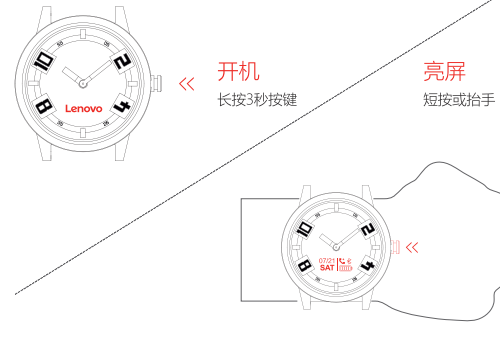
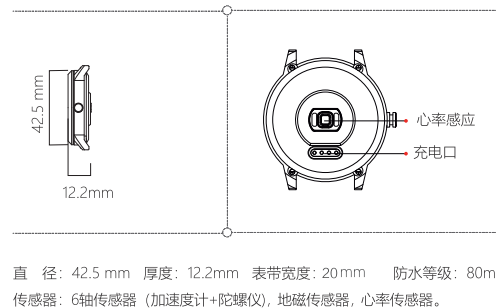
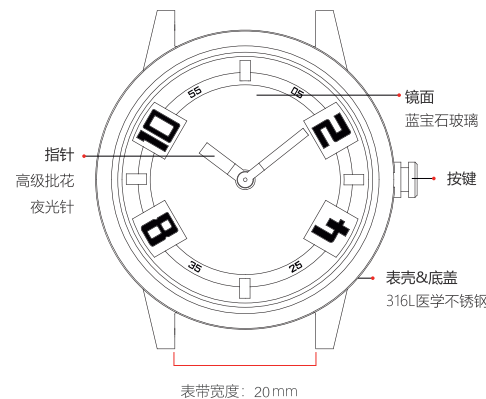


WATCH X

Lenovo

外观&配置



模式切换

亮屏时，短按手表按键，手表模式切换。

模式内容查看

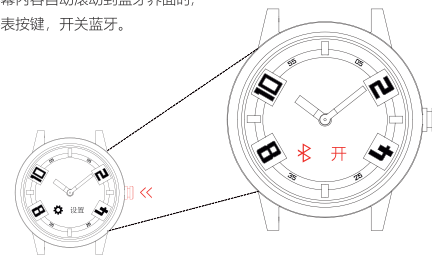
停留在想要查看的模式界面，手表屏幕会自动滚动查看模式中的内容。

- 活动量
- 心率
- 睡眠
- 闹钟
- 户外跑步模式
- ...



蓝牙开关

当手表切换到设置模式下，手表屏幕内容自动滚动到蓝牙界面时，短按手表按键，开关蓝牙。



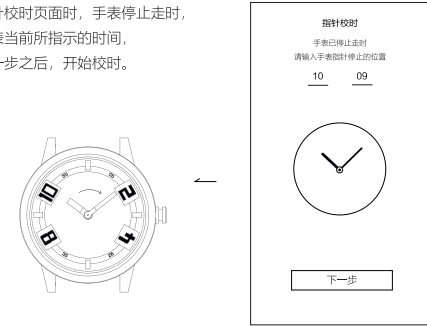
蓝牙连接

打开手机蓝牙，将手表靠近手机，进入App里的搜索手表界面，选择手表蓝牙名，手表收到蓝牙配对请求时，手表震动，根据App提示操作，配对成功。



指针校时

进入指针校时页面时，手表停止走时，输入手表当前所指示的时间，点击下一步之后，开始校时。



查找手机

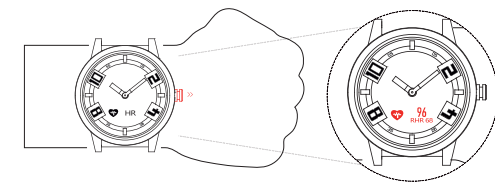
当手表与手机蓝牙连接时，手表切换到设置模式下，手表屏幕内容自动滚动到查找手机界面时，短按手表按键，触发查找手机。



