



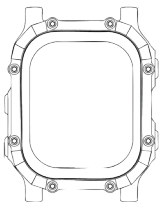
BRIDGER

W A T C H

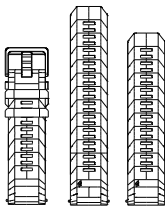


RECKON

Package Contents



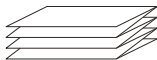
Watch Body



Watch Strap



Charging Cable



User Guide

Note:

The watch will automatically turn on when connected to the charger. It remains on by default.

Button Functions



① Upper button

- Short press to move the cursor upward
- Long press to open the map

② Lower button

- Press and hold for 1.5 seconds or swipe up from the bottom edge to enter Glance/Quick Cards.
- Short press (0.3 seconds) to access All Apps.
- When not on the main watch face interface, short press (0.3 seconds) to move the cursor downward.

③ Select

- Press and hold for 3 seconds when the watch is powered off to display the startup interface.
- Press and hold for 3 seconds on any interface to bring up the shutdown/restart confirmation screen.
- On the home screen, short press (0.3 seconds) to enter the sports application list interface.
- On non-home screen interfaces, short press to move forward or make a selection.
- This button functions as a simplified key when the watch enters power-saving or sleep mode.

④ Back

- Press on the home screen to enter the control panel. Returns to the previous interface.
- Swipe right to return to the previous interface.

Note:

press any button to light up the watch screen when the display is off

Pairing the Watch

Reckon is a must-have app for this watch. It provides scientific sleep and workout guidance and personalized health services to help you start a healthy lifestyle.



Download the app

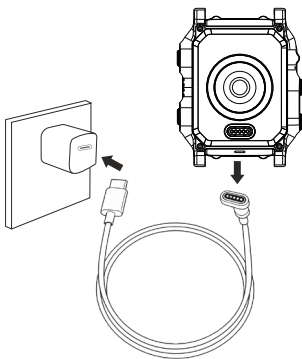
1. Use your mobile phone to scan the QR code to download and install the app, or search for the app in the Google Play Store or Apple App Store and then download and install the app.
2. Open the app, register an new account and log in.
3. Follow the guided steps in the app to pair your watch.

Notes:

1. For better user experience, please use the most recent version of the app.
2. The operating system needs to be iOS 15.0, Android 7.0 or above.
3. Do not pair the watch directly through your phone's Bluetooth. Use the app and follow its instructions to pair your watch correctly.

Charging the Watch

1. Connect the Charging Cable to a power adapter or computer. Ensure the connection is secure for proper charging.
2. Align the watch with the charging cable. Please note the orientation and position of the watch, ensuring that the metal contacts on its back are securely connected to the charging cable.
3. When charging starts, the watch screen displays the charging progress.



Notes:

1. Please use the charging cable provided with the watch. Ensure the cable is completely dry before charging.
2. To ensure the best charging speed, it is recommended to use a power adapter with a charging current of 1A or above.

Assembling and Disassembling the Watch Strap

1. Take the strap out of the packaging box, ensuring the short strap is on top and the long strap is on the bottom, with the correct orientation.
2. Align the strap's metal connector with the spring bar, gently press the locking button to latch it onto the spring bar, then release the button to secure the strap.
3. Ensure the strap is firmly attached before wearing.



Wearing the Watch

1. In order to ensure the accuracy of heart rate, blood oxygen, and other measurements, please wear your watch at a distance of at least one finger away from the wrist bone, and keep the strap at a comfortable snugness.
2. For optimal heart rate accuracy during workouts, wear the watch snugly (avoiding wrist movement) and position it at least a finger's width away from your wrist bone. You may slightly loosen the band post-workout for comfort.
3. When measuring blood oxygen saturation, wear the watch correctly. Avoid wearing the watch on the wrist joint, keep your arm flat, maintain comfortable (appropriately tight) fitting between the watch and the skin of your wrist, and keep your arm still throughout the measurement process.



Note:

Factors such as arm sag, arm sway, arm hair, and tattoos can cause measurement inaccuracies.

Basic Parameters

Product name: RECKON Smart Watch
Model number: BW-RECKON-BLK197-01
Input: DC 5V 650 mA MAX
Wi-Fi: 2.4 GHz/5GHz 802.11a/b/g/n/ac/ax
Wi-Fi frequency: 2412-2462 MHz/
5180-5240MHz/ 5745-5825MHz
Bluetooth version: V5.4
ROM: 32GB eMMC
Display Technology: AMOLED
Working temperature: -20°C - 50°C
Charging temperature: -10°C - 45°C
Water resistance rating: 10 ATM
Bluetooth frequency: 2402-2480 MHz

View product certification information on the watch's Settings > System > Regulation page.
Device requirements: Devices installed with Android 7.0 or iOS 15.0 or above OS versions
Package Contents: Watch body, Watch strap, Charging Cable Instruction manual
Please refer to the watch user interface to see the software version.

