折叠尺寸：17*10.5CM

HEALTH MONITORING BLUETOOTH CALL SMART WATCH

User Manual

Thank you for using our products. This manual will help you get familiar with the basic features of using the smart watch as soon as possible. Please read it carefully before using this product and keep it safe.

Product Description

- Bluetooth named：UWO
- Display：1.39 inches HD
- Resolution 360*360
- Battery Capacity: 230mAh
- Working temperature：-10℃~50℃
- Waterproof grade IP67
- Compatible Systems: Android 5.0 and above, iOS 10.0 and above
- Packing list: host, watch strap, charging stand, charging cable, manual

Charging instructions

- When using the watch for the first time, press and hold the power button for 3 seconds to turn on the watch. If the battery is insufficient or exhausted, please charge it first.
- After connecting to the charging stand, plug the USB port of the charging cable into the power adapter (5V 1A) for charging.
- In order to ensure a good charging contact, please ensure that the spring pin of the charging stand is aligned with the charging contact point of the watch, and that the contacts are free from dirt and impurities.
- When charging, a charging icon will appear on the watch screen. If the watch is not used for a long time, please make sure to charge it once a month.

APP

- Before using this device, please download the APP and install it, scan the following QR code with your mobile phone, and select the corresponding software to install according to the mobile phone system.You can also enter the Settings→APP QR code interface on the watch side to scan, download and install. (Compatible system Android 5.0 and above, iOS 10.0 and above)

Bluetooth connection

- When a new user uses the device for the first time, after downloading and installing the APP, complete the personal identity account registration and log in.

Bluetooth 3.0 connection

❶ Slide down on the main dial interface of the watch to enter the shortcut menu, click the icon, turn on the "Bluetooth Call" and "Media Audio" switches, and click "Not Connected" to broadcast the watch Bluetooth.

❷ Turn on the bluetooth of the mobile phone, find the bluetooth named UWO in the list, click to connect, and the watch icon will change to Connected. After the connection is successful. After completing the above operations, the watch can make bluetooth calls and be used as a bluetooth speaker.

Bluetooth 5.0 connection

Run the APP on the mobile phone, click "My"→"Device" in the lower right corner, find an item named "UWO" and contain the MAC address of the current watch from the scanned device list, click to connect, and complete the binding of current watch and APP, the watch icon changes to .

Note: Swipe down on the main dial interface of the watch and click on the interface to get the MAC address of the current watch.

Swipe down on the main dial interface of the watch, the icon before the clock in the lower left corner is the Bluetooth 5.0 status icon, is not connected, and is connected. Swipe down on the main dial interface of the watch, click the icon to enter, and you can check the bluetooth 5.0 connection status.

Enter the "My Device" interface on the mobile phone, slide down to the bottom "Disconnect" to unbind.

Operation method

Main Function buttons	❶ When the screen is off, short press to turn on the screen
	❷ On the main dial interface, short press to enter the menu interface
	❸ In the menu interface, quickly double-click to switch the UI style
	❹ In the menu interface and function list, the rotation button can rotate the display interface
	❺ After the screen is on, short press to return to the main dial interface
Power button	❶ In the off state, press and hold for 3 seconds, and the watch will vibrate and turn on
	❷ When the screen is off, short press to bright the screen
	❸ When the screen is on, short press the screen
	❹ On the main dial interface, quickly double-click to enter the multi-sport mode
	❺ When the screen is on, press and hold for 3 seconds, and the watch enters the shutdown interface
Long press the screen	On the main dial interface, long press the screen to choose a different dial
Swipe left	Swipe left on the main dial interface to enter the next function interface
Swipe right	❶ Swipe right on the main dial interface to enable the split screen function
	❷ Swipe right on the function interface to return to the previous interface
Swipe up	Swipe up on the main dial interface to enter the notification center
Slide down	slide down on the main dial interface to enter the shortcut menu

Main functions

Step/Distance/Calories

- The activity interface displays the number of steps, distance and calories burned that day, which can be updated to the APP synchronously to view detailed data.

