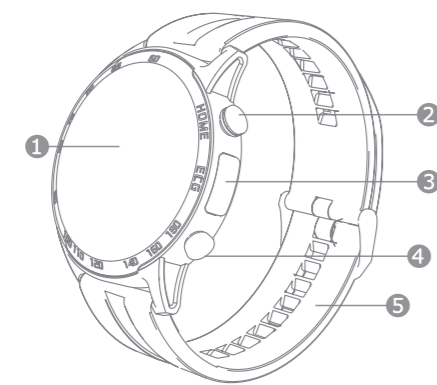




# Vmed-W Smart Health Watch User Manual

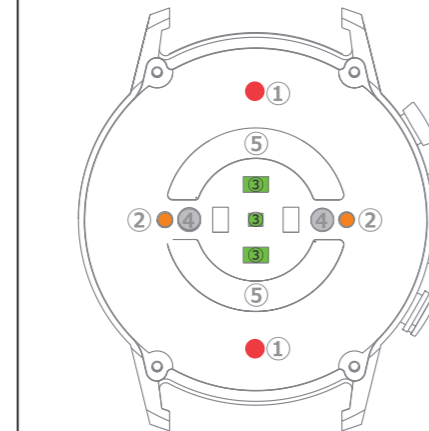
## 1. Appearance description



- ① IPS display
- ② Home button
- ③ ECG conductive strip
- ④ Treatment button
- ⑤ Strap

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## 2. Charging instructions

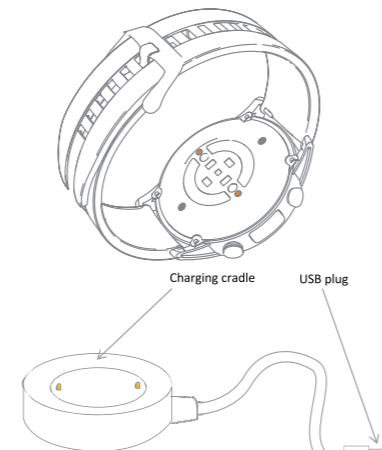


- ① Laser treatment probe
- ② Charging contacts
- ③ Heart rate sensor
- ④ Temperature Sensor
- ⑤ ECG conductive sheet

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## 3. Download APP and Bluetooth pairing

Thank you for choosing the Vmed-W smart health watch. Please read the manual carefully before using it. To turn the watch on, press and hold the Home button for 3 seconds to turn it on. If the watch battery is low or exhausted, you need to charge it by placing the watch on the charging cradle, then insert the USB plug of the charging cradle into a suitable power source, such as a mobile phone power supply, a computer's USB port, or a standard power adapter, for charging. The required input voltage is required to be 5V/1A or 5V/2A. As shown below:



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## 4. Main interface selection

**(1)Install APP**  
Before using this device, scan the following QR code by your mobile phone and select the corresponding software according to your mobile phone system to install the APP to your mobile phone.  
You can also download and install "SmartHealth" from Apple AppStore for iPhones. For Android phones "SmartHealth" can be downloaded from Google Play Store. (Compatible systems are: IOS8.2+ and Android4.4 and above)

**(2)Bluetooth pairing**  
1. When using this device for the first time, you must register in the downloaded APP by entering the user's name and password, then log in.  
2. Turn on the phone's Bluetooth, and open the APP in the phone to complete the pairing between the watch and the phone.

**NOTE: The watch can be set via APP, such as unit setting**  
1. Open APP on the phone;  
2. Go to "settings";  
3. Select the "Unit settings" to setup.



**SmartHealth**  
(The APP can be downloaded by scanning this QR code)

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## 5. Laser Treatment

As shown in the figure below, 5 different main interfaces can be selected by pressing the watch screen for more than 1 second and scrolling through the interfaces. When the device is connected to the APP, you can also change the main interface in the APP.

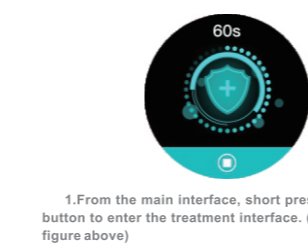


**IMPORTANT: When measuring body temperature, pay attention to:**  
1. For the first measurement, please wear it for 5 minutes before taking the temperature measurement.  
2. It is recommended to measure the body temperature under environmental conditions of 64-90°F, otherwise the measurement accuracy could be affected.

