Smart watch manual

Adapt to platform requirements:

- Android 5.0 and above mobile phones
- IOS 9.0 and above mobile phones
- Support Bluetooth BT 3.0

APP download method:

IOS/Android phone users: scan the QR code below to download and install the application.

Android: Search for "HryFine" through the software application store to download and install the application.

Apple: Search for "HryFine" through the App store to download and install the app.

[QR code]

Initial use

To ensure the normal use of the watch, please charge it first.
The contact of the charging base connected to the power supply can be charged with the contact on the back of the watch.

Note: The reverse contact point will cause the battery to short-circuit.

Watch and APP connection

The permissions during the APP installation process are fully agreed, and the watch and the mobile phone must be connected to the APP and the mobile phone Bluetooth to achieve all functions.

APP connection method: open the APP and mobile phone Bluetooth, the APP reminds you to enable the notification point to confirm. Click to add a device, search for the device name and click Connect to connect to the watch device.

Mobile phone Bluetooth connection: Bluetooth must be turned on on the watch side, enter the mobile phone Bluetooth, search for the Bluetooth device of the model name, and click Connect to pair.

Simple solution to common Bluetooth problems: Due to the lack of uniformity in the Bluetooth protocol of various mobile phone brands, sometimes the Bluetooth connection between the mobile phone and the watch may be unstable. You can turn off the Bluetooth of the mobile phone and reconnect it again, or reset the watch to the factory settings.

How to connect BT3.0 Bluetooth: Enter the Bluetooth terminal of the mobile phone and search for Bluetooth 3.0 binding.

If the watch has an incoming call, there is no notification reminder on QQ WeChat, you need to set the phone settings-notification settings, open the corresponding application and open the notification application to receive information notification.

Watch operating instructions

Up button: short press to return, down button: wake up/off screen and long press can be used to switch the machine.

IClock interface: Clock interface: Slide left and right to switch the dial, swipe up to enter the quick interface,scroll up to view push messages

Watch function introduction

⊙ Standby interface: enter the standby interface.

☎ Dial pad: connect to the mobile phone to dial out via Bluetooth, and you can make a call on the watch side.

☎ Contact: After the bracelet is successfully connected to the APP, you can add a contact in the APP. After the contact is successfully added, the phone book of the bracelet will be displayed synchronously. Click the contact in the phone book on the bracelet to make a call (Note: The bracelet needs Connect mobile phone Bluetooth).

☎ Call record: can display the call record of the wristband, click the phone number to dial.

✉ Information: The content of the message push can be displayed, such as: QQ, WeChat, etc. (The system above IOS12 will block SMS reminders by default).

🏃 Run: exercise time,distance,calories burned.

🚶 Skip:exercise time,calories burned.

🚴 Bicycle:exercise time,distance,calories burned.

🧗 Climb:exercise time,distance,calories burned.

🌙 **Sleep monitoring: Turn on sleep detection to monitor the quality of sleep while sleeping.**

⏰ Sedentary reminder: Set the sedentary time, the bracelet will vibrate when the time is up, and the interface will display a reminder.

❤ Heart rate: Put the watch close to your wrist, and the best place to wear it is on the upper arm of the wrist bone. The real-time heart rate can be measured. The normal value of the average person is 60-100 beats/min.

❤ Blood pressure: Put the watch close to your wrist, the best place to wear it is the wrist bone above the arm, you can measure the real-time blood pressure, adult diastolic blood pressure: 60~80 (mmHg) adult systolic blood pressure: 100~120 (mmHg).

🩸 Blood oxygen monitoring: The watch is tightly attached to the wrist, and the best wearing position is on the wrist bone and above the arm. The real-time blood oxygen value can be measured. The normal range of the value is generally 95% to 100%.

📷 Bluetooth camera: When the phone cannot be locked, the watch enters Bluetooth to take a photo when the app interface is opened, the phone will automatically pop up the camera interface, click on the watch to take a photo, the phone will take a photo and store the photo on the phone; or open the APP, Enter the remote control selfie, the phone will pop up the camera interface, and the watch will also take photos when you shake the watch

🎵 Bluetooth music: control to play music in the phone.

