

Smart Watch Manual			Quick guide APP download method • Scan code: Scan the QR code to download and install the application • Android: Search for "Keep Health" on Google Play to download and install the app • Apple: Search for "Keep Health" through the App store to download and install the app Note: Adapt to Android 5.0 or iOS 9.0 and above systems Preparation before use For the first use, please press and hold the power button to turn it on. If it cannot be turned on, please charge the watch first. Watch and APP connection • Long press the power button to start, please make sure that the Bluetooth of the mobile phone is turned on (Android needs to turn on the GPS location permission) • Open the Keep Health APP on the mobile phone, follow the instructions on the guide page to complete the APP registration and settings, enter [Device—Add Device], and select the Bluetooth code that matches the smartphone to connect. (Note: Android users can only pair on the APP, not on the phone's system Bluetooth) • After the APP is successfully connected to the watch, it will automatically enter the homepage to synchronize data, and the watch will automatically synchronize the date, time, and language of the phone. 1 <td data-bbox="1947 354 2390 1135"> Watch operating instructions • Power button: Long press the power button to turn on/off. On the dial interface, short press the power button to enter the menu list, short press the power button on other application interfaces to return to the previous menu. • Long press on the dial interface: Enter the dial switching interface, swipe the screen to the left, and click the desired dial. You can also enter the Keep Health APP [Device—Watch face], click to install the dial. • Swipe up the dial interface: Enter the shortcut menu settings • Swipe left or right on the dial interface: directly enter the application, and the card settings can be increased, decreased and adjusted according to personal usage habits. • The dial interface slides down: Enter the information notification, the information notification can display the last 8 information prompts, click on a message, enter the information reading, or delete a single message. Application description Activity record: Enter the activity record interface, swipe up to view detailed activity data, the red part indicates exercise consumption, the green part indicates exercise time, and the blue part indicates standing time. 2 <td data-bbox="2390 354 2834 1135"> Physical training: Enter the physical training interface, select the corresponding exercise mode to start training. Heart rate/blood pressure/blood oxygen/body temperature/pressure: Click on the icon to enter the measurement. When measuring, you need to attach the heart rate sensor or electrode sensor on the back of the device to your wrist to maintain comfort, keep your mood relaxed, and your body still. The measured value time is 10– Between 40 seconds. The automatic monitoring time is automatically measured once every 15 minutes(Note: Some functions are only available on specific models). MET(Metabolic Equivalent of Energy): Enter the MET interface, you can view the MET records for the past week. MET refers to the energy metabolism equivalent, which is a common indicator of the relative energy metabolism level during various activities based on the energy consumption when resting and sitting. Sleep: Enter the sleep interface, the watch will display yesterday's sleep duration, deep sleep, and light sleep duration (you need to wear the watch to fall asleep to have a record) Weather: Enter the weather interface to display the weather conditions of the current day and the next 2 days. After the watch is connected to the APP, it will automatically synchronize the real-time weather forecast. Alarm clock: Enter the alarm clock interface, you can choose to add or edit the alarm clock, until the watch vibrates to remind you. </td></td>	Watch operating instructions • Power button: Long press the power button to turn on/off. On the dial interface, short press the power button to enter the menu list, short press the power button on other application interfaces to return to the previous menu. • Long press on the dial interface: Enter the dial switching interface, swipe the screen to the left, and click the desired dial. 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