start Blood Pressure measurement on APP.



5.6 ECG Monitor

Swipe right from home screen to find the ECG icon. Tap to start ECG monitoring. Please wear tightly for accurate ECG monitoring, otherwise the device will remind you to wear tightly. Please keep still and make sure your fingers touch the metal ECG button of the device during ECG measurement. After measurement, you can check the ECG report on the mobile APP.

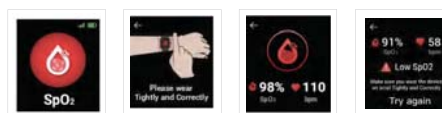
You can also start ECG measurement on APP for real time ECG monitoring.



5.7 SpO2 Monitor

Swipe right from home screen to find the SpO2 icon. Tap to start SpO2 monitoring. Please wear tightly for accurate SpO2 monitoring, otherwise the device will gently vibrate to remind you to wear tightly. Please keep still while measuring.

You can also start SpO2 measurement on APP.



How to measure blood oxygen level (SpO2), HR, ECG and Blood Pressure correctly?



① For better accuracy, do keep your arm still, fasten the strap tightly, and make sure the screen is facing up. Please make sure the watch is worn on the correct position of the wrist, which is at least one-index-finger-width away from the carpal bone.

② If you are not wearing your band, or wearing it incorrectly, an error message will be displayed. Please read the onscreen instructions for how to wear it correctly and touch Retry to restart the measurement.

- ③ During the measurement, keep the screen facing up and your body still. The SpO2 measurement will be paused if you move your arm and the screen will show "Don't Move". Please always keep still to get accurate measurement.
- ④ The measurement might be interrupted while receiving a notification for an incoming call or alarm.
- ⑤ Make sure the sensor area on the back of the watch is clean, dry and free from foreign objects.
- ⑥ In case in low temperature environment (such as high altitude, winter and other low temperature scenes), please take off the watch, try to rub the wrist to stimulate blood circulation, and then wear the watch again for measurement.
- ⑦ Thick hair, tattoos might affect the measurement of SpO2/Vital Signs, please try to avoid wearing the watch on those areas.
- ⑧ In order to make the measurement more accurate, it is recommended that you wear it for 3-5min before measuring SpO2/Blood Pressure.
- ⑨ The watch supports oxygen saturation measurements in the range of 70% to 100%.

5.8 Settings

Swipe up or swipe right from home screen to find to Settings icon.



Settings	Details
Dimming	Adjust the screen brightness of the watch
12/24 Hour	Switch the 12/24 time format of the watch
Call Settings	Turn on/off the restriction of incoming calls outside contacts list. If Choose Only Contacts Can Call In, then unfamiliar calls will be rejected
Temp Unit	Switch temperature units to degree Celsius °C or degree Fahrenheit °F

Reminder	3 types of incoming Calls Reminder: - Vibration mode (only vibration, no ringtone) - Ringtone mode (only ringtone, no vibration)) - Vibration on Ring
Alarm	Turn on/off the set alarm clock. Maximum 10 Alarm clock can be set
Volume	Adjust the volume of the watch
Wallpaper	Set different watch faces
Bind Watch	Use the app to scan the QR code to bind the watch
Language	Set Language of the watch
Reboot	Click OK to power off the watch. If you want to power on the watch, please long press the power button on the lower right side of the watch.
About	Check watch info, such as device name, mac address, software version number, etc.

6. APP JCHealth

6.1 Guard

Dial: Make a Phone call

Message: Send Voice message

Navigation: Track the GPS Route

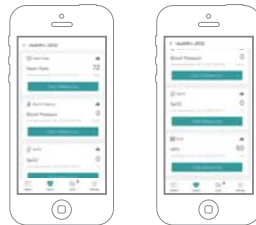
Monitor: Start Remote Voice Monitor

Safe Zone: Customize the Safety Geo Fence



6.2 Health

Start real time remote health monitoring for Heart Rate, ECG, Blood Pressure, HRV at anytime anywhere for your beloved ones.



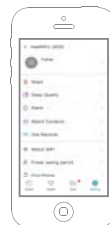
6.3 Chat

Add new contacts or Create group chats for online fun chat and health report sharing.



6.4 Setting on the APP

Explore more information or customize the watch on setting



7. Specifications

Warranty: 12 Months
Main Body Size: 45.3*48.5*14.6mm
Weight: approx. 66.6g
Display: 1.57inch HD RGB565 Display
Battery: 580 mAh Lithium Polymer Battery
Data Memory: 30 Days
Waterproof: IP66
Activity Time: 99h59min
Calories Burned: Max 9999.9kcal
Running & Waling Distance: Max 999.99km

8. FCC Warning

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.
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.

Radiation Exposure Statement:

This device is in compliance with Specific Absorption Rate(SAR) for general population/uncontrolled exposure limits(1.6W/kg@1g) and (4W/kg@10g) specified in FCC 47CFR part2(2.1093).

Device types have also been tested against this SAR limit. The evaluation distance for product specific(next-to-mouth) and extremity(wrist) is 10mm and 0mm separately.

This transmitter must not be collocated or operating in conjunction with any other antenna or transmitter.