

# Instructions



Please read the instructions carefully for the first time and keep it properly

## I. Appearance Instructions



## II. Download and Install APP and Match

- Long press the power button to power on; please make sure that the battery is full for the first time. If the battery is low, it cannot be powered on normally.
- Use the mobile phone to scan the QR code on the right to download and install the APP;  
Or search for "Qwatch Pro" in Apple Store/Android App Market to download and install.  
Compatible systems: Android 4.4 and above, Bluetooth 4.0 mobile phone; Iphone iOS 9.0 and above  
When installing APP, please pass all permissions, otherwise it will not work normally.



APP Download Link

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- Turn on the mobile APP, make sure Bluetooth and GPS are turned on, click "Device Management" - "Binding Management", and search for the device to be bound.  
\*When matching, please confirm that it is consistent with the Bluetooth MAC address displayed on the wristband.

## III. Operational Instructions

- Power on:** long press the power button for 3 seconds to power on, and then enter the time interface
- Power off:** In the time interface state, long press the power button for 3 seconds to enter the power-off interface, and then long press the power button or the screen to confirm the power-off; or drop down the "Shortcut Menu" and select "Power Off".
- Brighten screen:** Press the power button to brighten screen, or rotate wrist in the APP settings, so that the wrist is rotated to brighten screen.
- Touch:** swipe left and right to switch the interface; swipe up and down to turn pages; click enter or confirm, and swipe right to return or exit;



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## IV. Main Functions Instructions

- Time Interface:** 1 custom dial (select your favorite picture as the background in the "custom interface" on the APP) +3 fixed dials +3 APP push dials (select your favorite dial in the "Dial Market" on the APP for replacement); Swipe left and right under the time interface and the first-level menu to switch the dial at will.  
*\*Under strong light, please select the appropriate dial and screen brightness.*
- Language Settings:** After the watch is connected to the mobile phone APP, it will automatically synchronize the mobile phone language. If necessary, it can also set the language on the watch, and currently, it supports 20 languages;
- Step-counting:** Record the number of steps, sports mileage and heat consumed on the day, and synchronize the data with app;
- Sleep:** Automatically detect sleep time and status from 10:00 pm to 8:00 am, and synchronize data with app. It can detect data only by wearing a wristband to sleep;
- Heart Rate Measurement:** Click the wristband heart rate interface to "Start Measuring"; Measure the heart rate all day; Turn on "Heart Rate Timing Measurement" in APP "Device Management";
- Sports:**walking/running/hiking/exercising/riding/swinging, after Bluetooth successfully connects with the mobile phone App, the data will be synchronized to the APP; Click "Start Measuring" on the sports interface to select the sports mode you need, and enter the sports mode interface, the sports data will be displayed: mileage/consumption/heart rate, and swipe the screen to the right to exit the sports mode.
- Blood Pressure Measurement:**  
Enter the blood pressure measurement interface, please keep your body relaxed during the measurement, and the blood pressure value will be displayed after 30 seconds;

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- Blood Oxygen Measurement:** Enter the blood oxygen measurement interface, please keep your body relaxed during the measurement, and the blood oxygen saturation will be displayed after 30 seconds;
- Reminder Settings:** Turn on the App, set "Alarm Clock Reminder", "Drinking Water Reminder", Excessive Sitting Reminder, Message Reminder, Call Reminder and Social Software Reminder (QQ, WeChat, Twitter, Facebook, Whatsapp, etc.) in the interface of "Device Management"-"Reminder Settings".
- Remote Control Photographing:** Android: The system turns on the mobile phone APP, and the watch enters the remote control photographing function and clicks "Start Photographing" to complete the photographing; IOS: enter the "Photographing Control" on the watch, turn on the camera on the mobile phone, and click "Start Photographing" to complete the photographing.
- Music Control:** Keep the connection between the watch and the mobile phone APP, enter the watch music menu, and click Play to successfully play the music in the mobile phone; Click **⏮** to pause or resume, click **⏪** to play the previous song, click **⏩** to play the next song!
- Game (optional):** Enter the game menu and click to enter the game, and it can be controlled by touch and gravity sensors;
- Calculator (optional):** calculator function can be realized on the watch.
- Do Not Disturb Mode:** Click "Do Not Disturb Mode" in the drop-down shortcut menu of watch, and it will not receive any vibration reminder from mobile phone.
- Brightness Adjustment:** Click "Brightness Adjustment" in the drop-down shortcut menu of watch to adjust the brightness of watch' s display screen according to the environment.
- Stopwatch:** It can realize the stopwatch function.
- Factory Data Reset:** Factory data can be reset in the settings menu of watch.

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## V. Precautions

- Connecting Bluetooth:**
  - Please ensure that Bluetooth and GPS of mobile phone are turned on and watch is turned on;
  - When searching for Bluetooth, please ensure that the watch has not been bound by other accounts;
  - When searching for Bluetooth, try to keep the watch and mobile phone within a closer distance.
- If other software such as mobile manager is installed in the user's mobile phone, in order to ensure the normal operation of background APP, please turn on the push notification and allow the background operation permission on the mobile phone, otherwise the notification cannot be pushed.
- Charging requirements:** use the charger with the specification of 5V 0.5-1A for charging. Please use a dedicated charging line for charging. After charging, unplug the data cable from the charger to avoid short-circuit hazard caused by adsorption on metal. If you don't use it for a long time, please turn it off and recharge it once every month.

### Appendix Basic parameter

Master control chip	nRF52832
Heart rate sensor	VC31
Data transmission	BLE 5.0
Battery type	Polymer lithium battery
Battery capacity	230mAh
Charging voltage	5.0V
Working temperature	-5~45
Waterproof	Daily waterproof

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## Disclaimer

Warning: This product is not a medical device, and the wristband and its application shall not be used for diagnosis, treatment or prevention of diseases and symptoms. If you want to change the habits of sports, sleep, etc., please consult qualified professional medical personnel first to avoid major casualty. Our company reserves the right to modify and improve any function described in this instruction without prior notice. Meanwhile, our company reserves the right to constantly update the product contents, and all contents shall be subject to the material objects.



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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

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.

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