

130\*48mm

## Smart watch manual



### Adapt to platform requirements:

Android 5.0 and above mobile phones

IOS 9.0 and above mobile phones

### APP download method:

1.IOS/Android phone users:scan the above QR code to download and install the application.  
2.Android: Search for "LavasFi" through the so ftware application store to downlo ad and install the application.  
3.Apple: Search for "LavasFi" through the App stor e to downlo ad and install the app.



### Initial use

1.To ensure the normal use o f the wat ch, please charge it first.  
2.The power supply of the wireless magnetic charging suction cup is aligned with the wireless magnetic charging suction cup on the back of the watch (the charging base will light green)



### Watch and APP connection

1.The permissions during the APP installation process are fully agreed, and the watch and the mobile phone must be connected to the APP and the mobile phone Bluetooth to achieve all functions.  
2.APP connection method: open the APP and mobile phone Bluetooth, the APP reminds you to enable the notification point to confirm. Click to add a device, search for the device name and click Connect to connect to the watch device.  
3.Mobile phone Bluetooth connection: Bluetooth must be turned on on the watch side, enter the mobile phone Bluetooth, search for the Bluetooth device of the model name, and click Connect to pair.  
4.Simple solution to common Bluetooth problems: Due to the lack of uniformity in the Bluetooth protocol of various mobile phone brands, sometimes the Bluetooth connection between the mobile phone and the watch may be unstable. You can turn o ff the Bluetooth of the mobile phone and reconnect it again, or reset the wat ch to the factory settings, such as the watch is in a dead state, you can press and hold the power button for 10 seconds to restart the watch.  
5.How to verify that the Bluetooth connection is successful:The bluetooth icon in the upper left corner of the main menu is used to indicate that the Bluetooth connection is successful. Use the wat ch to click to find the phone or enter the APP to find the watch. If there is vibration, it means that the voice BT is connected successfully.  
6.If the wat ch has an incoming call, there is no notification reminder on QQ WeChat, you need to set the phone settings-notification settings, open the corresponding application and open the notification application to receive information notification.

## 智能手表 说明书



### 适应平台要求:

Android 5.0及以上手机

IOS 9.0及以上手机

### APP下载方式:

1.IOS/安卓手机用户: 扫描上教二维码下载安装应用  
2.安卓: 通过软件应用商店搜索"LavasFi"下载安装应用  
3.苹果: 通过App store搜索"LavasFi"下载安装应用



### 初次使用事项

1.为确保手表正常使用, 请先进行充电  
2.已连接电源磁吸底座对准手表背部无线充电



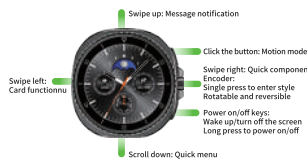
### 手表与APP的连接

1.APP安装过程中的权限全同意, 手表跟手机要连接APP和手机蓝牙才能实现所有功能。  
2.APP连接方法:  
打开APP和手机蓝牙, APP提醒后通知点确定。点击添加设备, 搜索设备名称点连接会连接手表设备。  
3.手机蓝牙连接:  
请在手表端打开蓝牙, 进入手机蓝牙, 搜索机型名称的蓝牙设备点击连接配对。  
4.蓝牙常见问题简易处理方法: 由于各个手机品牌的蓝牙协议没有统一性, 有时会出现手机跟手表蓝牙连接不稳定的情况, 可将手机蓝牙关闭了在重新连接一次, 或将手表恢复出厂设置, 如手表出现死机状态, 可以长按开关键10秒让手表重启。  
5.如何确定蓝牙连接成功: 主菜单左上角蓝牙图标是椭圆形就表示蓝牙连接成功, 使用手表点击连接手机或者进入APP查找手表, 有震动就表示APP连接成功, 手表进入设备配对电话或短信提醒蓝牙连接成功。  
6.手表无法充电, QQ微信没有通知提醒, 需要手机设置一通知设置, 打开对应的应用将通知应用打开, 才能接收到信息 通知。

### Watch operating instructions:

Power on/off key: Wake up/turn off the screen/long press to power on/off.  
Click the upper key: Sport mode

Click interface: Swipe up - message notifications, swipe down - Quick menu, swipe left - card functions, swipe right - quick components  
Encoder: It can be flipped by simply pressing the entry style/rotation.



