SMART WATCH USER MANUAL

PLEASE READ THE USER MANUAL BEFORE USE

English 1

Deutsch..... 10

French 20

Español 30

Italian 40

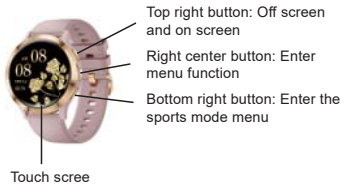
Smart Watch User Manual

M55 SmartWatch

Instruction

When using the watch for the first time, please ensure that the watch has enough power. If the watch cannot be powered on due to low power, please charge it for about 2 hours. After charging, the watch will turn on automatically

Component Introduction



Charging

Before using the watch, please ensure that the watch has sufficient power and

automatically connect the magnetic cable to the charging position of the watch, as shown in the picture

Download the " Glory Fit" APP

Android terminal: in my app Search for "Glory Fit" to download.
IOS terminal: Search for "Glory Fit"
in the app store to download.
Or scan the QR code to download.

How to operate

A: How to operate the screen
1) Swipe the screen to the left: Select functional options, including exercis data, heart rate, blood oxygen, sleep, weather, and components
2) Swipe screen to the right: enter menu mode

2) Swipe screen to the right: enter menu mode
3) Swipe down the screen: sound settings, more settings, toolbox, do not disturb mode, call switch, brightness adjustment
4) Swipe up the screen to displayinfor-mation..B: After the "long press screen" on thedial becomes smaller, slide the screento the left or Slide to the right

Toreplace the dial

Key features

1. You can press the button to return, or long press to turn off and on the power. After turning on the screen. slide the screen to the

right and select the function options. The main dial will display and slide the selected functions on the screen, such as exercise, status, SOS, phone, heart rate, sleep, blood oxygen, weather, music, messages, alarm clock, raise the hand to light the screen, stress, emotion, respiratory rate, breathing, voice assistant, more functions, UV index, medication reminder, settings.
2. After turning on the screen, slide the screen to the right to enter the menu option, then double-click the up button to switch menu style
3. Click the down button to enter sports mode. The watch supports over 100 sports modes to choose from.

Q&A

The watch cannot be opened

Press and hold the power button for more than 3 seconds.
Sometimes it may be due to low battery power. This watch won't open, so it needs to be charged in a timely manner.

Wireless disconnected or unavailable

1. Restart the watch and reconnect.
2. Please restart your phone's Wireless and reconnect.
3. Do not connect your phone to other devices (For more detailed information, please visit the application, My- Frequently Asked Questions)

Incorrect heart rate/blood oxygen measurement

1. The most common cause is poor contact between the watch sensor and the body.
2. When measuring, please make sure that the sensor is in complete contact with the wrist.
3. Due to the possibility of errors in testing individuals with different skin colors, it is necessary to test multiple times for calibration.

Sleep data is not accurate enough

1. Sleeping monitoring is to simulate the natural state of falling asleep and getting up. When you use this function, you should wear the watch normally.
2. Wear it when you fall asleep too late or begin to sleep, which may cause errors.
3. Sleep data is not monitored during the day, and the sleep monitoring time is from 9:30 PM To the next day at noon 12:00.

For more common questions, Please refer to the application [My]>[Frequently Asked Questions].

FCC Warning Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. 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.
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.

The device has been evaluated to meet

general RF exposure requirement. The device can be used in portable exposure condition without restriction.