USER MANUAL

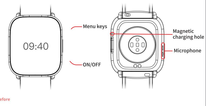
S M A R T W A T C H

WATCH CHAAGING AND ACTIVATION

Align and fit the wireless charger with the back of thewatch until the charging prompt appears on the watch screen.When the watchislow,charges.The device is anall-in-one machine

*After receiving the watch, if it is not turned on, please charge it for more than 10 minutes before activating the watch.

WATCH APPEARANCE



MOBILE PHONE CLIENT DOWNLOAD

Scan the QR code below to download and install the mobilephone client

Scan QR Code and Download

Connect the smart watch

After the mobile phone turns on the Bluetooth, enter the APP

Go to the device->Click 'Device'->Click 'Add Device'

Click 'Search Device', Choose your device on the scanning list

Click on 'Scan QR Code Binding',scan the QR code on the watch

Finish

Audio Media Control

Bluetooth is on

Touch

FUNCTION LNTRODUCTION

Dial switch
Long press for 2s on the homne screen to enter the dial switch interface.Slide right and left toswitch the dial for selection and click to select the dial

Control center
Function exercises like not disturb mode, power saving mode, brightness adjustment, settings, findphone, system information, flashlight, call Bluetooth

Movement data
Display the number of steps, distance, and calories recorded on the day, and the number of steps in the last seven days. You can set the target number of steps, distance, and calories in the APP

Sports
Options for sport patterns: 8+1 types, [walking, running, mountaineering, cycling, skipping rope, basketball, badminton, football, yoga (as a pushable replacement exercise)], click the icon to start exercising, support 11S+ on the APP side sports push

Sport record
The interface saves the recent 10 pieces ofhistorical sport records.You can view thesport duration, heart rate andcalories duringthe sport

Heart rate
When entering the heart rate measurement interface, the bottom green light lights up to start the measurement, and there will be a vibration reminder when the measurement is completed in about 45 seconds. It can display the user's current heart rate zone and 24-hour heart rate curve.

FUNCTION LNTRODUCTION

sleep
Displays the sleep monitoring status of the current day & the last seven days, the data is updated every day, and the data can be saved synchronously when the APP is connected, and the device will recalculate the data information of the new day. Sleep monitoring time period: 21:30-12:00

Blood pressure
When entering the blood pressure measurement interface, the bottom green light lights up to start the measurement, and there will be a vibration reminder when the measurement is completed in about 45 seconds. This measurement is a measurement based on PPG technology.The last seven blood pressure values of the user can be displayed.

Blood oxyen
When entering the blood oxygen measure ment interface, the red light at the bottom lights up to start the measurement, and there will be a vibration reminder when the measurement is completed in about 45 seconds. This measurement is a measurement based on PPG technology. It can display the user's current blood oxygen interval and the last seven blood oxygen values.

Female Health
Keep the watch connected to the APP, youcan open the female health reminder onthe App. you can view the female health reminder information on the watch

Music
Keep the watch connected to the APP, Youcan control the pause and start of the mobile phone music player, volume adjustment, and song switching

FUNCTION LNTRODUCTION

Weather
After you connect your watch with the APP and open the location permission,the weather interface will display the real-time temperature and weather type

Alarm clock
Keep the watch connected to the AAP, youcan set a single alarm clock or a cyclic alarm clock. You can set up to 5 alarm clocks

Stop watch
Click the start button fou the timing of the start.Click the pause button to timing thepause.Click the reset button to time to zero.It can save up to 99 pieces of data

Timer
As for the timer function ,the user may start quick timing through the system preset time or click the user-defined button to set the time.Click the Start button for the timing of the start.Click the pause button to timing the pause.Click the reset button to time to zero

Infromation
Start information push on the App and the watch can receive the corresponding message. It can save up to the last 15 pieces of messages

Find my phone
Keep the watch connected to the App and click "Find my phone" .The bell rings on your mobile phone and the watch shows that you have successfully found your mobile phone.If the watch is not connected to the APP, the watch will indicate that it is not connected

FUNCTION LNTRODUCTION

Settings
Setting functions include screen display (dial switch,duration of screen brightening brightness control,duration of screen brightening through palming),language,vibration strength,menu style battery,QR code andsystem setting

