OPERATING GUIDE

WATCH CHARGING AND ACTIVATION

Attach the magnetic charging wire to the metal contact of the charging port until the charging indication appears on the watch display. When the watch is low, charge. The device is an all-in-one machine

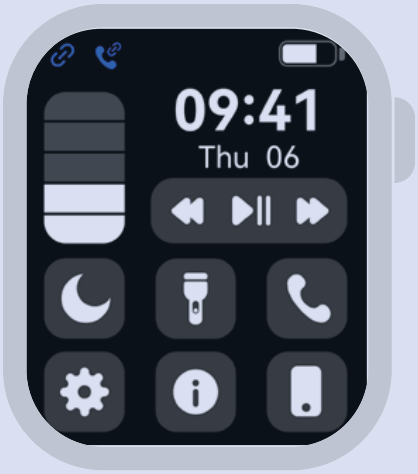
MOBILE PHONE CLIENT DOWNLOAD

Scan the QR code below to download and install the mobile phone client

FUNCTION LNTRODUCTION

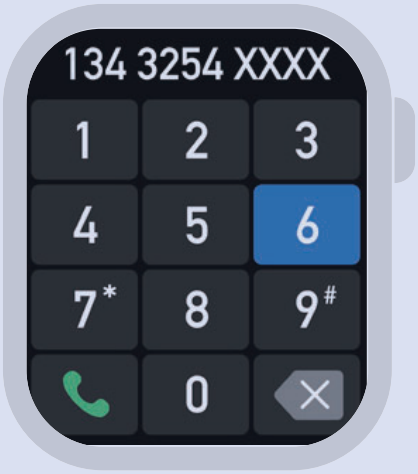
Dial switch

Long press for 2s on the home screen to enter the dial switch interface. Slide right and left to switch the dial for selection and click to select the dial



Control center

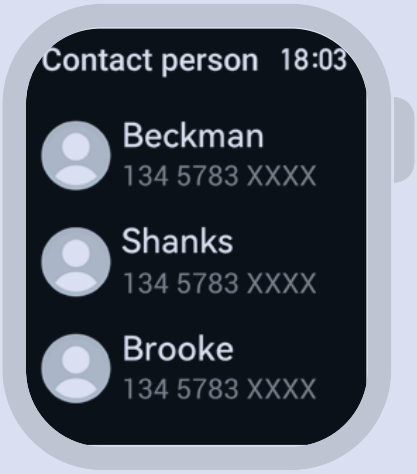
Function overview: Do not disturb mode, power saving mode, brightness adjustment, settings, find phone, system information, flashlight, call Bluetooth



Call function

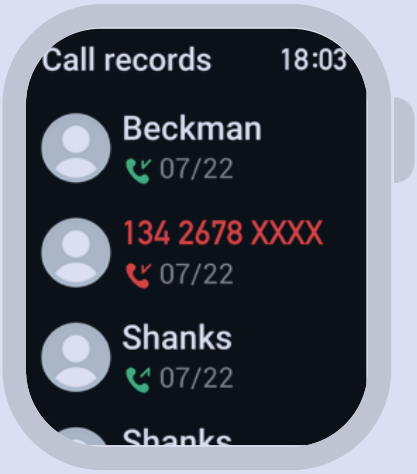
This function needs to be connected to audio Bluetooth. When entering the dial, you can enter the phone number as needed, and then dial; long press 7 and 9 on the keyboard for 2s to enter * and #.

FUNCTION LNTRODUCTION



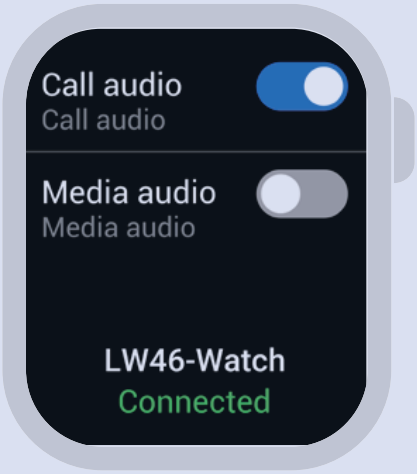
Frequent contacts

Frequent Contacts: You need to add them in the frequently used contacts column on the app side. The frequently set contacts will be automatically synced to the device, and up to 10 contacts can be added.



Call records

This function can save the last 10 call records.



