

## Smart Watch with Wrist-based Heart Rate / SpO2 / Blood Pressure/ Stress / HRV Monitor

1963YH

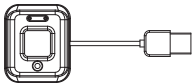
Smart Watch



### Get Started

What included:

- 1) Smart Watch
- 2) USB Charger
- 3) User Manual
- 4) Gift Box



1. USB charger



2. Home Button

3. PPG Sensor

4. Temperature Sensor

### 1. Download the APP

Go to Apple Store or Android Play Store, please search "JClife" to download our "JClife" application. Or scan the following QR code and jump directly to the APP download interface and enter into APP Stores.

QJClife



Ensure Bluetooth is enabled on your smart phone. Important: Please ensure that your Android OS is version 4.3 or above and iOS version is 7.0 or above and the device has Bluetooth 4.2.

### 2. Activate the Device

Before use, please connect the USB charger to charging the device for activation. The progress bar will change from empty to full to indicate full activation as below. After activation, the device will start charging the battery. Please use the device after it's fully charged.



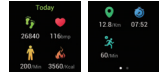
### 3. Battery Charge

The battery indicator is displayed on the home screen of the device while charging. If the battery level is less than 10%, the device will display the empty battery symbol, prompting to charge the device. The green progress bar will jump during charging, and it will stop until the battery is fully charged.



### 4. Activity Mode

Touch the screen to check detailed daily activity data.



### 5. Heart Rate Monitor

Slide the watch screen to find the Heart Rate icon, press it to start heart rate monitoring. The time interval of automatic HR monitoring can be set via APP.



Please do wear tightly for accurate heart rate monitoring, otherwise the device will gently vibrate to remind you to wear tightly.



### 6. SpO2 Monitoring

Slide the watch screen to find the SpO2 icon, press it to start SpO2 monitoring.



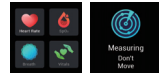
### 7. Breath Training

Slide the watch screen to find the Breath icon, press it to start breath training, the training level & duration can be set via APP.



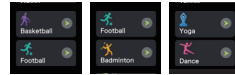
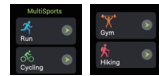
### 8. Blood Pressure, HRV & Stress Level Monitor

Slide the watch screen to find the Vitals icon, press it to measure blood pressure, HRV & stress level, please keep still while measuring, and after finished, you can slide to check the report.



### 9. Multi-sport Mode

In Multi-sport mode, you can choose Run, Cycling, Badminton, Football, Tennis, Yoga, Dance, Basketball, Hiking, Gym to record your exercise data, such as Exercise Time, Steps, Distance, Speed, Heart Rate, Calories, etc.



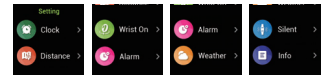
### 10. More Functions

Slide the watch screen to find more functions - Find Phone, Remote Camera Control, Music Control, Timer, Stopwatch, SOS Help and Language Exchange.



### 11. Setting

Slide the watch screen to find Setting menu, you can set the time unit, distance unit, wrist on/off, alarm on/off, weather display on/off, silent mode on/off, info.



### 12. Sleep Mode

The device can automatically monitor whether you have gone to sleep and record your sleep quality at the same time. You can also set a sleep alarm on the APP, the device will vibrate on time and wake you up gently.



### 13. Phone GPS Supported

Please click the GPS icon on the App to start the exercise. The APP will start the GPS of the mobile phone and record the speed, distance, calories and activity time. After the exercise starts, the device will automatically turn on the heart rate monitoring. After exiting the exercise, the heart rate will automatically stop monitoring. You can view the exercise data on the APP.

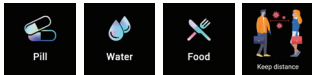


### 14. Phone Notifications

(Only effective when Bluetooth is connected between the device and the mobile APP) After turning on the smart reminder function on the APP, the device will gently remind you not to miss important information such as incoming calls, text messages, WeChat, Facebook, QQ and other social software messages on the mobile phones.

### 15. Personal Reminder

Personal reminders can be set on the APP to develop good lifestyle habits, such as regular alarm clocks, drinking water, taking pills, social distance alert, and other reminders.



### 16. Sedentary Reminder

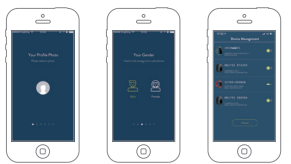
Set sedentary reminder on the APP, the device will gently vibrate to remind you to exercise more within the set time period.

### 17. Wrist Sense

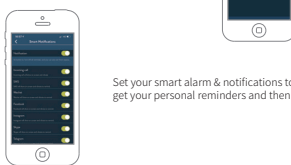
Alternatively, after setting on the APP, simply raise your wrist to activate the display automatically.

### 18. APP Basic Operation

1. Check the APP home page about this device and the features of this APP.
2. Set personal information such as photo, age, gender, height, weight, left / right hand habits to wear, and sports goals, etc. Connect the JClife APP, select the device you are currently wearing, click next, you can see the personal information interface.



After connected successfully, set your personal information and save it.



Set your smart alarm & notifications to get your personal reminders and then save.