📍 Find the phone: When the watch is connected to the mobile phone, tap the watch side to find the mobile phone, long press the magnifying glass icon, the mobile phone bell will ring.

☁ Weather: Display the current weather temperature in degrees.

⏱ Stopwatch: start stopwatch timing and end timing.

⏰ Alarm bell: You can set a custom alarm clock on the APP, and the watch will vibrate to remind you at the point.

⚙ Settings: You can set to turn on or off the vibration and raise the wrist to brighten the screen.

🎨 Style: You can set and change the UI style.

ℹ About: Display the MAC serial code, Bluetooth name, and version number of this device.

☀ Brightness: can set the brightness size and backlight off time.

▦ QR code: QR code downloaded by mobile APP.

🔄 Reset: Let your device reset and clear data, such as bedometer sleep, etc.

🔦 Flashlight: Turn on the flashlight function.

☀ Raise your hand to brighten the screen: After turning on the raising of the hand to brighten the screen, when you wear the bracelet, the screen will light up when you raise your wrist, and it will turn off when you put it down.

Ⓐ Language: After connecting to the APP, you can set the language on the APP side, and the language can be synchronized to the watch after setting; or switch the language on the watch side, that is, it will also be synchronized to the APP side.

⊕ Dual-mode switch: You need to turn on this switch to search for Hry3.0 by Bluetooth of the mobile phone. If Bluetooth of the mobile phone is not connected to Hry3.0 after 5 minutes of startup of the wristband, the switch will be automatically turned off, and you need to turn it on manually when using it again.

🫁 Breathing training: breathing training can effectively relax the mental state of the first level to relieve pressure, according to the screen prompts for the corresponding exhalation, inhalation actions.

🎤 Voice Assistant: After connecting to RY3.0, press Start to enable the mobile voice assistant.

Precautions for use:

- **Not suitable for bathing and swimming.**
- **Please connect the watch when synchronizing data.**
- **Use the built-in charging cable to charge.**

- Do not expose the watch to high moisture, extremely high or extremely low temperatures for a long time.

Watch maintenance:

- Do not scratch the sensor, protect it from damage.
- You can wipe the surface of the watch with a damp cloth, and use mild soap and water to remove oil or dust.
- Do not expose the watch to an environment with strong chemical substances, such as gasoline, cleaning solvents, propanol, alcohol or insect repellent, chemical substances will damage the sealing of the watch and the surface of the case.
- Avoid your watch from being exposed to strong shocks and extreme heat exposure.

- **This product does not support IP68 waterproof, does not support rain, hand washing, swimming wear, hot showers or saunas, etc., can not be worn, and cannot prevent water vapor. If the watch is damaged due to water ingress due to use in violation of the instructions, our company will not provide a free warranty.**

Common problem:
Can't find the watch?
Answer: Because the Bluetooth broadcast of the watch has not been searched by the mobile phone, please make sure that the watch is powered and activated, and is not connected by other mobile phones. Move the watch close to the mobile phone and search again. If it still does not work, turn off the bluetooth of the mobile phone and turn it on again after 20 seconds. Bluetooth searches again.

Is the Bluetooth connection always on? Will there be any data if it is turned off?
Answer: Before synchronizing the data, the exercise and sleep data will remain on the watch host. When the Bluetooth connection between the mobile phone and the watch is successful, the watch will automatically upload data to the mobile phone, but the data stored by the watch is limited. It can only store Bluetooth data for about one week. When the space is full, the oldest data will be automatically overwritten to generate the latest data, so please Sync your watch to your phone in time.

Note: If the call and SMS reminder function is turned on, you need to keep the Bluetooth connected, and the alarm clock reminder supports offline.

What should I do if the watch cannot be charged?
1. Please make sure that the direction of the charging stand is correct and the charging clip is in good contact with the watch.
2. When the power of the watch is lower than 3.6V, there will be a period of battery precharging time.

Remarks: It will enter the charging state immediately after the charger is plugged in. If there is no display, you need to charge for 3-5 minutes to enter the charging state.

Will the watch cause harm to the human body if worn for a long time?
Answer: The radiation of the watch is much lower than the FCC standard of the United States, which is basically negligible. Long-term wearing will not cause radiation damage to the human body.