### Watch function introduction

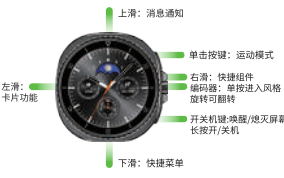
Standby interface: enter the standby inter face.  
Dial pad: connect to the mobile phone to dial out via Bluetooth, and you can make a call on the watch side.  
Call record: After the handset is successfully connected to the APP ,you can add a contact in the APP. If the contact is successfully added, the phone book of the handset will be displayed synchronously. Click the contact in the phone book on the handset to make a call.(Note: The handset needs Connect mobile phone Bluetooth).  
Movement: can display the call record of the watchband, click the phone number to dial.  
Information: Enter the sports mode (running, rowing, cycling, mountain climbing) selection interface, click again to start the data monitoring of the corresponding sports mode (distance, calories burned and heart rate data).  
Sports: record all exercise data.  
Pedometer: Calculate your step count data for the day , clear the data at 00:00 in the morning, and view it in the APP.  
Sleep monitoring: Turn on sleep detection to monitor the quality of sleep while sleeping.  
Reminder: Set the sedentary y time, the bracelet will vibrate when the time is up, and the interface will display a reminder.  
Heart rate: Put the watch close to your wrist, and the best place to wear it is on the upper arm of the wrist bone. The real-time heart rate can be measured. The normal value of the average person is 60-100 beats/min.

### Watch function introduction

Blood pressure: Put the watch close to your wrist, the best place to wear it is the wrist bone above the artery, you can measure the real-time blood pressure. Adult diastolic blood pressure: 60-90 (mmHg) adult systolic blood pressure: 100-120 (mmHg).  
Blood oxygen maintenance: The watch is tightly attached to the wrist, and the best wearing position is on the wrist bone and above the artery. The real-time blood oxygen value can be measured. The normal range of the value is generally 95% to 100%.  
Camera: When the phone is not locked, when the app after face is opened, the watch enters the Bluetooth camera, the phone will automatically pop up the camera interface. Shake the watch to take a photo, the phone will take a photo and save the photo on the phone. Or open the APP, enter the remote control selfie, the phone will pop up the camera interface face, and then click the watch will take a picture. According to control to play music in the phone.  
Bluetooth playback: When the watch is connected to the mobile phone, click on the watch to find the mobile phone, long press the magnifying glass icon, and the mobile phone will ring.  
Find the phone: When the watch is connected to the mobile phone, click on the watch to find the mobile phone, long press the magnifying glass icon, and the mobile phone will ring.  
Weather: Display the current weather temperature in degrees.  
Stopwatch: start stopwatch timing and end timing.  
Showwatch: You can set a custom alarm clock on the APP , and the watch will vibrate to remind you at the point.  
Alarm bell: Vibration off and on and volume adjusted could be set.  
Settings: Vibration off and on and volume adjusted could be set.

### 手表操作说明:

1.开机键: 唤醒/熄灭屏幕/长按开/关机, 单击上键: 运动模式  
2.时钟界面: 上滑-消息通知, 下滑-快捷菜单, 左滑-卡片功能, 右滑-快捷组件  
编码器: 单击进入风格/旋转可翻转。



### 手表功能介绍

待机界面: 进入待机界面  
消息通知: 连接手机蓝牙推送, 可以在手表端实现推送  
联系人: 手表与APP成功连接后, 可以在APP中添加联系人, 联系人添加成功后在手表电话本会同步显示, 手表点击电话本中的联系人可以点击拨打电话 (备注: 手表需要连接手机蓝牙)  
通话记录: 可显示手机通话记录表, 点击电话号码可拨打  
信息: 可显示消息推送内容, 如: QQ、微信等 (ios12以上系统会默认屏蔽短信提醒)  
运动: 1.进入运动模式 (跑步、骑行、登山) 选择界面, 再次点击自动对位运动模式(跑步、骑行、登山) 选择界面, 再次点击自动对位运动模式(跑步、骑行、登山) 选择界面, 再次点击自动对位运动模式(跑步、骑行、登山) 选择界面。  
运动数据: 记录所有运动数据  
计步器: 统计当天实时计步数据, 凌晨00:00时清除数据, 可在APP查看  
睡眠监测: 开始睡眠检测能在睡眠时应用睡眠监测  
久坐提醒: 设置久坐提醒时间, 到时间时手表会有轻微震动, 并界面有提示显示  
心率: 将手表贴在手腕, 最佳佩戴位置在手腕背侧手腕上方, 可测出实时的心率值, 一般人正常值70~100次/分