### 19. Personal Goal Setting

Customize your workout plan on the APP, the device will gently vibrate to remind you to exercise more.

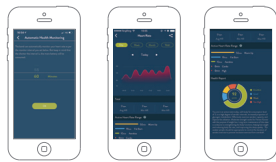
1. Tap Goal Setting
2. Choose your target number of steps during your daily target time period
3. Choose the sleep hours you may require everyday
4. Tap confirm



### 20. Automatic Health Monitoring

The device supports real-time heart rate monitoring. You can set the interval for automatic measurement on the APP. The default interval time is 60 minutes, and you can set the interval every 5, 15, 20 minutes and so on.

Note: The shorter the interval for automatic monitoring, the faster the power consumption.



### 21. Check History Data

Clicking the heart rate or SpO2, HRV, Stress icon will display the history data of the corresponding heart rate, SpO2, HRV and Stress. You can also click the history data curve with your finger to view the heart rate or SpO2, HRV, Stress value per minute. At the same time, you can also view the weekly / monthly / yearly data on the APP to understand your average data over a period of time.



### 22. Specifications

Size: Main body, 42\*35\*10.9mm  
Weight: 50g  
Battery: 230mAh rechargeable lithium polymer battery  
Display: 1.3" TFT  
Data Memory: 30 days  
Walking Distance: Max 9999.99km  
Calories Burned: Max 9999.9kcal  
Activity Time: 99h59min

### 23. Precautions for Use

▲ Warning! Children swallowing risk! Children are not allowed to play with the device. Keep children away from the device.

▲ Warning! Risk of fire / explosion or chemical burns! This product contains a lithium-ion battery. Do not remove, disassemble, throw into fire or other battery.

△ Caution! Possible property damage! Do not drop the device and protect it from impact. Do not expose the device to extreme temperatures or extreme temperature fluctuations. Protect the device from direct sunlight and dust. When cleaning, do not use any strong chemical, abrasive or foam cleaning materials. Protect the display from hard objects.

△ Caution! Do not dispose of the device in domestic waste! If you have any questions, please contact your municipal waste disposal authority. Do not dispose of used batteries in domestic waste. Instead, take them to a special waste disposal site or a retailer's battery collection point. Packaging is recyclable or can be recycled into raw materials. Please dispose of unnecessary packing materials properly.

### 24. FCC Statement

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

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.

### IC Statement

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference; and
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

The term "IC" before the certification/registration number only signifies that the Industry Canada technical specifications were met. This product meets the applicable Industry Canada technical specifications.

Cet appareil contient des émetteurs / récepteurs exempts de licence conformes aux RSS (RSS) d'Innovation, Sciences et Développement économique Canada. L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage; et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

## 血氧/心率/HRV/压力监测手表

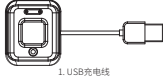
1963YH



### 开启智能运动生活

配件:

- 1) 智能手表
- 2) USB 充电器
- 3) 说明书
- 4) 礼品盒



1. USB充电线



2. Home 键

3. PPG PPG传感器

4. 温度传感器

### 1. 下载应用程序

APP: JLife, 支持安卓IOS APP 下载  
安卓APP下载方式: Google play 搜索"JLife"  
IOS系统下载方式: 苹果商城搜索"JLife"  
苹果、安卓系统均可扫描以下二维码, 直接跳转  
到APP下载页面进行下载。

JLife



确保手机蓝牙打开。  
摘要:  
设备支持蓝牙4.2  
IOS 7.0及以上系统  
安卓4.3及以上系统

### 2. 激活设备

首次使用, 请USB充电激活手环。如右图手环  
屏进度条由空到满表示激活成功。  
激活成功后, 请充电手环至满电再开始使用。



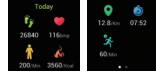
### 3. 电池充电

充电成功开始后手环屏幕首页将指示充电状态。如果电量低于10%, 手环将  
显示空电符号, 提示要给手环充电, 充电中绿色进度条跳动, 满电后出现满  
格静止绿色柱状图。



### 4. 当日活动状态

单次点击手环触摸屏, 循环显示以下功能。



### 5. 心率监测

滑动屏幕找到心率测量界面, 点击图标开始测量。自动心率测量间隔可在  
APP端进行设置。



为了获得最佳结果, 表带必须戴紧。否则, 手环会轻微震动, 并提示您检查手  
环是否在您手腕上佩戴紧密。



### 6. 血氧监测

滑动屏幕找到血氧测量界面, 点击图标开始测量。



### 7. 呼吸监测

滑动屏幕找到呼吸训练界面, 点击图标进行呼吸训练。训练等级和时长可  
在APP端进行设置。



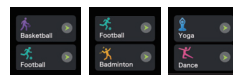
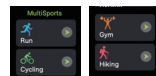
### 8. 血压/HRV/压力等级监测

滑动屏幕找到Vitals界面, 点击图标进行测量。测量时请保持静止状态, 结  
束后可滑动屏幕查看血压、HRV和压力报告。



### 9. 多种运动模式

在运动模式下, 您可以选择跑步、骑行、羽毛球、足球、网球、瑜伽、跳舞、篮  
球、徒步、健身模式。在这些模式下, 手环可以记录您的运动数据, 如运动时  
间、步数、距离、配速、心率、卡路里等数据。



