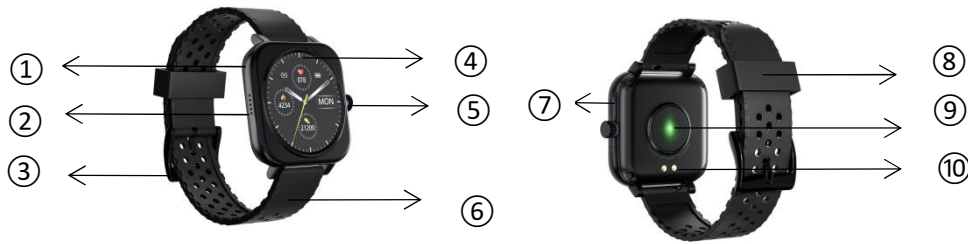


Manual



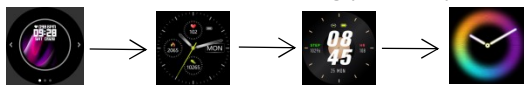
1、 Functional Description



①	Zinc alloy housing	③	Metal clasp	⑤	KEY	⑦	MIC hole	⑨	Heart rate indicator
②	Speaker hole	④	TFT	⑥	TPU watchband	⑧	clasp	⑩	Charging terminal

2、 Operation Method(in the APP link state, real-time synchronization)

- Turn on: long press key 3S, show . long press key 3S again, power off
- UI switch: slide into UI, long press key 3S, choose like UI, and keeping.



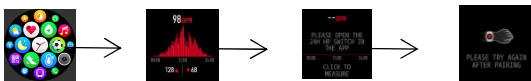
APP push the dile, link to APP state, choose like UI in marke selection, and download, timing synchronization



- step test:



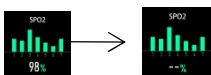
- heart rate test:



- blood pressure test:



- blood oxygen test:



- sleep test: choose , link to APP state, APP timing synchronization.

- music control : choose , link to APP state, real-time control and playback of music phone.

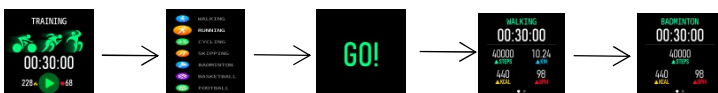
- photos: choose , link to APP state, real-time control and take picture.

- sports mode

Total 8 sports: walking, running, play badminton, ride on a bicycle, play football, play basketball, rope skipping



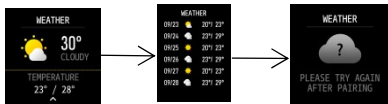
- Choose sports mode, refer to step: (link to APP state)



- BT CALL



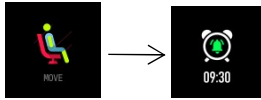
■ The weather push



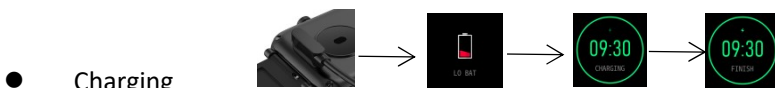
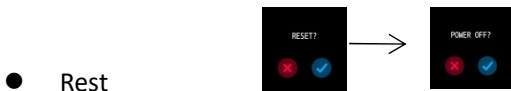
■ Information push



■ Sedentary warn



■ Setting: link to APP state



3、Specifacaton

Project	Discription	Project	Discription
MCU	Realtek8762CK	Running current	15-30mA
Battew Specificaton	180mAH	Standby current	7-9 μ A
TFT	1.28 TFT	Waterproof level	IP67
Charge time	2H	Touch type	Touch full

4、 Notice

- For the first use,charge after the battery is used up.
- Before connecting to the APP,open the APP authorization of the mobile phone system.
- When the signal is not disturbed,the bluetooth of the mobile phone is tuened on.
- This is waterpooof for life ,not suitable for swimming and other sports.
- Prevent high temperature above 30° .

5、 APP code (Android or IOS) ,scan please.



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.

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 correct the interference by one or more of the following measures:

- **Reorient the receiving antenna.**
- **Increase the separation between the equipment and receiver.**
- **Connect the equipment into and outlet on a circuit different from that to which the receiver is connected.**
- **Consult the dealer or an experienced radio/TV technician for help.**

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