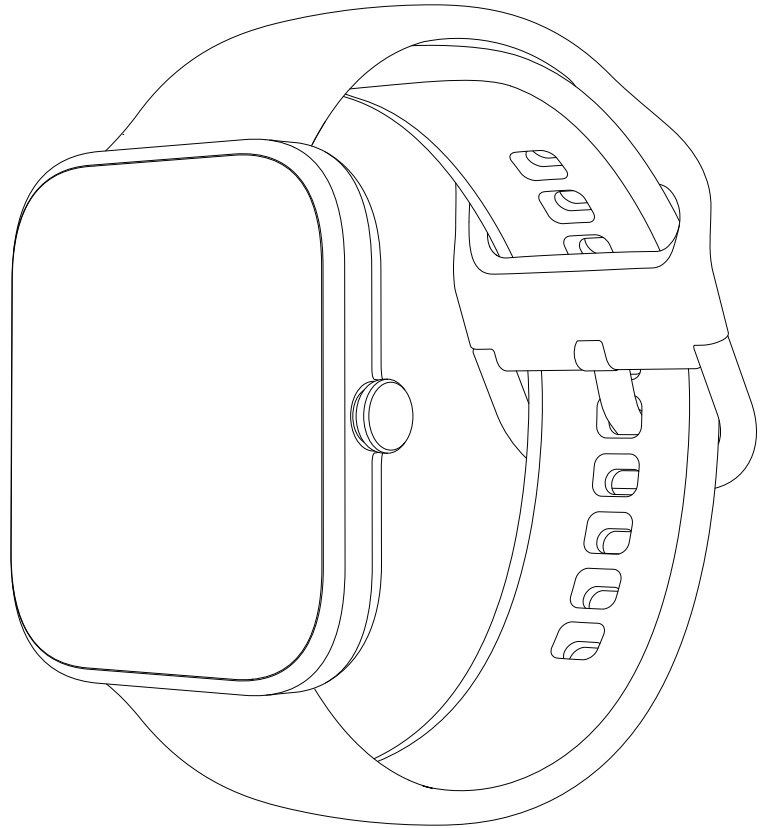
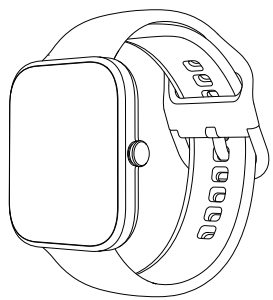
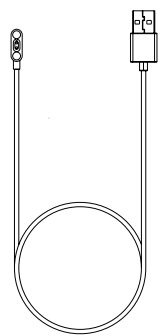
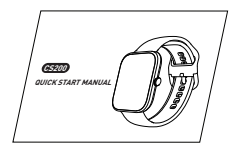
CS200

QUICK START MANUAL



1. Package Contents

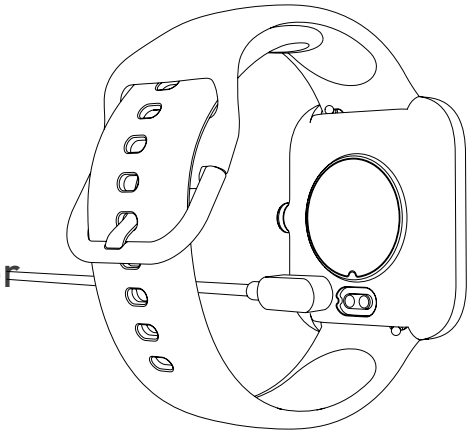
CS200 Watch	USB Charging Cable	Quick Start Manual
		

2. How to Operate

2.1 Charging Your Watch

Properly attach the magnetic charging base to the back of the watch, then plug the charging cable into a USB port on the computer, charging dock or power bank for charging.

Input current: <0.3A
Input voltage: 5V DC
Charging time: about 2 hours

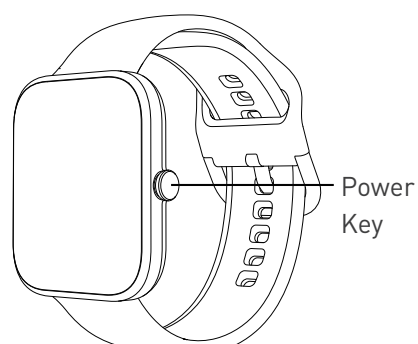


Note:

1. It is recommended to use the universal 5V/1A charger with certification mark on the market.

2. Do not use fast charging charger.

2.2 Navigating Your Watch

	Short Press	Long Press	
Power Key	1. Wake up the watch screen 2. Return to the previous menu 3. Pause/Continue the exercise 4. Switch screen	1. Power On 2. Power Off	

Gestures Instruction

Tap the screen	Confirm to use this feature/Enter the sub-interface
Swipe left/right	Switch screen
Swipe up/down	Switch screen
Long press the screen from the home screen	Change watch face

2.3 Turn on Your Watch

Long press the power key to turn on your watch. If that fails, then please fully charge the watch first.

2.4 APP Download

The Zeroner Health Pro app is available for iOS in the Apple App Store and for Android in the Google Play Store. Please search for "Zeroner Health Pro" to download and install the app.

