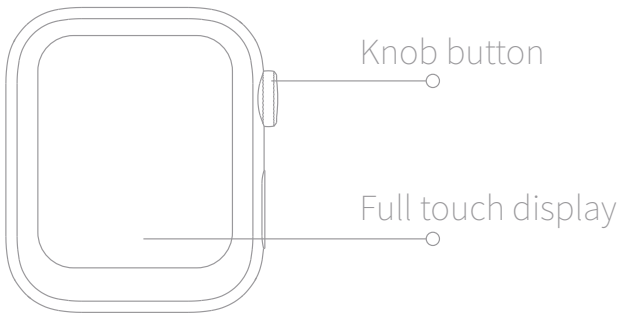
HW12 smart watch

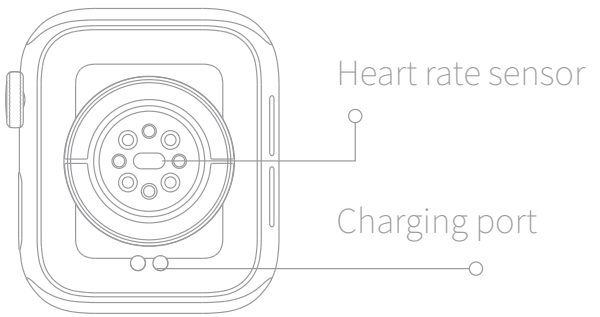
Please read this manual carefully before using the product and keep it properly

product description

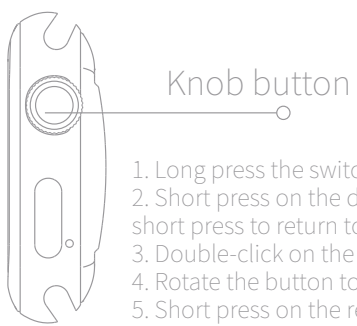
Packing list: watch host (including strap) X 1, magnetic charging cable X 1, product manual X 1

Product overview

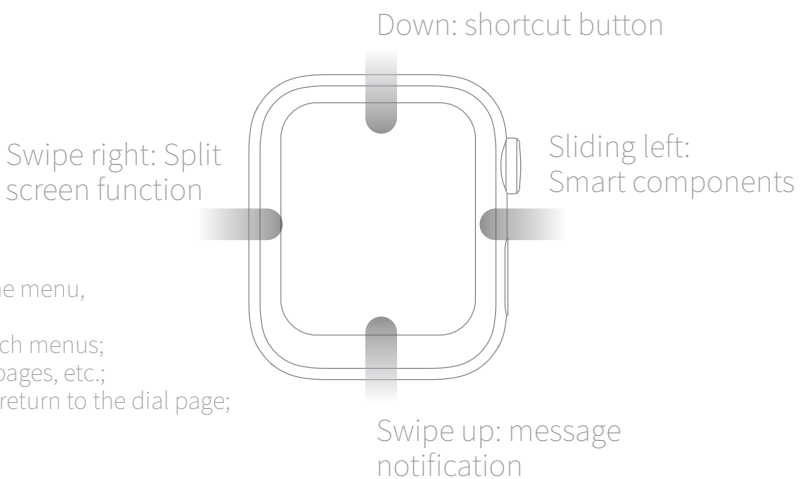




Buttons and touch

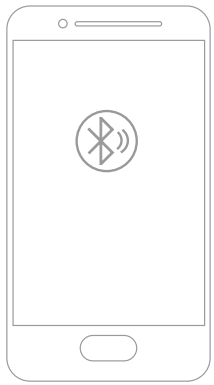


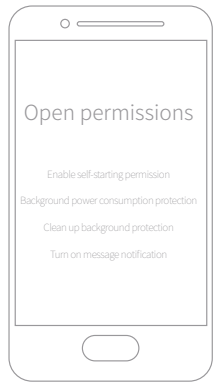
1. Long press the switch;
2. Short press on the dial page to enter the menu, short press to return to the dial;
3. Double-click on the menu page to switch menus;
4. Rotate the button to zoom icons, turn pages, etc.;
5. Short press on the remaining pages to return to the dial page;