Call bluetooth

Call Bluetooth: Divided into "call audio" and "media audio" switches

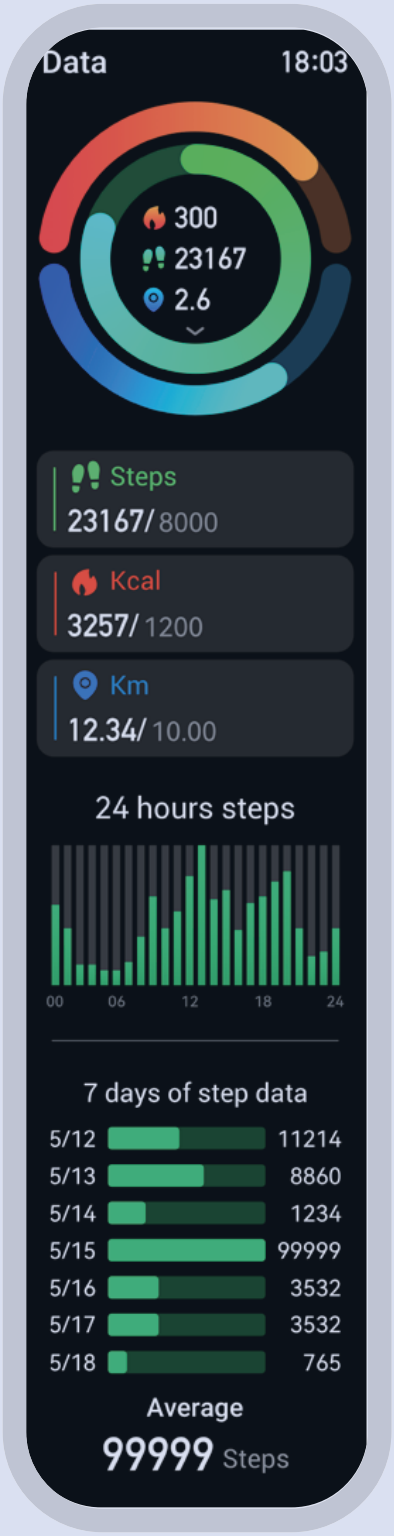
Call audio: Use the Bluetooth connection switch for the bracelet to call. Media Audio: Switch for the band to play media audio. (off by default)

1) The media audio can only be turned on when the call audio is turned on.

2) When the "media audio" is turned on, turn off the "call audio", and the "media audio" switch will be turned off simultaneously;

3) In the case of (2), turn on "Call Audio", and the "Media Audio" switch will be turned on synchronously

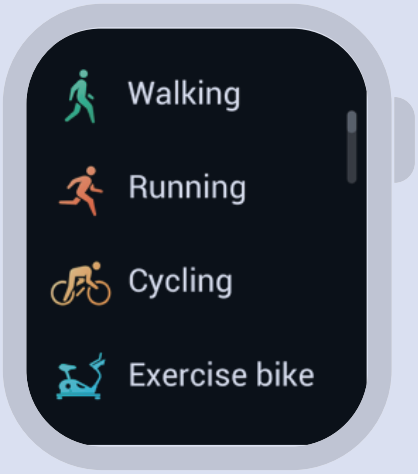
FUNCTION LNTRODUCTION



Movement data

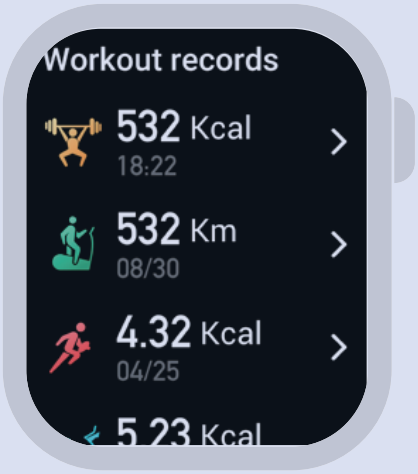
Display the number of steps, distance, and calories recorded on the day, and the number of steps in the last seven days. You can set the target number of steps, distance, and calories in the APP