2.5 Connection

After downloading, open the app and register an account, fill in your personal information (height, weight, date of birth) truthfully, and then complete the connection according to the operation instructions on app.

Note:

1. In order to connect the watch to your phone successfully, you need to turn on the Bluetooth of your phone and connect to your device through the app.

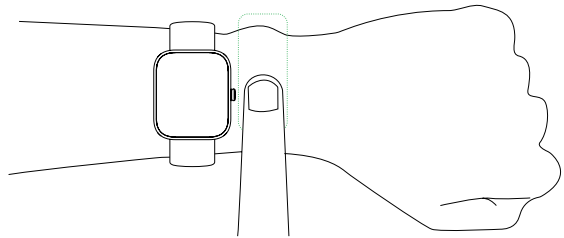
2. The Zeroner Health Pro app on the Android phone needs to be given permission to access your location, otherwise the device may not be searched.

3. The first time you connect to the Zeroner Health Pro app, the date & time on your phone will be synchronized to the watch, and previous data for steps, calories & distance on the watch will be cleared.

2.6 Wearing the Device

1. For optimized tracking of the measured values, we recommend wearing the device with one finger's width below your wrist bone.

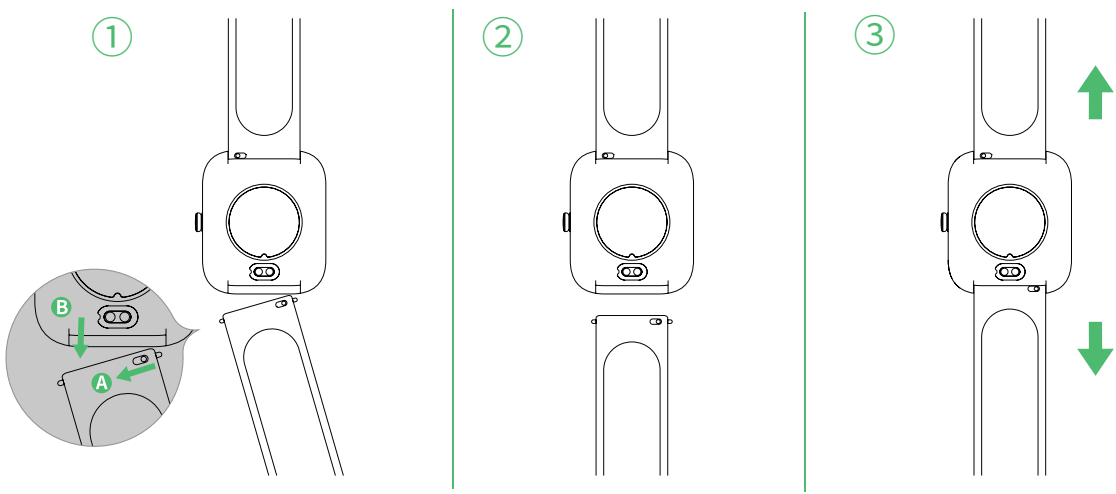
2. Please make sure the device is fairly snug against your skin and does not slide up or down your wrist during exercise.



2.7 Replace the Strap

Please choose the strap with a width of 20mm if you want to replace it.

1. Remove the strap from the watch by sliding the snap lock on the strap.
2. Align the new strap with the watch and buckle the strap in.
3. Pull the strap lightly to make sure it is buckled in the watch.



3. Main Features

3.1 Heart Rate Monitoring

Built-in PPG heart rate sensor coupled with HR algorithm, the watch can accurately monitor your heart rate after wearing.

1. The watch can monitor your 24-hour real-time heart rate, you can choose to turn on or off this function.
2. You can set the upper and lower limit of heart rate on the Zeroner Health Pro app. If your heart rate is lower than the lower limit or higher than the upper limit during exercise, the watch will remind you.
3. Heart rate data can be synchronized to the Apple Health.
4. Five heart rate zones display during exercise: all detailed data can be viewed after connecting and syncing to the app.

Note: the light signal transmission might be blocked if your skin is too dark or with excess hair, or improper wearing also may lead to measurement failure.

3.2 Stress Measurement

The watch can monitor your stress levels and your physical condition. According to the monitored results, you can reasonably adjust the training intensity & duration to prevent sports injuries.

1. Wear the watch on your wrist correctly and swipe left or right from the home screen to find “Stress”, tap it to measure. The result will be shown on the watch after finishing the measurement, the higher the score, the more stress you have.
2. Historical data can be viewed after synchronizing your watch with the app. Compare the measured data at different stages to assess your physical condition.

Note:

1. Keep quiet and just sit in one position during the measurement.

2. It is better to measure at the same period of time for comparison. It is recommended to test in quiet condition, for example, every morning after getting up.

3.3 Breathing Rate

The breathing rate is defined as the number of breaths a person takes during a one-minute period of time while at rest, which is an important sign of life and helps to know a person's overall health and sleep quality.

1. Wear the watch on your wrist correctly and swipe left or right from the home screen to find “BR”, tap it to measure.
2. Once the measurement is completed, the result can be directly viewed on the watch.

