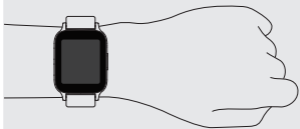
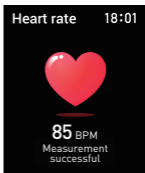
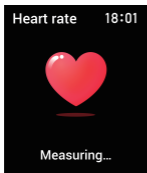


## VII. The watch can test three health metrics: heart rate, blood oxygen and blood pressure

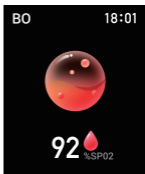
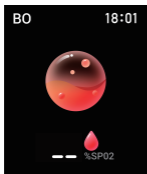
To ensure the accuracy of the measurement, please keep the wrist skin clean, keep the watch in close contact with your wrist, and keep the screen upward and still.



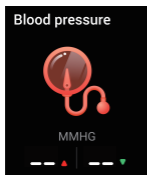
### 1. Heart rate measurement



## 2. Blood oxygen measurement



## 3. Blood pressure measurement



The measurement results are for reference only and should not be taken as the basis for medical diagnosis. If you feel unwell, please see a doctor in time.

## 4. Sleep quality monitoring

Sleep monitoring is to monitor the state of people from they fall asleep to wake up naturally. The watch can record the time of deep sleep and light sleep.

Deep sleep refers to such a state as small

body movement and low heart rate during sleep.

Light sleep refers to such a state as big body movement and high heart rate during sleep.

The default sleep monitoring starts from 9:30 p.m. to 12:00 p.m. of the next day. When sleeping out of this time period, the sleep data will not be recorded or displayed. When sleeping, you need to wear the watch properly.

**Note:** The monitoring results may differ due to different watch wearing status.