Connect the watch

Scan code to download Weatfit PRO





1. Download the "Wearfit Pro" APP to your mobile phone and install it, you can directly search for "Wearfit Pro" in the APP store to download, or scan the following QR code to jump to the link to download (scan code in browsers, WeChat, etc.)
2. Connect the watch
1) Scan code connection: After the watch is turned on and enter the dial page, slide right to enter the split screen function, click the "scan code connection" shortcut button, the connection QR code will pop up, and you can directly scan the code connection in Wearfit Pro.
2) Manual connection: After the mobile phone turns on Bluetooth, enter the APP to directly search for the device to manually connect.
3) Connect and call Bluetooth
In the initial state of the watch, the Bluetooth for calls is turned off, and the call and music functions cannot be used at this time. Scroll down to open the shortcut menu, and click the call Bluetooth switch. After turning it on, you can find the call Bluetooth in the mobile phone system (when the mobile phone Bluetooth is turned on), find the corresponding Bluetooth name, and click connect. After successful connection, you can use the call function and music function.

Watch operating instructions

1. Split screen function: Swipe right to appear on the dial page, slide left to return.
2. Swipe left on the dial page to enter smart components. The system presets 3 components. Click "Add component" at the right end to add components, up to 5 components. Long press the component to enter the "Delete component" page.
3. Dial switching: Long press the screen on the dial page, the dial selection appears, select the corresponding dial and return to the main dial page.
Note: The system presets five dial pages, and the last dial is named "Custom". This dial will change with the dial market on the APP side and the download settings of the custom dial.
4. Menu page: On the dial page, single press the side key to enter the menu page, after entering the menu page, double press the side key to switch between menus, and single press the side key to return to the main dial page.
5. Function page: In the menu page, click each application icon to enter the corresponding function, slide right to return, and press the side button to return to the main dial page.

