

# **Smart Watch**

## User Manual

Please refer to this manual before use

V1.0

## **1. Precautions for use**

1.1 The company reserves the right to modify the contents of this manual without any further notification. It is normal that some functions may vary in certain versions of software.

1.2 Please charge this watch with the configured cable for no less than 2 hours before use.

### **Models can be paired with:**

Android phones: support OS 5.0 and above

Iphones: Support OS 9.0 and above

## **2. BT connection**

### **APP download and instruction**

#### **2.1 installation of APP**

(1) Use your mobile phone to scan the QR code below to download the app and follow the prompts to install it.



#### **(2) Search “LinkTo Health” to download**

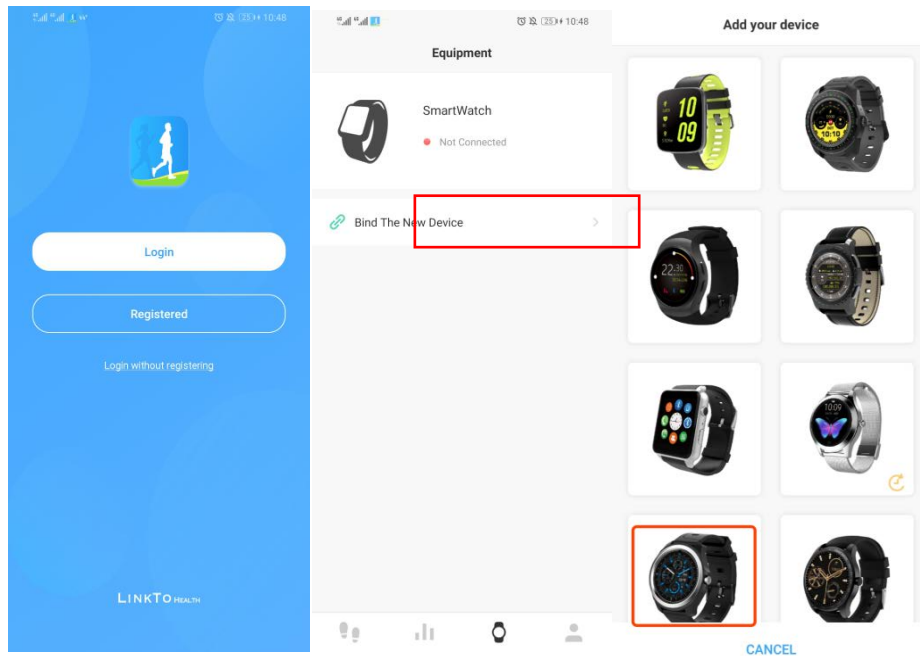
Android phone: Google Play store

Apple phone: APP store

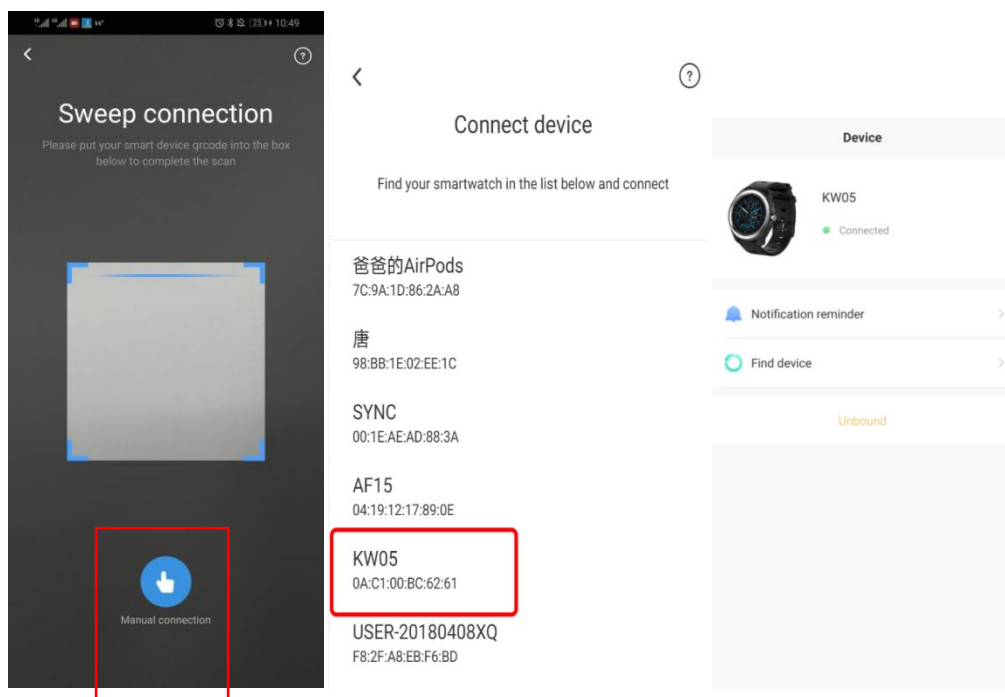
#### **(3) APP and watch connection**

Click to enter the APP, select "Login" or "Registered", or “Login without registering” (Figure 8), successful login--tap the watch icon at bottom to enter into Equipment

page (Figure 9). Tap “Bind the New Device” and Enter into Device Selection page (Figure 10). Tap on the photo of KW05 and enter into Connection Page (Figure 11), then tap manual connection, find the right Bluetooth name of your device and tap it (Figure 12).

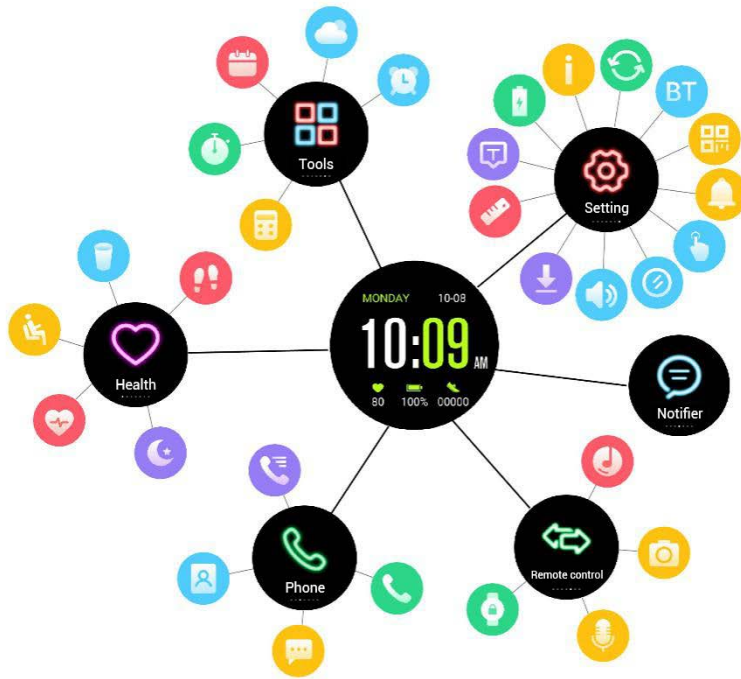


(Figure 8)(Figure 9)(Figure 10)



