

## ROCAR Health Smart Watch

### Quick Start Guide

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 and consult your doctor.

#### 1. Quick userd

##### 1.1 Specifications

Brand: ROCAR

Model: M - 90

System: Support Android6.0 or above; IOS 12 or above

Battery capacity: 186mAH

Bluetooth: Bluetooth 5.0

Button: a side button , support pressed long or short

Screen: 1.47"AMOLED HD color 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 cancelled.

###### c. Restart

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

##### 1.3 How does the watch Pairing 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 Pairing after it is powered on for the first time or restored to factory Settings, it must be selected first

Choose a language and match it;

b.Please download and install the latest version of rocar Health APP in the APP store

c. Open the rocar Health APP 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 issue, 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 health APP.

#### 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 of 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

#### 2.1. Alcohol concentration measurement

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 to enter the application

① Select from the app list and enter the alcohol test Immediately start interface;

② Click the "Start now" button, countdown to 3 seconds according to the prompt and blow according to the prompt; Keep blowing while you're blowing

Air port clean without shelter, blowing strength should be maintained at level 5, blowing time should not be less than two seconds.

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

Note: The alcohol sensor will be faulty after water enters, and the interface of the watch will prompt "Recovering, please try again later", so this sensor cannot be used

Function. If more than 12 hours still cannot be measured, the watch will prompt "sensor fault, please contact after-sales".

③ On the interface of detection results, blue represents the blood alcohol content of 0-6mg/100mL, green represents 6-12mg/100ml, and yellow represents 12-18mg/ml, red 18-80mg/ml, purple 80-500mg/ml. If the blood alcohol level exceeds 20mg/100ml

If the blood alcohol level is over 80mg/100ml, it will remind you to drink too much and ask you whether to enter

For Oximetry, select Confirm/Cancel.

④ After the measurement, you can click "Historical Record" to view more previous measurement data; Click 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, blowing time should not be less than two seconds.

### 2.3 Early warning of ambient alcohol concentration detection

A. Select and enter environmental alcohol in the application list to immediately enter the real-time detection interface of environmental alcohol.

B. Control whether the watch needs to be reminded when the ambient alcohol concentration exceeds the threshold within the preset period by turning on/off the early warning status switch of environmental alcohol detection.

That is, after this function is enabled, the current ambient alcohol concentration will be continuously detected. If the ambient alcohol concentration is detected to exceed the specified period of time

0.10mg/L or inactive heart rate value exceeds the threshold, the watch will give a warning reminder.

#### ① Rules for warning of excessive environmental alcohol concentration:

When the watch opens the environmental alcohol concentration detection, the interval within half an hour two consecutive alcohol concentration over 0.10mg/L will be the first warning reminder; Such as the user cancels the reminder for three consecutive times, and then the reminder will be carried out once every one hour with a maximum of five times. After that, the environmental alcohol warning switch will be automatically turned off

The table will no longer remind.

#### ② Rules for reminding of continuous high heart rate:

When the detection early warning switch is turned on and the continuous heart rate exceeds the high heart rate threshold set by the user is detected (the user can do this on the APP set), the device triggers the alert. Users can enter the daily alcohol detection mode or cancel the current reminder.

#### Technical specifications of alcohol module

Measuring principle :Fuel cell MEMS sensor

Measuring range: 0 ~ 500 mg/100mL

Resolution: 0.1 (< 100 mg/100mL) 1 (>= 100 mg/100mL)

Measurement accuracy: -5 ~ 15(@ 20mg/100mL) -10 ~ 20 (@ 80mg/100mL)

Repeatability: ±5mg/100mL(@ 20mg/100mL)±10mg/100mL(@ 80mg/100mL)

Operating temperature: 10 ~ 40 ° C

Storage temperature: -10 ~ 60° C

Matters needing attention:

1. In China, motor vehicle drivers whose blood alcohol concentration is greater than or equal to 20mg/100mL but less than 80mg/100mL belong to drinking driving, is greater than or equal to 80mg/100mL belongs to drunk driving.
2. In order to measure blood alcohol concentration more accurately, please start the measurement 15 minutes after drinking, and the recommended interval of each measurement is 10 minutes around the clock.
3. In the presence of alcohol or other corrosive gases in the environment where the measurement may cause inaccurate readings.
4. Please do not detect alcohol with exhaled air while smoking, because the smoke will damage the sensor.
5. Do not let high concentration of alcohol directly into the sensor, which will affect the life of the sensor.
6. Other factors (such as environmental gas residue, oral odor residue, smoke, fermented food such as bean curd, etc.) may be affected

To measure the accuracy of blood alcohol concentration, so this product measurement data is for reference only.