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## 6. Method of measuring ECG

Treatment principle and effect: The 650nm wavelength released by the laser probe can effectively activate red blood cells, improve blood circulation and viscosity, quickly decompose and dissolve thrombus and some toxins, and achieve the effect of cleaning the blood; potentially relieve high blood viscosity, hyperlipidemia, hypertension, and diabetes.



1. From the main interface, short press the Treatment button to enter the treatment interface. (As shown in the figure above)

2. From the main interface, press and hold the Treatment button for 3 seconds to set the laser intensity and treatment time. (As shown in the figure above)

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## 7. Method of measuring ECG

As shown in the figure on the right, when measuring the ECG, relax and firmly place your finger on the entire ECG conductive strip, remain still during the measuring process (measurement time is about 60 seconds).  
If the ECG waveform is erratic (messy or drifts severely), the heart rate and blood pressure may be inaccurate, please re-measure. If the skin is cold or dry, it may cause an inaccurate reading. Please ensure that the skin is warm and moist, then measure again. Please maintain solid contact with the ECG conductive strip during the measurement. (The ECG can also be measured online with the APP.)



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## 8. Product parameters

Display: 1.30"IPS color screen  
Resolution: 360\*360dpi  
Waterproof rating: IP67  
Battery capacity: 280mAh  
Working time: about 7-9 days  
Synchronization method: Bluetooth 5.0  
Wristband material: silicone/other  
Working temperature: -10°C/50°F--50°C/122°F  
Packing list: > host > charging stand > Strap > Instructions  
Compatibility: IOS8.2+Android4.4 and above



**Main function buttons:** ① Long press for 3 seconds to turn on.  
② Short press to turn on/off the screen.

**Treatment button:** On the main dial, press to enter the treatment interface. Long press for 3 seconds to enter the treatment setting interface.

**Long press the screen:** Press and hold the screen for 1 second in the main dial to select different dials.

**Swipe left:** Enter the next interface.

**Swipe right:** Go back or the previous page.

**Swipe up:** On the main dial, swipe up on the screen you can view information by swiping up on the screen.

**Slide down:** On the main dial, slide down the screen to quickly enter the setting menu.

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## 9. APP language

The APP supports 8 languages: Simplified Chinese, English, German, Spanish, French, Italian, Japanese, Russian, with more languages to be added in the future.

## 10. The main function

- ⌚ Time
- 👣 Steps
- 📏 Distance
- 🔥 Calories
- 🌙 Sleep
- 🏃 Multi-sport modes
- 🌡️ Temperature monitoring
- ⌚ Timer
- 📶 Find the phone
- 🌐 Multilingual
- 🔔 Inactivity reminder
- 🔌 Shutdown
- 📞 Call reminder
- 📧 Information push (can receive SMS, Facebook, Line, WhatsApp, KakaoTalk, etc.)
- 📊 ECG measurement
- 👁️ Laser Treatment
- 📊 Heart rate
- 📊 Blood pressure
- 📊 Blood oxygen

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## 11. Precautions

1. Do not expose to harsh chemicals such as benzene or thinner.
2. Avoid strong magnetic fields and potential electric shock.
3. Do not expose to direct light, heat, or impact.
4. No user serviceable components. Do not attempt to disassemble or modify the watch.
5. Properly dispose of packaging, batteries, and old electronic products, please recycle.
6. It is not suitable to wear when taking a bath or hot tub. (The temperature cannot exceed 45°C/113°F)

**FCC Requirement**  
Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the 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.

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.

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## Warranty card

Product name: \_\_\_\_\_  
Model: \_\_\_\_\_  
Name: \_\_\_\_\_  
Contact phone number: \_\_\_\_\_  
Address: \_\_\_\_\_  
Distribution company: \_\_\_\_\_  
Contact phone number: \_\_\_\_\_  
Address: \_\_\_\_\_  
Purchase date: \_\_\_\_\_