(Figure 11)(Figure 12)(Figure 13)

### 3. Main Functions



其他应用： Tools 设置 Setting 健康 Health 通讯 Phone 远程控制 Remote control 消息推送 Notifier

## Brief Introduction



Heart Rate 

Slidewatch faces from right to left into the function list, clickHealth, choose Heart Rate function, click the small circle icon to start measuring. Slide from top to down to enter into "Options" interface (it can not be done when it's measuring), you can view the **History** and **Help**, set test mode into Onceor Repeat.

## Pedometer

Pedometer function is on by default. When bluetooth is connected, the sports data of watch will be real-time synced to Linkto Health app of phone. Or click "Sync Data" on app to sync data from your watch to your phone. Watch's record data will be cleared at 00:00. Slide from down to up to enter into "Options" interface, you can set status **OFF** or **ON**, **Goal**, **Gender**, **Height**, **Weight** and view **History** here.

## Reset

Go to "Settings" of you watch, touchReset, your watch will erase all data and reboot.

## Sleep monitor

The default sleep monitoring time of watch is from 21:00 p.m to 9:00 a.m. Slide from down to up to enter the "Options" interface, you can set "OFF" or "ON", and view **History** and **Help**.

After connected with both watch and phone, click sync data on Linkto Health APP to synchronize sleep data from your watch to phone. ( Please refer to the Synchronization procedure in bluetooth connection page).