### 手表功能介绍

血压: 将手表贴在手腕, 最佳佩戴位置在手腕背侧手腕上方, 可测出实时的血压值, 成人舒张压: 60-80 (mmHg) 成人收缩压: 100-120 (mmHg)  
血氧监测: 将手表贴在手腕, 最佳佩戴位置在手腕背侧手腕上方, 可测出实时的血氧饱和度, 正常范围一般在95%~100%  
蓝牙通话: 手机中安装软件如下: 在打开app界面状态下, 手机进入蓝牙通话, 手机会自动播放语音内容, 播放声音清晰, 手机会自动播放语音并保留手机通话, 或打开APP, 进入通话界面, 手机会弹出接听界面, 再启动手表也会进行接听  
蓝牙耳机: 可控制播放手机中的音乐  
接听机: 手表和手机连接时, 点击手表接听手机, 长按放大接听机, 手机铃声会响起  
天气: 显示当前天气温度数据  
秒表: 开始秒表计时和结束计时  
钟表: 可以APP端设置自定义闹钟, 则手表会震动提醒  
设置: 可以设置开启或者关闭震动以及调节音量

### Watch function introduction

Style: You can set and change the UI style.  
About: Display the MAC serial code, Bluetooth name, and version number of this device.  
Brightness: can set the brightness size and backlight off time.  
QR code: QR code downloaded by mobile APP.  
Reset: Let your device reset and clear data, such as pedometer sleep, etc.  
Breathing exercise dial: After turning on the screen clock, the screen pops up and turns off the clock.  
Language: After connecting to the APP, you can set the language on the APP side, and the language can be synchronized to the watch after setting, or switch the language on the watch side, that is, it will also be synchronized to the APP side.  
Dial push: enter the APP and dial function, you can view my dial and local dial; you can also push QR code data and dial mode to the watch end.  
Lighting: Click on the settings interface of the watch to open the Linglong Island stand switch, and return to the dial to view information.  
Loudspeaker: Click the setting interface of the watch to turn on the watch of the over hand of screen, and the watch will of the screen when the hand cover is put on the watch.  
Precautions for use: 1.Not suitable for bathing and swimming.

2.Please connect the watch when synchronizing data.  
3.Use the built-in charging cable to charge.  
4.Do not expose the watch to high moisture, extremely high or extremely low temperatures for a long time.  
Watch maintenance:  
1.Do not scratch the sensor, protect it from damage.  
2.You can wipe the face of the watch with a damp cloth, and use mild soap and water to remove oil or dust.  
3.Do not expose the watch to an environment with strong chemical substances, such as gasoline, cleaning solvents, propellant, alcohol or insect repellent, chemical substances will damage the sealing of the watch and the surface of the case.  
4.Avoid your watch from being exposed to strong shocks and extreme heat exposure. This product does not support IP68 waterproof, does not support rain, hand washing, swimming wear, hot showers or saunas, etc., can not be worn, and cannot prevent water vapor. If the watch is damaged due to water ingress due to use in violation of the instructions, our company will not provide a free warranty.

### common problem:

Can't find the watch?  
1. Answer: Because the Bluetooth broadcast of the watch has not been searched by the mobile phone, please make sure that the watch is powered and activated, and is not connected by other mobile phones. Move the watch close to the mobile phone and search again. If it still does work , turn off the bluetooth of the mobile phone and turn it on again after 20 seconds, Bluetooth searches again.

