

# Smart Watch TGW008

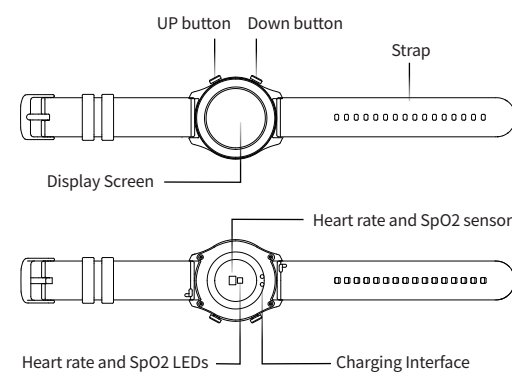


## 1. Preface

Thank you for choosing Smart Watch TGW008. For your safety, please read this user manual carefully before use. We recommend that you keep this user manual properly for further reference.

## User Manual

## 2. Product Information



### Buttons define:

#### UP button

Long press	-In the shutdown state, long press to turn on. -In the boot state, long press to shutdown/restart. -In sports mode, long press to end the sport. -Long press for 3 seconds to force restart.
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Click	-When screen is shutdown, click the up button to light up the screen. -When the watch displays dial interface, click the up button to enter the application list interface. -When the watch displays a non-dial interface, click the up button to return to the dial interface (if there is a three-level interface, click the up button to return to the previous menu, click again to return to the dial interface). -In sports mode, click the up button to pause.
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#### Down button:

Click	-When the screen is shut down, click down button to light up the screen. -When the watch displays dial interface, click the down button to enter the sports interface.
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#### Touch screen:

Long press	In the main dial interface, long press to change the dial.
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click	Choose/Confirm.
Swipe left	Switch card streams to heart rate and sleep, etc.
Swipe right	-Switch card streams to heart rate and sleep, etc. -Return to the upper level interface.
Swipe up	-In the dial interface, swipe up to view messages. -Change pages.
Swipe down	-In the dial interface, swipe down to enter shortcut menu. -Change pages.

## 3. In the box

- Smart Watch TGW008 (Built-in Polymer Lithium Battery)
- User Manual
- The Charger

## 4. Instructions

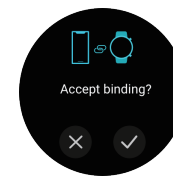
### ① Install App and Pair up

Your Smart Watch TGW008 will turn on automatically while charging. You can search & download "TouchLink" App from App Store / Google Play to update your personal information (name, gender, height, age, weight, etc.)

Please make sure the Bluetooth of your mobile device is on, then open the "TouchLink" App for device pairing.

A. Open "TouchLink" App, "Device" → Add device → Smart Watch TGW008 → scan code connection" scan the device QR code displayed on watch to start pairing.

B. Open "TouchLink" App, "Device" → Add device → Smart Watch TGW008 → search connection" scan for nearby devices, then choose intended Bluetooth MAC address or device name. Click "✓" to pair-up your phone and your watch. The watch will show "Whether to accept binding?" Click "✓" to accept or "X" to refuse.

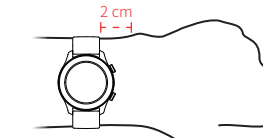


### ② E label

To view E label on your watch: Swipe up on dial interface → click Settings icon → Regulatory Information.

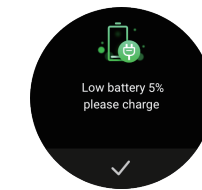
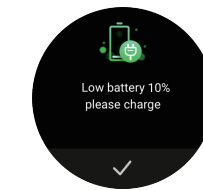
### ③ Wear properly

Keep the touch button facing the user, make sure the bottom sensor is clung to the skin. Keep the wristband 2 cm or more from the wrist.



### ④ Low battery

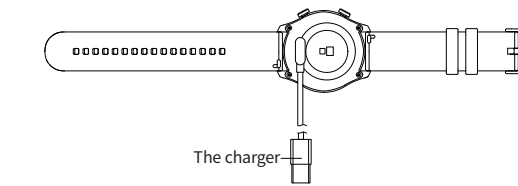
When the battery remains less than 10%, your watch will vibrate once and display the following prompt, touch "✓" to back to the latest mode.



When the battery remains less than 5%, your watch will vibrate once and display the following prompt, touch "✓" back to the latest mode.

### ⑤ Charging

- Please connect charging cable to the watch as follow:
- Use a regular USB charger with output voltage of 5.0V and output current of 0.5A and above to connect your charging line.



- The screen will show below page while charging.
- The screen will show below page when it is fully charged.



## ⑥ FAQ

Issue description	Possible cause	Solution
Incorrect step counting	Abnormal wagging or vibration of device	Wear the watch properly to avoid abnormal vibration
	Walked less than 15 steps	Walk more than 15 steps continuously
	Sliding or walking in slippers	Walk with normal postureslippers
No display	Low battery	Connect to charger to charge the Watch.
Failed to sync up data with App	The mobile's Bluetooth is off	Turn on your mobile's Bluetooth
	App is shut down or crashed	Restart the "TouchLink" App
	Out of Bluetooth signal range	Keep your device close to mobile device with Bluetooth on

IS 13253(PART 1)  
IEC 60950-1



R- XXXXXXX  
www.bis.gov.in  
FCC ID: 2A2SG-TGW008



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Made in China

## 5. Overview

### ① General description

The new Smart Watch TGW008 can help you track activity data and health status. It supports 24/7 daily activity monitoring: steps, distance, consumed calories and dynamic heart rate. Users can update their personal information such as gender, height, age, weight, etc. From the "TouchLink" App. Data stored in the Smart Watch can be synced to the "TouchLink" App and cloud server through BLE 5.0.