## Sedentary

Set a sedentary duration (at intervals of 30 mins, 0min--300mins for options), your watch will vibrate and ring to remind you when you have been seated for a sedentary duration.

## Drink

Turn on "Drink"function, the default duration is from 9 am to 9 pm. It will remind you once an hour. OFF means turn off the function, ON means turn on the function.



## Phone

### Dialer

Once connected with bluetooth of your phone, you can make Bluetooth calls by inputing phone number.

### Phonebook

Once connected with bluetooth of your phone, contacts on your phone will be automatically synced to your watch(Please refer to Bluetooth Connection Guide for more details ).

Note: Please allow your watch access to phone's contacts during connection..

### Call history

Once connected with bluetooth of your phone, call history on your phone will be automatically synced to your watch, and you can dial to anyone.

Note: Please allow your watch access to phone's call history during connection.

### Messaging

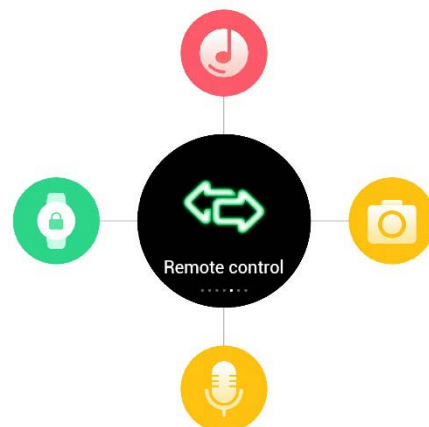
If connected with Android phone, messages on your phone will be automatically synced to your watch. ( iPhones are not supported to use this function )

Note: Please allow your watch access to phone's messages during connection.

## Notifier



Once connected with bluetooth of your phone, your phone's notifications showed on status bar will be automatically synced to your watch. (Please refer to Bluetooth Connection Guide for more details ).



## Remotecontrol

Camera 

After watch connected with bluetooth of your phone successfully, open the camera in

the phone, click capture on watch to take photos. The photos will be kept in the phone.

## BT music 🎵

After connected with bluetooth of your phone, you can remote control the music player in watch, music is playing on the phone's end.

## Anti-lost 📍

After connected with bluetooth of your phone, click “anti-lost” on your watch, your phone will get an alert and ringing.

## Siri

When your watch is connected with iPhones, turn on “Siri” function, you can search Weather, information, etc. (Only for iPhones and some of Android phones).



## Tool

### Alarm 🕒

You can set one or several alarm clocks and self-defined the alarm time, ring frequencies, rings, and remind method.

### Calculator 🧮



Inputnumber on the keypad to calculate.

## Calendar 📅

View the current date, touch the rose red round button to check the current month data, by sliding up and down to shift months.

## Stopwatch ⌚

Click the middle icon to start, left icon to start a new count, 10 counts at most; right icon to erase all records. Only 2 latest counts would be displayed in the stopwatch interface, tap on the counts to check all 10 counts record.

## Weather 🌤️

After watch is successfully paired with phone Bluetooth (refer to Bluetooth guide for the synchronization method), the weather information of the phone APP can be synced to the watch (Note: The information can only display the highest and lowest temperature of the day, with updated every 4 hours)



## Setting

### APP Download 📄

Scan the QR code on your watchthrough phone browser to download and install Linkto HealthApp.

## BT setting

1. Tap power on/off to turn on/off Bluetooth (before bluetooth pairing).
2. Tap visibility on/off to decide whether the device bluetooth can be detected by nearby bluetooth devices (before bluetooth pairing).
3. Search your phone Bluetooth with watch: Click Search Device on the watch to search for a new device, find the Bluetooth name of your phone, click **connect** and agree on pairing request on the phone, and bluetooth 3.0 pairing is done.

## Clock

1. Enter into Clock type, slide to choose your favorite clock and click ok, then the clock type that you have selected will be displayed as your watch face.
2. Turn off the **Time sync**, you can manually set the data, time and time format.
3. Turn on the **Time sync**, when your watch is paired with your phone, time and date will be real-time synced.

## Sound

1. Set alert type: Ring, Vibrate, Ring and Vibrate, Ring then Vibrate and Mute.
2. Select ring tone: 5 ring tones in total.
3. Select ring tones: 5 ring tones in total.

