

ABOUT US

Driven by the passion for innovation, we at Dr Trust endeavour to provide our customers with the latest medical inventions with an objective to promote good health and wellness all around the world. All the medical devices and health monitors provided by Dr Trust are supported by accurate, latest and ground breaking technologies, innovated at our headquarter in NY, USA. All our products adhere to the most stringent CE and FDA guidelines and are strongly recommended by doctors and health practitioners. Our products are designed in the utmost exemplary ways to ensure that their accuracy and convenience are unrivalled. The ease of their use and operation makes them even more suitable for users of all age groups.

Dr Trust strives to enhance the quality of lifestyle by providing with the most trusted and innovative health care and wellness products. Being a renowned global leader in health care products, Dr Trust ensures that our technically efficient team works dynamically and tirelessly to provide the best of the medical devices to our clients. The products that we have to offer are suitably designed for use at homes, laboratories and hospitals.

Our ground breaking solutions allow you to monitor your health in the easiest ways possible. In today's era when all of our lives are too hassled to handle, it becomes a bit difficult to pay attention to our health. But it has now become easier with the coming of the monitoring devices which can be conveniently used at homes and even on the go.

We bring to you a variety of best self medical devices, trusted and used by Doctors, medical professionals and home users all over the world.

Dr Trust Healthpal 1 Smart Watch - 8002

QUICK START GUIDE

Step 1

Charge your device fully before initial use. Download "Dr Trust 360" APP on Android and iOS device.

Step 2

Open the app and Tap on the health screen.

Step 3

Touch the on-screen button of the Dr Trust Healthpal 1 Smart Watch - 8002 for a few seconds in order to activate it.

Step 4

Tap the "Pair Device" button on the app screen under the Health tab.

Step 5

Tap on Smart watch and Turn on Bluetooth.

Step 6

Accept all security requests of the app and activate the location service manually.

Step 7

The Dr Trust 360 app will start searching the device automatically. Select the device and connect it to the application.

Step 8

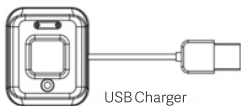
Once the device has successfully connected to the app, it will start recording and analysing your data.

● Product Information ●

This fitness watch transmits fitness data (like how many steps you did, your heart rate, how long you slept, etc) to your smartphone. With this device you can know your daily activities better and can plan a training schedule accordingly. It works with the Dr Trust 360 app to give an insight of your health. Additionally, functions of your smartphone can be shown or operated (e.g. incoming calls) on the screen of watch. It is an easy-to-use fitness watch designed to encourage you to celebrate your health and progress.

● Getting Started with the Watch ●

To setup the watch, connect USB charger to charge it.



● Key Control Elements ●



Home Button



PPG Sensor

Temperature Sensor

IMPORTANT NOTE:

This fitness tracker calculates steps and sleep time based on movement, and so the recorded steps and sleep time may not accurately reflect actual steps and sleep time. The watch is not a medical device. The test results and suggestions are for reference only.

● Download the APP ●

Option 1:

Search for "Dr Trust 360" in the APP store or Google Play. Once APP is located, please download and install it on your smartphone.

Option 2:

Scan the QR code that is given below to search for the Dr Trust 360 app.



Ensure Bluetooth is enabled on your smartphone.

Important:) *This fitness device is for iOS 13 & above or Android Lollipop (5.0) & above. Please refer to the above mentioned operating systems for compatibility.*

NOTE:

- 1) "Dr Trust 360" APP is only compatible with smartphones.
- 2) If you are having trouble locating the APP, copy the link and search for it via browser.
- 3) For any other issues, email us at support@drtrust360.com.

Battery Charging

If the battery level is less than 5%, the device will display an empty battery symbol to remind you to recharge it. Please use the USB charger to charge the device. During charging, the screen lights for about 10 seconds, then turns off automatically; please touch the screen/button to light up when you want to check the charging status.

NOTE:

The device will take about 1.5 hour to charge fully.



Basic Operations



Swipe up:

To check and exchange different wallpapers. This can be done via Dr Trust 360 app too.

Swipe down:

For quick setting. You can make alarm/silent/lift wrist/night modes on/off, set screen brightness level, and check battery status.

After turning on the night mode, the watch display brightness will be adjusted to the darkest from 18:00 pm to 07:30 am.

Swipe left:

Check detailed daily activity and sleep reports.

Swipe right:

Check detailed operation for different functions, e.g. vital signs monitoring, multi-sports, and function setting.

