








尺寸：70*100mm

<h3>Z20/Z20W USER MANUAL</h3> 	<p>SPECIAL NOTE: Please connect the device using the App directly. Tap on the top right corner on the App home page to search for your device, and then tap on the device ID to start connecting. If you have used your phone Bluetooth setting to connect, which is not the correct way, please disconnect it from the Bluetooth setting and try connecting using our APP directly. Besides, please make sure you have made the necessary settings (check Settings->FAQ on our App) to allow the App to run in the background or the notifications and weather info will not be pushed to the device.</p> <p>PRODUCT OVERVIEW</p>  <p>Charging points Top button Touch screen Display area Middle button Heart rate sensor Bottom button</p>	<p>NOTES ON PRODUCT MODEL Product model with suffix 'W' represents that the product supports both wireless charging and charging with the USB cable provided in the package.</p> <p>HOW TO TURN ON Press and hold the Top Button for 3s to turn on the device. ***If it is not turned on, please charge the device first***</p> <p>HOW TO CHARGE THE DEVICE Connect your charging cable into USB power output (5V/0.25V, output current 500mA-2000mA), and attach the other end to the charging points on your device. If there is a repelling force, please reverse the pins direction to try again.***Please use ONLY the charging cable provided in the package***</p> <p>For product model with suffix 'W' which supports wireless charging, simply leave the device facing up at the centre of your wireless charging pad (wireless charger is not included in this package, you can use the same wireless charger that you use for your smart phones) ***Typically takes up to 4 hours for a full charge using wireless</p>	<p>charging***</p> <p>SMART BRIGHTNESS CONTROL While the screen is on, simply press and hold on the touch screen and the brightness will be set to the maximum temporarily until the screen is off. This is especially useful when you are under the sunlight where you can't really read the screen when the brightness level is too low. For 'Always on' mode, do press the Top button once to unlock the screen before you press and hold on the touch screen.</p> <p>Home Screen It comes with 15 clock faces which can be changed in the settings.</p> 	 <p>On the home screen, you can swipe left, right up and down to other pages described below, while tapping on some of the icons (for example weather icons) may give you some surprises too. Do explore it to find out more.</p> <p>The 2 pairs of clock faces below will switch between day-mode (7am-7pm) and night-mode (7pm-7am) automatically.</p>  <p>This 'Growing Flower' clock face below, features a little plant that will grow according to the completion rate of your steps goal. Once you have achieved the goal for the day, the plant will eventually grow into a beautiful flower.</p>	 <p>the clock faces below features a dashboard that will change colour according to the completion rate of your steps goal. Once you have achieved the goal for the day, the whole ring will turn into the glowing colour.</p> <p>Menu Page Tap on the icon to enter the different menus or functions, which includes Sports Menu, Settings Menu, Timer Function and Relax Function.</p>  <p>Sports Menu Swipe up or down to go through the list of Sports and tap on the icon to start the corresponding workout session. During the session, swipe up for music control and swipe down to check notifications. Other than showing total steps, the number of steps taken in the previous</p>	<p>minute can also be found below the '60s' icon. For cycling, the steps & distance will not be available. For sessions less than 5 minutes, the data will not be saved. For Walking, Running, Hiking and Cycling, you can initiate the workout session from the GPS page on the App while the device is connected, and the track will be recorded on the map. Please note the GPS accuracy is depending on the GPS location service from your phone, and it doesn't rely on the device at all.</p> <p>Relax Function Follow the instruction on the screen for a guided breathing session and tap on the back icon on the top left corner to exit.</p> <p>Timer Function Swipe left and right to switch between the Stopwatch and Timer mode. For Timer mode, the device will vibrate and the screen will be turned on 10sec before the time is up. And it will vibrate again when the time is up.</p> 	<p>Settings Menu Clockface setting: Tap on  to enter the manual selection mode, and then swipe up and down to select different clockfaces. Tap on  for auto mode where the clockface will change everyday automatically. Tap on  for 'shake to change' mode where you can change the clockface by shaking the watch while looking at the clockface. Brightness setting: Tap on the + and - sign to adjust. Recommended using the lowest brightness. Increase the brightness level will result in significant drop in battery life. Display Time Setting: Tap on the + sign to increase the display time. Other than the default '+0s', there are 3 more options: '+3s', '+5s' and 'Always On'; increase the display time will result in significant drop in battery life. If 'Always On' is turned on, the brightness will be set to the lowest and the device will enter 'locked' state after 10seconds of idle and a lock icon will be displayed on screen. To unlock, press the Top Button on the device.</p>
