SMART WATCH
— INSTRUCTIONS —

【Packing list】
Watch host (including strap), charging line, product manual

【App download and connection】

1. Scan QR code, download and install "HryFine" APP
2. App connection method:
① After the watch is turned on, slide the right side bar of the dial page, click settings, and slide to the bottom of the setting interface. Click to view the Bluetooth address.
② Open the Bluetooth of the mobile phone, enter the app and click Add device. After the search is completed, click the device to be connected to bind
③ Connect audio Bluetooth: draw on the dial page and click the Bluetooth icon. When it is turned on, the Bluetooth icon will appear blue. Enter the mobile phone Bluetooth system and search the corresponding Bluetooth name of the bracelet for binding (after the connection is successful, the Bluetooth icon in the notification bar will be color).

(Android 5.0 or IOS 9.0 and above)

【Function introduction】

Dial up: connect the mobile phone and dial out with Bluetooth, and you can call at the watch end.

Contact: you can add a contact in the app. After the contact is successfully added, the watch phone book will be displayed synchronously, Click the contact in the phone book to make a call (Note: the watch needs to be connected to the mobile phone Bluetooth)

Call record: the call record at the watch end can be displayed. Click the phone number to dial.

Information: message push content can be displayed, such as SMS, QQ, wechat, etc. (SMS reminder will be blocked by default in systems above ios12).

Sports: 1 Enter the sports mode (running, walking, cycling, mountain climbing, indoor running) selection interface, and click again to start the corresponding sports mode data monitoring: sports time, distance, calories consumed and heart rate data
2. Record: record all motion data

Pedometer: count the step counting data of the day. Click left to view the step number record, clear the data at 00:00 a.m., or view it on app. App can set the step number of a day to reach the standard value. When the set step number is reached, the watch will be prompted to meet the standard

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Sleep monitoring: enable sleep detection to monitor sleep quality during sleep, and view sleep duration, rapid eye movement, deep sleep, light sleep and other data

Sedentary reminder: set the sedentary time. When the time comes, the watch will have a vibration reminder, and the interface will have a prompt icon

Heart rate: stick the watch close to the wrist and the best wearing position is above the wrist bone and arm. The real-time heart rate value can be measured. The normal value of ordinary people is 60-100 times / min. slide left to view the heart rate record

Blood pressure: stick the watch close to the wrist. The best wearing position is above the wrist bone and arm. You can measure the real-time blood pressure. Adult diastolic blood pressure: 60 ~ 80 (mmHg) adult systolic blood pressure: 100 ~ 120 (mmHg). Slide left to view the blood pressure record

Blood oxygen monitoring: stick the watch close to the wrist and the best wearing position is above the wrist bone and arm. The real-time blood oxygen value can be measured. The normal range of value is generally 95% to 100%. Slide left to view the blood oxygen record

Bluetooth photographing: when the mobile phone is not in the locked screen state and the app interface is opened, the watch enters the Bluetooth photographing, the mobile phone enters the photographing interface, the watch clicks to take photos, the mobile phone will take photos and store the photos to the mobile phone

Bluetooth Music: it can control the music playing in the mobile phone, "+", "-" to adjust the volume

Settings: including time setting, profile, brightness, language setting, password lock, sidebar, restoring factory settings, about this machine

Find a mobile phone: when the watch is connected to the mobile phone, click the "start" button, the mobile phone will ring and pop up a prompt box

Weather: if the app is not connected, enter the weather display prompt, and the current weather temperature degree will be displayed after connecting the app

Water drinking reminder: set the water drinking reminder time. When the time is up, the watch will have an interface prompt icon

Stopwatch: start and end timing

Calculator: can perform numerical calculations

Calendar: View calendar

Alarm: you can customize the alarm clock. Long press to delete the alarm clock

Style: you can set or change the UI style

Siri: press and hold to realize remote control

【Matters needing attention】

·Avoid wearing watch, hot shower, sauna and diving in daily use. When the water meter is stained with water, please wipe the surface water stains with a soft cloth before operation.

·The measurement results of this product are for reference only, and the data provided by the product are not used for any medical purpose and basis.

·If the power adapter is used for charging, the power adapter meeting the requirements of corresponding safety standards shall be used to avoid bursting or fire caused by fake and shoddy power adapter.

