Smart TWS wearbuds bracelet

User Guide

Watch quick use instructions

Note: When testing heart rate/blood pressure/blood oxygen, the heart rate sensor is required to be in full contact with the skin.

Watch charging and activation

Charge activation is required before using the watch for the first time; Use the equipped magnetic charger to attract the metal contacts on the bottom of the watch, and connect the other end of the charger to a USB charging head or a computer USB interface.

Schematic diagram of bracelet charging

Schematic diagram of headset charging

English

Power on/off method:

power-on: Long press the touch area for power-on;
Power-off: there is power off option in other menu bar, click power off

Watch client download

Scan the QR code below to download and install the watch client

Connect the watch

Open the mobile client to set personal information

↓

Switch to the "Device" page and click "Device Binding"

↓

Click on your device in the scanned device list

↓

Binding complete

In other options, you can determine your device by the MAC address in the options

After the watch is successfully bound, each time the client is opened in the future, the watch will automatically connect with the phone, and the data can be synchronized by pulling down on the client data page.

English

Watch operation guide

Sports Information

The watch is able to record and display your daily steps, calories burned and mileage information.

More detailed information analysis and data records can be viewed in the client.

Sleep

The watch is able to record and display the total length of your sleep last night and the length of deep sleep and light sleep.

More detailed information analysis and data records can be viewed in the client.

Heart rate

Click the heart rate icon to measure the current heart rate.

More detailed information analysis and data records can be viewed in the client.

English

Exercise

Multiple sports modes are available, including: walking, running, cycling, basketball, football, badminton and rope skipping.

More detailed information analysis and data records can be viewed in the client.

Blood pressure

Click the blood pressure icon to measure the current blood pressure value.

More detailed information analysis and data records can be viewed in the client.

Blood oxygen

Click on the blood oxygen icon to measure the current blood oxygen value.

More detailed information analysis and data records can be viewed in the client.

Weather information

The weather page displays current weather, air quality information, and tomorrow's conditions. The weather information needs to be connected to the client to obtain the data. If the connection is disconnected for a long time, the weather information will not be updated.

Message Push

The watch is able to receive the notification push displayed on the mobile phone, and the push item switch can be set in the client.

The watch message page can store the latest message records.

English

Camera control

After connecting the phone, the watch can be used as a remote control for the phone camera. After opening the camera on the phone, click on the watch camera control page to trigger the phone camera shutter.

The delayed photo opportunity can be set to 0 seconds, 3 seconds, and 10 seconds.

Smart Alarm Clock

The smart alarm clock of the watch can be set in the client, and up to 3 alarm clocks can be set.

When setting the time, the watch will display the alarm icon and vibrate.

Other features

Other features of the watch include silent mode, brightness adjustment, factory reset, and shutdown operation.

Music Control

After connecting the device,you can remote control the music player on your phone.

Sedentary Reminde

The watch will prompt you to get up and walk after you have been sitting for 1 hour.

The sedentary reminder function can be set in the client.

English

Headset status

You can see the headset state here, including three states: headset removal, charging and full power.

Instructions for using the Bluetooth headset function

A: Headset pairing

1. Headset pairing. Take the headset out of the wristband host, there will be a power-on prompt, turn on Bluetooth in the phone settings, find the corresponding Bluetooth name "G-Pods" for Bluetooth connection, the TWS headset has been paired before the factory. Only the Bluetooth name "G-Pods" is displayed. If the phone is connected, it means that the product has been successfully connected.

2. The TWS headsets have been paired successfully at the factory. When the headsets are removed from the main unit of the bracelet, they will automatically turn on and automatically pair and connect.

3.If the headset is disconnected from the phone during use or the headset is not connected, the phone needs to be reconnected to Bluetooth. There is a previously connected Bluetooth model in the Bluetooth under the phone settings, please clear it first, and then search for Bluetooth G-Pods to connect.

B: The middle surface of the headset is a touch surface, which is used to touch control to answer/hang up the phone, control the previous/next song, AI voice assistant.

English

C: Answer and hang up calls

When you call, remove the headset from the bracelet, and touch the left ear or right ear for two consecutive times.Answer the phone, then touch the phone two and hang up

D: Music operation

Double click to pause / play, triple Click to previous / next

E: AI voice assistant and call

When the headset is connected to Bluetooth, press and hold the touch button for knock four times to activate the siri of the iphone and the voice assistant of the Android phone. The voice assistant can be used to make calls, query the weather, navigate maps and other functions. Voice activation is only effective when the phone is in the standby interface or the main time interface.