FUNCTION LNTRODUCTION



Sports

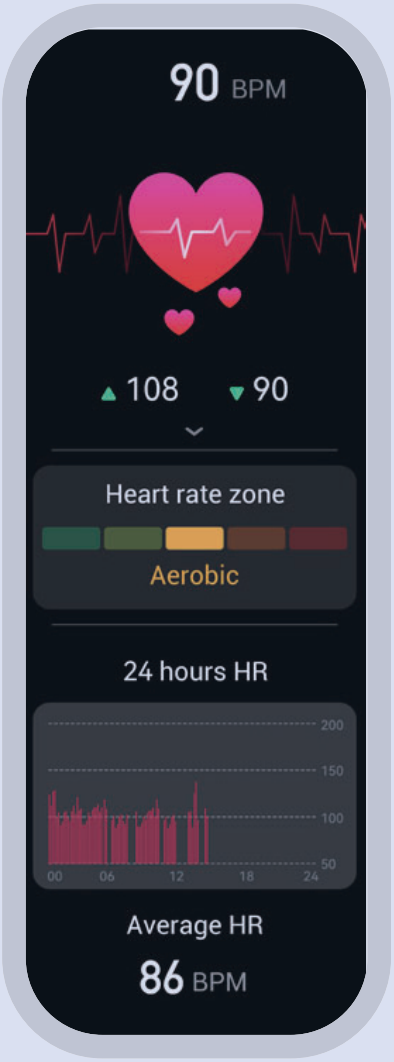
Options for sport patterns: 8+1 types, (walking, running, mountaineering, cycling, skipping rope, basketball, badminton, football, yoga (as a pushable replacement exercise)), click the icon to start exercising, support 110+ on the APP side sports push



Sport record

The interface saves the recent 10 pieces of historical sport records. You can view the sport duration, heart rate and calories during the sport

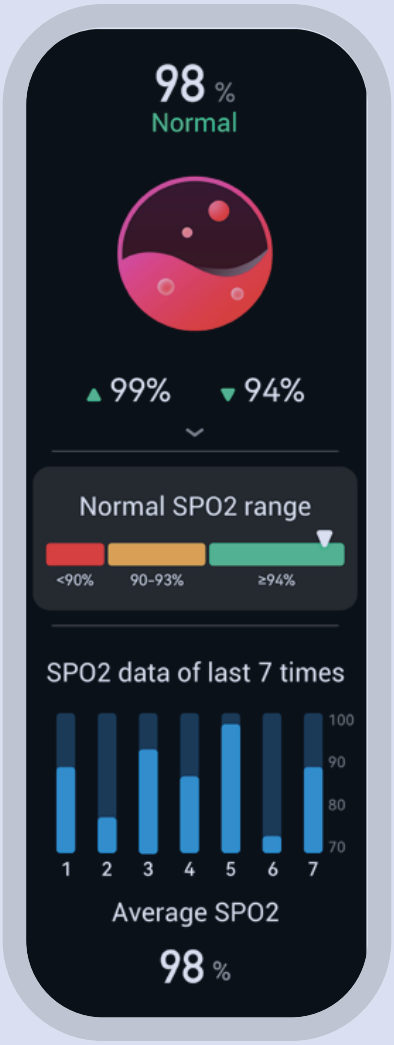
FUNCTION LNTRODUCTION



Heart rate

When entering the heart rate measurement interface, the bottom green light lights up to start the measurement, and there will be a vibration reminder when the measurement is completed in about 45 seconds. It can display the user's current heart rate zone and 24-hour heart rate curve.

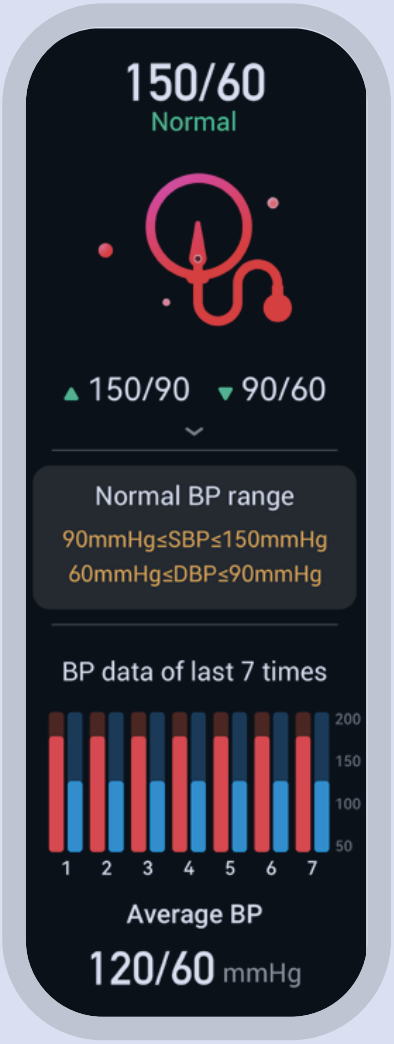
FUNCTION LNTRODUCTION



Blood oxygen

When entering the blood oxygen measure-ment interface, the red light at the bottom lights up to start the measurement, and there will be a vibration reminder when the measurement is completed in about 45 seconds. This measurement is a measurement based on PPG technology. It can display the user's current blood oxygen interval and the last seven blood oxygen values.

