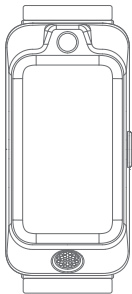


ROCAR

Accurate · Technology · Future



ROCAR Alcohol Smart Watch Quick Start Guide

1.Quick Start

Brand: ROCAR

Model: M-81B

System: Support Android6.0 or above; IOS 12.0 or above

Battery capacity: 186mAH

Bluetooth: Bluetooth 5.0

Button: a side button, support long or short press

Screen: 172*RDG*320 colour 1.47" screen

1.2 How do I Activate, Power off, or Restart the Watch

a. ON:

- ① For the first time, you need to use a charging cable to charge and start automatically;
- ② If it is not the first time to start the device, long-press the side button to start it.

b.OFF:

- ① In the application list, click Settings >System Menu >OFF;
- ② Long press the button on the side of the device and click shutdown. If you click "X", the shutdown can be canceled.

c. Restart

- ① In the application list, click Settings > System Menu > Restart;
- ② Long press the side button for about 12 seconds the watch will restart automatically;

1.3 How to pair the watch with APP

a. After the device is turned on, Bluetooth is in the pairing state by default:

- ① Please confirm whether Bluetooth and Location service are enabled on your mobile phone;
- ② When the device is paired after it is powered on for the first time or restored to factory settings, it must select a language and match it;

b. Please download and install the latest version of ROCAR Health APP;

c. Open theROCAR HealthAPP and click Device > Add Device:

- ① The APP will automatically scan the connected devices, click the connection of the target device, and match the device according to the reminders;
- ② When the device vibration reminder receives the matching request, complete the matching according to the device interface reminder;
- ③ For other connection methods and issues, please refer to the APP User Guide.

1.4 How to charge the watch

a. Charging method: Align the metal contact of the charging base with the metal contact of the charging port on the back and lay it flat, connect the other end of the charger and switch on the power supply.

Until the screen shows the charge indicator;

Charging time: about 1 hour to fully charge; The charging base is not waterproof. Keep the charging base and device dry.

b. Check the battery quantity: slide down on the main page of the device or check the device on the interface of the ROCAR HealthAPP.



1.5 How to wear a watch

In order to ensure the normal operation of movement measurement, sleep monitoring, and heart rate monitoring, please wear the device tightly on the wrist and avoid the finger distance between bone and joint. Away.

1.6 Watch buttons and screen control

Support full-screen touch, up, down, left, right, short press, long press operations

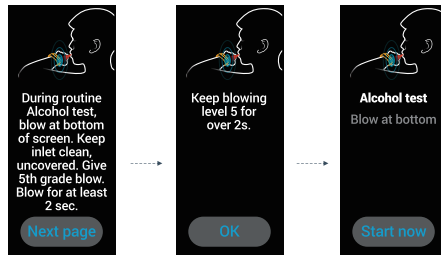
Operation	Function	Remarks
Click the side knob to return to the home page. When a call comes in, or you exercise, special scenarios are specified		
Home page	Click the side button to enter the application center	
Long press the side button to power on/off/restart		
Right - swipe on the home page to switch to the page		
Subpage right - swipe to return to the previous page		
On the home screen, slide into the message center to view cached messages		
Slide down the main page to view the Settings quickly		
Tap the screen and select Ok		
On the main page, press for 2 seconds to quickly replace the dial		

2. Alcohol concentration measurement

2.1 Alcohol measurement daily mode

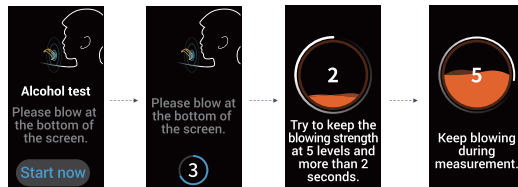
A. First application

- ① Select and enter the initial interface of alcohol detection in the application list;
- ② If you use this function for the first time, you should preview it according to the screen prompt. Click "I know", and the prompt will not be displayed after that.



B. Not the first time entered the application

- ① Select and enter the initial interface of alcohol detection in the application list;
- ② If you use this function for the first time, you should preview it according to the screen prompt. Click "I know", and the prompt will not be displayed after that.



If the measurement times are out or fail, the watch will prompt you automatically. Please adjust the measurement mode according to the prompt and click "↻" Re-measurement.