Bluetooth calling

- After turning on the Bluetooth call on the watch and connecting to the Bluetooth 2.0 of the mobile phone, you can make a call through the watch. You can dial on the watch, or add frequently used contacts (up to 10) on the APP side to sync to the watch and select the contact to make a call. You can also enter the call record interface to call back.
- After the phone reminder is turned on in the watch settings→notification settings, when the phone calls, the watch will vibrate to remind and display the call interface, and you can mute, answer or hang up the call on the device.

Body temperature

- After entering the body temperature interface, click to start body temperature monitoring, the progress will be displayed during the process, and the skin temperature and body temperature will be displayed after completion.
- Automatic monitoring: Turn on "Temperature Monitoring" in the "Settings" - "Health and Monitoring" of the watch or turn on "Automatic Body Temperature Monitoring" in the APP "My Device" - "Switch Settings", the watch will have an automatic detection function, every Detect once every 10 minutes, connect the APP to synchronize the data to the mobile phone, and the interface displays the highest and lowest temperature and the measured time and temperature distribution map respectively.

Note: When testing body temperature, the temperature sensor at the bottom must be in full contact with the skin (tested after wearing for 10 minutes). Body temperature testing will be affected by ambient temperature difference and only serves as a warning reminder. For details, please refer to medical professional equipment and doctor's diagnosis.

Heart rate

- After entering the heart rate interface on the watch, you can start heart rate detection. The interface displays the last manual measurement result, the highest and lowest values of automatic monitoring, and the 24-hour heart rate graph. After the detection is completed, the current manual test result is displayed.
- 24-hour heart rate automatic monitoring: Turn on "Heart Rate Monitoring" in the watch "Settings" - "Health and Monitoring" or "My Device" - "Switch Settings" in the APP "Automatic Heart Rate Monitoring", and the watch will have an automatic detection function, once every 10 minutes, connect the APP to synchronize the data to the mobile phone.
- 24-hour real-time heart rate monitoring: Turn on "Scientific Sleep" in "Settings" - "Health and Monitoring" on the watch or turn on "Scientific Sleep" in the APP "My Device" - "Switch Settings", and the heart rate will be automatically detected every 1 minute Data, connected to the APP, updated every 5 minutes, 5 values each time.
- High Heart Rate Alert: Turn on "Heart Rate Alarm" in "Settings" - "Health and Monitoring" of the watch or turn on "Heart Rate Alarm" in the details interface of the APP heart rate data panel. When the watch detects that the heart rate is too high, it will vibrate and display the heart rate Alarm Switch and alarm threshold can be set in "My Device" - "Heart Rate Alarm" on the APP side)

Blood oxygen

- After the watch end enters the blood oxygen interface, you can view the last test result and the blood oxygen distribution map at night, click the start icon to start the test, the progress will be displayed during the process, and the current result will be displayed after completion.
- Automatic monitoring at night: Turn on "Blood Oxygen Monitoring" in "Settings" - "Health and Monitoring" of the watch or turn on "Blood Oxygen Night Monitoring" in the APP "My Device" - "Switch Settings", and the watch will be at night (0 ~7) The point automatically detects the data every 1 minute, and connects to the APP terminal to update every 5 minutes, with 5 values each time, and will perform relevant statistical analysis on the night detection data.
- Hypoxic wake-up at night: Turn on automatic monitoring and turn on "Hypoxic wake-up" in the details interface of the APP "Blood oxygen data panel. When the watch detects that the blood oxygen is too low at night, it will vibrate and display hypoxia.

Blood pressure

- After the watch end enters the blood pressure interface, you can view the last test result and blood pressure distribution map, click the start icon to start the test, the progress will be displayed during the process, and the current result will be displayed after completion.
- Automatic monitoring: Turn on "Blood Pressure Monitoring" in "Settings" - "Health and Monitoring" of the watch or turn on "Automatic Blood Pressure Monitoring" in the APP "My Device" - "Switch Settings", the watch will have an automatic detection function,It will detects once every 10 minutes If the "Scientific sleep" is turned on simultaneously, it will automatically detect once every 5 minutes. The data can be synchronized to the mobile phone when connected to the APP. The interface displays the highest and lowest blood pressure and the measured time and distribution map respectively.
- Blood pressure private mode: connect the watch to the APP, turn on the "blood pressure private mode" in "My Device" on the APP side, and enter the daily blood pressure value for calibration, so that more accurate test results can be obtained during blood pressure testing.