Health care

Function of hangover test:

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.

15 minutes after moderate drinking, the first alcohol concentration test can be carried out. During the test, alcohol can not be drunk again, or take other drugs and food with anti-alcohol function; After the measurement is completed, the watch will automatically remind you to continue the detection at a certain interval. In order to more accurate analysis of your hangover, after receiving a reminder, can be tested in time.

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 a watch, keep watch and mobile phone bluetooth connection is normal, and open the heart rate and blood oxygen in the APP Settings for the continuous monitoring, voice also can be replaced for the voice of the family, when you drink too much cause discomfort to trigger data abnormal, the watch will automatically for you to broadcast from the preset phone APP end loving voice remind.

### 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 your watch in a standard manner, keep bluetooth on and normally connected on your mobile phone, and enable the continuous monitoring switch of heart rate and blood oxygen in the APP, so as to timely monitor your abnormal data.

### 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.

### Infrared Body temperature measurement

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

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 "LO" is displayed in blue.

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 "Refresh" button to re-measure and detect the current heart rate at the same time.

### The measurement timed out or failed

Click the refresh button to remeasure

### Infrared Surface temperature measurement

The surface temperature of the object may be affected by the temperature of the current environment. If the measurement shows that the surface temperature of the object is too high, please handle with caution to avoid hot Injury; If the measurement shows that the surface temperature is too low, please handle with caution to prevent frostbite. The measurement results are for reference only, not for medical or other purposes basis for 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 prompt and click to re-enter the measurement.

#### 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 < 85% no coagulated water

#### Safety information

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System.

- Other trademarks, product names, service names and company names that appear in this Manual and the products described in this Manual are their own

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Pay attention to

- Certain features and functions of the product and its accessories described in this manual depend on the design and performance of the local network and the software you have installed. Certain features and functions may not be supported by local network operators or network service providers, local network Settings, or

The software you installed does not support this implementation. Therefore, the description in this manual may not be exactly the same as the product you purchase or its attachments  
The corresponding.

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#### Data security

- Use unauthorized third-party software to upgrade the firmware and system of the device, which may cause security risks such as device unavailability or leakage of your personal information

Risks. It is recommended that you upgrade your device online 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 the software and technical data in the products), you should comply with the provisions

Abide by applicable import and export control laws and regulations.

#### Privacy protection

- To learn how we protect your personal information, please visit [www.rocar-health.com](http://www.rocar-health.com) to read our Privacy Policy.

#### Safety information

- Read and follow the following precautions before using and operating the device to ensure the best performance of the device and avoid danger or illegality

Situation.

#### Matters needing attention

##### 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 proper functioning 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 at gas stations (maintenance stations) or near any inflammable and explosive areas such as inflammable objects and chemical agents, and follow all drawings

A figurative or literal indication. Equipment may cause an explosion or fire in or around explosive areas where fuel or chemical agents are stored and transported.

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

## 4. Traffic safety

- Remember that safe driving is your primary duty and do not engage in distracting activities.

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

- Do not place the device above the airbag or within the reach of the airbag after it is deployed. Otherwise, when the airbag inflates, set

Prepare to be pushed by a strong external force and cause serious injury to the occupants of the car.

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

Use the device.

## 5. Operating environment

- Do not use the device in the damp or near the magnetic field, in order to avoid the internal circuit failure of the device.

- Do not use the device in thunderstorm weather. A thunderstorm may cause device failure or electric shock.

- Please use the device within the temperature range of  $-10\sim 45^{\circ}$  C. When the ambient temperature is too high or too low, device faults may occur.

- Do not place the device in direct sunlight, such as car dashboard or window sill.

- Do not place the device near heat sources or exposed fire sources, such as electric heaters, microwave ovens, ovens, water heaters, fires, candles or other sources that may be generated  
Where it's hot.

- Do not allow children or pets to swallow or bite the equipment or its accessories, in order to avoid injury or equipment failure or explosion.