Is the Bluetooth connection always on? Will there be any data if it is turned off?  
Answer: Before synchronizing the data, the exercise and sleep data will remain on the watch. When the Bluetooth connection between the mobile phone and the watch is successful, the watch will automatically upload data to the mobile phone, but the data stored by the watch is limited. It can only store Bluetooth data for about one week. When the space is full, the oldest data will be automatically overwritten to generate the latest data. so please sync your watch to your phone in time.  
Note: If the call and SMS reminder function is turned on, you need to keep the Bluetooth connected, and the alarm clock reminder supports offline.

What should do if the watch cannot be charged?  
1. Please make sure that the direction of the charging stand is correct and the charging clip is in good contact with the watch.  
2. When the power of the watch is less than 3.0V , there will be a period of battery precharging time.  
Remarks: It will enter the charging state immediately after the charger is plugged in. If there is no display, you need to charge for 3-5 minutes to enter the charging state.

Will the watch cause harm to the human body if worn for a long time?  
Answer: The radiation of the equipment is much lower than the FCC standard of the United States, which is basically negligible. Long-term wearing will not cause radiation damage to the human body.

### 手表功能介绍

风格: 可以设置更换UI风格  
关于: 显示本设备的MAC地址, 蓝牙名称, 及版本号  
亮度: 可设置亮度大小和背光关闭时间  
扫二维码: 手机APP下载扫二维码  
定位: 让您的设备位置并清除数据, 切勿涉嫌疑等  
息屏锁屏: 打开息屏锁屏, 屏幕熄灭后无操作  
语言: 连接APP后, 可在APP端进行语言设置, 设置好后语言可以同步至手表; 或在手表端自行语言切换, 那么也会同步APP端  
表盘推送: 进入APP端表盘功能, 可查看我的表盘及本地表盘; 也可推送APP表盘, 表盘推送至手表端  
震动告: 在手表点击设置界面打开震动告开关, 返回表盘界面可查看详情  
休闲游戏: 赛车游戏  
蓝牙连接: 在手表点击设置界面打开蓝牙连接开关, 手表到手表会上搜索

### 使用注意事项:

1.洗澡和游泳时不宜佩戴。  
2.同步数据时请连接手表。  
3.使用自带的充电线充电。  
4.不要把手表长时间暴露在光线较强、温度较高或较低的地方。

### 手表保养:

1.不要划伤传感器, 保护它避免受损  
2.可用湿布擦拭手表表面, 用温和的肥皂水清洗表带或表壳  
3.请勿将手表暴露在有毒化学物质附近的环境中, 如汽油, 清洁剂、丙酮、酒精或腐蚀性剂, 化学物质会损坏手表的密封性和外表表面  
4.避免你的手表遭受强烈的撞击、极度的高温的暴晒  
5.本产品不支持IP68级防水, 不支持淋雨、洗手、游泳戏水, 热水淋浴或桑拿等不能佩戴, 防止水蒸气, 如因不按指示使用导致手表进水损坏, 本公司不作免费保修。

### 常见问题:

无法连接到手表?  
答: 因为手表的蓝牙广播没有被手机搜索到, 请确保手表处于有电和连接状态, 且没有被其他手机连接上, 将手表靠近手机重新搜索, 如果仍然无效, 关闭手机蓝牙20秒后重新开启蓝牙再次搜索。  
蓝牙连接一直未开启吗? 关了的话还会不会自动开?  
答: 没有同步数据前, 运动和睡眠数据会留在手表主机上, 当手机和手表蓝牙成功连接时, 手表会自动上传数据到手机端, 但手表存储的数据有限, 大约只能存储一周的蓝牙数据, 关闭后会清除最早的数据来产生最新数据, 所以请及时将手表同步到手机上。  
备注: 如果开启了来电、短信提醒功能则需要保持蓝牙处于连接状态, 否则提醒无法持续。  
手表出现不能充电怎么办?  
a. 请确认充电电源的方向是否正确, 充电器与手表接触是否良好。  
b. 当手表电量低于3.6V时, 会有一段时间的电池预热时间  
备注: 支持插上充电器后立马进入充电状态, 如果没有显示则需要充3-5分钟就可以进入充电状态  
手表长期闲置会不会对人体造成伤害?  
答: 设备辐射远低于美国的FCC标准, 基本可以忽略不计, 长期闲置不会对人体造成辐射伤害

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.

#### FCC Radiation Exposure statement

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