Q: Why is the earphone not sensitive to touch when it is put in

The headset is touched, and sometimes it wears ears, which makes the touch insensitive.Just turn the headset in a direction.

Frequently Asked Questions and Answers

Q: Why is there a deviation between the blood pressure value and the sphygmomanometer?

English

A: The deviation of the measured values between the watch and the sphygmomanometer is determined by many factors. The measurement site of the sphygmomanometer is in the brachial artery, and the measurement site of the watch is in the two main branches of the arterioles. Under normal circumstances, the difference between the aortic blood pressure measurement value and the micro-arterial blood pressure measurement value will be three to forty; When the watch and the sphygmomanometer are used for measurement at the same time, because the blood flowing in the artery is in the centrifugal direction, the strap will cause the part below the middle of the elbow to be compressed when the sphygmomanometer measures, causing the blood to temporarily fail to flow smoothly to the branch of the artery below; At the same time, the vascular tension will increase, so that the deviation of the upper and lower blood pressure measurements will be greater. "

Q: Why can't the watch be worn while taking a hot bath?

A: The temperature of the bath water is relatively high, which will generate a lot of water vapor. Since water vapor is in the gas phase, its molecular radius is small, and it is easy to penetrate into the gap of the watch case. When the temperature drops, it will re-condensate into water droplets in the liquid phase, causing a short circuit in the watch's internal circuit, damaging the watch's circuit board, and then damaging the watch. "

Q: Why can't the watch receive message push?

A: Android phone settings:
1. Confirm that the message push switch is turned on in the mobile client;
2. Confirm that the message can be displayed normally in the mobile phone notification bar, the watch message push is pushed by reading the mobile phone notification bar message; If there is no message in the mobile phone notification bar, the watch will not be able to receive the push;It is required to find the notification settings in the phone settings, turn on the notification switch of WeChat, QQ, phone, SMS, mobile client)
3. Open the accessibility settings of the bracelet client
(It is required to find the auxiliary function in the phone settings, open the auxiliary function settings of the bracelet client).

A: Apple phone settings:
1. Confirm that the message push switch is turned on in the mobile client;
2. Confirm that the message can be displayed normally in the notification bar of the mobile phone (It is required to find the notification setting in the mobile phone settings, turn on the notification switch of WeChat, QQ, phone, SMS, mobile client)

*** This app is not a medical device. Data obtained during the use of this app is for reference only, and should not be used for clinical diagnosis, medical research, diagnostic, or treatment purposes.

English

智能对耳手环

使用说明书

User Guide

手表快速说明

注意：测试心率/血压/血氧时需要将心率传感器完全接触到皮肤

手表充电与激活

首次使用手表之前需要充电激活：
使用配备的磁吸充电器吸附到手表背面的金属触点，充电器另一端接入USB充电头或者电脑USB接口即可。

手环充电示意图

耳机充电示意图

中文

开/关机方法:

开机：长按触摸区域进行开机
关机：在其他菜单栏下有关机选项，点击关机

手表客户端下载

扫描下方二维码下载并安装手表客户端

连接手表

打开手机客户端设置个人信息

↓

切换至（设备）页面，点击（绑定设备）

↓

在扫描到的设备列表点击你的设备

↓

绑定完成

在其他选项里面可以通过关于选项里面的MAC地址来确定你的设备
手表绑定成功后，今后每次打开客户端，手表会自动与手机连接，
在客户端数据页面下拉可以同步数据。

中文

手表操作指导

主界面操作示意图

运动信息

手表可以记录并显示你每天行走的步数、消耗的热量以及里程信息。
更多详细信息分析以及数据记录可以在客户端中查看。

睡眠

手表可以记录并显示你昨夜的睡眠总时长以及深睡眠、浅睡眠的时长。
更多详细信息分析以及数据记录可以在客户端中查看。

心率

点击心率图标，可以测量当前心率值。
更多详细信息分析以及数据记录可以在客户端中查看。

中文

锻炼

8种运动模式可供选择，包括：走路、跑步、骑行、篮球、足球、羽毛球和跳绳。
更多详细信息分析以及数据记录可以在客户端中查看。

血压

点击血压图标，可以测量当前血压值。
更多详细信息分析以及数据记录可以在客户端中查看。

血氧

点击血氧图标，可以测量当前血氧值。
更多详细信息分析以及数据记录可以在客户端中查看。

天气信息

天气页面会显示当前的天气、空气质量信息，以及明日的状况。
天气信息需要连接客户端后才可以获取数据，如果长时间断开连接，天气 信息将无法更新。

消息推送

手表可以接收显示手机上的通知推送，可在客户端中设置推送项目开关。
手表消息页面可以储存最近消息记录。

中文

相机控制

连接手机后，手表可以作为手机相机遥控器。在手机上打开相机后，在手表相机控制页面点击即可触发手机相机快门。
延迟拍照时间可以设置为0秒、3秒和10秒。

智能闹钟

在客户端中可以设置手表的智能闹钟，最多可以设置3个闹钟。
在设定时间时，手表将会显示闹钟图标并震动。

其他功能

手表的其他功能中包含静音模式、亮度调节、恢复出厂设置、关机操作。

音乐控制

连接手机后，手表可以控制手机音乐播放器。

久坐提醒

手表在你久坐1小时后，会提示你起身走走。久坐提醒功能可以在客户端中设置开关。

中文

耳机状态

此处可以看到耳机充电状态，包含耳机取出、充电中、充满电三种状态

蓝牙耳机功能使用说明

A:耳机配对

1，耳机配对，把耳机从手环主机里取出来，有开机提示音，在手机设置里打开蓝牙，找到对应的蓝牙名称"G-Pods"进行蓝牙连接，出厂前TWS耳机之间已经做好对频配对。只显示蓝牙名称"G-Pods"，手机里面有看到已连接，表示产品已连接成功。

2，出厂时TWS耳机之间已配对成功，从手环主机取出耳机会自动开机并自动配对连接。

3，耳机在使用过程中与手机断开连接或耳机不连接，则需要手机重新连接蓝牙。在手机设置下的蓝牙里面有之前连过的蓝牙型号，请先进行清除，然后搜索蓝牙"G-Pods"进行连接。

B:耳机中间面为触摸面，用来触摸控制接听/挂断电话，控制音乐上下曲，Ai语音助手。

中文

C:接听/挂断来电

来电时，从手环取出耳机，左耳或右耳连续触摸两下，接听电话，然后再连续触摸两下挂断电话

D:音乐操作

双击为暂停/播放，三击为上一首/下一首

E:Ai语音助手及拨打电话

耳机已连接蓝牙状态下敲击四下触摸键激活iphone手机的siri和安卓手机的语音助手，可通过语音助手操作拨打电话、查询天气、导航地图等功能。激活语音必须在手机处在待机界面或时间主界面有效。

常见问题与解答

Q:血压数值为什么跟血压计有偏差?

中文

A:手表和血压计测量数值出现的偏差是由多种因素决定的，血压计测量部位是在肱动脉，手表测量部位是在微动脉的两个主要分支，正常情况下主动脉血压测量值和微动脉血压测量值会相差三到四十；如果你使用手表和血压计同时进行测量，由于动 脉里流动的是黄心方向的血液，血压计测量的部即使你的肘正中心下部位处于受压状态，智时血液无法顺畅的向下面的动脉分支流动，血管紧张感增加，将使上下血压测量值偏差会更大。

Q:为什么耳机戴入的时候，触摸会不灵敏

由于耳机是触摸的，戴着的有时候会贴着耳朵，造成触摸不灵敏，只需把耳机转个方向即可

Q:为什么不能佩戴手表洗热水澡?

A:洗澡水的温度比较高，会产生很多的水蒸气，而且水蒸气是气相的，其分子半径小，容易从手表的内体空隙渗进去，当温度 降下来后又会重新凝结成液相的水滴,容易造成手表内部线路短路，损伤手表电路板，进而损坏手表。

Q:为什么手表接收不到消息推送?

A:安卓手机设置:
1.确认在手机客户端开启了消息推送的开关
2.确认消息在手机通知栏都可以正常显示，手表消息推送是通过读取手机通知栏消息进行推送；若手机通知栏没有消息，手表将无法接收推送。(需要在手机设置中找到通知设置，开启微信、QQ、电话、短信、手机客户端的通知开关)
3.打开手环客户端的辅助功能设置
(在手机设置中找到辅助功能，打开手环客户端的辅助功能设置)
A:苹果手机设置:
1.确认在手机客户端开启了消息推送的开关
2.确认消息在手机通知栏都可以正常显示(需要在手机设置中找到通知设置，开启微信、QQ、电话、短信、手机客户端的通知开关)
*** 此应用程序不是医疗设备，本应用程序使用过程中获得的数据仅供参考，不应用于临床诊断、医学研究、诊断或治疗目的。

中文

FCC Warning Statement:

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

The device has been evaluated to meet general RF exposure requirement.