Alipay
Start the code with mobile Alipay binding click "consent agreement and binding "after successful binding,double-click the Alipay payment code display after the home screen, can also unbinding. (Note:This funtion is only available in both Chinese and English languages)

Breath training
During breath training,there were 1 min 2 min options.The user clicks the corresponding duration for breathing training,After clicking to start,follow the icon to zoom in and inhale,shrink and exhale

Drinking reminder
You can open this function through (device>drinking reminder)on the APP After it is opened, you can set the starttime,end time and reminder interval

Sedentary reminder
You can open this function through (device>sedentary reminder) on the App After it is opened,you can set the start time, end time and the period fou Do Not Disturb

Calculator
The numerical input is in the upper limit of 7 digits (input of negative numbers is not processed), and the result of the calculation is within the upper limit of 8 digits. If the result exceeds the calculated value, it will be displayed with "------" that cannot be calculated

FUNCTION LNTRODUCTION

Calendar
Display the current year, month and day, slide down to display the calendar

Frequent contacts
Frequent Contacts: You may add them in the frequently-used contacts column on the app side. The frequently set contacts will be automatically synced to the device, and up to 10 contacts can be added.

Frequently AskedQuestions and Tr- ouble Shooting

Sleep data is not accurate enough

1、Sleep monitoring simulates the status of natural sleep andgetting up of human,and you shouldwear it as usual
2、If you sleep too late or you do not wear the watch until you go to sleep,there may be some error
3、It does not monitor the sleep data during daytime.The default time for sleep monitoring from 9:30 in the evening to12:00 atnoon on the next day

For more frequently asked questions ,please view
[My->FAQ] on the App

Frequently Asked Questions and Tr ouble Shooting

Fail to start the watch
Press the power switch for more than 3s Maybe the battery level is too low.Please charge the battery timely

The bluetooth is not connected or cannot be connected

1、The bluetooth is not selected or cannot be connected
2、Please restart the mobile phone's bluetooth and connect again
3、Do not connect your mobile phone to other bluetooth device at the same time

The measurement of heart rate/bloodoxygen/Ecg is inaccurate

1、Users do not need to pay too much attention to the watch sensor and human body
2、Please ensure that the sensor contacts the wrist well during
3、Please keep your body still and the watch attached to your wrist tightly during measurement

Bluetooth data transmission

When connected to a mobile phone, the device will synchronize some data with the mobile phone through Bluetooth in time, including weather, notific-ation messages, sports health data, etc. This data will not be synced when the connection is dropped or Bluetooth is turned off.

Notice:

1) Do not charge in a humid and watery environment.
2) Please regularly clean the back of the watch and the surface of the wireless charger with a clean flannel to ensure The watch and the wireless charger surface are in full contact fd ensure normal charging.
3) This product is not equipped with a power adapter. In order to ensure the safety of family members and property, you can use the computer USB interface or choose a power adapter with an output of no more than 5V⎓ 1A when charging. Please buy power adapters through regular channels, and avoid using low-quality, fake power adapters to avoid burning or fire.

Precautions

1. The measurement results of this product are only for maternity examinations, and are not used for any medical purpose or basis. Please follow the doctor's instructions. Do not self-diagnose and treat with this measurement result.

2. The waterproof level of this product is IP68, and it cannot be used for diving swimming or soaking in water for a long time; in addition, this product can not be used in hot water/sauna environment, because water vapor will cause damage to the equipment.

3. The company reserves the right to modify the contents of this manual without prior notice. Some functions are different in the corresponding software version, which is normal.

FCC Warning

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.

FCC Warning

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.

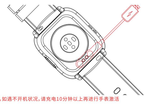
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restrictio

智能手表使用说明

INSTRUCTIONS FOR SMART WATCH

手表充电与激活

将无线充电器与手表背面对准贴合，直到手表屏幕出现充电提示，当手表提示电量低时，请及时充电，该设备属于一体机，后壳和电池不可拆卸。



*收到手表后，如遇手开机状况，请充电10分钟以上再进行手表激活

手表外观

手表客户端下载

扫描下方二维码下下载并安装手机客户端

扫描下载手机客户端

手表连接

打开手机蓝牙，进入客户端APP

设置个人信息

打开设备点击添加设备

搜索设备，找到对应设备点击连接

扫码连接，扫描手表上二维码即可

绑定完成

音频媒体控制

蓝牙开启状态

手表触控

FUNCTION LNTRODUCTION

心率
进入心率测量界面时，底部绿光亮起开始测量，约45秒完成测量时会有震动提醒，如提示"未佩戴手表"，则需重新佩戴好手表。可展示用户当前心率区间和24小时心率曲线。

