智能手表
使用说明书

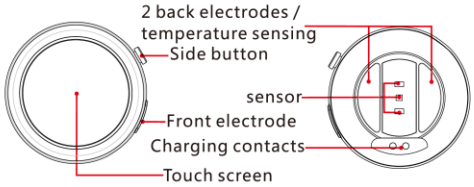
感恩，岁月如歌中与你相遇.
感谢您选用本款智能手表，本手表将为您的运动和健康提供更高的帮助和享受，为了方便您使用，请仔细阅读说明书，并按照说明书的步骤操作。

Smart watch
User Guide

Thanksgiving, I met you in the years like songs.
Thank you for choosing this smart watch. This watch will provide higher help and enjoyment for your exercise and health. For your convenience, please read the instructions carefully and follow the steps in the instructions.

Watch quick instructions

Parts introduction



Long press the side button to turn on the watch

Instruction for Charging

It needs to be charged and activated before using the watch for the first time.Use the equipped magnetic charging cable to attach to your hand The metal point on the back of the watch, the other end of the charging cable Connect to USB charging head or computer USB connection Just mouth.

Install watch APP

Scan the QR code below or go to major application markets to download and install "HealthWear".

Device requirements: iOS 11.0 and above, Android 6.0 and above, support Bluetooth 4.0.

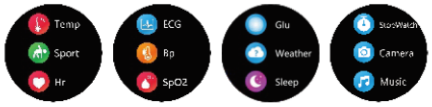
Open the mobile client to set up personal information
↓
Switch to the "Device" page and click on the binding device
↓
Click on your device in the list of scanned devices
↓
Binding completed

Main function interface

Main interface/dial

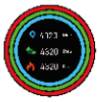
On the main interface, long press the touch screen or in the APP menu, click "theme selection" to enter Switch the main interface/dial.

On the main interface, press the side button or swipe up to enter the function page, and then press the side button or Swipe down to return to the main interface.



Pedometer/Distance/Calories

View steps, distance, calories burn in real time It can synchronize apps in time to view motion data.

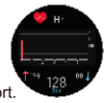


Body temperature

Switch to the temperature test interface to enter the real-time temperature detection, the monitoring data can be updated to the APP synchronously, and there is a test report.

Note: When testing body temperature, the bottom temperature must be in full contact with the skin (tested after 10 minutes of wearing). The body temperature test will be affected by the temperature difference of the environment, which only serves as a warning reminder. For details, please refer to medical professional equipment and doctor diagnosis

Heart rate monitoring

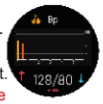


Switch to the heart rate monitor interface, Heart rate monitoring, in real-time The measurement data can be synchronized with the APP in real time with a test report.

ECG

Long press the front electrode on the ECG test interface, the three electrodes are in full contact Skin, test, test report needs to be viewed in APP.

Blood pressure monitoring



Switch to the blood pressure monitor interface, to enter real-time monitoring. The measurement data can be synchronized with the APP in real time with a test report.

Note: When measuring blood pressure, please measure by the correct posture.The test result is for reference only, Cannot be used as medical data.

Blood oxygen interface

Switch to the blood oxygen test interface to enter the blood oxygen real-time detection and measurement data It can be updated to the APP synchronously, and there is a test report.

Blood sugar

Switch the watch to the blood sugar test interface to enter blood sugar monitoring, and the data can be updated to the APP synchronously.Note: The test results are for reference only and cannot be used as medical data.(Before measurement, it is recommended to link the APP, select "Health Settings" →" Glucose Calibration" in the interface of "My Device", and measure after calibration)

Sport mode

Click on the sport mode interface to enter the sport mode. There are multiple sport modes to choose from.
Click the exercise icon to enter the corresponding exercise mode detection. Swipe up and down to switch sports Mode, click to start calculation, swipe right to exit the current sport mode.

Weather information

The weather page displays current weather, air quality information, and tomorrow Condition. Weather information needs to be connected to the client before data can be obtained If you disconnect for a long time, the weather information will not be updated.

Note: Phone settings need to be turned on for positioning

Sleep monitoring function

When you fall asleep, your watch automatically determines that you're in sleep detection mode, automatically detects how long you've been asleep/light sleeping/sleeping all night, calculates the quality of your sleep, and updates your sleep data to the APP synchronously.

Note: Wear your watch to sleep before you have sleep data.

Stopwatch

Tap the stopwatch to enter the stopwatch function, and swipe right to exit.

music

When connected, tap music to control the music player.

camera

In the connected state, tap the camera to remotely take pictures with the mobile phone. Click to take a photo and swipe right to exit.

Shortcut function

Swipe down on the main interface to enter the shortcut function interface, select "Do not disturb" "Information" "About" "Settings" and other options, click the icon to You can enter the corresponding function.

information

Click on the message to view the content of the message, scroll up and down to turn pages. Swipe right to exit.

About

Click the about icon to display the machine model and last four digits of the Bluetooth address.

Brightness

Click the brightness icon to freely select the screen brightness.

Raise your wrist

Tap the wrist lift icon to enter, you can choose to open or close the wrist lift.

Reset

Click the reset icon to enter, you can restore the factory settings of the watch.

Shutdown

Click the shutdown icon to enter, you can shutdown.

Other feature reminders.

The reminder function needs to set the on reminder switch on the APP side and keep the phone and watch connected successfully in Bluetooth to the message is a vibration reminder.

Basic parameters

Connection mode: Bluetooth connection
Input: 5V,500mA MAX
Device requirements: Android 6.0or iOS 11.0 and above

Caution

1. Prohibit the use of an adapter with charging voltage greater than 5V, charging current greater than 2A, and charging time of 2-3 hours.

Special note

1. This product is not a medical device, the measurement results are for reference only, not for any medical purposes and basis. Please follow your doctor's instructions and do not rely on the test results for self-diagnosis and treatment.
2. This manual is based on existing information, in the spirit of continuous improvement, the principle of continuous development, the company reserves the right to change product specifications and functions, and any product described in this manual to modify and improve.

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.

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