## 6. Child health

- The device and its accessories may contain some small parts. Please keep the device and its

accessories out of the reach of children. Children may be absent

Damage the equipment and its accessories, or swallowing small parts to cause suffocation or other hazards.

- The device is not a toy. Children should use the device under adult supervision.

#### 7. Accessories requirements

Use of unapproved or incompatible power supplies, chargers or power supplies may cause fire, explosion or other hazards.

#### 8. Battery safety

- The device is equipped with a built-in battery that cannot be removed. Do not remove the battery by yourself to avoid damaging the battery or the device.

- Do not butt the metal conductor with the battery poles or touch the battery endpoints to avoid battery short circuit or overheating

Burns and other physical injuries.

- Do not expose the battery to high temperatures or around heating equipment, such as sunlight, heaters, microwaves, ovens, or water heaters, which may cause the battery to overheat

Could cause an explosion.

- Do not disassemble or modify the battery, insert foreign objects, or invade into water or other liquids, in order to avoid battery leakage, overheating, fire or explosion.

If the battery leaks, do not let your skin or eyes contact the leaking fluid. In case of contact with skin or eyes, rinse immediately with water and

To the hospital for medical treatment.

- Do not throw the battery into the fire, otherwise the battery will catch fire and explode.

- Please dispose of the battery according to local regulations, and do not dispose of the battery as household garbage. Batteries may explode if improperly disposed of.

- Do not allow children or pets to swallow or bite the battery. Otherwise, the battery may be hurt or explode.

- Do not drop, squeeze or puncture the battery. Avoid exposing the battery to excessive external pressure, which may lead to internal short circuit and overheating.

- Do not use damaged batteries.

#### 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 make the equipment and its accessories subject to strong impact or vibration, so as not to damage the equipment and its accessories, resulting in equipment failure.

- If the product is equipped with a leather wristband, 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 place until dry. Do not use external microwaves, hair dryers, etc

Heat the damp leather wristband to dry it. Otherwise, the leather surface may shrink or expand.

- If the product is equipped with a light-colored wristband, please do not touch dark clothing to prevent staining. Do not use the device before cleaning and maintenance

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

The effect.

- Do not use strong chemicals, cleaning agents or strong detergents to clean the equipment or its accessories. Use a clean, 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.

- Please 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

Contact the customer service center.

- Do not touch or attempt to remove the broken part of the screen if the device collides with a hard object or is strongly impacted by the outside world.

Please stop using it immediately and contact the customer service center.

- Please keep the equipment and accessories clean and dry. Do not wear it too loose or too tight during exercise. Wash your wrists and hands after exercise

Table, to be clean and dry, and then wear.

- Slightly relax the watch band or wristband for daily wear to ensure that the part of the skin in contact with the device is dry and breathable. If continuous wear for a long time does not appear

When appropriate, please take off the device and let the wrist rest for a period of time or change hands to wear. If you still feel uncomfortable, you are advised to stop wearing and timely

Consult your doctor. You can also purchase other watch bands or wristbands from the official website.

- Not recommended for snorkeling, hot showers, hot springs, saunas (steam rooms), diving, diving, water skiing, other wading in the face of high speed current

Dynamic and deep water activities.

- Can 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.

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.

Warning: Changes or modifications to this unit 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.

#### Regulatory information

Name and content of harmful substances in the product

The host

Wrist strap

The charging base

The battery

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 below the limit requirements specified in GB/T26572.

X: indicates that the content of the hazardous substance in at least one homogeneous material of the component exceeds the limit requirements specified in GB/T26572 and is currently available. There is no mature alternative, in line with the EU RoHS directive environmental requirements.

Some parts may also have an environmental protection service life mark, and the number in the mark shall prevail. Because of the different model, the product may not

Note All the preceding components except the host are subject to actual product configurations.

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 enjoy the three guarantees service stipulated by the state in accordance with the law. 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](http://www.rocar-health.com)

Customer service email: [cemyjm@cem-meter.com.cn](mailto:cemyjm@cem-meter.com.cn)

The official service channels provide you with diversified, convenient and high-quality service experience. You can learn more about the services through the official wechat public account

Content information.

3 packets of proves

Please refer 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:

Note:

- This three-packet certificate is only applicable to the host listed above and the attached three-packet 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.