睡眠
显示当天睡眠&最近七天睡眠监测状况，数据每天更新，已连接APP时可同步保存数据，设备将重新计算新一天的数据信息。睡眠监测时间段：21:30-12:00

血压
进入血压测量界面时，底部绿光亮起开始测量，约45秒完成测量时会有震动提醒。该测量是基于PPG技术的测量。可展示用户最近七次血压值。

血氧
进入血氧测量界面时，底部红光亮起开始测量，约45秒完成测量时会有震动提醒。该测量是基于PPG技术的测量。可展示用户当前血氧区间和最近七次血氧值。

FUNCTION LNTRODUCTION

女性健康
手表与APP连接后，APP上开启女性健康提醒可在手表上查看女性健康提醒信息。

音乐
手表与APP连接后，可控制手机音乐播放器的暂停与开始，音量调节以及歌曲切换。

天气
手表与APP连接后，此天气界面会显示实时的天气温度以及天气类型。

闹钟
手表和APP连接后，可以设置单次闹钟、循环闹钟，最多可设置5个闹钟。

秒表
点击开始按钮计时开始，点击暂停按钮计时暂停，点击复位按钮计时归零。最多可保存99条数据。

计时器
计时功能中，系统预置了常用计时时长，用户可点击对应时长快速计时，也可点击自定义按钮进行时间设置，点击开始按钮计时开始，点击暂停按钮计时暂停，点击复位按钮计时归零。

FUNCTION LNTRODUCTION

查找手机
手表和APP连接后，点击查找手机，手机端会响铃提示，手表端显示查找成功；若手表与APP未连接，手表端则会提示未连接。

设置
设置功能下包含屏幕显示（切换表盘、亮屏时长亮度调节、翻腕亮屏时长）、语言、震动强度菜单风格、电池、二维码、系统。

支付宝
用手机支付宝扫码绑定，点击"同意协议并绑定"绑定成功后，双击主屏幕后显示支付宝的付款码，也可解除绑定。
（注：只有在中国大陆支持支付宝进入该功能）

呼吸训练
呼吸训练中，有1分钟和2分钟的选择。用户点击对应时长进行呼吸训练。点击开始后，跟随呼吸训练中的图标放大而吸气，缩小而呼气。

喝水提醒
可在App设置>喝水提醒]开启，开启后可设置开始、结束时间、提醒间隔。

FUNCTION LNTRODUCTION

久坐提醒
可在APP[设备>久坐提醒]开启，开启后可设置开始、结束时间、勿扰时段。

计算器
数值输入是在7位数上限（不处理负数的输入），计算的结果在上限8位数内，结果超出计算值，则用 "--------" 显示无法计算。

日历
显示当前年月日，下滑显示日历。

常用联系人
常用联系人：需要在app端常用联系人栏设置添加，设置的常用联系人将自动同步到设备，最多可添加10位联系人。

信息
手表和APP连接后，在APP端打开相关信息的推送，手表端可收到相应的消息推送，最多可保存最近15条消息。

Frequently AskedQuestions and Tr- ouble Shooting

Sleep data is not accurate enough

1、Sleep monitoring simulates the status of natural sleep andgetting up of human,and you shouldwear it as usual
2、If you sleep too late or you do not wear the watch until you go to sleep,there may be some error
3、It does not monitor the sleep data during daytime.The default time for sleep monitoring from 9:30 in the evening to12:00 atnoon on the next day

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常见问题

手表无法开机
请充电并保持间歇超过3秒或可能电池电量过低请及时充电。

蓝牙未连接或无法连接
1、请尝试重启手机，重新链接
2、请尝试重启手机蓝牙后再次连接
3、手机不要同时连接其它蓝牙设备

手测量心率/血压/血氧/心电不准确
1、一般为测量时，手表的感应器与人体接触不良导致
2、测量时请注意感应器与手腕充分接触
3、对于首包双项且手臂毛发较多的人，请在App[设备>加强测量]中开启加强测量

