SMART WATCH Y8
Use guide

1. Appearance description

Full touch display — On the key — The microphone — the key — The horn — Heart rate sensor — Charging a
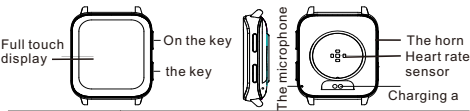
|	
Full touch display	Used to provide display and touch function operation
On the key	Default dial interface Access the menu. Double-click on the menu to change the style. Click on the non-dial interface to return to the dial interface
The key	Long press for 8 seconds to forcibly restart; In the shutdown state, long press for 3 seconds to start up. In the default screen state, click Off. Otherwise, the screen is on. Long press for three seconds to bring up the shutdown interface;
The microphone	Voice transmission function. During a conversation, you speak into a microphone, which will convert the sound signal into an electrical signal
The horn	For sound output, the horn converts electrical signals into electrical signals
Heart rate sensor	Measurement of human heart rate and blood oxygen value (Note: measurement with blood oxygen function)
Charging position	After the charging cable is connected here, the unit can be charged

2. Charging instructions

Thank you for choosing our smart health watch. Please read it carefully before using it for the first timeRead the instructions; First, long press the main function button for 3 seconds to start the machine, if the power is low or consumedYes, please charge it first.

After connecting the charging socket, insert the USB interface (such as computer host, portable power supply,Or a standard power adapter) for charging, requiring an input voltage of 5V1A or 5V2A.
As shown in the picture below:
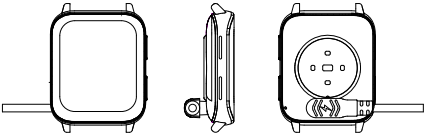
3. Install "SZOS" APP

Before using this device, please download the "SZOS" APP on your mobile phone and Do the installation. You can do this by using the "scan" in wechat or browser Function Scan the QR code of "Download APP" on the device and select the corresponding one on the mobile phoneThe operating system can be downloaded and installed; You can also browse the app in the App,Search "SZOS" in app stores such as Google and AppStore Download and install.

SZOS
Watch interface can be scanned code download

4. Connect the watch

(1) Scan code connection

After you download the APP, enter the APP and click the upper right corner and select Select the "sweep" function, press the button on the watch to enter the dial interface, After swiping to the right on the left side of the dial, click "Connect phone" Button, the two codes connected to the mobile phone will pop up, and then use the APP to scanTrace this two-dimensional code and allow pairing. If your mobile phone is ios Unified, after the completion of the step, according to the MAC device in the Bluetooth Address will classic Bluetooth connection (MAC address available in "Settings - About Watch ".

(2) Manual connection

After Bluetooth is enabled on the phone, enter the app, click the "Device" page, and click Click "Add Device" then click the icon that appears, and finally click "Pair"At this point, the APP will automatically search for nearby devices, you just need to find the place Have the name of the device, click to match.

5. Connection status

When you finish the appeal operation, slide at the top of the device dial interface, will The "Bluetooth" icon is filled, indicating that the connection is successful. As shown in the picture below:

6. language

The equipment is available in many languages, including:Simplified Chinese, English, French, Italian, Portuguese, WesternBanja, Polish, Russian, Thai.

7. Dial style selection

1, the equipment itself provides a variety of dial for you to choose.When lighting the device, you can long press the dial interface of the device to enter the cutting Change the dial style function, sliding around can feel different dial style, when Once you have selected the dial style you want to use, click on the dial to proceed Replacement; You can also click the "Settings" function on the device and select Select "Screen Display" Select "Change dial" function to replace the dial.

2. The "dial Market" in the APP will give you more choices.When you use the APP to connect to the watch, it is available in the APP's "watch faceMarket "for downloading more types of dial, but also for dialDelete it.

3. The APP also provides the function of customizing the dial.You can customize the dial in the "Device" function of the APP.

8. Watch operation instructions

1. Sidebar: Slide to the right on the left side of the dial interface to pull out the side Sidebar, provide a variety of shortcut function entry.

2. pull down panel: at the top of the dial interface can slide, you can pull out Drop - down panel, provides a variety of shortcuts to function entry, and provides time , Bluetooth connection status, power display.

3. Slide the notification up at the bottom of the nourishing surface of the dial to view the receivedNotification message of; Click the corresponding message to view or delete it.

4. Menu page: press the side key on the dial page to enter the menu page.After entering the menu page, double press the side button to switch the menu style. A one-sided key returns to the main dial page.

5. Function page: Click the icon of each application on the menu page to enter the corresponding pageFunction, right slide back single press the side key to return to the main dial.

9. Function introduction

Exercise: includes outdoor running, outdoor walking, indoor cycling, indoor running, Indoor walking, free exercise, a total of six routine exercise.

Heart rate: Put the watch close to the wrist, you can measure the real-time heart rate value, historical measurementThe results can be viewed in the APP.

Blood oxygen saturation: the watch close to the wrist, you can measure the bleeding oxygen value, calendarThe historical measurement results can be checked in the APP.

Blood pressure: Put the watch against the hand bowl, you can measure the blood pressure.

Activity record: Record the movement data of the day, including the number of steps and the time of the activityAnd calories.

Sleep: Detect your sleep condition every night, sleep related data can beCheck it out in the APP.

Music: Supports mobile phone music.

Weather: After connecting the app, you can actually update the weather of the day.