FUNCTION LNTRODUCTION

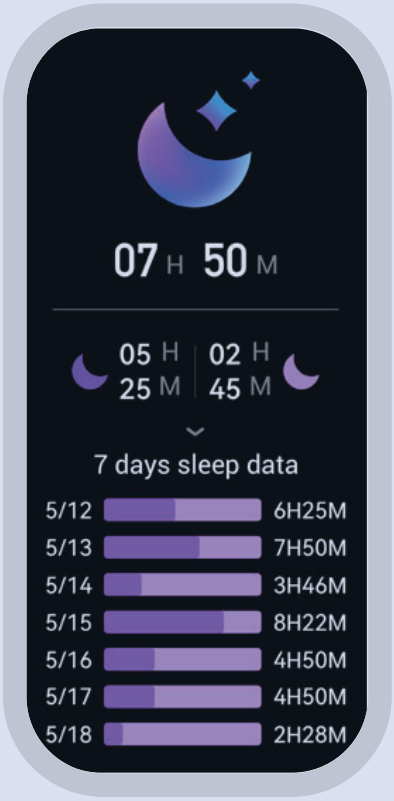


Blood pressure

When entering the blood pressure measurement interface, the bottom green light lights up to start the measurement, and there will be a vibration reminder when the measurement is completed in about 45 seconds. This measurement is a measurement based on PPG technology.

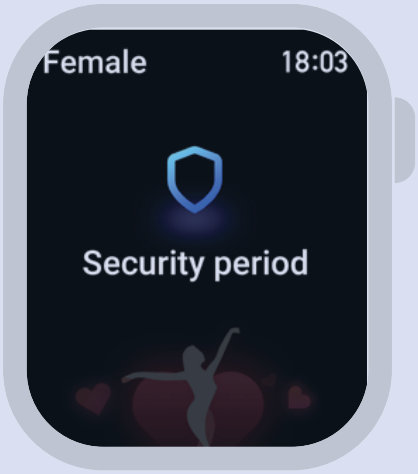
The last seven blood pressure values of the user can be displayed.

FUNCTION LNTRODUCTION



Sleep

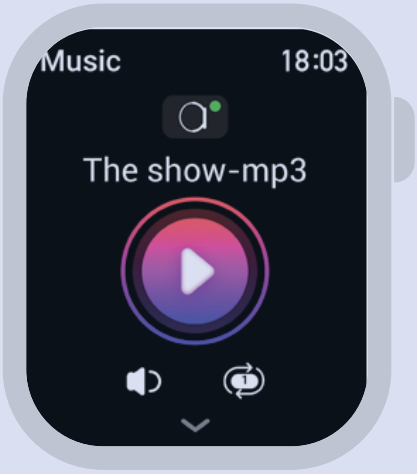
Displays the sleep monitoring status of the current day & the last seven days, the data is updated every day, and the data can be saved synchronously when the APP is connected, and the device will recalculate the data information of the new day. Sleep monitoring time period: 21:30-12:00



Female Health

Keep the watch connected to the APP, you can open the female health reminder on the App. you can view the female health re-minder information on the watch

FUNCTION LNTRODUCTION

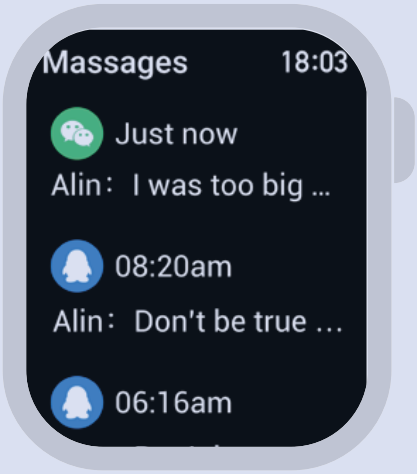


Music

Keep the watch connected to the APP, You can control the pause and start of the mobile phone music player, volume adjustment, and song switching

