

Instruction Manual

Thank you for choosing our smartwatch. You can fully understand the functions and operation methods of the equipment by reading this manual. This device is not a medical device, and the measurement data and results are for reference only, not as a basis for diagnosis and treatment. The company reserves the right to modify the contents of this manual without prior notice.

Product configuration: one box, one manual, one host.

This product supports IP68 waterproof, supports wearing in the rain, washing hands, cannot be worn in hot showers or saunas, and cannot resist water vapor. If water enters due to not used according to the instructions, our company will not provide free warranty.

Key Description:

Rotate the button on the upper side: You can zoom in and out the smart style menu and switch the dial up and down. Click to enter the main menu, and double-click to switch the menu style after entering the menu.

Bottom key: long press to switch the machine, then short press to turn off the screen, short press to turn on the screen when the screen is off.

Touch Instructions: Tap to enter, swipe right to go back. On the standby interface, swipe down to enter the status bar, swipe up to enter the message notification, swipe right to enter the main menu, swipe left to enter common functions, and swipe to the last + sign interface, click to enter to select common functions and set the order before and after.

Charging instructions: This product uses a wireless charger, which supports mobile phone chargers within 5V and computer USB interfaces. Putting the watch on the concave side of the charging seat will automatically absorb and charge. It takes about 3 hours to fully charge.

The connection between the watch and the mobile phone: First, the mobile phone needs to download the APP "MActivePro" to the mobile phone and install it. There are two ways. Scan the QR code below on your mobile browser to download, or search for "MActivePro" in the app market to download.



During the installation process, you will be prompted to agree to the permission, click to agree to all of them, after completion, open "MActivePro" and turn on the mobile phone's Bluetooth, click Devices - click to add a device at the top, search for "Watch7" and click connect, some mobile phones need to be turned on Only GPS can search the Bluetooth name of the watch.

How to set notification for incoming mail: Open "MActivePro" - Device - Message Reminder, select the corresponding software, and select Open.

What should I do if I can't receive a notification?

1. First of all, the notification function of the watch is only to synchronize the notification function of the mobile phone, such as incoming calls and QQ WeChat reminders. If your mobile phone does not receive the notification, the watch will not receive it either. You need to set the notification function on the mobile phone and find the corresponding notification. APP, turn Allow Notifications on.
2. Restore the watch to factory settings, enter the Bluetooth settings of the mobile phone, and see if the connected device has "GT4". If so, please cancel the pairing, turn off the Bluetooth of the mobile phone, and turn it on again to reconnect.
3. Delete "MActivePro" and download it again, remember to agree to all the permissions when prompted during the installation process, and then reconnect.

● Firmware upgrade: When the Bluetooth connection is normal, enter "MActivePro", enter Device - Firmware Upgrade - Update, if the upgrade fails, you can re-operate.

Main function introduction:

● Call: Click the Bluetooth 3.0 icon in the drop-down menu, and the phone will enter Settings-Bluetooth-Search for "watch call" to pair it. Bluetooth 3.0 can be clicked to close

and enter low power consumption mode, which can prolong the use time.

- Phonebook: After connecting to the mobile App, you can add 100 frequently used contacts from the App to the phonebook of the watch.

- Language time and date: When the watch is connected to the mobile APP, the time and date of the mobile phone will be synchronized. Please select the language of the watch when it is turned on for the first time.

- Standby interface: There are a total of multiple standby interfaces to choose from. In the standby interface, press and hold the screen for 3 seconds to switch the interface. You can download the watch face through the APP, and you can also set your favorite photo or picture as the watch face background.

- Message: Swipe up on the standby interface to enter the message notification, and swipe down to exit, you can synchronize the notification function on the mobile phone, such as incoming letters from QQ WeChat. notification.

- Step count, mileage, and calories: Display the steps, mileage, and calorie consumption of the day. The data will be saved at 12 o'clock every night and reset to 0 again.

- Sports: Click to enter multi-sport mode, select a mode, click to start, swipe right to enter the pause interface. Each exercise data includes exercise time, calorie consumption and heart rate.

- Health:

Heart rate: start monitoring immediately after entering, scan the changes of capillaries on the surface of the skin with green light, and get the heart rate value, swipe right to exit, normal heart rate is generally 60-90 beats/min, professional athletes will be lower than 60, and ordinary people are the highest Heart rate is 220-age. Long-term exercise can enhance cardiopulmonary function.

Blood pressure: Enter the home page of the APP, enter the calibration value in the upper right corner of the blood pressure interface, and start monitoring immediately after entering. When monitoring, please lay your hand flat, and the data will be displayed after about tens of seconds. Generally speaking, the older you are, the higher the blood pressure, and the lower it is for women than for men.

ECG: Start monitoring immediately after entering, using the combination of optical heart rate and ECG technology, it takes about tens of seconds to get the data, the measurement is completed, and the ECG is saved on the mobile phone "MActivePro".

Blood oxygen: monitoring starts immediately after entering, that is, the blood oxygen concentration in the blood, which is an important physiological parameter of breathing and circulation. The normal arterial oxygen saturation is 95-100%.

Women's Health: Manage your own menstrual cycle, predict and remind in advance.

- Sleep monitoring: This function will be automatically turned on in the background from 22.00 every night to 8:00 the next morning. By connecting to the mobile APP, you can view the detailed data of sleep quality.

- Password lock: The password lock will take effect 5 seconds after the screen is off. Entering a 4-digit password will automatically turn on the password function. Turn off the switch when unlocked, and you can enter a new password. If you forget the original password, enter 1819 directly unlocked.

- Stopwatch: Click in the lower right corner to start, and then click to pause. Click the

lower left corner to view the split timing, click in the middle to view the split timing details, and swipe right to return.

- Music control: first open the mobile phone music player, and then use the watch to synchronize the operation.
- About: Click to enter, you can view the watch model, version number, Bluetooth address.
- Factory reset: Click reset, the data will be cleared to 0.
- Alarm clock: Alarm reminder can be set through the mobile phone APP.
- Sedentary reminder: You can set a sedentary reminder through the mobile APP.
- Find a mobile phone: tap the connected mobile phone and a ringtone will sound.
- Raise your hand to brighten the screen: Open the mobile phone APP to open the Raise your hand to brighten the screen. When the wrist is raised, the screen is automatically brightened. This function consumes more power.

Warranty Description

1. During normal use of this product, if there are product quality problems caused by manufacturing, materials, design, etc., from the date of purchase, the motherboard will be guaranteed for one year free of charge, and the battery and charger will be guaranteed for half a year.
2. No free warranty is provided for failures caused by the user's personal reasons, as follows:
 - 1). Failures caused by unauthorized disassembly, modification of the watch, etc.
 - 2). Failure caused by accidental drop during use.
 - 3). Any damage caused by human beings or due to the fault or misuse of a third party (such as: water in the host, external force cracking, scratches on peripheral parts, etc.) are not covered by the warranty.
4. All functions of the product are based on physical objects.

Name:

Contact number: must be the same as the order number

Platform store:

Return address:

FCC Warning

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.

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

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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.