常见问题

睡眠数据不够准确
1、睡眠监测是帮助人们自认入睡及起床时间状态，需要正确佩戴
2、入睡大概进入睡时才统计数据，可能出现误差
3、白天不监测睡眠数据，默认睡眠监测为晚上9:30至次日中午12:00

更多常见问题请查看App[我的>FAQ]

Bluetooth data transmission

When connected to a mobile phone, the device will synchronize some data with the mobile phone through Bluetooth in time, including weather, notific-ation messages, sports health data, etc. This data will not be synced when the connection is dropped or Bluetooth is turned off.

Notice:

1) Do not charge in a humid and watery environment.
2) Please regularly clean the back of the watch and the surface of the wireless charger with a clean flannel to ensure The watch and the wireless charger surface are in full contact fd ensure normal charging.
3) This product is not equipped with a power adapter. In order to ensure the safety of family members and property, you can use the computer USB interface or choose a power adapter with an output of no more than 5V⎓ 1A when charging. Please buy power adapters through regular channels, and avoid using low-quality, fake power adapters to avoid burning or fire.

蓝牙数据传输

与手机连接时，手表会通过蓝牙与手机及时同步部分数据，包括天气、通知消息、运动健康数据等。连接断开或关闭蓝牙后，将不会同步这些数据。

注意：

1）请勿在潮湿有水的环境下充电。
2）请定期用干净的绒布清洁手表背面和无线充电器表面，确保手表和无线充电器表面完全接触以保证正常充电。
3）本产品不配备电源适配器，为保证家人及财产安全，在充电时，可使用电脑USB接口或选用输出不超过5V ⎓ 1A的电源适配器。请通过正规渠道购买电源适配器，杜绝使用低质、伪劣的，电源适配器，避免引起爆裂或起火。

Precautions

1. The measurement results of this product are only for maternity examinations, and are not used for any medical purpose or basis. Please follow the doctor's instructions. Do not self-diagnose and treat with this measurement result.

2. The waterproof level of this product is IP68, and it cannot be used for diving swimming or soaking in water for a long time; in addition, this product can not be used in hot water/sauna environment, because water vapor will cause damage to the equipment.

3. The company reserves the right to modify the contents of this manual without prior notice. Some functions are different in the corresponding software version, which is normal.

注意事项

1、本产品的测量结果仅供产考，不作为任何医疗用途及依据请遵从医生指导，切不可以此测量结果自我诊断及治疗。

2、本产品防水等级为IP68，不可用于深度潜水以及长时间泡在水中。另外，本产品不防热水，因为水蒸气会对手表造成影响。

3、本公司保留不做任何通知的情况下，对本说明书内容进行修改的权利，恕不另行通知。部分功能在对应的软件版本中有区别，为正常情况。

FCC Warning

本设备符合FCC规则第 15 部分的规定。操作须符合以下两个条件：

(1)本设备不得造成有害干扰, (2) 本设备必须接受任何接收到的干扰, 包括可能导致意外操作的干扰。

任何未经合规责任方明确批准的更改或修改都可能使用户无权操作本设备。

FCC Warning

注：

本设备已经过测试, 符合 FCC 规则第 15 部分规定的 B 类数字设备限制。这些限制旨在为住宅安装提供合理的保护，防止有害干扰。此设备会产生和辐射射频能量，如果不按照说明安装和使用，可能会对无线电通信造成有害干扰。对无线电通信造成有害干扰, 但是, 不能保证在特定的安装环境中不会产生干扰。因此, 并不能保证在特定的安装环境中不会产生干扰。如果本设备确实对无线电或电视接收造成有害干扰 (可通过关闭和打开设备来确定), 建议用户尝试通过以下一种或多种方法来纠正干扰:

-调整接收天线的方向或位置。
-增加设备与接收器之间的距离。
-将设备连接到与接收机连接的电路不同的插座上。
-向经销商或有经验的无线电/电视技术人员寻求帮助。

经评估,该设备符合一般射频暴露要求。该设备可在便携式暴露条件下使用,不受任何限制。