实时心率监测

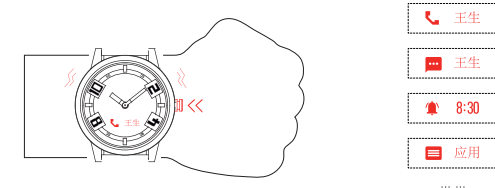
正确佩戴手表，手表在心率检测状态下可实时监测您的心率。测量时，请您参考下图佩戴手表，将手表的心率检测区域贴合在手腕上，保持舒适、贴合的佩戴状态。佩戴过紧或过松会影响检测数据。

警示：需避免刮伤手表背面的心率感应区域，该数据不做医疗用途。



来电、短信、闹钟、久坐、应用提醒

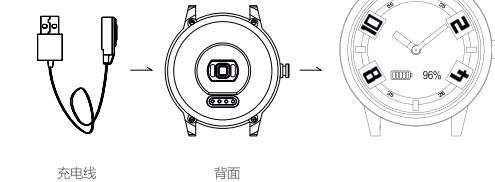
当您感到手表振动时，抬起手腕即可知道提醒类别。来电提醒中，您可以短按按键进行拒接。



充电

将充电口对准、贴合充电底座的金属触点，直到手表屏幕出现电量图标。

- 警示：
- ① 充电前请擦干充电口，以免汗液残留导致金属触点腐蚀或出现其它风险。
 - ② 充电线头需避免吸附金属，以防短路进而引发意外。
 - ③ 由于充电头是磁吸充电头，与手表背部的充电口具有同极相吸，异极相斥的特点，需在充电头与充电口相吸的情况下，才能充电。



关于表带

本产品适用于20厘米宽的表带，我们提供更多精美表带供您选择，如需购买前请前往请前往lenvon.com或联系lenvon经销商。

- 警示：
- ① 手腕过于细小的用户，米兰尼斯表带磁吸片离表头可能过近，当距离小于2CM时，会影响走时精度或出现停针现象，这时请您通过联想手表APP重新校准指针；
 - ② 手表放置桌面或充电时，请尽量保持米兰尼斯表带磁吸片距离表头2CM以上，避免磁吸片被吸附在表头上。



iOS版APP下载
iOS APP QR code



安卓版APP下载
Android APP QR code

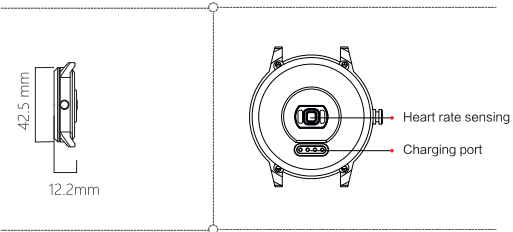
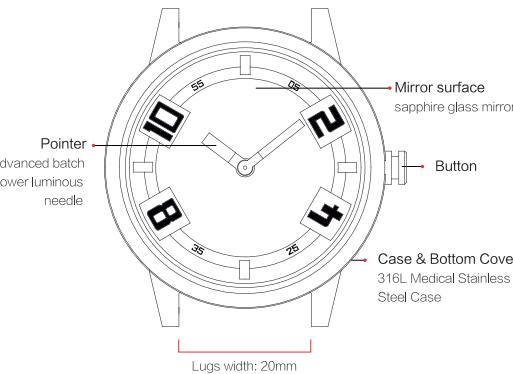


购买链接
Purchase link QR code

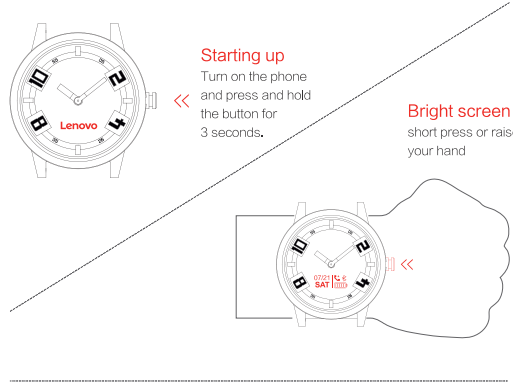


联想服务
Lenovo service QR code

Appearance & Configuration



Diameter: 42,5mm Thickness: 12,2mm Lugs width: 20mm Waterproof rating: 80m
Sensor: 6-axis sensor (accelerometer + gyroscope), geomagnetic sensor, heart rate sensor