QUALIFIDE CERTIFICATE
MODEL — SMART WATCH
QA
CHECKER — PASS
RoHS CE

智能手表
— 使用说明书 —
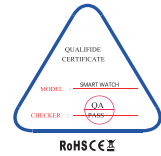
【包装清单】
手表主机（含表带），充电线，产品说明书

【APP下载与连接】

1.扫描二维码下载并安装 " HryFine " APP

2.APP连接方法：
①手表开机后，表盘页右滑出侧边栏，点击设置，在设置界面滑动至下方关于点击进入 查看蓝牙地址。
②打开手机蓝牙，进入APP点击添加设备，搜索完成后，点击需要连接的设备，进行绑定
③连接音频蓝牙：表盘页上划，点击蓝牙图标，开启后蓝牙图标呈现蓝色，进入手机蓝牙系统，搜索到手环对应的蓝牙名称进行绑定（连接成功后，通知栏蓝牙图标为彩色）
注：手表与APP连接时，手表数据会通过蓝牙与手机同步部分数据，如：信息、天气、联系人、计步、睡眠等。断开或解绑后，将不会同步数据。

(Android 5.0或IOS 9.0及以上）

【功能介绍】

拨号：连接手机蓝牙拨出，可以在手表端实现通话。

联系人：手表与APP成功连接后，可以在APP中添加联系人，联系人添加成功后手表电话本会同步显示，手表点击电话本中的联系人可以拨打电话（备注：手表需要连接手机蓝牙）

通话记录：可显示手表端通话记录，点击电话号码可拨号。

信息：可显示消息推送内容，如：短信、QQ、微信等（IOS12以上系统会默认屏蔽短信提醒）。

运动：1.进入运动模式（跑步、健走、骑行，爬山，室内跑）选择界面，再次点击启动对应运动模式数据监测：运动时间、距离，消耗卡路里和心率数据
2.记录：记录所有运动数据

计步器：统计当天的计步数据，左划可查看步数记录，凌晨00:00时清除数据，也可在APP查看，APP可设置一天步数达标值，达到设置步数，手表会有达标提示

睡眠监测：开启睡眠检测能在睡觉时监测睡眠质量，可查看睡眠时长、快速眼动、深睡、浅睡等数据

久坐提醒：设置久坐时间，到时间时手表会有振动提醒，界面有提示图标

心率：将手表贴紧手腕，最佳佩戴位置在手腕骨靠手臂上方，可测出实时的心率值，一般人正常值为60-100次/分，左滑可查看心率记录

血压：将手表贴紧手腕，最佳佩戴位置在手腕骨靠手臂上方，可测出实时的血压值，成人舒张压：60~80（mmHg） 成人收缩压：100~120（mmHg），左滑可查看血压记录

血氧监测：将手表贴紧手腕，最佳佩戴位置在手腕骨靠手臂上方，可测出实时的血氧值，数值正常范围一般在95%到100%，左滑可查看血氧记录

蓝牙拍照：手机不在锁屏状态下，在打开app界面的状态下，手表进入蓝牙拍照，手机进入拍照界面，手表点击拍照，手机会拍照并将照片存储到手机端

蓝牙音乐：可控制播放手机中的音乐，"+"，"-"调节音量大小

设置：包含时间设置、情景模式、亮度、语言设置、密码锁、侧边栏、恢复出厂设置、关于本机

找手机：手表和手机连接时，点击"开始"按钮后，手机会发出铃声并弹出提示框

天气：未连接APP，进入天气显示提示语，连接APP后显示当前天气温度度数

喝水提醒：设置喝水提醒时间，到时间时手表会有界面提示图标

秒表：开始秒表计时和结束计时

计算器：可进行数字计算

日历：查看日历

闹铃：可以自定义设置闹钟，长按可以删除闹钟

风格：可以设置更换UI风格

SIRI：按住说话实现远程控制

【注意事项】

·日常使用中应避免佩戴手表热水淋浴，桑拿和潜水，当水表沾水后，请将表面水渍用软布擦干后再进行操作。

·本产品的测量结果仅供参考，产品所提供的数据不作为任何医疗用途及依据。

·若使用电源设备器充电，应使用满足相应安全标准要求的电源适配器，避免因伪劣的电源适配器引起爆裂或起火。

合格证
QUALIFIDE CERTIFICATE
型号 — SMART WATCH
QA
检验员 — PASS
RoHS CE

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.

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 restriction.