<p>Personal Details Page 1 This page shows an overview of the current day activities, tap on the respective icons to check the details.</p>  <p>Personal Details Page2 Enter Heart Rate page to start measuring heart rate manually. ***Please keep the Heart Rate Sensor clean and have good contact with your wrist, stay still during the measurement for better accuracy. The reading is just for reference and not intended for medical use***</p> <p>Enter Sleeping Details page to check the previous night sleeping data. The results are affected by many factors and might not be recorded sometimes, please refer to FAQ on our App for more info.</p>  <p>Shortcut Control Page Tap on  for lowest brightness to save power.***This</p>	<p>ECO button will be disabled when 'Always On' display is enabled.*** Tap on  for Do not disturb (DND) mode to block notifications. Tap on  to launch the music control page. Please connect the device to the App and make sure the Music App is running for this feature to work correctly. Do note that this might not work for some of the Music Apps with different control protocol.</p> <p>Tap on  to find your phone and your phone will start ringing and vibrating. Tap again to stop. This feature will work only when the device is connected to your phone and within the Bluetooth range.</p> <p>Notifications Swipe down from the home page or during a Workout session to read the last 5 push-notifications received from your phone, swipe right to the last page to delete all. Do note that for each of the notification received, only the first page of the contents will be displayed.</p>	<p>Weather Details Page Tap on the weather icon on any of the home screen to enter this page which shows temperature range, sunrise & sunset time, atmospheric pressure, humidity, wind speed & direction, UV index and more. Swipe down from this page to check the weather forecast for the coming 15days. Please keep the device connected to the App and ensure that the App is allowed to run at the background so that the weather info can be pushed to your device. Please also grant the location access permission for the App to know where you are. Do note that the weather info is only updated once every hour and it is based on the nearest station which might be up to 30miles away from your exact location.</p> <p>Shortcut Buttons While the screen is on (or 'unlocked' for the case when 'Always On' is enabled), press the Middle button to enter Stopwatch directly, and press the Bottom button to enter Sports Menu directly.</p> <p>Alerts and Reminders There are alerts and reminders such as Incoming Call Alert (can tap on the 'hang up' icon to reject the call), Sedentary Reminder, Alarm, Schedule Reminder, Unusual Heart Rate Alert (during workout session) and more. These features require the corresponding settings on the App, please make the changes on the App while the device is connected. ***Incoming call and notifications works only when the device is connected to the App. If notifications do not work, please check if DND mode has been enabled. If it still doesn't work, go to Settings->Application->Notification Access Authorization, then turn off the notification access for the App and then turn it on again.***</p>  <p>ABOUT THE MOBILE APPLICATION</p>	<p>button to enter Stopwatch directly, and press the Bottom button to enter Sports Menu directly.</p> <p>Alerts and Reminders There are alerts and reminders such as Incoming Call Alert (can tap on the 'hang up' icon to reject the call), Sedentary Reminder, Alarm, Schedule Reminder, Unusual Heart Rate Alert (during workout session) and more. 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Failing which, some of the features might not work properly***</p>  <p>Home Page This page displays the current status and come with the icons to enter into the other main pages</p> <p>Connecting Device On the home page, tapping on the icon at the top right corner to enter the device searching page. Within 30 seconds, you</p>	<p>should see a list of devices available for connection. Tap on the device ID to initiate the connection which normally takes not more than 30 seconds. If the connecting process takes longer than 30 seconds, you can tap on the screen to stop it and then tap on your device ID to start connecting again.</p> <p>Photo-shooting mode Once device connected, tap on the icon at the top right corner to enter the device management page, and then tap on the "Take Photo" to enter Photo-shooting mode and your connected device will also enter self-control mode automatically. Then, you can use your device as the remote self-control, simply shake your device to take a shot.</p> <p>Frequently Asked Questions Please refer to the FAQ on the App</p> <p>Product Specifications Display: 1.3inch round display, 240*240 Controller: Noetic S2832</p>	<p>REMARK: This product is an electronic monitoring product and is not intended as a medical reference. We reserve the right to modify or improve any of the functions described in this manual without any prior notice. At the same time, we hold the right to continuously update the product content. Please refer to the actual product.</p> <p>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. Warning: 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</p>	<p>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 equipment is connected. Consult the dealer or an experienced radio/TV technician for help. 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</p>