

T91中英文折页说明书 64X136mm

SMART WATCH  
User's Mamual

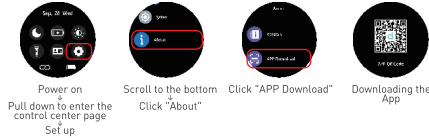


Scan QR & download APP



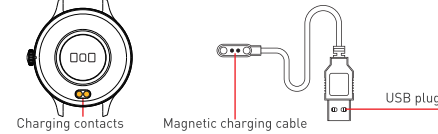
◆ Downloading the App

Please follow the steps below to obtain the QR code and download the app.

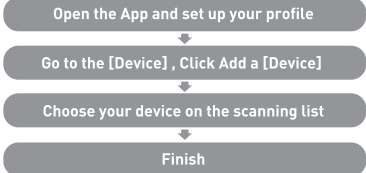


◆ Charging and Active

Charging the device to active before the first time using; To charge your device, plug the charging cable into the adapter or USB port on your computer.



◆ Pairing



The MAC address on the "Setting"--"About" page could help you identify your device on the scanning list.

◆ Smart Watch Features

- 1. Heart rate**  
Enter the heart rate icon interface and click to measure the current heart rate value; more detailed information analysis and data records can be viewed on the app.
- 2. Sports**  
Smart Watch automatically tracks Steps taken on the screen.  
NOTE: Your movement stats reset to zero at midnight.
- 3. Training**  
Tap the training icon on the menu to start a new training measure recording, there are 123 sport modes to be chosen.  
The last training recording will be shown on the training page.
- 4. Weather**  
It could show the weather info of current and tomorrow on the weather page.  
Weather info is synced after connecting with the APP, it will not be updated after a long disconnected.

- 5. Messages Reminder**  
The device can sync incoming notifications from social software etc. Recently 5 messages can be stored.  
Note: You can switch on/off the incoming notification in the APP.
- 6. Remote Shutter**  
After connecting the device, you can remote control the camera on Your Phone.
- 7. Music Control**  
After connecting the device, you can remote control the music player on your phone.
- 8. Menstrual period**  
By recording menstrual data and predicting key information such as future menstrual periods and ovulation dates based on algorithms, health management support is provided.
- 9. Alarm**  
Set up the alarm on the APP, the device will vibrate to remind on time.
- 10. Remind to Move**  
The device will vibrate to remind you to make a relax after 1 hour sitting.  
Note: You can switch on/off the feature in the APP.
- 11. Remind to Drink**  
The smart watch will remind you "Time to Drink Some Water" at the planned drinking time.  
Note: You can set the feature in the APP.
- 12. Other Features**  
Other features include stopwatch, alarm, timer, brightness, mute on/off, theater mode, factory reset, power off and about.

◆ 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.  
**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, if not installed and used in accordance with the instructions, may cause 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 used in portable exposure condition without restriction.

智能手表  
使用说明书



扫描二维码并下载APP

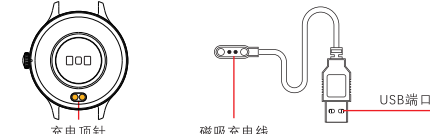
◆ 下载应用程序

请按照以下步骤获取二维码并下载应用程序。

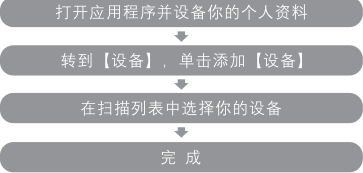


◆ 充电及激活设备

首次使用前将设备充电并激活；要给设备充电，请将充电线插入适配器或者你计算机上的USB端口。



◆ 连接配对



在手表端【设置】-【关于】页面显示的MAC地址可以帮助你识别扫描列表中的设备。

◆ 智能手表功能

- 1. 心率**  
进入心率图标界面，点击测量当前的心率值；更多详细信息分析以及数据记录可以在APP端查看。
- 2. 运动**  
智能手表会自动记录你的步数并显示在屏幕上。  
注意：你的运动统计数据会在午夜自动清零。
- 3. 锻炼**  
点击菜单上的锻炼图标开始新的锻炼记录，有123种运动模式可供选择。最后一次锻炼记录将显示在锻炼页面上。
- 4. 天气**  
在天气页面它可以显示当前及明后天的天气信息。  
天气信息会同步与之连接后的APP，如果长时间中断连接，它将不会更新。

5. 消息提醒

设备可以同步来自社交软件等传入的消息。  
注意：你可以在APP中打开或者关闭消息提醒。

6. 相机控制

连接设备后，你可以控制你手机上的摄像头。

7. 音乐控制

连接设备后，你可以控制你手机上的音乐播放器。

8. 生理期

通过记录经期数据并基于算法预测未来经期、排卵日等关键信息，提供健康管理支持。

9. 闹钟

在APP上设置闹钟，手表会准时震动提醒。

10. 久坐提醒

手表会震动，提醒你久坐1小时后要放松。  
注意：你可以在APP中打开或者关闭此功能。

11. 喝水提醒

手表会定时提醒你“该喝水了”。  
注意：你可以在APP中设置此功能。

12. 其它功能

其它功能包括秒表，闹钟，定时器，亮度，静音开/关，计算器，游戏，恢复出厂设置，查找手机等。

◆ FCC警告

该设备符合FCC规则第15部分。操作受以下两个条件的约束：  
(1) 此设备可能不会造成有害干扰。  
(2) 此设备必须接受接收到的任何干扰，包括可能导致意外操作的干扰。  
未经负责合规的一方明确批准的任何更改或修改都可能使用户操作设备的权限无效。  
注：该设备经过测试，符合B类限值。  
根据FCC规则第15部分，数字设备。这些限制旨在为住宅安装中的有害干扰提供合理的保护。该设备产生使用并可以辐射射频能量。如果不按照说明安装和使用，可能会导致无法保证在特定安装中不会发生干扰。如果此设备确实对无线电或电视接收造成有害干扰，可以通过关闭和打开设备来确定，鼓励用户尝试通过以下一种或多项措施来纠正干扰：  
-重新定向或重新定位接收天线。  
-增加设备和接收器之间的间距。  
-将设备连接到与接收器连接的电路不同的插座上。  
-请咨询经销商或经验丰富的无线电/电视技术人员以获取帮助。  
该设备已被评估为符合一般射频暴露要求。该设备可在便携式暴露条件下使用，不受任何限制。