## Volume

Set the volume of Ring and Notification tone: 6 different volumes in total.

## Display

Set the screen brightness and Screen time out.

## International

Turn off **Auto Sync**, you can select a language different from your paired phone. Turn on **Auto Sync**, the language of your watch will sync with your phone (the premise is that your watch has the language of your phone). You can also set Name display here: First name first or Last name first.

## Unit

You can manually switch metric/ imperial unit here.

## Motion

Turn on/off flip to mute incoming call.

Turn on/off flip to mute alarm.

Turn on/off wake-up gesture: When it's on, tilt the watch to turn off the screen, flat the watch or turn 90° towards the due front of yourself to brighten screen.

Turn on/off shake to answer the call. When it is on, shake the device 2-3 times on incoming call interface, then the call would be answered automatically.

## Reset

Go to settings >Click Reset, and click check on the pop up reminder, your watch will automatically restart, all data will be erased.

## About

View the Device name, Device address, LE address, Connected service, LE connected status, Version and Release time here.

## Notes:

1. Solutions of the problem that the data of pedometer/sleeping/heart rate cannot be synced to Linkto Health:

a) You phone can only install one LinktoHealth App. When the app is not connected, the data cannot be synchronized;

b) Register and log in your Linkto Healthfirst.

c) Ensure that your watch and your phone have been bi-directional paired successfully for phone call and messages push.

d) Connect the watch with your phone to ensure a normal Bluetooth sync connection.

e) If the data still cannot be synced to the Linkto Health, please restart your watch and phone, and try the steps above again or wait for a while to try again.

2. If you need to switch to other language, please turn off the automatic synchronization language option, which is "ON" by default.

3. To sync messages from your phone to watch, you need to confirm whether the following information is met:

a) To see whether the Bluetooth both on watch and phone (Linkto Health) has been connected successfully; If yes, the bluetooth icon at the top of the watch screen is half

blue and half green.

b) Phone Settings - check whether the app messages are allowed to display on your phone.

c) Check whether unread messages displayed on the phone notification board.

## 4. Common troubleshooting

In case there is a problem during using of your watch, please solve it accordingly by the following ways. If the problem retains unsolved, please contact the local dealer or the designated service representative.

### 4.1 Cannot be powered on

\* Please keep pressing the power button for at least 3 seconds.

\* Make sure your watch has enough battery power, please recharge and start it again (It is easier to charge under an output power of 5V2A, it may take more than 30 minutes for computer charging).

### 4.2、 Shut down automatically

It is possible that battery is used up. Please recharge and start it again.

### 4.3、 Short use time

\* Make sure the battery has been completely charged. (At least two hours)

\* Check if watch Bluetooth is always on and synced with your phone, which requires a large current while using it.

### 4.4、 Cannot be charged

\* Check if the battery can be used. The performance of battery may become worse after several years.

\* Check if the charger is working properly, (both the adapter and cable), if not, try another one.

\* Check whether the watch charge interfaces and cable are normally connected, if not, try again.

### 4.5 Caller's name is not displayed

\* When your watch is paired with your phone, please check whether the contacts on your phone are synced to watch, whether you select to sync contacts.

\* Release the connection. please allow the contacts to be synchronized while you are pairing your watch and phone again.

### 4.6 Bad call quality

\* Our watch may not in the normal Bluetooth range of your phone (about 10

meters), please keep a stable Bluetooth connection to ensure a good call quality.

\* Your phone is in a weak signal, please make calls in areas with good signal.

#### 4.7 Linkto Healthdata cannot be synced

- Check if you have log in your Linkto Health, if not, sports data cannot be stored in the background, so please log in first before use.
  - Check if your watch and phone are bi-directional paired successfully (please refer to Bluetooth Connection Guide).
- Check if the signal is weak. Please disconnect Bluetooth, reconnect, upload data and retry.

Warranty Certificate			
Client Info :			
Model		Vendor	( Signature )
Client Name		Contact Info	
Vendor's Contact		Purchase Date	
Product IMEI code			
Client's Address			

Vendor's Address			
Warranty Record			
Date	Problems	Diagnosis	More Info

**FCC Caution:**

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.