3.4 Mood Monitoring

The watch can detect the user's HRV (heart rate variability) in real time, and quickly evaluate their psychological stress level, further transforming it into different moods via the algorithm.

1. Wear the watch on your wrist correctly and swipe left or right from the home screen to find “Mood”, tap it to measure.
2. Once the measurement is completed, the result can be directly viewed on the watch.

3.5 Swimming

There are two swimming modes on CS200 watch: free mode (Open Water) and pool mode.

1. The watch can record swimming distance, SWOLF, stroke data, average pace and other data.
2. End exercise: press the right button once to enter pause interface, then long press the right button to end swimming.
3. Switch display data: long press the right key to switch the display data under swimming mode.

Note:

1. CS200 is only used for swimming. If wearing for diving, it may cause damage to the device. Such damage is not within the scope of warranty.

2. CS200 cannot monitor your heart rate during swimming.
3. Under the swimming mode, the touch function is automatically closed.
4. In the pool mode, please set the distance of the swimming pool correctly so as to calculate the distance and other data accurately. If the swimming distance is less than one lap, then the distance can not be calculated.
5. The average number of SWOLF= strokes in a single lap+ seconds in a single lap.

3.6 Sleep Monitoring

When you wear the watch to bed in the evening, then you can check your sleep data monitored on the app after you get up in the morning. The watch goes into sleep monitoring from 8:00pm to 9:00am the next day.

Note:
1. The sleep monitoring will be stopped after you get up and move for 5-10 minutes.
2. The watch does not record daytime sleep data.

4. More Information

4.1 Water Resistance Instruction

The water resistance rating: IP68

The water resistance performance of the device is not permanently valid, it may diminish as time passes. The device can be used during washing hands, rain or swimming in the shallow water, but not support hot water shower, diving, surfing, etc. It does not have waterproof effect on corrosive liquids such as seawater, acidic and alkaline solutions, and chemical reagents. If you inadvertently encounter corrosive liquid, please clean with clear water and wipe it dry. The damage caused by abuse or improper use is not covered by the warranty.

The following conditions may affect the water resistance performance, and should be avoided when using:

1. The watch falls, bumps, or suffers from other impacts.

2. The watch is exposed to soap water, shower gel, detergent, perfume, lotion, oil, etc.

3. Hot and humid scenes such as hot baths and saunas.

4.2 Specification Parameter

Physical size	49×37×13.7MM	**Adjustable strap**	150mm-250mm
Display size	1.3 inch TFT color square display	**Working temperature**	0-40℃
Weight	About 45g	**Resolution ratio**	240×240 pixels
Battery capacity	170mAh Li-Polymer battery		
Battery life	10-15 days (receive an average of 50 messages & 5 calls per day; raise your wrist to wake screen up 50 times; turn on GPS for an average of half an hour a day; turn on 24-hour automatic heart rate monitoring).		

4.3 Firmware Upgrade

1. Firmware Upgrade
When there is an new firmware version, there will be a notification in the app. Go to the "Device" interface of the app and select firmware upgrade.

Note:
(1) Make sure that the battery level is more than 50% before upgrading.
(2) During the upgrade process, you can not quit halfway if the progress bar moves, keep the screen of your phone bright, and only when the upgrade is completed can you exit the interface, otherwise, the upgrade will fail.

2. Upgrade Failed
Wait for the watch to restart automatically if upgrade fails. Then reconnect your watch to the app for upgrading again.

5. Device Maintenance

5.1 Device Care

1. Do not use a sharp object to clean the device.
2. Avoid using solvents, chemical cleaners or insect repellents that might damage plastic components of the device.
3. Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol or other harsh chemicals to avoid damage to the device.
4. Avoid pressing the key on the device while it is under water.

5. Avoid extreme shock and harsh treatment since it can reduce the product life.
6. Do not exposure to extremely high or low temperatures for a long time, which can cause permanent damage.
7. After each training, please rinse the watch with clean water.

5.2 Cleaning the Device

1. Gently wipe the device by using a flannelette with a neutral mild detergent;
2. Wait for dry.

Note: even the fainter sweat or moisture may cause the corrosion of the charging terminal when charging the device, which will also hinder the transmission of data and affect the charging.

6. Important Safety Tips

(1) If you have a pacemaker or other internal electronic device in your body, consult your physical condition before using a heart rate monitor.
(2) The inside optical heart rate monitor will occasionally emit green light and flashes. Consult your physician if you are sensitive to flashing lights or have epilepsy.
(3) Always consult your physician before beginning or modifying any exercise program.

(4) The device, accessories, heart rate monitor and related data are intended to be used only for exercise monitoring not medical purposes.
(5) The heart rate readings are for reference only, and no liability is accepted for the consequences of any wrong interpretation.
(6) Do not expose the watch to a heat source or in a high-temperature location, for example, in an unattended car in the sun. To prevent the possibility of damage, take out the device from the car or store it out of direct sunlight.
(7) If you want to put the watch for a long time, please place it within the temperature ranges specified in this manual.
(8) It is recommended to use the universal 5V/1A charger with certification mark on the market. Do not use fast charging charger.

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.

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.