English Version

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1.Description of appearance

1)Produzidismmructions

2).Remove Strap and Charge Mode

2. Download & Pairing

2.1 Long press the power button to turn on.
Please make a full charge before use it.
2.2 Scan the following QR code to install Qwatch APP, download "Qwatch" from App Store, Google Player then install it.
Compatible System: Android5.0 and above, iOS 10.0 and above
2.3 Enter the APP to bind the searched device.
Step1: Enable Bluetooth on the mobile phone;
Step2: Open "Qwatch"APP, Tap"Add a device" to bind.
* Please keep bluetooth address consistent with your smart bracelet when you connecting.

3. Operating instructions

Press the side key or raise your hand to wake up the screen,slide up,down,left and right to switch the interface,click enter or confirm,and slide right to return or exit.

4.Smart bracelet Functions

4.1 Time Interface

4.1.1 Power on: Long press power button for 3 seconds.

4.1.2 Power off: On the time interface, press power button for 3 seconds to find "power off" icon, then long press power button or screen to get powered off.

4.1.3 Screen-on: Press the power button Or shake wrist can wake up the screen ③Important: Pls turn on "quick review"on mobile phone "Qwatch" app).

2. Step records (Step records, distance, calorie consumption)

3. Heart Rate monitor
If need 24-hour monitor pls turn on"Full-day Heart rate"on Qwatch app under "Other"menu.

4. Sleep Monitor
Sleep monitor period:22:00PM to 08:00AM.Pls make sure weared the bracelet vice.

5. Notifications push
Open the app "message push"to push the phone/sms and other APP messages synchronously; Open message reminders in the phone "Settings", such as SMS, skype, etc.(Different devices have different phone designs, generally in the settings menu). When the mobile phone receives the message, it will instantly sync to the bracelet. The message content can be viewed on the notification menu interface of the bracelet.

6. Multiple Sports
[Click to start under"Training"menu, you can find multiple sport modes: Walk/running/hiking /
rope skipping /swinging/exercise, all exercise datas will be sync to mobile phone Qwatch App] Select the sport mode you want,start to test and show all exercise datas:mileage,calorie,heart-rate as below picture: Slide screen on left or right can exit or pause the sport testing.

7. Blood oxygen measurement (click to enter the blood oxygen test mode)

8. BT music (Enter BT music, click ⏸ to pause or continue, tap ⏮ to play last song, tap ⏭ to play next song)

9. Language settings

10.Remote Capture
Android: Turn on Qwatch app, from smart bracelet enter "shutter", shake the bracelet or click to take photo; IOS: Enter smart bracelet "shutter",m ake sure turn on mobile's camera, shake the brac elet or click "take photo".

11. Other functions (stopwatch and other functions can be realized)

5. Matters needing attention

1. Connect Bluetooth
1.1 Please make sure that the Bluetooth of the mobile phone is turned on and the bracelet is turned on;
1.2 When searching for Bluetooth, please make sure that the bracelet has not been bound to another account;
1.3 When searching for Bluetooth, keep the bracelet and the phone as close as possible

2. If other software such as mobile phone butler has been installed in the user's mobile phone, in order to ensure the normal operation of the background APP, please turn on the information push and allow the background operation permission on the mobile phone, otherwise the message cannot be pushed.
3. Charging requirements: Use a charger with a specification of 5V/0.1A to charge.
If you don't use it for a long time, please turn it off and keep it recharged once a month.
4. In order to ensure the accuracy of the test data, after entering the Blood oxygen test mode, please keep your body relaxed and still during the test, and make sure that the bracelet is at the same height as your heart. Please refrain from talking during the test. (This function provides data reference for observing the Blood oxygen changes before and after the human body exercise, and cannot be used for medical purposes).

Battery information

Battery material	Lithium polymer battery
Battery model	502019
Batterypower parameter	0.666wh
Nominal Voltage	3.7V
Rated Capacity	180mAh

Disclaimer

Warning: This product is not a medical device. The smar t band and its applications should not be used in diagnos is, treatment or as a preventive treatment for diseases a nd sickness. Please consult medical professionals before changing exercise habit or sleep habit to avoid serious in juries. The manufacturer reserves the right to modify an d improve any functions description in this user guide a nd continuous update of the new content without furthe r notice. This user guide is for reference only, the smart band for selling is subject to the final product.

FCC Caution
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 gr enates 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 requirements. The device can be used in portable exposure condition without restriction.