Note:

1. The watch may not be able to measure normally after water enters, please leave it to dry before trying again;
2. The watch may be in a high concentration of alcohol environment, please place it in an open environment and stabilize it before measurement;
3. Other reasons need to be left for a period of time before measurement.



③ On the interface of detection results, blue represents the blood alcohol content of 0-6mg/100mL, green represents 6-12mg/100mL, yellow represents 12-18mg/100mL, red represents 18-80mg/100mL, purple represents 80-500mg/100mL. If your blood alcohol level exceeds 20mg/100mL, it will remind that you drink too much. If the blood alcohol level exceeds 80mg/100mL, it will remind that you drink too much and ask you whether to start SpO2 Test, select Confirm/Cancel.

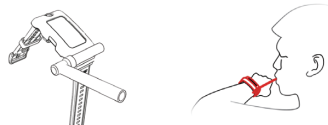
④ After the measurement, you can click "Records" to view more previous measurement data; Click "i" to view the description of alcohol detection, click "Refresh", new measurement can simultaneously detect current heart rate.

Note: If the alcohol concentration is too high, in order to ensure the accuracy of measurement, there will be a prompt interface that needs to return to zero, and enter the countdown diagram.

C. You can view more historical details of alcohol detection on ROCAR Health APP.

2.2 Standard mode of alcohol measurement

When measuring in standard mode, you need to buckle the blow pipe sleeve correctly on the watch, and then blow air with the blow pipe in your mouth. Make sure that you blow air during the process blowing pipe mouth clean without shelter, blowing strength should be maintained at level 5, and blowing time should not be less than 4 seconds.



2.3 Environmental alcohol concentration detection and early warning

a. Select and enter the ambient alcohol in the application list to immediately enter the ambient alcohol real-time detection interface.

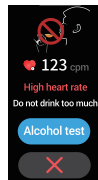
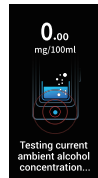
b. The watch continuously monitors the environmental alcohol concentration around the clock. When the watch is in an environment where the alcohol concentration is too high, the watch will issue a warning. Different concentrations will have different vibration and buzzer warnings, and an interface will pop up to remind the user.

① Reminder rules for high ambient alcohol concentration:

5.00mg/100mL-20.00mg/100mL, vibrate and beep every 2s until the alcohol concentration exceeds 5.00mg/100mL-20.00mg/100mL range; 20.00mg/100mL-300.00mg/100mL, vibrate and beep every 1s until the alcohol concentration exceeds 20.00mg/100mL-300.00mg/100mL range; Alcohol concentration greater than 300.00mg/100mL continues to vibrate and beep until the user swipes right to exit the environmental alcohol interface.

② Reminder rules for continuous high heart rate:

When the ambient alcohol concentration exceeds the threshold and detects that the continuous heart rate exceeds the high heart rate threshold set by the user (the user can set it on the APP), the device triggers the reminder to remind the user to perform alcohol test.



2.4 Technical specifications of alcohol module

Measuring principle	Fuel cell MEMS sensor
Measuring range	0 ~ 500mg/100mL
Resolution	0.1 (< 100mg/100mL); 1 (≥ 100mg/100mL)
Measurement accuracy	-5mg/100mL to +15mg/100mL (@20mg/100mL) -10mg/100mL to +20mg/100mL (@80mg/100mL)
Repeatability	±5mg/100mL (@20mg/100mL) / ±10mg/100mL (@80mg/100mL)
Operating temperature	10 ~ 40°C
Storage temperature	-10 ~ 60°C

Notes:

- The standards of DWI and DUI are different for each country. For details, please refer to the standards in your country. In China, the driver's blood alcohol concentration is greater than or equal to 20mg/100mL but less than 80mg/100mL belongs to drinking and driving, greater than or equal to 80mg/100mL belongs to drunk driving.
- In order to measure the blood alcohol concentration more accurately, please start the measurement after 15 minutes of drinking, and the recommended interval of each measurement is about 10 minutes.
- Measurements in the presence of alcohol or other corrosive gases may result in inaccurate readings.
- Please do not block the air inlet and outlet holes during alcohol measurement to avoid affecting the alcohol measurement.
- Please do not detect alcohol with exhaled air while smoking, because the smoke will damage the sensor.
- Do not let high-concentration alcohol enter the sensor directly, it will affect the life of the sensor.
- Other factors (for example: gas residues in environment, oral odor residues, smoke, fermented food such as fermented bean curd, etc.) may affect the accuracy of blood alcohol concentration measurement of this product, so the measurement data of this product is for reference only.