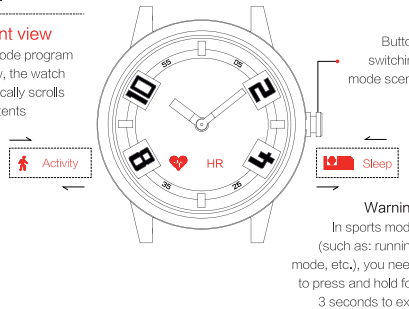
Mode switching

When the screen is bright, press
the watch button briefly to switch
the watch mode.

Mode content view

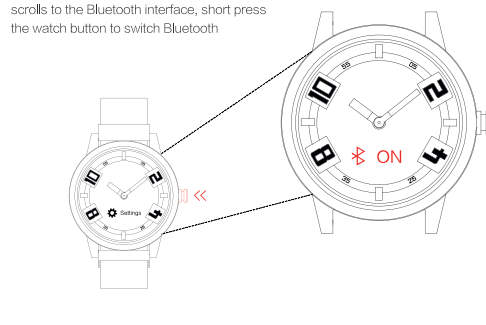
Staying in the mode program
you want to view, the watch
screen automatically scrolls
through the contents
of the mode.

- Activity
- HR
- Sleep
- Alarm
- Run
- ...



Bluetooth switch

When the watch mode is switched to the setting
mode, the watch screen content automatically
scrolls to the Bluetooth interface, short press
the watch button to switch Bluetooth

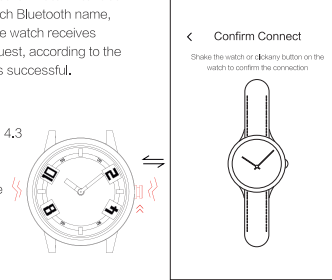


Bluetooth connection

Open the watch Bluetooth, dose the watch
to the phone, enter the search watch interface
in the app, select the watch Bluetooth name,
watch the watch when the watch receives
the Bluetooth pairing request, according to the
App prompt, the pairing is successful.

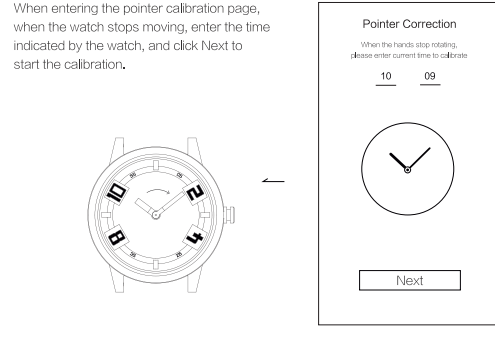
Warning

You need to use Android 4.3
or iOS 8.0 and above
The watch can only
be paired with one phone
at the same time.
To pair another phone,
please cancel the
current pairing.



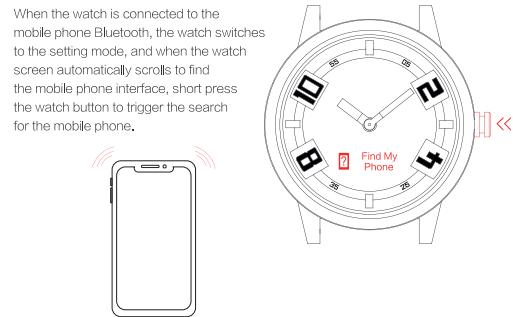
Pointer Correction

When entering the pointer calibration page,
when the watch stops moving, enter the time
indicated by the watch, and click Next to
start the calibration.



Find my phone

When the watch is connected to
the mobile phone Bluetooth, the watch switches
to the setting mode, and when the watch
screen automatically scrolls to find
the mobile phone interface, short press
the watch button to trigger the search
for the mobile phone.