Weather

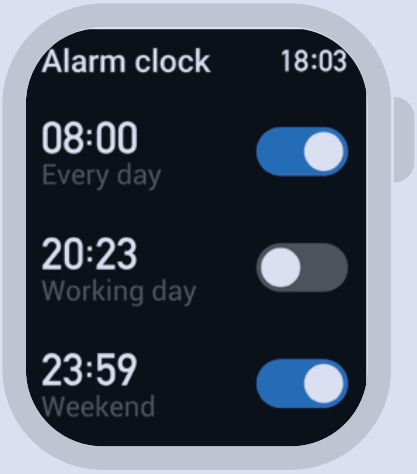
After you connect your watch with the APP and open the location permission, the weather interface will display the real-time temperature and weather type



Information

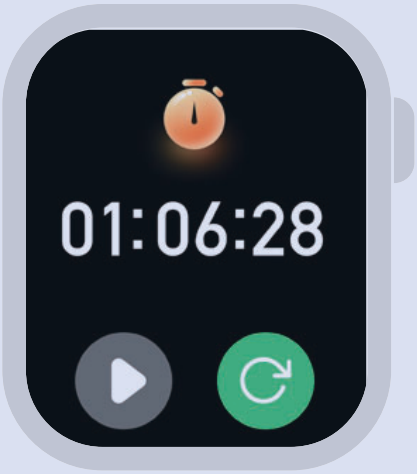
Open information push on the App and the watch can receive the corresponding message. It can save up to the last 15 pieces of messages

FUNCTION LNTRODUCTION



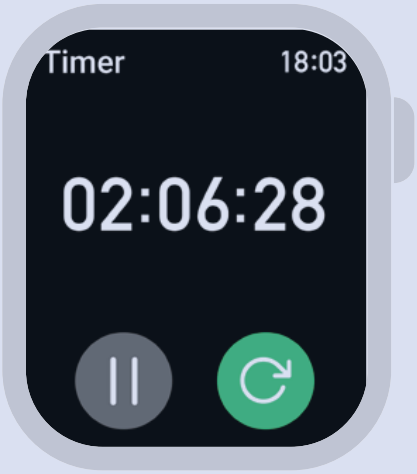
Alarm clock

Keep the watch connected to the APP, you can set a single alarm clock or a cyclic alarm clock. You can set up to 5 alarm clocks



Stop watch

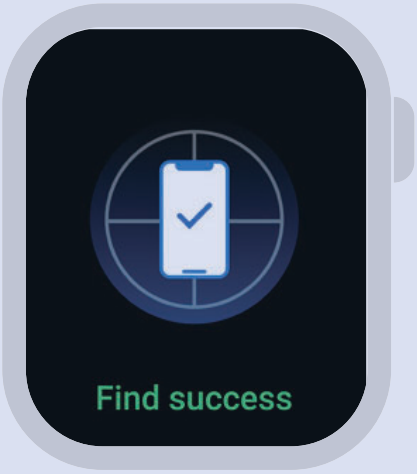
Click the Start button for the timing of the start.Click the pause button to timing the pause.Click the reset button to time to zero.It can save up to 99 pieces of data



Timer

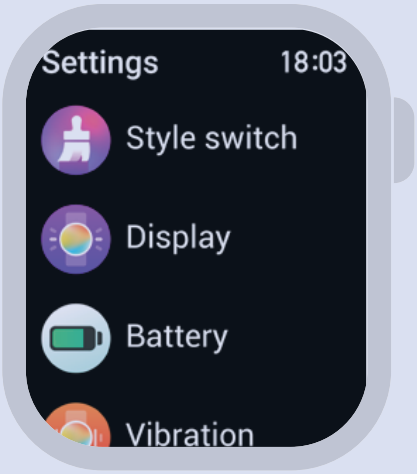
As for the timer function, the user may start quick timing through the system preset time or click the user-defined button to set the time. Click the Start button for the timing of the start.Click the pause button to timing the pause.Click the reset button to time to zero

FUNCTION LNTRODUCTION



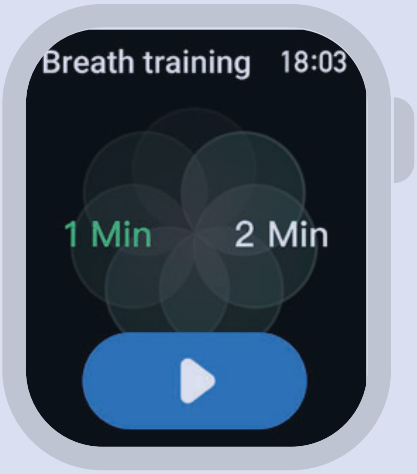
Find my phone

Keep the watch connected to the APP, and click "Find my phone". The bell rings on your mobile phone and the watch shows that you have successfully found your mobile phone; If the watch is not connected to the APP, the watch will indicate that it is not connected