3. Health care

3.1 Hangover test function:

Drink within your means. For your health, you can use the APP to test your ability to cure drinking, so as to better understand your ability to cure drinking and protect your health.

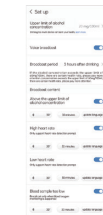
After moderate drinking for 15 minutes, you can perform the first alcohol concentration test. During the test, you can not drink alcohol, or take other drugs or foods with anti-alcohol function; After the measurement is completed, the watch will automatically remind you to continue the test at certain intervals. In order analysis of your hangover ability more accurately, you can test it in time after receiving a reminder.

hangover trend chart

Alcohol concentration: mg/100mL



APP caring family function interface



APP voice reminder function



Emergency contact setting function

3.2 APP family care function

After successfully adding family members to the APP, you can check each other's sports, health, and other data. If the data is abnormal, you can receive a notification in time.

3.3 App voice reminder function

When the alcohol concentration data is synchronized to the APP, the watch will continue to pay attention to your health. If your data is abnormal, the watch will remind you by voice in real-time. This feature requires you to wear the watch, keep the Bluetooth connection between the watch normal, and enable continuous monitoring of heart rate and blood oxygen in the APP settings. The voice can also be replaced by the voice of your family. When you drink excessively and cause physical discomfort, abnormal data will be triggered, the watch will automatically broadcast the reminder of the caring voice preset from the mobile APP for you.

3.4 Emergency contact Settings

In emergency contact settings, you can set the phone number of your emergency contact on the APP terminal. When the watch detects that your data is abnormal, the watch will automatically send a short message with your current location to inform your emergency contact.

Note: This function requires you to wear the watch properly, keep Bluetooth on the mobile phone turned on and connected normally, the mobile phone network is smooth, and set the switch for continuous heart rate and blood oxygen monitoring in the APP, so that your data abnormalities can be detected in a timely manner.

4. Temperature measurement

Note: The average normal body temperature is between 36°C~37°C. After starting the temperature measurement on the watch, it is necessary to follow the standard wearing instructions to ensure the accuracy of measurement. The measurement results are for reference only, not as the basis of medical diagnosis.

4.1 Infrared Body temperature measurement

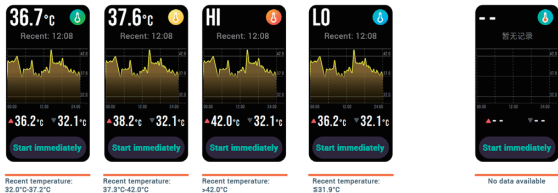
a. Select from the application list and enter the "Start now" interface for temperature detection; Click the "Start immediately" button, the countdown to 3 seconds according to the prompts, raise your wrist according to the prompts, aim the temperature probe at the center of your forehead, and keep it within 5cm for measurement. Short vibration 1s and buzzer(Weak) 1 time.

b. Measurement results: between 36°C~37.2°C, the green icon means "normal"; Between 37.3°C ~ 42°C, the red icon indicates "abnormal"; >42°C "HI" is displayed, and the red icon prompts "HI"; <32°C, "LO" is displayed, and the blue icon prompts "LO".

c. If the measurement times out or fails, the watch will prompt you automatically. Please adjust the measurement mode according to the prompt and click to re-enter the measurement. After measurement, click "Historical Measurement" to view more recent measurement data; Click to view the description of infrared temperature detection. Click the "Refresh" button to re-measure and detect the current heart rate at the same time.



4.2 24-hour real-time temperature monitoring

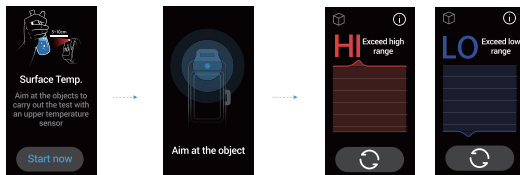


4.3 Infrared Surface temperature measurement

The surface temperature of the object may be affected by the temperature of the current environment. If the surface temperature of the object is too high, please touch with caution to avoid scalding. If the surface temperature is too low, please touch with caution to prevent frostbite. The measurement results are for reference only, not for medical or other professional use.

a. Select from the application list and enter the "Start immediately" interface of object temperature detection; Click the "Start now" button and raise your wrist according to the graphic prompts to measure the temperature the head is aimed at the target object, and the measurement is kept within 3-10cm distance. After the measurement, the short vibration is 1s and the buzzer (weak) is 1 time.

b. If the measurement times out or fails, the watch will prompt you automatically. Please adjust the measurement mode according to the prompts and click to re-enter the measurement.



