IML

User Manual
Version 1.1

Getting Started

Welcome to use our IML, this is a smart watch which can help you reach your sport goals.
The package includes:
· IML smart watch
· User Manual
· Charging cable

Setting up your IML

First download & install the app SMART-TIME PRO, and create an account to make sure the watch can synchronize the data it collects with the app. The app is where you can set goals, analyze your goals, see historical trends and keep up with friends, and much more.

Connecting smart watch through mobile phone

SMART-TIME PRO APP supports the operating system of iOS 11.0 and Android 5.0, as well as Bluetooth 4.0. It is available for more than 150 mobile devices.
1. Turn on Bluetooth on mobile phone;
2. Download APP: SMART-TIME PRO;

Download on the App Store
App Store: SMART-TIME PRO

Android app on Google Play
Google Play: SMART-TIME PRO

3. After install the App, register and log in account according to a series of instructions.
4. Continue following the onscreen instructions to connect or pair your smart watch to your mobile device. Pairing make sure that the watch and mobile device can communicate with each other(sync their data).
Open APP>Device> Add device>Choose IML.
5.Select the Bluetooth name IML with the strongest signal from the list. Then the watch will show paring notification, click to confirm pairing. ✔ Then you will see the Bluetooth icon on the right top on the watch or in quick setting page (slide down page) turns to Blue, then Bluetooth is connected. 🕮
(You need to use Android 5.0+ or iOS 11.0+ and above and the watch can only be paired with one mobile phone. To pair other mobile phones, please unbind the current one before pairing.)

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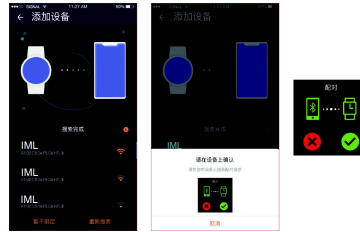
Quick Fit Strap

IML contains two parts (watch body and wristband), you can purchase seperately strap and switch as your preference.

Charging instructions

Charging:
Turn the watch over, align and attach the charging pins to the magnets gold prongs. You will see the charging icon on the watch screen after 5s.
Charging fully may take 2 hours. you will see the battery icon is full if the watch have been fully charged.
Please clean the charge interface before charging for fear that the remaining sweat erode gold metal contact or other risks.

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Functions

1.Sports

The IML watch supports up to 11 sports modes including: Running, Walking, Cycling, Climbing, Treadmills, Spinning, Yoga, Swimming, Basketball, Football, Badminton.

Running	Walking	Cycling	Climbing
Treadmills	Spinning	Yoga	Swimming
Basketball	Football	Badminton	

2. Heart rate

Wearing IML correctly, not too tight or loose, make sure no green light leak, there is two measuring ways:
Turn on the heart rate icon on the watch and measuring heart rate by manual.
Set automatic monitoring time interval in app (monitoring once every 15/ 30/ 60/ 120 minutes).

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3. Blood pressure

Wear the watch in a right way, and open the menu--blood pressure, measure it manual.

4. Alarm clock

Setting the alarms in APP and sync to watch, maximum 8 alarms.

5. Music control

Control the music player of mobile phone to play the music,as well as song switching and volume adjustment.

6. Stopwatch

Electronic timer that can record one time or record multiple times.

7. Countdown

The same way to calculate the remaining time.

8. Remote capture

This feature can remote control the mobile camera to take pictures,please click - smart camera and turn on the camera.

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9. Find phone

Under Bluetooth connection, cilck "Find phone" on the watch, the phone ringing, click pause to stop.

10. Settings

Set the watch's general functions, brightness, language, power off, return to factory, about.

11. Sports records

Sports mode records was done, maximum 10 records, update automatically.

12. Other functions

1) Change watch face

(Long press the screen or power button, swipe to choose, click to confirm)

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2) Pedometer
(Steps, Distance, Calories, Heart rate)

3) Sleep monitor
(Automatic measuring)

4) Weather
(Weather forecast)

5) Health care
(Female physiological function)

6) Slide down quick setting menu

1. Vibration
2. Do not disturb
3. Brightness
4. Settings

7) More

1. Message reminder
2. Sedentary alert
3. Anti-lost
4. Call notification
5. Low-power reminder

The specification

Wristband length	254mm
Wristband width	20mm
Weight	32g (Slicone strap)
Battery	210mAh Poly−Li
Waterproof	IP68

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Troubleshooting

Heart-rate signal missing

The IML smart watch keeps paying attention to your heart rate data during your exercise and your daily life. Sometime the watch may not get a suitable heart rate signal. At this time, the missing heart rate data will appear at the dotted line.
If you can't get the heart rate signal, first you should confirm that you wear the watch correctly, adjust it to avoid being too high or too low, neither too tight or too loose on your wrist. After adjustment, turn on real-time heart rate monitoring to get the data.
If there is still no heart rate data, check if the heart rate monitoring function is turned on at SMART-TIME PRO App.

Other problems

If your mobile cannot pair the watch, click Settings - Bluetooth in your mobile and check if there is signal of IML. If yes, it means there is no problem with the Bluetooth signal. Please check if the watch is paired with other phones, please unbind it. IOS device users should click Setting - Bluetooth - ignore this device and then pair it.

Exemption Clause

1.The Heart rate, Blood pressuredata output by IML are not intended to be a medical or diagnostic basis.
2. Self-diagnosis and self-treatment are dangerous. Only qualified physicians are allowed to diagnose and treat high blood pressure or any other heart diseases. Please contact your physician for more professional diagnostic opinions.
3. The data and information of heart rate and blood pressure provided by IML may not be completely accurate and may

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exceed the tolerance as per the specification stated in the document due to diuerent factors, such as interference with signal from external sources, incorrect wearing position and changes in weather conditions or user's body condition.
4. DO NOT adjust any of your medication or therapeutic schedule based on the results output by IML. Please follow the doctor's instructions before taking any treatment or medication.
We disclaim all liability arising from such inaccuracy and assumes no responsibility for the consequences of use of such data and information.

Warranty Clause

Our company always pursues the service concept of "creating value for customers"
We offer 1year warranty period for IML smart watch. If there is any damage or malfunction during normal use, the warranty service will be provided to the customer for free after confirmation by our technician.
The following conditions are not covered by the warranty:
A. Accident or human damage
B. Testing, repairing or disassembling without authorization
C. Contamination due to human reasons
D. Damage caused by connection with equipment which is not compatible
E. Natural aging
F. Damage caused by force majeure

CE RoHS

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