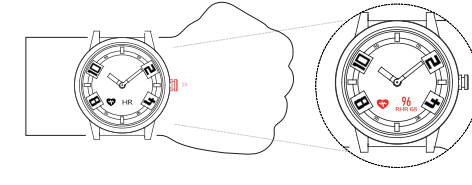


Real-time heart rate monitoring

When you wear the watch correctly, your watch can monitor your heart rate in
real time during heart rate detection.
When measuring, please wear the watch with reference to the following figure,
and attach the heart rate sensing area of the watch to the wrist to maintain a
comfortable and fit state.
Wearing too tight or too loose will affect the test data.

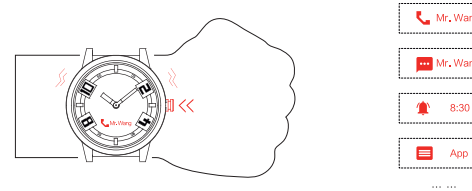
Note

Avoid scratching the heart rate sensing area on the back of the watch.
This data is not for medical use.



Call, SMS, alarm, disconnect, sedentary, app reminder

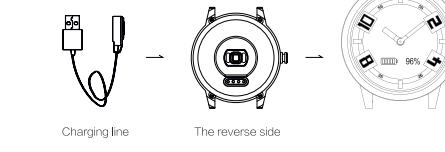
When you feel the watch vibrate,
Raise your wrist to know the reminder category.
In the call alert, you can press the button to reject.



Charging

Align the charging port and fit the metal contacts of the charging base.
Until the battery icon appears on the watch screen.

Caution: ① Wipe the charging port before charging to avoid corrosion of metal
contacts or other risks due to sweat residue.
② The charging wire should avoid attracting metal to prevent short circuit
and cause accident.
③ Since the charging head is a magnetic charging head, it has the
same pole attraction and the opposite polarity of the charging
port on the back of the watch. It needs to be charged when the charging
head and the charging port are sucked.



About strap

[The item is only for 20mm strap. There are more choices, Please click ck
lenovo.com or contact Lenovo distributors to buy.

Warning: ① For users with too small wrists, the Milanese strap
magnetic sheet may be too close to the meter. When the
distance is less than 2CM, it will affect the accuracy of the
travel time or the needle stop phenomenon. Please
recalibrate through the Lenovo watch APP. Pointer;
② When the watch is placed on the table or charged, please
try to keep the Milanese strap magnetic sheet more than
2CM away from the meter to prevent the magnetic sheet
from being attracted to the meter.

EU Regulatory Conformance

Hereby, We, LENOVO(BEIJING) ,LTD ,declares that the radio
equipment type WATCH X is in compliance with the Directive
2014/53/EU.



RF exposure

This equipment complies with RED' s RF radiation exposure limits
for general population without SAR evaluation.

Manufacture: LENOVO(BEIJING) ,LTD
Address: NO.6 CHUANGYE ROAD, SHANGDI INFORMATION
INDUSTRY BASE, HAIDIAN DISTRICT,BEIJING, CHINA, 100085
Importer: Lenovo, Einsteinova 21, 851 01 Bratislava, Slovakia

Location to indicate: on the radio equipment or its packaging or
manual.

The device operates with the following frequency bands and
transmitting power:

Frequency bands	Maximum output power
Bluetooth 2402~2480MHz	-1.11 dBm

CAUTION RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN
INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO
THE INSTRUCTIONS
The maximum operating ambient temperature of the equipment declared
by the manufacturer is 50°C



Waste Electrical and Electronic Equipment (WEEE)
This symbol means that according to local laws and
regulations your product and/or its battery shall be
disposed of separately from household waste. When this
product reaches its end of life, take it to a collection point
designated by local authorities. Proper recycling of your
product will protect human health and the environment.

Federal Communication Commission Interference Statement

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 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 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.

FCC Caution:

- Any changes or modifications not expressly approved by the party responsible for
compliance could void the user's authority to operate this equipment.
- NOTE: The manufacturer is not responsible for any radio or TV interference caused by
unauthorized modifications or changes to this equipment. Such modifications or changes
could void the user' s authority to operate the equipment.
- This transmitter must not be co-located or operating in conjunction with any other
antenna or transmitter.

Radiation Exposure Statement:

This equipment complies with FCC' s RF radiation exposure limits for general population
without SAR evaluation.
The full text of the EU declaration of conformity is available at the following internet address:
<http://www.lenovo.com>.