4.4 Temperature module specifications

Body temperature	
Temperature range	32 ~ 42°C
Accuracy	+ / - 0.3°C
Surface temperature	
Temperature range	0 to 100°C
Accuracy	+ / - 1°C
Operating temperature	10 ~ 40°C
Storage temperature	-10 ~ 60°C
Humidity water	< 85% no coagulated water

Safety information

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● Other trademarks, product names, service names, and company names that appear in this Manual and the product described in this Manual are the property of their respective owners.

Notes:

● Certain features and functions of the product and its accessories are described in this manual depending on the design and performance of the local network and the software you have installed.

Some features and functions may not be supported by the local network carrier or network service provider, the local network Settings, or the software you have installed. Therefore, the descriptions in this manual may not correspond exactly to the products you purchase or their attachments.

● Shenzhen Everbest Machinery Industry Co., Ltd. reserves the right to modify any information in this Manual at any time without prior notice and without any responsibility.

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● To the full extent permissible by law, In addition to the above warranty disclaimers, In No event shall our liability exceed the actual price paid by you for losses (if any) that you suffer from using the product following the description in manual (except for the case of personal injury/damages under applicable laws)

Data security

● Use unauthorized third-party software to upgrade the firmware and system of the device, which may lead to security risks such as unavailability of the device or leakage of your personal information. It is recommended that you upgrade your device online directly or send it to ROCAR customer service center for upgrade.

Import and export control

● If you want to export, re-export or import the products described in this Manual (including but not limited to products, software and technical data), you shall comply with import and export control laws and regulations.

Privacy protection

● To learn more information on personal data security, please visit www.ROCAR-Health.com.

Safety information

● To ensure safe operation and avoid damaging the device, always observe the safety information and warnings in these instructions to avoid dangerous or illegal situations

Warning Notes:

1. Electronic devices

● Do not use wireless devices in places where there are explicit regulations forbidding the use of wireless devices, otherwise it will interfere with other electronic devices or cause other dangers.

2. Impact on medical devices

● In medical and health facilities where the use of wireless devices is expressly prohibited, please comply with the regulations of the premises and do not use the device.

● Radio waves generated by the device may affect the normal operation of implantable medical devices or personal medical devices, such as pacemakers, cochlear implants, hearing AIDS, etc. If you use these medical devices, please consult their manufacturer about the restrictions on their use.

● When using the device, please keep a distance of at least 15 cm from the implanted medical devices (such as pacemakers and cochlear implants).

3. Flammable and explosive areas

● Do not use the equipment, and please follow all instructions in graphics or text in gas stations (maintenance stations) or near any hazardous areas. Fires and explosions can be occurred if Equipment is used in hazardous areas where fuel or chemical agents are stored and transported.

● Do not store or transport the equipment and its accessories in the same box with flammable liquids, gases, or explosive items.

4. Traffic safety

● Fully focus on safe driving. Do not let anything divert your attention

● Car electronics may malfunction due to radio interference from the device. Please contact the manufacturer for details.

WARNING: Wireless devices aboard aircraft

● Do not place the device above the airbag or within the reach of the airbag after it is deployed. Otherwise, when the airbag expands, the equipment will be driven by a strong external force and cause serious personal injury.

● wireless devices may interfere with the aircraft's flight systems. Please follow the airline's wireless use regulations and do not use wireless devices in areas where they are prohibited.

5. Operating environment

- To ensure safe operation and avoid damaging, Please avoid using the device in the situations as below:
- Strong magnetic or electromagnetic fields
- Appliance in extreme temperatures, direct sunlight, strong jolts, high humidity, moisture, flammable gases, steam, and solvents.
- Place the device near heat sources or exposed fire sources, such as electric heaters, microwave ovens, ovens, water heaters, fires, candles, or other places that may generate high temperatures.

