

smartwatch

user's manual

wear correctly

The bracelet is best worn behind the ulnar styloid.

Adjust the size of the wrist according to the adjustment hole;
fasten the wrist strap buckle.

The sensor should be close to the skin and avoid moving.

charge the bracelet

sure the power of the bracelet is normal when using it for the first time . If the power cannot be turned on normally due to low power , please connect the charger to charge the device.

Install the bracelet APP on your phone

Scan the QR code or enter the APP Store , App Store to download and install the APP



Android/IOS

System requirements: Android 5.0 and above; iOS9.0 and above; Bluetooth 4.0 supported .

device connection

The first time you use it, you need to connect to the APP for calibration. After the connection is successful, the bracelet will automatically synchronize the time. Turn on the Bluetooth switch of the mobile phone system → enter the app device module settings → click "Bind device, experience more functions" to enter, it will automatically search for the nearby Bluetooth devices of the bracelet, find the bracelet device and connect with it.

- After the Android phone is successfully paired, the APP will pop up an audio pairing box. After clicking the connection successfully, you can make/answer calls and listen to music (Note: IOS needs to search for the audio Bluetooth name in the Bluetooth of the mobile phone, and click to connect)
- APP will automatically save the Bluetooth address of the bracelet. When the APP is opened or running in the background , it will automatically search and connect to the bracelet .

- Android phones use all notification permissions to read contact information and give the APP background running in the phone settings.

Bracelet function description

Up button: short press once on the dial page to enter the main menu, double-click on the main menu page to switch styles, and short press on other pages to return to the previous level

Down key: Press and hold for 2 seconds to turn on and off the machine, short press on any page to return to the dial, and short press on the dial page to turn off the screen.

Knob function: the dial knob can switch between different dials, the main menu can be cut to the next page; the honeycomb main menu can be zoomed in and out

Standby page: swipe down to enter the information page, swipe up to enter the control center interface; swipe left and right to switch dials.

control center

- **Airplane Mode:** On the Control Center page, turn on Airplane Mode, and the Bluetooth function will be turned off.
- **Do Not Disturb Mode:** Turn on the Do Not Disturb mode function, and the bracelet will stop receiving notification messages, so as not to be disturbed by reminder messages.

health tricycle

- **Number of steps (the outermost ring):** The total number of steps every day, reset overnight, and the number of steps can be set on the APP.
- **Exercise (intermediate ring):** The data comes from any exercise under exercise, and it is reset overnight. (As long as it is entered into the exercise, any exercise time can be accumulated) The exercise target can be set on the APP.
- **Standing (innermost ring):** Data source (if the number of steps in an hour is more than 20 consecutive steps, a standing will be displayed), reset overnight, and can be set on the standing target APP.
- The second page shows the goals and proportions of the three rings of health.

Histogram: Figure Steps: Distribution of steps per hour from 0:00 to 23:00 in a day.

Figure 2 Exercise: hourly exercise duration distribution from 0:00 to 23:00 in a day.

Figure 3 Standing: Hourly distribution of standing from 0:00 to 23:00 in a day.

Below the graph there is also a display showing total distance and total calories.

Workout :

There are 7 types of running, cycling, strength training, basketball, tennis, volleyball, and football.

1. **Running:** exercise time, calories, steps, distance, heart rate;
2. **Cycling:** exercise time, calories, distance, heart rate;
3. **Strength training:** exercise time, calories, heart rate;
4. **Basketball:** exercise time, steps, calories, distance, heart rate;
5. **Tennis:** exercise time, steps, calories, distance, heart rate;
6. **Volleyball:** exercise time, steps, calories, distance, heart rate;
7. **Football:** exercise time, steps, calories, distance, heart rate;

A:Pause and resume function for each sport

B:After stopping the exercise, the exercise data of this project does not need to be saved locally

C: Music control: You can control the music playback, pause, previous and next functions during exercise.

D:The heart rate is measured at the beginning of the exercise and is automatically measured every 5 minutes during the exercise.

