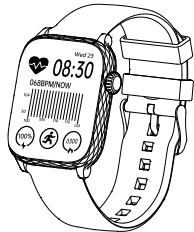


P8 Smart Watch User Manual



Please read this manual carefully before using the product and keep it in a safe place.

Appearance Show



Watch Client Download

Scan the QR code below to download and install the watch client "Ywatch".



Watch Connection Method

Android phone: 1. open the phone Bluetooth 2. the phone will pop-up window shows the pairing interface, Bluetooth named: P8, choose to agree to pairing, a few seconds after the display of successful pairing.

Apple phone: 1. open the phone Bluetooth 2. open the APP side "Ywatch", select add watch, find the Bluetooth name: P8, select pairing will pop-up Bluetooth pairing request, select pairing.



Charging Instructions

Make sure the power of the watch is normal for the first time, if the power is low and cannot be turned on normally, please connect the charger to charge the device; align and fit the charging port to the charging base until the charging power appears on the watch screen.

Note: 1. Please use the charging dock included in the package for charging, please dry the charging port before charging.
2. Connect the USB port to a cell phone charger or computer USB port with an output current of 1A for charging.

Message Alert

If you need to use the watch for message pushing, please turn on the message pushing switch in the app after the watch is successfully connected to the app, and allow the message pushing permission, as shown in the figure below. You can select the APP alerts you want to receive in the message notification.



Key Tips



Button 1: Rotate the button to switch the dial; click to enter the function menu; double click to switch the menu grid; rotate the button to slide the function menu.

Watch Connection

Open the watch client "Ywatch" APP that you downloaded and installed on your phone, click on the device at the bottom, click on Add Watch, and click on your device's Bluetooth name "P8" in the list of scanned devices to pair it.



Safety Period



Enter the safety period function interface to fully control the safety status of the physiological period.

Drinking Reminder



Turn on the water reminder in the APP, the watch will vibrate every half hour to remind you to please drink water.

Breathing Exercises



Enter the interface and click start, follow the rhythm of vibration to do exhalation and inhalation training.

Timer



Enter the timer to test the current time using the timer.

Daily Activities



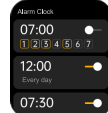
The watch can record the calories you burn and the mileage of your workout.

Stop Watch



Enter the stopwatch and click the Start button to start the timing, click the Pause button to stop, and click the Reset button to clear the timing.

Alarm Clock



Enter the alarm clock, you can set alarm reminders according to your needs at regular intervals.

Sleep Monitoring



It will automatically monitor your sleep after wearing the watch to sleep at night, and you can view your sleep data on the watch and APP side when you wake up.

Weather



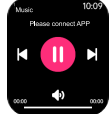
Enter the weather screen to display the day's hottest and coldest temperatures, areas, and air quality.

Information



After the watch is connected to the phone by Bluetooth, it can synchronize the information content on the phone in real time.

Music



This function is first connected to cell phone Bluetooth, APP, on the watch can control the previous/next song, pause, play.

Find a Cell Phone



When the watch is connected, click the "Start" option to enter the phone search interface, the watch will vibrate, and if the app is not connected, it will prompt you to connect Bluetooth.

Heart Rate



The watch's heart rate interface displays your current heart rate value.

Sport Mode



Enter the exercise interface, you can set many different exercise modes for health data management according to your needs.

Blood Oxygen



The watch's blood oxygen screen displays your current blood oxygen level.

Dial Plate



Click the watch button and rotate the watch button to switch the dial interface according to your preference.

QR Code



Click to enter the QR code interface, the QR code displayed can be swiped with your phone to download.

FAQ

Why are the blood pressure values different from the blood pressure monitor?

The watch measures the dynamic blood pressure trend, and the deviation between the watch and the sphygmomanometer measurement is determined by a variety of external factors. If you are taking the measurement at the same time, and because the blood flowing in the artery is in the centrifugal direction, the blood cannot flow smoothly to the arterial branch below the middle of your elbow due to pressure when the sphygmomanometer is measuring, the vascular tension increases, so the deviation value of the upper and lower blood pressure measurement will be even greater. Automatic photo taking after seconds Please allow the APP to access the album to save the self-taken photos.

Why Doesn't My Watch Receive Message Push?

Android phone settings:

1. Make sure the switch of message push is turned on in the mobile client, and allow the watch APP to get the relevant control permission.
2. Confirm whether the message can be displayed normally in the phone notification bar, the watch message push is by reading the phone notification bar message; if there is no message in the phone notification bar, the watch can not receive the push (you need to find the notification settings in the phone settings, turn on the stop switch of WeChat, QQ, phone, SMS, cell phone client. Run APP to read messages permission)

Apple Phone Settings

1. Make sure the message push switch is turned on in the mobile client
2. Open the phone settings - click Notifications - click WeChat, SMS, Phone - turn on permission notifications and make sure the messages can be displayed normally in the phone notification bar.

Note: If the connection is unsuccessful, we suggest you click ignore device in the Bluetooth settings, disconnect, restart the watch and re-bind the watch via the client.

Why Can't The Watch Take a Hot Bath?

It is not recommended to wear it when taking a hot bath. One of the main reasons: the water vapor produced during a hot shower is relatively high, which can easily produce a lot of water vapor, and water vapor is a gas with a small molecular radius, so it can easily penetrate through the watch casing gap and gradually condense into water droplets when the temperature drops down, thus harming the watch circuit board and damaging the watch.

Why Does Bluetooth Occasionally Fail to Connect?

The Bluetooth service of some cell phones may occasionally be abnormal when starting up, resulting in Bluetooth not being connected, usually restarting the phone or switching Bluetooth on and off again can establish a normal connection.

Why Does It Show GPS Unavailable On The App?

You need to open the GPS function of the phone first, and affected by the GPS signal of the phone, the signal is not received indoors, you need to go to an open place to receive the GPS signal.

Why is There No Sleep Record?

The watch records sleep time from 8 p.m. to 10 a.m. The watch automatically monitors your sleep status as you sleep.

Should the Bluetooth Connection Be On All The Time? Will The Watch Data Be Saved If Disconnected?

Before the data is synchronized, the exercise and sleep data will be saved on the watch host. When the watch is connected to the mobile app, the watch data will be automatically synchronized and uploaded to the mobile app. The watch can store data for about 7 days, and when the space is full, the system will automatically overwrite the earliest data in a cycle. Please pay attention to synchronize the data to mobile APP in time.

Special Announcement

1. Not suitable to wear when bathing and swimming.
2. Please connect the watch when synchronizing data.
3. Use the charging cable that comes with it to charge.
4. Do not expose the watch to high moisture, extremely high or low temperature for a long time.
5. System support: Android 9.0, iOS 9.0 and above.
6. Non-professional blood pressure measurement equipment, the watch measuring blood pressure parameters for reference only, not for medical purposes.
7. Due to the continuous upgrading of product features, specific instructions to the APP user manual shall prevail.



FCC Warning

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.

NOTE 1: 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.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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