Battery Safety

1. This device is equipped with a built-in battery that cannot be removed or replaced. Do not disassemble or modify the battery by yourself.
2. Disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can result in an explosion.
3. Leaving a battery in an extremely high temperature surrounding environment can result in an explosion or the leakage of flammable liquid or gas.
4. A battery subjected to extremely low air pressure may result in an explosion or the leakage of flammable liquid or gas.
5. Do not use power adapters or data cables that are not properly certified or incompatible, as this may damage the watch and accessories, or cause

Diving Safety

1. Under normal usage conditions, this device has a maximum diving display depth of 45 meters and is intended only for recreational diving and freediving purposes. It must not be used for technical diving, cave diving, mixed-gas diving, or other high-risk scenarios.
2. The diving features of this device are intended for use by certified divers only. Please ensure you have received professional training and understand how to operate the device before use. General users conducting breath-hold training, breath-hold testing, or engaging in any diving activities must be accompanied by a coach, an experienced dive buddy, or a professional. The device should not be shared

3. Diving is a high-risk activity. Before beginning, confirm that you are in suitable health to participate. If in doubt, consult a medical professional. Always check the device status before each dive and perform regular maintenance. Do not use the device if any malfunction or damage is found.
4. Avoid rapid ascents. Even if a decompression stop is not required, a safety stop of 3 minutes at a depth of 3-5 meters is strongly recommended.
5. To reduce the risk of decompression sickness, ensure adequate surface interval after diving, especially after recreational dives. Strictly follow the recommended no-fly time and avoid flying before the interval has elapsed. For detailed pre-flight recommendations, please refer to guidelines provided by recognized diving safety organizations.
6. Note that all electronic devices may malfunction. Depth, dive time, ascent rate, and other data provided by the device are for reference only and may be affected by environmental conditions or how the device is used. Always dive with a professional dive computer or other backup device. Do not rely on a single device when making critical decisions, such as planning decompression stops or determining no-fly times.
7. By using this device, you acknowledge and accept that it serves as an auxiliary tool and does not guarantee absolute accuracy or suitability of data, nor can it eliminate the inherent risks associated with diving. Always prioritize safety, make reasonable dive plans, and take responsibility for your personal safety.
applicability of data, nor can it eliminate the inherent risks of diving activities. Always prioritize safety, develop a reasonable diving plan, and be responsible for your own safety.

Safety Notice

1. Do not allow children or pets to bite or swallow the product or its accessories, as this may cause injury.
2. Do not place this product under excessively high or low temperatures, which may cause the product to catch fire or explode.
3. Do not place this product near heat sources or open flame, such as ovens and electric heaters.
4. Some people may experience allergic skin reactions to plastics, leathers, fibers, and other materials, and symptoms such as redness, swelling, and inflammation will occur after long-term contact with this product's components. If you experience such symptoms, please discontinue use and consult your doctor.
5. Do not use power adapters or data cables that are not properly certified or incompatible, as this may damage the watch and accessories, or cause fire, explosion, or other hazards.
6. The radio waves generated by this product may affect the normal operation of implanted medical devices or personal medical devices, such as pacemakers and hearing aids. If you use any such medical devices, consult the manufacturer for relevant usage restrictions.
7. Do not dispose of this device or its accessories as ordinary household waste. Please make sure

Repair and Maintenance

1. Avoid using detergents such as soap, hand sanitizer, bath foam, or lotion for cleaning to prevent chemical residues from irritating the skin, corroding the device, or degrading the water resistance of the device. If accidentally contacted, immediately rinse with clean water, soak for 30 minutes, then remove and dry the device with a clean soft cloth.
2. After wearing the device while bathing (for devices that support bathing), swimming (for devices that support swimming), or sweating, please promptly clean and dry the device.
3. After long-term wear, it is recommended to clean the charging contacts with alcohol to prevent sweat, sebum, and dirt from affecting the charging performance.
4. When using light-colored watch straps, avoid contact with dark clothing to prevent staining.
5. The watch is not suitable for use in situations such as hot showers, hot springs, saunas (steam rooms), etc. After the watch comes into contact with seawater, please rinse all the holes with fresh water to prevent seawater residue and crystallization, which may affect the normal use of the watch.
6. Do not place the device in direct sunlight for long periods. Excessively high or low ambient temperature may cause device failure.
7. Handle with care during transportation. Keep the device dry and away from humidity.
8. Do not wear the watch in MRI examinations

Warranty and Return Policy

The Bridger Watch Warranty covers BRG products against manufacturing defects beginning on the original purchase date. The warranty period is 12 months or another specified period as the applicable consumer laws in the consumer's country of purchase require. Our warranty is in addition to rights provided by applicable consumer laws.

Official website: <https://www.bridgerwatch.com>

Please check the FAQ on the website for trouble-shooting: <https://www.bridgerwatch.com/pages/-faq>

Notes:

- This product isn't a medical device. None of the data or measurements are intended for medical diagnosis or medical monitoring.
- If the product is not in use for a long period of time, it is recommended that you power off the product before storing it. Recharge the battery every 6 months to 100% to prevent battery damage by over-discharge due to long-term storage.
- For detailed operating instructions, safety precautions, and repair and maintenance information, please visit the website <https://www.bridgerwatch.com> to download the user manual.

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.

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.

Warning: Changes or modifications made to this device not expressly approved by

may void the FCC authorization to operate this device.

Note: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

RF Exposure Statement

This RECKON SMART WATCH meets the government's requirements for exposure to radio waves. The guidelines are based on standards that were developed by independent scientific organizations through periodic and thorough evaluation of scientific studies. The standards include a substantial safety margin designed to assure the safety of all persons regardless of age or health. FCC RF Exposure Information and Statement the SAR limit of USA (FCC) is 1.6 W/kg averaged over one gram of tissue.

Device types: RECKON SMART WATCH has also been tested against this SAR limit. A typical body wear operation test was conducted with the back of the device kept at a distance of 0mm. To maintain compliance with FCC RF exposure requirements, use accessories that maintain an 0mm separation distance between the user's body and the back of the RECKON SMART WATCH. The use of belt clips, holsters and similar accessories should not contain metallic components in its assembly. The use of accessories that do not satisfy these requirements may not comply with FCC RF exposure requirements, and should be avoided.