Heart rate /blood pressure/blood oxygen/electrocardiogram

After entering the measurement interface and waiting for a few seconds, the current test result will be displayed. This feature requires the bracelet to support a heart rate sensor.

dial

The dial pad can make calls (note: the phone also needs to be connected to the audio)

phone book

Add 8 common contacts in the APP. After the Bluetooth connection between the bracelet and the APP is successful, the contacts can be synchronized to the phone book of the bracelet and displayed. Click the contact to make a call (Note: the mobile phone also needs to be connected to the audio)

music control

The bracelet can control to switch the previous song, the next song, pause/start playback. (Note: The use of this feature phone requires an audio connection)

style switch

can switch between different styles of the main menu in the options .

voice assistant

- Pull down the standby page to enter the shortcut interface, click the voice assistant menu to start the language assistant. (Note: The **mobile phone needs to be connected to the Well Audio device** at the same time , and the user's voice needs to be set in advance in the voice menu on the smartphone side)

information mode

connected to the APP, if the push notification reminder is enabled, when the bracelet pushes multiple reminder messages, you can enter this interface to view the latest message records .

Stopwatch function

Enter the stopwatch and click the start button to start timing, click the pause button to stop, and click the reset button to clear the timing.

weather

Connect to the app and enter this interface to view the weather conditions of the day.

find a phone

APP is connected , click "Find Phone " on the bracelet and the phone will emit a prompt tone

QR code

Scan the QR code with your mobile phone to download the APP

sleep mode

The latest 7-day records are displayed locally on the sleep details page, and the sleep data details can be viewed by connecting to the APP.

Note: Only when the app is connected and the bracelet is worn to sleep will the sleep data be uploaded to the app and the detection will start at 10 pm.

Photograph

connected to the app , start the camera from the bracelet or enter the remote camera interface from the APP, shake/turn the wrist/touch the bracelet, and automatically take a photo after a countdown of 3 seconds. Please allow the APP to access the album to save the self-portrait photo.

Reset

Resetting this function will clear all data on the bracelet.
(like step counting)

More

- **Siri:** Tap the voice assistant menu to launch the language assistant. (Note: The mobile phone needs to be connected to the audio at the same time, and the user's voice needs to be set in advance in the voice menu on the smartphone side)
- **About:** You can view information about the machine.
- **Language:** You can set any language in the options.
- **Set Date:** You can set the date required by the user.
- **Set time:** You can set the time required by the user.
- **Backlight time:** There are multiple options on the backlight time setting page. When the corresponding time is selected, the screen will automatically turn off.
- **Return to the dial:** There are multiple options for returning to the dial setting page. After the disk is extinguished, the timer starts. When the corresponding time is selected, it will return to the dial.

APP functions and settings

Personal information

entering the APP , please set your personal information first

Settings→Personal Information, you can set gender - age - height - weight-distance

You can also set your daily goal step count and monitor your daily progress.

App push

In the connected state, if this function is turned on, when there are messages such as WeChat, QQ, Facebook , etc., the bracelet will vibrate to remind, and display the content received by the app (you can also enter the information menu of the bracelet to view the latest message records). (You need to give the APP permission to get system notifications).

Tips for Android users :

When using the reminder function, it needs to be set to allow " Fripro " to run in the background; it is recommended to add " Fripro" as trust in the permission management and open all permissions.

Alarm setting

In the connected state, you can set 8 alarm clocks. After setting, they will be synchronized to the bracelet. It supports offline alarm clocks. After the synchronization is successful, even if the APP is not connected, the bracelet will remind you at the set time.

Find the bracelet

In the connected state, click the "Find the bracelet" option, and the bracelet will vibrate.

custom watch face

You need to connect to the APP to get the dial settings, and you can choose the recommended dial/album custom dial to sync to the bracelet.

Sedentary reminder

Set whether to enable the sedentary reminder function. You can set the reminder time interval. If you sit for a long time within the set time, the bracelet will remind you.

Raise your hand to brighten the screen

When this function is turned on, when the screen of the bracelet is off, lift your wrist and turn the screen towards you to light up the screen.

Device reset

Setting reset this function will clear all data of the bracelet (such as step counting)

remove device

Remove Device This feature will clear data and remove the device

Basic parameters

Equipment type	smartwatch	Battery Type	Lithium polymer
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vibration motor	support	Synchronously	Bluetooth 4.0
Operating temperature	-10°C ~50 °C	sensor	Low power accelerometer
System Requirements	IOS 9 or above /Android 5.0 or above		

Precautions

1. It is not advisable to wear it for bathing and swimming.
2. Please connect the bracelet when synchronizing data.
3. Use the included charging cable to charge.
4. Do not expose the handle to places with high moisture, extremely high or low temperature for a long time.
5. If the wristband crashes and restarts, please check the phone memory information to clear it and try again, or exit the APP and reopen it.

Parts Introduction

* Host * Wristband * Charging cable * Packaging box and manual

This manual is for reference only, please refer to the actual product

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.

Any 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 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.

RF warning for Portable device: The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.