6. Choking or another hazard

- This device and its accessories may contain small parts that may be a choking or another hazard to children. Keep small parts away from children. Keep out of reach of small children
- Your device and its accessories are not toys. Do not allow small children to play with them because children could hurt themselves or others or damage your device. Keep your device and all its parts and accessories out of the reach of small children.

7. Accessories requirements

- Use of unapproved or incompatible power supplies, chargers, or power supplies can result in serious personal injury or death from electric shock or fire or in damage to your device.

8. Battery safety

- This product contains coin cell/button cell batteries. If swallowed, a coin cell/button cell battery can cause severe internal burns and perforation of soft tissue in just two hours, causing serious personal injury or death.
- To reduce the risk of injury when using disposable or rechargeable batteries:
- Keep batteries out of the reach of children.
 - Charge rechargeable batteries only with the charger provided with your device. Using an improper charging method may result in fire or explosion.
 - Immediately remove old, weak, or worn out batteries from your device. Recycle or dispose of old, weak, or worn batteries in accordance with local, regional, or national law or regulation
 - Remove the batteries from your device before storing your device for an extended period.
- Avoid contact with battery fluid. If a battery leaks:
- Keep the leaked fluid from touching your skin, eyes, clothes, or other surfaces. If the battery fluid contacts your skin, eyes, or clothes, immediately the affected area with water and contact your doctor or other medical provider as appropriate.
 - Carefully remove all batteries by reversing the battery installation instructions provided with your device.
 - Before inserting new batteries, thoroughly clean the battery compartment with a dry cloth, or follow the battery manufacturer's recommendations for cleanup.
 - We recommend that you use approved battery packs.
 - Replace the disposable or rechargeable batteries supplied with your device with batteries of the same type and rating.

- Do not disassemble, crush, crush, open, puncture, shred, short external contacts or circuits, expose to temperature above 40°C (104°F), or dispose of batteries in fire or water.
 - Do not mix new and old batteries or batteries of different types (for example, carbon-zinc and alkaline batteries).
 - Do not allow metal objects to touch the battery terminals on the device; they can become hot and cause burns.
 - Do not carry or place batteries or battery packs together with other metal objects.
 - Do not leave a battery-powered device in direct sunlight for an extended period.
 - Do not immerse batteries in water or allow them to become wet.
 - Do not use a battery if it has become wet. Do not attempt to dry a battery or battery pack with a hair dryer, in a conventional oven, or in a microwave oven.
 - Do not connect batteries directly to wall outlets or car cigarette-lighter sockets.
 - Do not strike, throw, step on, or subject batteries to severe physical shock.
 - Do not modify or remanufacture, attempt to insert foreign objects into the battery, immerse or expose to water or other liquids, expose to fire, explosion or other hazard.
- Do not recharge batteries near a fire or in extremely hot conditions.

Dropping your device or its battery, especially on a hard surface, can damage the device and its battery. We recommend that you seek professional assistance to inspect your device if you believe damage has occurred.

Never use a damaged battery. If your battery appears scratched, or nicked, immediately place it aside and dispose of it properly. Use of a damaged battery can cause electrical shorts, overheating, and other component failures.

9. Maintenance and maintenance

- Keep the equipment and accessories dry. Do not use external heating devices such as microwave ovens or hair dryers to dry them.
- Do not place the device or its accessories in an area where the temperature is too high or too low. Otherwise, the device may malfunction, catch fire or explode.
- Do not cause the device and its accessories to be affected by strong impact or vibration. Otherwise, the device and its accessories may be damaged and cause device faults.
- If the product is equipped with a leather wrist strap, please avoid using it in the scorching sun, direct sunlight, high temperature, and humidity.
- If accidentally stained with water or sweat, please wipe it as soon as possible and place it in a cool and ventilated position until dry. Do not use external heating devices such as microwave ovens and hair dryers to dry the damp leather wrist strap. Otherwise, the leather surface may shrink or expand.
- If the product is equipped with a light-colored wrist strap, please do not touch dark clothing to prevent staining. Before cleaning and maintenance, stop using the device and disconnect all connections or cables from other devices.
- Use a soft brush or clean cloth to clean the charging port. Do not use sharp metal objects to wipe the charging port to avoid scratching the coating and affecting the charging effect.