Blood sugar

- After entering the blood glucose interface on the watch, you can start blood glucose detection. The interface displays the highest and lowest values, as well as a 24-hour heart rate curve. After the detection is completed, the current manual test result is displayed.
- Automatic monitoring: Turn on "Blood Glucose Monitoring" in "Settings" - "Health and Monitoring" of the watch or turn on "Automatic Blood Glucose Monitoring" in the APP "My Device" - "Switch Settings", and the watch will have an automatic detection function, It is detected once every 10 minutes, and the data can be synchronized to the mobile phone by connecting to the APP The interface displays the highest and lowest blood pressure and the measured time and distribution map respectively.
- Blood glucose private mode: connect the watch to the APP, turn on the "blood glucose private mode" in "My Device" on the APP side, and enter the daily blood glucose value for calibration, so that more accurate test results can be obtained during blood glucose testing.

Sleep

- The watch enters the sleep interface, displaying the total sleep time and target sleep time. After connecting to the APP to upload data, you can view detailed sleep data on the APP, including sleep quality, sleep duration, number of awakenings, time to fall asleep, time to wake up, duration of deep sleep, duration of light sleep, duration of insomnia, rapid eye movement duration, and related information. Corresponding time distribution diagram.
- Scientific Sleep: Turn on "Scientific Sleep" in "Settings" - "Health and Monitoring" of the watch or "Scientific Sleep" in the APP "My Device" - "Switch Settings", not only to monitor sleep at night, but also during the day. Detect nap and nap duration.

HRV

- Turn on "Scientific Sleep" in "Settings" - "Health and Monitoring" of the watch or turn on "Scientific Sleep" in the APP "My Device" - "Switch Settings", The watch will automatically detect the data every 10 minutes at night (0~7), and you can view the night HRV curve through the watch, as well as the highest, lowest, and last detection results can be viewed through the watch end, or the detailed data and Lorenz scatter diagram can be viewed on the mobile and after uploading data through the APP.

Pressure

- After entering "Pressure" on the watch end, you can view the pressure distribution and the latest test results. The watch automatically detects every 10 minutes, and the histogram displays once every 30 minutes.

Met

- After entering the "MET" on the watch end, you can view the Meteor curve and the highest, lowest and last test results for the whole day. The watch automatically detects every 10 minutes and ticks the curve every 30 minutes.

Breathing training

- Click "Breathe" on the watch side, and you can start breathing training after selecting the training time.

Sports mode

- On the main dial interface, short press the main function button on the upper side, click to enter "Workout" or on the main dial interface, quickly double-click the power button on the lower side to enter the multi-sport mode selection, including Outdoor run, Outdoor walk, Hiking,Indoor run, Indoor walk, Stair steppes, Outdoor cycle, Stationary bike, Elliptical , Rowing machine, Yoga, Hi!Free-play, Fitness, Jump Rope, Fitness Gaming, Climbing, Athletic, Ball games, and Dancing 20 types.
- Heart rate, calories and exercise duration can be recorded during exercise, and you can pause/continue or quit exercise at any time.
- When the watch is connected to the APP and the exercise mode is turned on, the data will be directly synchronized to the mobile phone. If it is not connected to the APP, the watch can independently store the latest 3 exercise data, and the 3 times of data can be uploaded after connecting to the APP.

Notifications (message reminder)

- Open the message type that needs to be reminded in the watch "Settings" - "Notification Settings", or in APP "My Device" - "Message Reminder". When the watch is connected to the mobile phone, the APP can receive SMS and application messages on the mobile phone.
- When on the main dial interface, slide up the screen to quickly enter the message center.

Music

- After the watch is connected to the mobile phone via Bluetooth 3.0 and "media audio" is turned on, it can be used as a Bluetooth speaker for the mobile phone.
- Switch the watch to the music interface, and you can control pause/play, switch between previous and next songs, and adjust the volume on the device.