### ② Features:

- Bluetooth BLE5.0
- Full-screen touch
- 1.19 TFT display 390\*390 pixel
- Daily Tracking: Steps / Calories / Sedentary
- Dynamic heart rate monitoring
- Sleep monitoring report
- Call notification
- Find your phone
- Music control (iPhone support Apple music only)
- Camera control(Android only)

## 6. Specifications

Product Name	Smart Watch
Product Model	TGW008
Screen	1.19-inch AMOLED display
Resolution	390 * 390 pixel
Sensor	Accelerometer, Heart rate and SpO2 sensor Capacitive touch sensor
Input	5V—200mA
Frequency Range	2402MHz-2480MHz
Bluetooth Version	BLE5.0
Bluetooth Transmitting Power	< 1 dBm
Battery Capacity	200mAh
Working Temperature	50°F to 113°F (Fahrenheit)
Storage Environment	Temperature: 4°F to 140°F (Fahrenheit) Relative Humidity: ≤90%RH

• Warning: Unauthorized disassembly/assembly of the product is prohibited.

• About the accuracy of this product

• The accuracy of this product has been tested by our quality control department. Its performance parameters and sensors are based on the above-mentioned technical standards and meet the delivery conditions.

## 7. Warning

### ① Matters needing attention

- The electronic equipment contained in the product, if improperly handled or disposed of, may damage the environment or cause harm:
- Do not open the shell.
  - Do not replace the built-in battery by yourself.
  - Do not use corrosive cleaner to clean the product.
  - Do not charge when the product is wet.
  - If the product is not completely dry, do not charge.
  - Do not expose the product to direct sunlight for a long time.
  - Do not use the product in a sauna or steam room.
  - Do not place the product in a non-working temperature environment.
  - If the screen or shell is damaged, do not use the product.

- Do not put the product in the dishwasher, washing machine or dryer.
- Do not throw the product into fire, the battery may explode.
- Please use the USB port of the computer or mobile phone charger correctly when charging.
- If the temperature of the product rises sharply during charging, please stop charging

### ② Safety instructions

- The product is not a medical device and cannot be used to diagnose, treat, cure or prevent any disease.
- Before starting or adjusting any exercise plan, please consult your doctor.
- Some users may have skin irritation or allergies due to wearing the product for too long. If you experience redness, swelling, itching, or other allergies, please consult your doctor.
- Do not read the screen information while driving, distracted or otherwise dangerous situations.
- This is not a toy. Do not let children or pets play with the product. Small parts of the product may cause a choking hazard.
- Product functions may be affected by external factors such as interference, and the data is for reference only.
- The product has a heart rate recording function. Wearing for a long time may cause skin discomfort, allergies or risk of certain diseases for some users.
- If you have any of the following symptoms, please consult your doctor before use or stop using the product:

- Epilepsy or sensitivity to light.
- Poor blood circulation or got bruises before; heart disease or other diseases.
- Taking any medicine that is sensitive to light.

### ③ Medical Disclaimer

Warning: This Smart Watch TGW008 is not a medical device. The Smart Watch TGW008 and its related Apps may not be used to diagnose, treat, or prevent any disease or medical condition. Before performing any exercise, sleep, or nutritional changes, be sure to seek the advice of qualified medical professionals, otherwise serious injury or death may result.

### ④ Other matters needing attention

- Do not dispose of watch batteries in violation of local household waste management regulations.
- Packaging recycling should comply with local regulations.

### ⑤ Warning

- Throwing the battery into a fire or a hot oven, or mechanically breaking or cutting the battery may cause an explosion.
- Placing the battery in an extremely high temperature environment may cause explosion or leakage of flammable liquid or gas.
- The battery is under extremely low pressure, which may cause explosion or leakage of flammable liquid or gas.

### ⑥ NCC warnings

According to the Management Measures for Low Power Radio Wave Radiant Motors.  
Article 12  
• For certificated low-power radio frequency motors, neither the company nor the user is allowed to change the frequency, increase the power, or change the features and functions of the original design.  
Article 14  
• The use of low-power radio frequency motors must not affect safety and interfere with legal communication. If interference is found, it should be stopped immediately and improved to no interference before continuing to use.  
• Legal communication in the preceding paragraph refers to radio communication operated in accordance with the provisions of the Telecommunications Law.  
• Low-power radio frequency motors must endure interference from legal communications or industrial, scientific, and medical radio wave radiation electrical equipment.

### ⑦ FCC tatement

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.

### Caution

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.  
Radiation Exposure Statement  
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.  
This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

SAR tests are conducted using standard operating positions accepted by the FCC with the device transmitting at its highest certified power level in all tested frequency bands, although the SAR is determined at the highest certified power level, the actual SAR level of the device while operating can be well below the maximum value, in general, the closer you are to a wireless base station antenna, the lower the power output.

尺寸:80x110mm

材质:128g铜版纸 双面印刷

单黑印刷

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