SMART WATCH

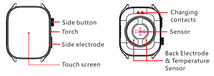
User Guide



Thanksgiving, I met you in the years like songs.
Thank you for choosing this smart watch. This watch will provide great help and enjoyment for your exercise and health. For your convenience, please read the instructions carefully and follow the steps in the instructions.

Smart Watch Quick Guide

Part Introduction



Press and hold the upper side button to turn on and off the power.

Charging method

Before first - time use, charging activation is required. Use the provided magnetic suction charging cable to attach it to the charging contacts on the back of the watch. Then connect the other end to a USB charger or a computer USB port to complete charging activation.



Install the application

Method 1: Scan the QR code on the right to download and install the "G Band" app.
Method 2: For Android phones: Open the "Google Play Store", search for and install the "G Band" app.
For iPhones: Open the "App Store", search for and install the "G Band" app.
(When installing the app, a permission request will pop up on your phone. Tap "Allow" to authorize it.)

Device Requirements:
iOS: 13.0 or later
Android: 8.0 or later
Bluetooth: Version 5.4 or later

Connecting the watch

The watch supports dual Bluetooth modes (for calls and data). The connection steps are as follows:

1. Open the app and tap "Devices". Locate the watch you want to connect, then tap "Connect". A pairing prompt will appear on the app; select "Pair" to complete the connection.

2. Once the watch is connected to the app, it will automatically sync with your phone's time and date.

3. If the call Bluetooth disconnects:
In the app, go to "Devices" and select "Bluetooth Call" to re - enable the call Bluetooth.
Meanwhile, on the watch, open the quick settings and go to "Call Settings". Tap "Not Connected" at the bottom. Your phone will show a pairing prompt; select "Pair" to restore the watch's call function.

Once the watch is connected to your phone, you can make and receive calls from your phone via the watch, and view call records.
When using the call function, ensure the connection between the watch and your phone is stable.

Main function page

Step count/distance/calories

Check the number of steps taken, distance traveled and calories burned at any time during the day.



Health Glance

Switch to the "Health Glance" interface, where multiple health indicators can be detected. Start the test with one click; after completion, a micro-physical examination report will be automatically generated, and the evaluation results will be automatically synchronized to the APP (when the APP is connected).
Note: Test results are for reference only and should not be used as medical data.



Phone

Call function menu contains: dialing, contact, communication log (call function must be in connected state to use).



Sleep

During sleep, the watch tracks your deep sleep, light sleep, and total sleep duration throughout the night, calculates your sleep quality, and synchronizes sleep data to the APP.
Note: Sleep data will only be available when you wear the watch and fall asleep.



Heart rate

Switch to the heart rate interface to enter real-time heart rate monitoring.



Blood oxygen

Switch to the blood oxygen interface to access real-time blood oxygen monitoring.



ECG

On the ECG test interface, click "Start Measurement". Press and hold the side electrode, ensuring that the two back electrodes and the side electrode are fully in contact with the skin for the test. The test report can be viewed in the APP.
Note: Test results are for reference only and should not be used as medical data.



AI Q&A

Switch to the AI Smart Q&A interface, click the icon to activate the function, state your question, and wait for the AI to generate a response.
Note: When using this function, ensure that the connection between the smartwatch and the mobile phone is stable.



Body Composition

On the body composition test interface, click "Start Measurement". Press and hold the side electrode, ensuring that the two back electrodes and the side electrode are fully in contact with the skin to perform the test. After the test is completed, there will be a report on the relevant testing items.
Note: Test results are for reference only and should not be used as medical data.



AI Dial

Switch to the AI Watch Face interface, select an image style and click to activate. Describe the desired background watch face style, click "Start Generation" and wait for the generation to complete. Once generated, you can go to the APP, then to "Watch Face Settings" - "Photo Watch Face" to view it.
Note: When using this function, ensure that the connection between the smartwatch and the mobile phone is stable.



Body temperature

Switch to the Body Temperature interface to start real-time temperature detection. Data synchronizes automatically to the connected APP.
After connecting to the APP, the watch enables automatic synchronization. Historical data is retained for 30 days.
Note: It is recommended to take a temperature test after 10 minutes of wear, and the test result will be affected by the temperature difference in the environment, and is only a health warning, subject to professional medical equipment and doctor's diagnosis.



Torch

Pull down at the top of the dial interface, tap the flashlight icon to switch between the four light modes at will, and tap the "O" symbol in the center of the screen to turn off the flashlight.



Weather

The Weather page displays current weather and air quality information. This data is retrieved after connecting to the APP. If the connection is lost for an extended period, weather updates will stop.
Note: The Weather interface is unavailable until the watch connects to the APP. After connecting, enable your phone's location permissions to display and update weather data.



Basic parameters

Connection mode: Bluetooth connection
input: 5V, 500mA-2A
The mobile phone must support: Android 8.0 or iOS 13.0 and above.

Caution

1.It is prohibited to use adapters with charging voltage greater than 5V and charging current greater than 2A, and the charging time should be 2-3 hours.
2.It is prohibited to charge in the presence of water stains.
3.Regularly clean the watch, especially the inside, to prevent the accumulation of dirt and bacteria
4.Adjust the tightness of the watch to ensure air circulation. and avoid excessive use of skincare products on the wrist when wearing
5.If you experience skin allergies or discomfort, please stop wearing it.

Special note

1. This product is not a medical device, the measurement results are for reference only, not for any medical purposes and basis. Please follow your doctor's instructions and do not rely on the test results for self-diagnosis and treatment.
2. This manual is based on existing information, in the spirit of continuous improvement, the principle of continuous development, the company reserves the right to change product specifications and functions, and any product described in this manual to modify and improve.

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 used in portable exposure condition without restriction