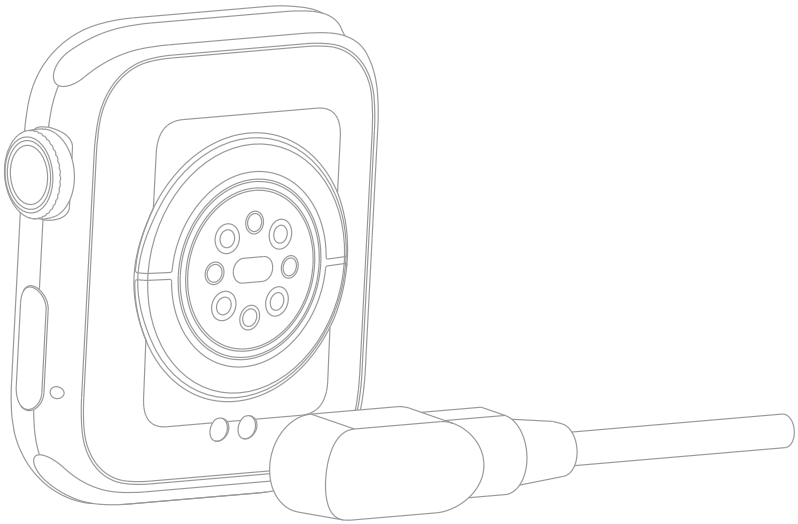
Features

phone	Contacts: Connect to the mobile phone to synchronize contacts on the mobile phone and set emergency contacts; Dial-up: connect to the mobile phone to dial out, and you can call on the watch side Call record: Connect the mobile phone to synchronize the call record of the mobile phone;
Exercise record	Record the exercise data of the day, including: calories, activity time, number of activities, steps and distance.
Sleep	Check your sleep status every night
Heart rate	Put the watch close to your wrist, and the best place to wear it is the wrist bone above your arm. The real-time heart rate can be measured. The normal value of the average person is 60-90 beats/min. The watch records the last 7 measurement records, and records the highest and lowest values.
blood pressure	Put the watch close to your wrist, and the best place to wear it is on the upper arm of the wrist bone. Blood pressure can be measured. The watch records the last 7 measurement records.
Blood oxygen	Put the watch close to your wrist, and the best wearing position is on the wrist bone and above the arm. The blood oxygen value can be measured. The watch records the last 7 measurement records and records the highest and lowest values.
Indoor activities	It includes 6 regular sports including indoor running, indoor cycling, pool swimming, sit-ups, push-ups, and free training.
Outdoor sports	Includes 7 sports such as outdoor running, outdoor cycling, open water, sit-ups, hiking, mountaineering, and other sports; 5 major sports data are recorded during exercise: steps, calories, heart rate, cadence, pace, and can be set Sports goals, a comprehensive breakdown of your sports details.
Breath training	Breathing training can quickly relax oneself, relieve stress and quickly replenish oxygen to the body. Three frequency options are provided: slow, normal, and slightly faster; breathing time options: 1~5min.

Music control	Connect APP to control music playback.
the weather	Connect to the APP to synchronize the weather.
Stopwatch	The watch supports stopwatch timing.
Timer	The watch turns into a timer every second.
Mett	The watch realizes the function of Mett, converts all daily exercise volume into Mett value and displays it on the watch and APP, records the energy metabolism equivalent of one week of exercise, and forms a visual icon to let users clearly understand their exercise volume.
pressure	The watch supports continuous pressure monitoring, monitors the user's 24-hour pressure changes, and uses scientific health algorithms to display the pressure as an icon, allowing users to adjust their status at any time. The pressure range shows: 1-29 relaxed; 30-59 normal; 60-79 medium; 80-99 high.
Set up	Including brightness settings, constant on time, often off screen, phone settings, raise the wrist to turn on the screen, do not disturb mode, sound and vibration, language switching, phone connection, password, about watch, restart, factory reset, shutdown.

Recharge

Please align the metal contacts of the magnetic charging cable and be close to the charging contacts of the watch. The magnetic charging cable will automatically be attached to the charging contacts of the watch to start charging, and the charging instructions will be displayed on the watch screen.



note:

1. Do not charge in a humid environment;
2. Make sure that the metal contacts on the watch body and the magnetic charging cable are not dirty or corroded;
3. Please clean the metal contacts on the back of the watch and the magnetic charging cable with a clean flannel regularly. Ensure that the contacts of the watch and the magnetic charging cable are in full contact to ensure normal charging;
4. This product is not equipped with a power adapter. To ensure the safety of your family and property, you can use a computer USB port or choose a power adapter with an output not exceeding 5V ⎓ 1A when charging. Please purchase power adapters through formal channels, and avoid using low-quality, fake power adapters to avoid bursting or fire.

Bluetooth data transmission

When connected to a mobile phone, the watch will instantly synchronize some data with the mobile phone via Bluetooth, including weather, notification messages, sports health data, etc. After the connection is disconnected or Bluetooth is turned off, the data will not be synchronized.

Precautions

1. The measurement results of this product are for reference only, not for any medical purposes or basis. Please follow the doctor's instructions and never make self-diagnosis and treatment based on the measurement results.
2. The waterproof grade of this product is IP67, and it cannot be used for deep diving and long-term soaking in water. In addition, this product is not resistant to hot water, because water vapor will affect the hand ring.
3. The company reserves the right to modify the contents of this manual without any notice. Some functions are different in the corresponding software version, which is normal.

Basic parameters

Product name: HW12 smart watch
Body material: zinc alloy + IML injection process
Battery capacity: 200mAh
Screen size: 1.57inch
Equipment requirements: Android 5.0 or iOS 10.0 and above
Size: 41*34.5*10.5mm
Strap material: liquid silicone
Bluetooth: Blueteeth5.2
Resolution: 320*384

RoHS Compliant

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.

Caution: 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 important announcement

Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.