



展开尺寸: 105X500mm 成品: 105X62.5mm

四色转单黑印刷 70克书写纸




DeskSync
Rose Golden
smartwatch
User's Manual

1 How to Wear the Smartwatch
Wear the watch on your wrist and adjust the size of the strap to fit your wrist and wear it to prevent movement.




2 Charge the Watch
The watch uses wireless charging. Please attach the charger using the side with the charging symbol at the back of the watch. Do not move the magnetic charger during charging.



3 Adjusting Watch Band
1. When the watch on your wrist and decide how many links need to be removed. 2. Press the crown to avoid making it too tight to wear. 3. Loosen the buckle of upper end, place the watch band into the slot, making sure the tools pin aligns with the watch panel. 4. Insert the watch band, and the pins connecting the two will pop out. 5. After adjusting the band to a suitable size, insert the pins to reconnect the links.

4 Install "HyLife" APP on your smartphone
Please scan the QR code below, or search "HyLife" on App Store to download and install the APP.



Android 5.0
New Smartphone System requires Android 4.0 or iOS 9.0

5 Device Connection
1. Turn on Bluetooth of watch after turning on the watch. Bluetooth should be enabled. You can change name as you like by clicking the Bluetooth. The first icon is Bluetooth. Please make sure Bluetooth is turned on. 2. Press the right button to control center. 3. Click Bluetooth. 4. Turn on Bluetooth of smartphone. Open the Bluetooth of smartphone, open the APP "HyLife" -> click "Me" -> click "Search device" -> the smartphone will automatically search and find the watch "DeskSync". The Bluetooth pairing request will pop up. Please choose "Allow" to connect and set ID. 5. After successful connection, after connecting with smartphone once, the Bluetooth connection is saved. 6. After successful search and connect to the watch next time.

6 Operation Instructions
1. **Water resistance**: Don't press the button on the right to control center after entering any functional page. After press to return watch face. On watch face, long press for 2 seconds to turn off the watch. 2. **Screen lock**: After the watch is turned on, long press the crown to enter message page, swipe down to control center. Swipe right and left to quickly check weather, heart rate, blood oxygen, sleep, breath, etc.

7 Functions Introduction

Sports
The watch is equipped with 100 sports modes, it can measure distance, Kcal Burn and steps during exercise.

Sleep
The watch records your sleep status from 10:00 PM to 6:00 AM the next day. The detailed sleep data of 7 days & 7 days can be seen on the APP.

Blood Oxygen
After starting to measure blood oxygen, please wait for a few seconds, the current test result will be displayed.

Message
After connecting the APP and using message notifications, the watch can receive new messages at the same time as the smartphone.

Dial
Dial the telephone number to make a call. You can also dial a log, and add frequent contacts on smartphone.

Pedometer
It can record daily exercise data, such as walking, running, etc. The detailed data can be seen on APP, and sharing results (movement details). These data will be deleted overnight.

HeartRate
After entering the measurement interface and waiting for a few seconds, your heart rate data will be displayed.

Blood Pressure
After starting the measurement, please wait for a few seconds, the current test result will be displayed.

RT music
After connecting to the smartphone, the watch can play and control music, and change the voice volume.

Weather
When connect to the app, the weather information will be showed on the watch screen.

Breath
It can help you breathe rhythmically.

8 Functions Introduction

Calculator
It can perform calculations of addition, subtraction, multiplication and division.

Alarm
You can set alarms on watch, and the watch will ring the alarm the next time if the Bluetooth is not connected.

Sedentary
You can set the interval, and if you sit for a long time, the watch will remind you to stand up and stretch.

Stopwatch
Timed time with start and reset functions.

Taking pictures
This smartwatch can help you to do some photo taking. You need to open APP on smartphone. The device camera, then connect APP and watch. After successful connection, you can take photos at this time. Please click to take photos.

9 Functions Introduction

Voice assistant
When enter this menu, user can speak to the watch to activate the voice assistant to control smartphone.

Find phones
When you activate the function of "Find phone", the smartphone connected to the watch will ring.

Setting
You can make a series of settings such as personal information, Notice, display and brightness, etc.

Touch
After setting it on, the dial can emit a weak light.

Short video control
You can control short videos on your smartwatch.

10 Functions Introduction

Calendar
You can check the date.

Contacts
Add contacts to the APP and you can make a call or message directly. You can also set up phone contacts. Click APP "HyLife" -> click "Me" -> click "Phone contacts" -> click "Add" -> click "Contacts".

Drink
Set the time and remind you to drink water.

Menstrual cycle
With the stopwatch, it can predict estimated day when your next menstrual period will come.

Shut down
Click to shut down the watch.

11 Functions Introduction

Language
The watch has 22 different languages, including English, Chinese, French, etc., you can choose different languages.

QR Code
Use "HyLife" to scan QR Code to connect the smartphone and the watch.

App store
There are total 10 different styles of APP icons.

Display and brightness
Adjust brightness automatically, turn off screen and other functions.

Bedtime Lamp
Turn on the watch, the charging page will turn on. Bedtime lamp will glow light to help you to sleep. The charging process time and date, suitable for charging at night. If no need during the time, you can turn off the watch.

12 Functions Introduction

Bluetooth
You can turn on/off Bluetooth of watch.

Restore Factory
This function will delete all data saved in the smartwatch.

About
Basic information about the watch. It will show version, BT, etc. address.

Receive QR
You can add Receive QR on APP. (The steps are as follows: open APP -> Me -> Device setting -> Payment code, then right click on QR code according to the prompts.)

Time Zone
You can leave the time in different time zone.

13 Basic Parameter

Parameter Item	Parameter	Value Type	Unit/Value
Measurement Unit	Weight	Measurement	g
Operating Temperature	40°C-100°C	Value	Use heat, operating temperature, ambient temperature
Input	Speaker	Microphone	MP3

14 Inside the Package

- 1 Smart Watch
- 2 Watch Strap
- 30 Charger cable
- 45 User manual
- 5 Regular box

15 Precautions

1. It is not advisable to wear it for bathing and swimming. 2. Please connect the watch when synchronizing data. 3. Use the original charging cable supplied by the manufacturer to charge the watch. 4. Do not expose the watch to direct sunlight, high temperature, extremely high or low temperature for a long time. 5. If the watch has any problems, please check the smartphone (memory information to clear it and try again, or reset the APP and restart it).

FCC Warning:

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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 complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.