- Do not use strong chemicals, cleaning agents, or strong detergents to clean the equipment or its accessories. Use a clean and dry soft cloth to wipe the device or its accessories.
- Do not touch the device with magnetic stripe cards (such as bank cards and phone cards) for a long time. Otherwise, the magnetic stripe cards may be damaged by the magnetic field.
- Do not disassemble or modify the equipment and accessories without authorization, otherwise the equipment and accessories will not be within the scope of our warranty, please contact the customer service center in case of equipment failure.
- If the screen is partially broken due to collision with hard objects or strong impact from outside, do not touch or attempt to remove the broken part. Please stop using the device immediately and contact the customer service center in time.
- Please keep the equipment and accessories clean and dry. Do not wear too loose or too tight, please clean your wrist after exercise, wipe the watch clean and dry before wearing
- Slightly relax the watch band or wrist strap for daily wear to ensure that the part of the skin in contact with the device is dry and breathable. If it is uncomfortable to wear continuously for a long time, please take off the device and let the wrist rest for a period of time or change hands to wear. If there is still an uncomfortable reaction, it is recommended that you should stop wearing it and timely medical treatment. You can also buy other watchbands or wrist straps through the official website.
- Not recommended for snorkeling, hot showers, hot springs, saunas (steam rooms), diving, water skiing, or any other wading activities and deep-water activities which facing the high-speed flow of water.
- Prevent dust conditions such as living room, office, laboratory, light industry studio, storage room, etc., not suitable for special dust environment.

10. Environmental protection

- Please do not treat the device and its accessories as ordinary household garbage.
- Please comply with local laws and regulations regarding the disposal of this equipment and its accessories and support recovery actions.

Regulatory information

- Please select Settings >About >Regulatory Information on the device screen to view the certification information.

Name and content of harmful substances in the product

Part Name	harmful substances					
	(pb)	(Hg)	(Cd)	(Cr (VI))	(pBB)	(pBB)
The host	X	○	○	○	○	○
Wrist strap	○	○	○	○	○	○
The charging base	X	○	○	○	○	○
The battery	X	○	○	○	○	○

This form is prepared in accordance with SJ/T11364.

O: Indicates that the content of the hazardous substance in all homogeneous materials of the component is lower than the limit requirements specified in GB/T26572.

X: Indicates that the hazardous substance content of at least one homogeneous material of the component exceeds the limit requirements specified in GB/T26572, and there is no mature alternative in the industry at present, which complies with the environmental requirements of the EU and RoHS directives.

Some parts may also have an environmental protection service life mark, and the number in the mark shall prevail.

Note: Depending on the different models, it may not contain all of the above components except the main device.

Service policy

Dear users, thank you for choosing Rocar Health smart wear products. Please purchase Rocar Health smart wear products through formal channels.

The products lawfully enjoy the national provisions of the three guarantees service. You can learn the details through the official service APP and official customer service website.

Official service channels

Customer service hotline: 400-088-0755

Customer service website: www.rocar-health.com

Customer service email: Rocar@cem-meter.com.cn

The official service channels provide you with a diversified, convenient, and high-quality service experience. You can

learn more about the services through the official WeChat public account Content information.



WeChat Official Accounts

Three warranties

Please refer to the information

User Name: _____

Phone Number: _____

Mailing Address and Postcode: _____

Date of purchase: _____

Invoice Number: _____

Seller Name: _____

Seller's Address and zip code: _____

Seller's Phone: _____

Host information: _____

Host model: _____

Origin of host: _____

MACISN number of the host: _____

This information is for reference only and does not constitute a commitment in any form. The product (including but not limited to color, size, screen display, etc.) shall prevail in kind. If there is any inconsistency between this information and the description on the official website, please refer to the official website.

This product is not a medical device, and the data and suggestions provided are for reference only, not as the basis of medical diagnosis and treatment. If your skin feels uncomfortable while wearing due to individual differences, please stop wearing it and consult your doctor.

Note:

- This three warranties certificate is only applicable to the host listed above and the attached three warranties service.
- Please keep this certificate properly, and present this certificate and relevant invoices when enjoying the service.
- This certificate can only take effect after it is stamped by the sales unit.
- Man-made damage is not covered by warranty. Please refer to the service policy of the official customer service website for specific warranty scope.
- Products can only enjoy maintenance services in the country or region where they are purchased.
- Due to different models, the product may not include all the above accessories, please refer to the actual sales configuration of the product.

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.

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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment



ROCAR Health APP