Take photos: Enter the APP after connecting the app and click the photo function on the watch.The photo taking function of APP side can be evoked to realize remote control of photo taking. Click on theTaking a photo once can evoke the taking photo function of the APP. Click again to take a picture.The photos will be saved to the phone system's album.

Payment code: When connecting the mobile phone, click this function to receive other users directlyScan the code to transfer funds.

Friend Code: When the device is connected to the mobile phone, click this function to scan the code directly"Add friends".

Information: After connecting to the APP, the notification received will be displayed here.

Stopwatch: The watch supports stopwatch timing

Timer: Supports the countdown of a selected number of minutes and a customized time. Find the phone: When the device is connected to the phone, tap this function to find the hand Operation of the machine.

Call History: When connecting a mobile phone, you can synchronize the call history of the mobile phone.
Common contacts: Connect mobile phones to synchronize mobile phone types of contacts.
Dial: The watch calls when connected to the mobile phone
AI voice: After connecting the APP, the hand can be aroused through the AI voice function of the watchMachine voice assistant.
Settings: including brightness Settings, screen-time, Do not disturb mode, sound Settings, Language switch, phone connection, about the watch, restart, restore factory, Shut down and other functions.
Calculator: Provide calculation function, convenient and quick.
NFC: An emerging technology. Devices (such as cell phones) that use NFC technology Data exchange can be carried out in close proximity to each other and is made by non-contact shotsFrequency identification (RFID) and interconnect technology integration evolution. Through theIntegrated inductive card reader, inductive card and point-to-point communication on a single chipWith the use of mobile terminals to achieve mobile payment, electronic ticketing, access control,Mobile identity identification, anti-counterfeiting and other applications.
Alipay: Click the watch Alipay interface to open, according to the watch binding my Watch interface prompts, complete Alipay account and watch binding, complete binding After fixed, watch Alipay end will appear payment code, in support of Alipay payment field So, please ask the cashier to scan the payment code, you can complete the payment.

configurations, some do not have local music player, Alipay, Friend code sharing, NFC, blood pressure, blood oxygen function, please refer to the actual configuration!

10. Instructions for adding/deleting/playing music

1. First, you need to connect to the mobile APP.
2. Add music. Click the APP to enter the "Music" function interface and click the lower left corner"Add Music", select music in "Local Music" or "Cloud Music", clickThe check mark in the upper right corner will download the selected music to the deviceYou can view it in the "Music" function of the device (required in the "Music" functionSelect "Watch Mode" in the lower right corner of the function interface).
3. Delete music. In the "Music" interface of the APP, select the one you want to deleteAfter music, click "Delete music" in the lower right corner.
4. Play music. The device provides two modes: Watch mode and Mobile modeIn the lower right corner of the music function screen of the device, select the playing modeClick Play. Bluetooth headphone mode is also available.

Note: According to the configuration, do not carry this function ignore!

11. Precautions

1. Do not severely impact the host.
2. Do not touch benzene, diluent and other chemicals.
3. Please keep away from strong magnetic field and electric shock station.
4. Keep away from direct light or heating appliances.
5. Do not disassemble, repair or transform by yourself.
6. Waste packaging, batteries and old electronic products should be sorted and properly disposed of.
7. Do not wear it in the shower. (Temperature shall not exceed 45℃)

12. Frequently Asked Questions and Answers

Why does blood pressure value have deviation with sphygmomanometer?

The deviation between the watch and the sphygmomanometer is due to a number of factors ,Sphygmomanometer measurement site is in the cerebral artery, the watch measurement site is in the arteriolesThe two main branches, normal aortic blood pressure measurements and microarterial bloodPressure measurements can vary by three to forty; If you use a watch and a blood pressure monitor at the same timeTo measure, because the blood is flowing in the artery in the direction of centrifugation, a sphygmomanometerWhen measuring, the band puts pressure on your elbow below the center, temporarily bleedin The fluid does not flow smoothly to the underlying branches of the arteries; Increased vascular tension,Will make the upper and lower blood pressure measurement value deviation will be greater.

Why not wear a watch to take a hot bath?

The temperature of the bath water is relatively high, which produces a lot of steam, andAnd water vapor is gas phase, its molecular radius is small, easy to watch the shell emptyThe gap seeps in, and when the temperature drops, it recondenses into liquid droplets,Easy to cause the watch internal circuit short circuit, damage to the watch circuit board, and damageA watch.

Why can't the watch receive notifications?

Android phone Settings:
1. Ensure that the message push function is enabled on the mobile client
2. The confirmation message is displayed normally in the notification bar of the mobile phone and is pushed to the watchIt is pushed by reading the notification message on the mobile phone. If the notification bar does not existMessage, the watch will not be able to receive push. (You need to find Tong in your phone's SettingsKnow the Settings, turn on the notification switch of wechat, QQ, phone, SMS and mobile phone client)
3. Open the auxiliary function Settings of the wristband client (find the auxiliary function in the mobile phone Settings)Function, open the function setting of the bracelet client)

Iphone Settings:
1. Ensure that the message push function is enabled on the mobile client
2. The confirmation message can be displayed in the notification bar of the mobile phone Normal display, (need to find the notification Settings in the phone Settings, open micro Notification switch for letter, QQ, phone, SMS, mobile phone client)

Warranty card

Product Name:

Model and Specification:

Name of Customer:

Contact Number:

Address:

Distribution Unit:

Contact Number:

Date of Sale:

Address:

合格证
QUALIFIED CERTIFICATE

型号
MODEL:

检验员
CHECKER:

RoHS CE

FCC 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.

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.