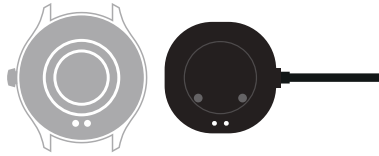


# WATCH!! OPERATING GUIDE

## WATCH CHARGING AND ACTIVATION

Attach the magnetic charging wire to the metal contact of the charging port until the charging indication appears on the watch display. When the watch is low, charge. The device is an all-in-one machine.



## MOBILE PHONE CLIENT DOWNLOAD

Scan the QR code below to download and install the mobile phone client.



## FUNCTION INTRODUCTION

### Blood pressure

When entering the blood pressure measurement interface, the bottom green light lights up to start the measurement, and there will be a vibration reminder when the measurement is completed in about 45 seconds. This measurement is a measurement based on PPG technology. The last seven blood pressure values of the user can be displayed.

### Sleep

Displays the sleep monitoring status of the current day & the last seven days, the data is updated every day, and the data can be saved synchronously when the APP is connected, and the device will recalculate the data information of the new day. Sleep monitoring time period: 21:30-12:00.

### Female Health

Keep the watch connected to the APP, you can open the female health reminder on the App, you can view the female health reminder information on the watch.

## FUNCTION INTRODUCTION

### Music

Keep the watch connected to the APP, You can control the pause and start of the mobile phone music player, volume adjustment, and song switching.

### Weather

After you connect your watch with the APP and open the location permission, the weather interface will display the real-time temperature and weather type.

### Information

Open information push on the App and the watch can receive the corresponding message. It can save up to the last 15 pieces of messages.

### Alarm clock

Keep the watch connected to the APP, you can set a single alarm clock or a cyclic alarm clock. You can set up to 5 alarm clocks.

### Stop watch

Click the Start button for the timing of the start. Click the pause button to timing the pause. Click the reset button to time to zero. It can save up to 99 pieces of data.

## FUNCTION INTRODUCTION

### Dial switch

Long press for 2s on the home screen to enter the dial switch interface. Slide right and left to switch the dial for selection and click to select the dial.

### Control center

Function Overview: No Disturbance, Flipping Hands to Display, AI Voice, Illumination Degree, settings, search for phone, power-saving mode, system information.

### Function menu

Slide the main interface to the right and enter the menu page. Double click the button to switch menu modes, sharing 6 menu modes. The default is the 3D rotating menu.

### Call function

This function needs to be connected to audio Bluetooth. When entering the dial, you can enter the phone number as needed, and then dial; long press 7 and 9 on the keyboard for 2s to enter \* and #.

## FUNCTION INTRODUCTION

### Timer

As for the timer function, the user may start quick timing through the system preset time or click the user-defined button to set the time. Click the Start button for the timing of the start. Click the pause button to timing the pause. Click the reset button to time to zero.

### Find my phone

Keep the watch connected to the APP, and click "Find my phone". The bell rings on your mobile phone and the watch shows that you have successfully found your mobile phone; if the watch is not connected to the APP, the watch will indicate that it is not connected.

### Settings

The settings include menu style, transition animation, screen display (switching dial, brightness adjustment, on-screen duration, wrist flip on-screen duration, and off screen clock), battery, sound & vibration, language, QR code, time setting, and system.

### Breath training

During Breath training, there were 1 min and 2 min options. The user clicks on the corresponding duration for breathing training. After clicking to start, follow the icon to zoom in and inhale, shrink and exhale.

## FUNCTION INTRODUCTION

### Call records

This function can save the last 10 call records.

### Call bluetooth

Call Bluetooth: Divided into "call audio" and "media audio" switches.

Call audio: Use the Bluetooth connection switch for the bracelet to call. Media Audio: Switch for the band to play media audio. (off by default)

1) The media audio can only be turned on when the call audio is turned on.  
2) When the "media audio" is turned on, turn off the "call audio", and the "media audio" switch will be turned off simultaneously.

3) In the case of (2), turn on "Call Audio", and the "Media Audio" switch will be turned on synchronously.

### Sports

Options for sport patterns: 8+1 types, (walking, running, mountaineering, cycling, skipping rope, basketball, badminton, football, yoga (as a pushable replacement exercise)), click the icon to start exercising, support 110+ on the APP side sports push.

### Movement data

Display the number of steps, distance, and calories recorded on the day, and the number of steps in the last seven days. You can set the target number of steps, distance, and calories in the APP.

## FUNCTION INTRODUCTION

### Calculator

The numerical input is in the upper limit of 7 digits (input of negative numbers is not processed), and the result of the calculation is within the upper limit of 8 digits. If the result exceeds the calculated value, it will be displayed with "-----" that cannot be calculated.

### Calendar

Display the current year, month and day, slide down to display the calendar.

### Sedentary reminder

You can open this function through [device>sedentary reminder] on the App. After it is opened, you can set the start time, end time and the period for Do Not Disturb.

## Frequently Asked Questions and Trouble Shooting

### Fail to start the watch

Press the power switch for more than 3s

Maybe the battery level is too low. Please charge the battery timely.

## FUNCTION INTRODUCTION

### Sport record

The interface saves the recent 10 pieces of historical sport records. You can view the sport duration, heart rate and calories during the sport.

### Heart rate

When entering the heart rate measurement interface, the bottom green light lights up to start the measurement, and there will be a vibration reminder when the measurement is completed in about 45 seconds. It can display the user's current heart rate zone and 24-hour heart rate curve.

### Blood oxygen

When entering the blood oxygen measurement interface, the red light at the bottom lights up to start the measurement, and there will be a vibration reminder when the measurement is completed in about 45 seconds. This measurement is a measurement based on PPG technology. It can display the user's current blood oxygen interval and the last seven blood oxygen values.

## The bluetooth is not connected or cannot be connected

1. The bluetooth is not connected or cannot be connected.
2. Please restart the mobile phone bluetooth and connect again.
3. Do not connect your mobile phone to other bluetooth device at the same time.

## The measurement of heart rate/blood oxygen/ECG is inaccurate

1. General, it is caused by poor contact between the watch sensor and human body.
2. Please ensure that the sensor contacts the wrist well during measurement.
3. Please keep your body still and the watch attached to your wrist tightly during measurement.

## Sleep data is not accurate enough

1. Sleep monitoring simulates the status of natural sleep and getting up of human, and you should wear it as usual.
2. If you sleep too late or you do not wear the watch until you go to sleep, there may be some error.
3. It does not monitor the sleep data during daytime. The default time for sleep monitoring is from 9:30 in the evening to 12:00 at noon on the next day.

For more frequently asked questions, please view [My>FAQ] on the App

## FCC Statement

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.

To assure continued compliance, any changes or modifications not expressly approved by the party.

Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).

This equipment 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.

## RF warning statement:

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.