Settings

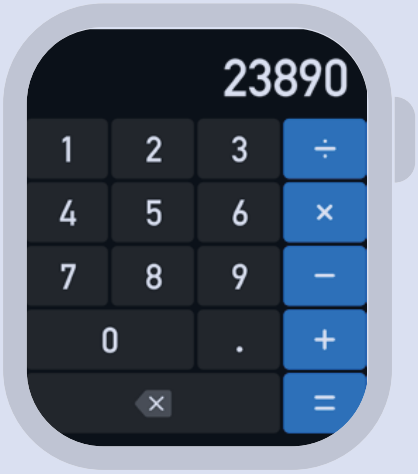
Setting functions include screen display (dial switch, duration of screen brightening brightness control, duration of screen brightening through palming), language, vibration strength, menu style, battery, QR code and system setting



Breath training

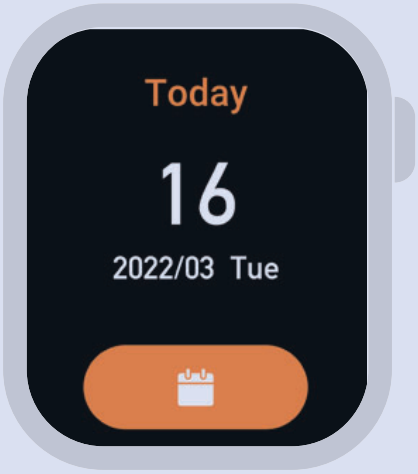
During Breath training, there were 1 min and 2 min options. The user clicks on the corresponding duration for breathing training.After clicking to start, follow the icon to zoom in and inhale, shrink and exhale

FUNCTION LNTRODUCTION



Calculator

The numerical input is in the upper limit of 7 digits (input of negative numbers is not processed), and the result of the calculation is within the upper limit of 8 digits. If the result exceeds the calculated value, it will be displayed with "-------" that cannot be calculated



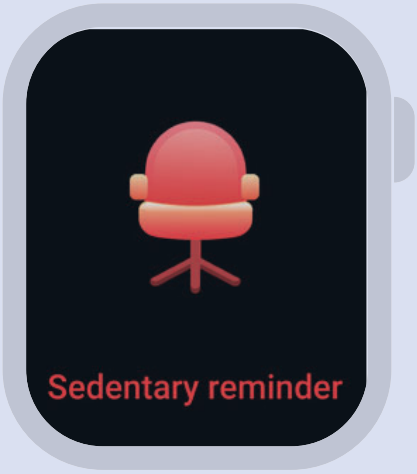
Calendar

Display the current year, month and day, slide down to display the calendar

FUNCTION LNTRODUCTION

Drinking reminder

You can open this function through [device>drinking reminder] on the App After it is opened, you can set the start time, end time and reminder interval



Sedentary reminder

You can open this function through [device>sedentary reminder] on the App After it is opened, you can set the start time, end time and the period for Do Not Disturb

Frequently Asked Questions and Trouble Shooting

Fail to start the watch

Press the power switch for more than 3s
Maybe the battery level is too low. Please charge the battery timely

The blueteeth is not connected or cannot be connected

1、The blueteeth is not connected or cannot be connected
2、Please restart the mobile phone blueteeth and connect again.
3、Do not connect your mobile phone to other blueteeth device at the same time

The measurement of heart rate/blood oxygen/ECG is inaccurate

1、General, it is caused by poor contact between the watch sensor and human body
2、Please ensure that the sensor contacts the wrist well during measurement
3、Please keep your body still and the watch attached to your wrist tightly during measurement

Frequently Asked Questions and Trouble Shooting

Sleep data is not accurate enough

1、Sleep monitoring simulates the status of natural sleep and getting up of human, and you should wear it as usual
2、If you sleep too late or you do not wear the watch until you go to sleep, there may be some error
3、It does not monitor the sleep data during daytime. The default time for sleep monitoring is from 9:30 in the evening to 12:00 at noon on the next day

For more frequently asked questions, please view [My>FAQ] on the App

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.