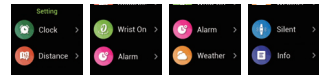
### 10. 更多功能

滑动屏幕找到多功能界面, 即可看到寻找手机、遥控拍照、音乐控制、计时  
器、秒表、SOS报警、语言切换等功能。



### 11. 设置

滑动屏幕找到设置界面, 可以设置时间/距离单位、抬腕亮屏开/关、闹钟  
开/关、天气显示开/关、静音模式开/关以及设备信息。



### 12. 睡眠模式

本设备可自动监测您是否已经进入睡眠状态, 并同时记录您的睡眠质  
量。您还可以通过在APP端设置睡眠闹钟, 手环将会准时震动, 将您轻  
柔唤醒。



### 13. 支持手机GPS

请在APP端点击GPS图标开始运动, APP将自动手机GPS, 记录速度、距  
离、卡路里及活动时间。运动开始后, 手环将自动开启心率监测, 退出运  
动后, 心率自动停止监测, 您可在APP端查看运动数据。

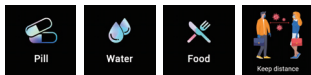


### 14. 信息提醒

(仅限在IOS和安卓设备与手机蓝牙连接成功的状态下生效)  
手环APP端开启此提醒功能后, 手环将在手机收到信息、来电、短信、微  
信、QQ等社交软件信息时, 轻柔震动提醒用户切勿错过重要信息。

### 15. 自定义提醒

可在APP端设置个人提醒, 养成良好生活习惯, 如定时闹钟、喝水、吃药、  
社交距离等各类提醒。



### 16. 久坐运动提醒

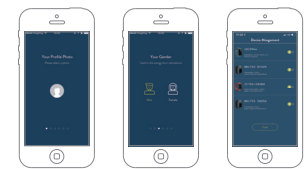
您也可以在手机上设置久坐提醒, 手环将会在设置的时间段内照设置  
要求提醒避免久坐, 适时适量运动。

### 17. 抬腕亮屏

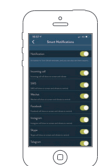
APP进行设置后, 抬腕屏幕将自动亮屏显示界面, 方便查看。

### 18. APP 基本操作

1. 查看APP首页关于本产品及此APP的功能简介  
2. 设置个人信息如头像、年龄、性别、身高、体重、佩戴的左/右手习惯、  
及运动目标等  
连接JLife手环, 选择您目前佩戴的手环, 点击下一步, 可以看到个人  
信息界面



当连接成功后, 设置个人信息并保存。



设置信息提醒选项, 点击保存信息提  
醒后设置运动闹钟、起床闹钟及来电  
信息提醒。

### 19. 设置个人目标

APP支持定制您的运动计划, 手环将会轻柔震动提醒您增强运动。

1. 点击目标设置
2. 选择您每天的目标时间段内的目标步数
3. 选择您目标睡眠时间
4. 点击确认



### 20. 自动监测健康状态

手环支持实时心率监测, 您可以在APP上设置自动测量的区间。  
默认的间隔时间为60分钟, 您可以设置每5、15、20分钟等时间间隔。

注意: 设置的自动监测的间隔时间越短, 电量消耗越快。



### 21. 检测历史数据

点击心率、血氧、HRV、压力图标, 将会显示对应的心率、血氧、HRV、压力  
的历史数据, 您也可以用手指点击历史数据曲线查看每分钟的心率、血氧、HRV、  
压力值。

同时, 您也可以在APP里查看周/月/年度数据, 以此了解您一段时间内的平  
均数据。



### 22. 规格参数

大小: 主体 42\*35\*10.9mm  
重量: 50克  
电池: 230mAh可充电锂电池  
屏幕显示: 1.3" TFT  
手环数据存储: 30天  
最大步行距离: 999.99千米  
最大卡路里消耗: 9999.9千卡  
最大运动时间: 99小时59分

### 23. 使用注意事项

- ▲ 警告! 儿童吞咽风险! 不允许儿童拿本设备玩耍。让儿童远离设备。
- ▲ 警告! 火灾/爆炸或化学烧伤危险! 本品包含锂离子电池, 不得将电池取  
下、拆开、投入火中或短路。
- ▲ 小心可能的财产损失! 不要掉落设备并保护其免受冲击。不要将设备  
暴露于极端温度或极端温度波动下。保护设备避免阳光直射和灰尘。  
清洁时, 请勿使用任何化学物质、腐蚀性或发泡清洁剂。保护显示  
屏, 避免硬物划伤。
- ▲ 小心! 请勿将本设备放在生活垃圾中处理! 如有任何疑问, 请联系您的  
市政废物处理当局。请勿将废旧电池放在生活垃圾中处理, 而应将其  
送往特殊废物处理场或零售商的电池回收点。包装可回收, 或可以回  
收成原材料。请正确处理不需要的包装材料。