Home button:

Return to the main screen with one click, or return to the previous screen.

Heart Rate Monitoring

Swipe right from home screen to find the Heart Rate icon, press it to start heart rate monitoring. The time interval of automatic HR monitoring can be set via APP.



Please wear tightly for accurate heart rate monitoring, otherwise the device will gently vibrate to remind you to wear tightly.



SpO2 Monitoring

Swipe right from home screen to find the SpO2 icon, press it to start SpO2 monitoring.



● Precautions ●

- 1) For better accuracy, do keep your arm still, fasten the strap tightly, and make sure the screen is facing up. Please make sure the watch is worn on the correct position of the wrist, which is at least one-index-finger-width away from the carpal bone.
- 2) If you are not wearing your band, or wearing it incorrectly, an error message will be displayed. Please read the onscreen instructions for how to wear it correctly and touch retry to restart the measurement.
- 3) During the measurement, keep the screen facing up and your body still. The SpO2 measurement will be paused if you move your arm and the screen will show "Don't Move". Please always keep still to get accurate measurement. Each measurement lasts for about 1 minute, and the displayed SpO2 is updated every second.
- 4) The SpO2 measurement will be interrupted while receiving a notification for an incoming call or alarm.
- 5) Make sure the sensor area on the back of the watch is clean, dry and free from foreign objects.
- 6) In case in low temperature environment (such as high altitude, winter and other low temperature scenes), please take off the watch, try to rub the wrist to stimulate blood circulation, and then wear the watch again for measurement.
- 7) Thick hair, tattoos might affect the measurement of SpO2/Vital Signs, please try to avoid wearing the watch on those areas.

- 8) In order to make the measurement more accurate, it is recommended that you wear it for 3-5min before measuring SpO2/Vital Signs.
- 9) The watch supports oxygen saturation measurements in the range of 70% to 100%.

Other Key Factors that May Affect the Results

Non-standard way of wearing would affect heart rate signal measuring, such as:

- The green light not fully cover or touching your skin.
- Arm swing and the slight movement of device on wrist.
- Too tight wearing.
- Raising the arm high and clenching the wrist would affect blood circulation and affect the heart rate signal as well.

As with all heart-rate tracking technology, whether a chest heart rate belt or a wrist-based sensor, the accuracy is affected by personal physiology, location of wearing, and type of movement.

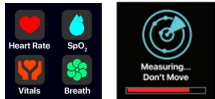
● Activate the Device ●

Ensure that Bluetooth is enabled on your smart phone.
Before use, please connect the USB charger to activate the device.
After activation, the device will start charging the battery.

Please use the device after it's fully charged.

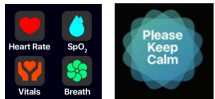
● BP, HRV & Stress Level Monitoring ●

Swipe right from home screen to find the Vitals icon, press it to measure blood pressure, HRV & stress level, please keep still while measuring. You can slide to check the report.



● Breathing Training ●

Swipe right from home screen to find the Breath icon, press it to start breath training. The training level & duration can be set via APP.



● Multi-sport Mode ●

In Multi-sport mode, you can choose Run, Cycling, Badminton, Football, Tennis, Yoga, Dance, Basketball, Hiking, Gym to record your exercise data, such as Exercise Time, Steps, Distance, Speed, Heart Rate, Calories, etc.



● More Functions ●

Swipe right from home screen to find Function menu -Find Phone, Timer, Stopwatch and Language Setting.

● Setting ●

Swipe right from home screen to find Setting menu. You can set the time/distance unit, lift wrist on/off, alarm on/off, weather display on/off, silent mode on/off, power off the watch, device info.

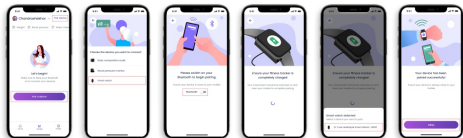
Note: After powering off the watch, you need to charge to activate it by USB charger.

● Dr Trust 360 App Logging ●

The Dr Trust 360 application records your physical and social activities. To start

1. Charge your device fully before initial use.
2. Download "Dr Trust 360" APP on Android and iOS by scanning the QR code through a QR scanner.
3. Open the Dr Trust 360 app and tap on the health screen.
4. Touch the on-screen button of the Dr Trust Healthpal 1 Smart Watch - 8002 for a few seconds in order to activate it.
5. Tap the "Pair Device" button on the app screen under the Health tab
6. Tap on Smart watch.
7. Turn on Bluetooth.
8. Accept all security requests of the app and activate the location service manually.
9. The Dr Trust 360 app will start searching the device automatically. Select the device and connect it to the application.
10. Once the device has successfully connected to the app, it will automatically start recording and analysing your activities and sleep pattern, etc.

