

# Instruction Manual

Please read the instructions before use:

- The company reserves the right to modify the content of this notice without notice. According to normal circumstances, some functions are different in specific software versions.
- The product should be charged for more than 2 hours before use, but avoid prolonged charging in an unmanned environment when charging.
- Please attach the magnetic charging cable to the charging port of the bracelet automatically.
- Please use the input voltage: 5V/1A or 5V/2A charging head, with the original charging cable provided by the manufacturer.
- Before using the product, please download the login application to the mobile phone, which can use the wristband time to set personal information.
- It is forbidden to use the on-board charging head to charge (the voltage is unstable when the car is ignited or turned off);

APP download login

- APP download method "OnWear":
  1. Apple mobile phones can be downloaded in the App Store;
  2. Android phones can be downloaded in Google play store and app treasure;
  3. Or scan the QR code in the watch to download (compatible: IOS10.0 above /Android5.0 above);
- Install the APP, please register and log in according to the interface prompts, you need to turn on the Bluetooth;

●In the device interface, select the Bluetooth name LA12 for binding, and the watch can be used normally.

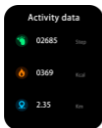
Method of operation :

●On the dial interface, swipe from top to bottom to enter the shortcut interface

●In the dial interface, swipe from bottom to top to enter the information list interface

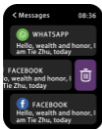
●On the dial interface, swipe from left to right to enter the menu style

●On the dial interface, swipe from right to left to enter the steps, heart rate, sleep and other interfaces



#### Exercise data

Swipe the touch screen from right to left to enter the exercise data interface to view the day's data: steps, distance, and calories.



#### Message

After the watch is connected to the mobile phone APP, the newly pop-up information on the mobile phone will be pushed to the watch side synchronously. The watch will store multiple pieces of information.



## Weather

After the watch is connected to the mobile app, the weather will be automatically synchronized to the watch.



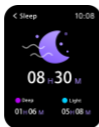
## Heart rate

Heart rate : the green light at the bottom lights up to start the measurement, and the measurement is completed in about 30 to 60 seconds. The measurement value at this time is based on the PPG technology.



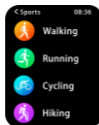
## Blood oxygen

Blood oxygen: the red light at the bottom lights up to start the measurement, and the measurement is completed in about 30 to 60 seconds. The measurement value at this time is based on the PPG technology measurement.



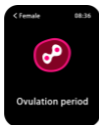
### Sleep monitoring

Shows the sleep monitoring status of the day, the data is updated every day, and the specific data can be synchronized to the APP to view.



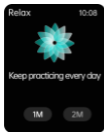
### Sport mode

Enter the interface to perform various sports modes: walking, running, mountain climbing, cycling, basketball, yoga, elliptical machine and other sports modes.



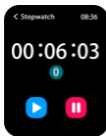
### Women's health

After the watch is connected to the mobile app, set the female in the app, and set the physiological state according to the provided, and the app will automatically synchronize to the watch.



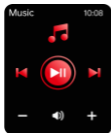
### Breath training

After entering the breathing training function, select 1 minute or 2 minutes, and follow the operation according to the corresponding state until it is completed.



### Stopwatch

Stopwatch timing-click on the triangle to start, click again to pause, after pausing, click on the left button to restore.



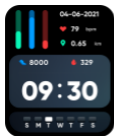
## Music

Music function-After connecting to the APP, open the music player to control the playback of music



## Timer

Timer function-After selecting the corresponding time, start the timer, and the timer will end the vibration reminder.



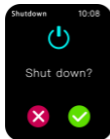
## Dial switch

The dial can be selected, and the dial can be switched by long pressing the dial, and it supports push dial (multiple dials are built in the watch).



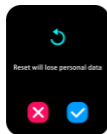
### System message

View the Bluetooth name, Mac address, firmware version number and other information of the watch.



### Switch machine

Press and hold the button for 3 seconds to boot. The watch will automatically turn on when it is charging. Click the shutdown icon to shut down.



### Reset

Confirming that the factory reset will erase all personal data.



## Precaution:

Please read this manual first to ensure safe and correct use

1. This product data is for health management reference only, please do not use it as medical data. If any abnormal physical data is found, it should be checked by the hospital.
2. The waterproof rating of the meter is 5ATM, and the waterproof depth is 50 meters.
3. Please do not wear it in the following environments: diving activities above 2 meters, high speed is affected by water pressure, it is not recommended to wear it in the shower.
3. After using in sea water, it is recommended to rinse with water and dry.
4. The waterproof function is not permanently effective, and the protective performance may be reduced due to daily wear and tear.
5. Avoid touching the screen surface with sharp or sticky objects to avoid damage.
6. Avoid dropping the product on the ground or being violently hit by other objects.
7. Please avoid exposing the watch to corrosive liquids to avoid damage to the watch.
8. Do not disassemble the product or replace the battery without authorization. If the product fails,

please contact the after-sales service department for maintenance.

Watch parameters:

Waterproof rating: 5ATM

Sensor: 3-axis G-sensor

Battery capacity: 230mAh

Synchronization method: Bluetooth

Resolution: 368\*448

Display screen: 1.78 inch AMOLED

Working time: about 7-10days

Working temperature: -10°C ~ 50°C

Packing list: host, charging cable

Compatible system: IOS 10.0 or above, Android 5.0 or above

## 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.