Female function

- When the watch is connected to the APP, the female user clicks "female" on the APP data panel to enter the physiological state selection interface, selects the corresponding state according to the personal situation and fills in the context to save. The APP can predict and monitor the physiological state by filling in the data. For reminders, you can also enter "Cycle tracking" on the watch side to view. **Note:** This function is mainly for female users. If the gender of the APP user is set to male, this module will not be displayed in the APP data panel.

Camera

- When the watch is connected to the APP, open the APP "My Device" - "Take photo" function, click on the watch screen or shake the watch to take a photo.

Weather

- After the watch is connected to the APP and the weather push is turned on, the 24h real-time weather and 3-day weather overview can be synchronized.

Alarms

- Alarm clocks (up to 10 groups) can be added on the watch side or APP side, and the APP side can add labels to the alarm clock.
- To modify or delete an alarm clock, you can open the alarm clock list on the watch side, click the alarm clock that needs to be modified or deleted, enter the details interface, slide to the bottom, click delete or edit, or enter "alarm clock settings" on the APP side, click the corresponding alarm clock to delete or edit.

Stopwatch

- The stopwatch function can be turned on on the watch, and the interface displays hours, minutes, and seconds. Click the icon to pause and resume operations.

Timer

- Enter the timer interface, you can select the desired duration or click the "+" icon to customize the duration to start the countdown, and click the icon to pause, continue and cancel operations.

Find phone

- After the phone is connected, you can start the "Find" function on the watch, use the watch to find the phone, and the phone will vibrate and ring.

Voice assistant

- After connecting the mobile phone, you can start the mobile phone voice assistant on the watch and perform voice operations.

Calculator

- You can open the calculator on the watch for simple calculations.

Other functions

- Flashlight•exercise compliance reminder•sedentary reminder•brightness adjustment•dark mode•menu style switching•dial switching•turning wrist to brighten the screen

Precautions

1. To ensure the accuracy of the test data, please rest quietly for more than 5 minutes before testing (blood oxygen and blood pressure. Do not eat, smoke, take medicine and drink caffeine 2 hours before the test. Keep relaxed and still during the test, and let the watch At the same height as the heart, speech is forbidden.

2. This product is not a medical device, and the related health measurement results are for reference only, and are not used as any medical purpose or basis.

3. The waterproof level of this product is IP67, which can be used for daily waterproofing. It cannot be used for diving or soaking in water for a long time, and it is not resistant to hot water. The water vapor generated by hot water will cause damage to the electronic components of the product.

4. This product is not equipped with a standard charger. In order to ensure the safety of family members and property, when charging, you can use the USB port of the computer to charge, or choose a charger whose output does not exceed 5V/1A. Please purchase chargers through official channels, and avoid using low-quality and fake chargers to avoid bursting or fire.

5. This product contains a polymer battery, please do not place this product in a high temperature environment for a long time, and do not place this product in an open flame. Do not charge this product in a humid environment. Before charging, make sure that the metal contacts on the watch body and the charging cable are free from dirt and corrosion. Regularly clean the back of the watch and the metal contacts on the charging stand with a clean flannelette. Make full contact between the watch and the metal contacts on the charging stand to ensure normal charging.

6. The company reserves the right to modify this manual without any notice. The functions and interface may be different due to the software version update of the watch. Please refer to the final product.

Warranty Card

Product Name	
Model Specifications	
Client Name	
Contact Number	
Address	
Distributor	
Contact Number	
Address	
Date of sale	

APP QR

FC CE RoHS

Made in China

尺寸：10.5CM

尺寸：17CM

FCC Warnning:

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 againstharmful interference in a residential installation. This equipment generates, uses and can radiateradio frequency energy and, if not installed and used in accordance with the instructions, maycause harmful interference to radio communications. However, there is no guarantee thatinterference will not occur in a particular installation. If this equipment does cause harmfulinterference to radio or television reception, which can be determined by turning the equipmentoff and on, the user is encouraged to try to correct the interference by one or more of thefollowing 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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.