To set up an account for the Dr Trust 360 Application follow the below shared instructions that will appear on the screen and accept the terms and conditions.

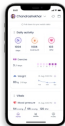


Once you have created your account successfully, start logging to your activities as per the steps appear on the app screen.

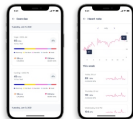
Daily Activity Overview

It will give you a view of all logged bookmarks, your sleep hours, the amount of calories that you have burned, the number of steps, the total time you have spent walking and playing games using the tracker and app.

1. Show data in a day, week or month view
2. Show your current health (steps, calories lost, hear rate and exercise etc) status.
3. Show in different units

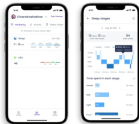


4. You can have deep analysis activity wise too.



Sleep Overview

To view your sleep data in the application, tap Sleep from the Activities dashboard.



Specifications

Main Body Size:	42x35x10.9mm
Weight:	about 50g
Battery:	230mAh rechargeable lithium polymer battery
Display:	1.3 " TFT
Data Memory:	30 days
Walking Distance:	Max 999.99km
Calories Burned:	Max 9999.9kcal
Activity Time:	99h59min

● Warnings ●

Warning! Children swallowing risk! Children are not allowed to play with the device. Keep children away from the device.

Warning! Risk of fire / explosion or chemical burns! This product contains a lithium-ion battery. Do not remove, disassemble, or throw it into fire.

Caution! Possible property damage! Do not drop the device and protect it from impact. Do not expose the device to extreme temperatures or extreme temperature fluctuations. Protect the device from direct sunlight and dust. When cleaning, do not use any strong chemical, abrasive or foam cleaning materials. Protect the display from hard objects.

Caution! Do not dispose of the device in domestic waste! If you have any questions, please contact your municipal waste disposal authority. Do not dispose of used batteries in domestic waste.

Disposal

Instead, take them to a special waste disposal site or a retailer's battery collection point. Packaging is recyclable or can be recycled into raw materials.

Please dispose of unnecessary packing materials properly.

● Troubleshooting ●

1.Problem: Not able to found the device when pairing

Please make sure the smartphone's Bluetooth function is ON.

Please make sure that the distance between the phone and device is no more than 0.5 meters.

Please make sure that the device is sufficiently charged.

2. Problem: the device not connecting with the Dr Trust360 app

Try rebooting the phone and make sure that the smartphone's Bluetooth connection is on.

● Care and Maintenance ●

- Regularly clean your band and tracker-especially after working out or sweating.
- Wipe with a dry, soft cloth to clean. Make sure your device is completely dry after cleaning.
- Be sure your skin is dry before you put your tracker on.
- Do not use abrasive solvents to clean the tracker to avoid malfunctions and discolouring.
- Do not expose the tracker to extremely high or low temperature because this will shorten the life of electronic devices, destroy the battery or distort certain plastic parts.
- Do not dispose of the tracker using fire because this will result in an explosion.
- Avoid contact to sharp objects to avoid scratches.
- Do not attempt to disassemble the tracker because this may damage it if you are not potentially skilled in this area.
- This device is designed to provide you with the data of your movements by tracking your daily activities
- Don't use propellant, abrasive or other chemicals to avoid malfunctions and discolouring.
- Please charge the battery at least every 3 months if the device is not used and stored.

● Health Note ●

This activity watch and the associated Dr Trust 360 app are designed to provide you with the data of your movements by tracking your daily activities and heart rate. It is not intended to be a medical device, thus, the data provided by it must not be used to diagnose, treat or prevent any medical condition. Always seek advice of qualified medical professionals before making any changes to your exercise, sleep or nutrition. Non-compliance may cause severe harm or death.

It may be count driving, cycling and other physical activities involving movements of hands as steps. However, influence of these movements on daily activity results is minimal.

● App Update ●

It is recommended to use the most recent version of the app. The user interface and app functionalities may change with the updates of the application. When you open the app, you will have to swipe down from the top of the app screen to sync the newest data from the tracker with the app.

● In the Box ●

- 1) Smart Watch
- 2) USB Charger
- 3) User Manual
- 4) Gift box
- 5) Warranty card

● CUSTOMER SUPPORT ●

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