Intelligent air pump
Blood pressure health smart watch

User Manual

Device's structure

Return/power button

1.3-inch High-definition big screen

Blood pressure measurement button

Zinc alloy

TPU strap

Electrode plate

Sensor

Airbag

Disassembly and wear

1、 Disassembly

（1）Align the metal pin on left end of the watch strap with the hole at the connection point of the bracelet, flip the metal ball on the right , and align the hole on the right to complete the installation and disassembly.

Metal ball

（2）The airbag is installed on the watch by default, and the airbag can be pulled out as shown in the figure; Align the convex hole of the airbag with the groove of the watch, and then press hard to complete the installation.

2、 Wear

The bracelet is best worn behind the cervical process of the ulna of the wrist. When wearing, make sure that the bottom of the bracelet is close to the skin to avoid light leakage of the sensor and affect the accuracy of measurement.

1.5cm

Charge

This is magnetically charge, so only need to align it with the charging port and automatically attach it.

Charging port

Power on / off

Switch on: In the off state, long press the power button on the right side of the watch.

Switch off: Long press the power button on the right side of the device.

OFF

Wake-up button (switch on/off)

Install APP and Bluetooth connection

1、Turn on the device, turn on the Bluetooth of the mobile phone, scan the QR code below or search "MeCare" in the App store / Google play store to download and install.

2、Register and log in

If you don't have a MeCare account, please register with your email first, or you can choose "Login without an account" to enter the experience.
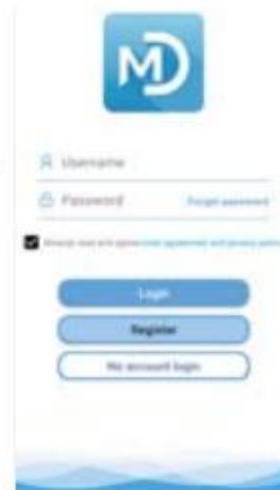
3、Open the APP data panel, Tap"click to connect the device",enter to the device list page and click the "magnifying glass"in the upper right corner to refresh,then find the corresponding device to connect.

Operation guide of the device function interface

Shortcut set

| Swipe down

Device interface

Steps
Blood pressure
Temperature
Heart rate
Blood oxygen
Respiratory rate
Sport   Swipe left
Weather   and right

Right   Return/power
button 1   button
               Single tap: bright screen
               Tap again: function

Right   Blood pressure
button 2   measurement
               button

Swipe up

Feature List

Device function introduction

1、Time, date & week
For the first time, please connect to the
 APP to sync the correct time,date, and
week.

2、Dial switch
Long press the screen to switch the dial style .(Swipe left and right
to select, tap to confirm select).

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Dial style

3、Shortcut set
Swipe down on the main time interface to enter the shortcut interface. The specific functions are as follows:
Do not disturb/Awake/About device/Bright/Set
(Bright,Awake,DND,QR code,About,Reset,Off—
Swipe right to return to the upper level)

4、Pedometer,calories & distance ①
Steps, calorie burnt and distance will be shown on this interface.

5、Blood pressure monitoring ②
(1) Accurate measurement: blood pressure been measured through the air bag pressurization, means blood pressure value can be obtained more accurately.The specific steps are as follows: (Note: When the measurement fails, please wait 3 minutes and then measure again)

1 Install the watch completely

2 Wear the watch on your wrist

3 Please make the watch at the same height as the heart

4 wrist
Airbag pressurization

5
Follow the prompts to complete the measurement.

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(2) Quick measurement: Click to enter the measurement page, and the measurement data will be displayed after finished.

6、Body temperature ③
The Body temperature adopts automatic measurement mode,The icon starts to flash, and record the data to save it in the APP.

7、Heart rate monitoring ④
The Heart rate adopts automatic measurement mode,The icon starts to flash, and record the data to save it in the APP.

8、Blood oxygen monitoring ⑤
The blood oxygen adopts automatic measurement mode,The icon starts to flash, and record the data to save it in the APP.

9、Respiratory rate ⑥
The Respiratory rate adopts automatic measurement mode,icon flashing and vibrate to reminder after test finished, then shows the result.

10、Sport ⑦
The specific functions are as follows: Run,cycling,Fitness,TT ball, Basketball,Badminton,Skip.(Tap any icon to enter)

11、Weather ⑧
When the watch is connected to the APP, it will automatically synchronize the weather of the phone.

12、Sleep monitoring ⑨
Press the button 1 on the right side of the watch to find the sleep monitoring.check the duration of deep sleep,light sleep,duration of total sleep and sleep quality.

13、Timer ⑩ 14、Information ⑪
Press the button 1 on the right side of the watch to find the stopwatch. Press button 1 on the right of the watch to find the information and view the five information stores.

15、Music ⑫
Press button 1 on the right side of the watch to find the music, and you can control the phone to play, pause and play/play the next song from the watch.

16、Camera ⑬
Press the button 1 on the right side of the watch to find the Camera,at the same time pick up the phone(APP connected) and open the APP photo use the device to photo.

①

BP Measc
Accurate
Fast

②

Temp
36.6

③

HR
076 Bpm
before 060 bpm

④

SpO2
98%
SpO2

⑤

Rr
078
RPM

⑥

Sport

⑦

Weather
20
Sunny
Today   Tomorrow
10/20℃   15/20℃

⑧

8.6h
3.0h   3.0h
Deep   Light

⑨

00:00:00

⑩

WeChat
(1/5)WeChat :
You've received
a message...

⑪

Music

⑫

Photo

⑬

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APP functions and instructions

1、Dashboard

①Record your target steps.②Record your steps,distance,calories. ③Record your blood pressure test data.④Record your heart rate test data.⑤Record your sleep test data,Record your sleep time, awake times,fall asleep,woke up,deep sleep,light sleep.⑥Record your Blood oxygen test data.⑦Record your Respiratory rate test data.⑧Record your Body temperature test data.

2、Sport

There are running,fitness,cycling,rope skipping,basketball, table tennis sports to choose from ⑨,and synchronized watch display,when you tap "Start" in the APP,you can enter to the exercise data interface ⑩,when you tap the small map next to the "End" button,you will go to the real-time map route ⑪ which could be better grasp the movement distance and direction.
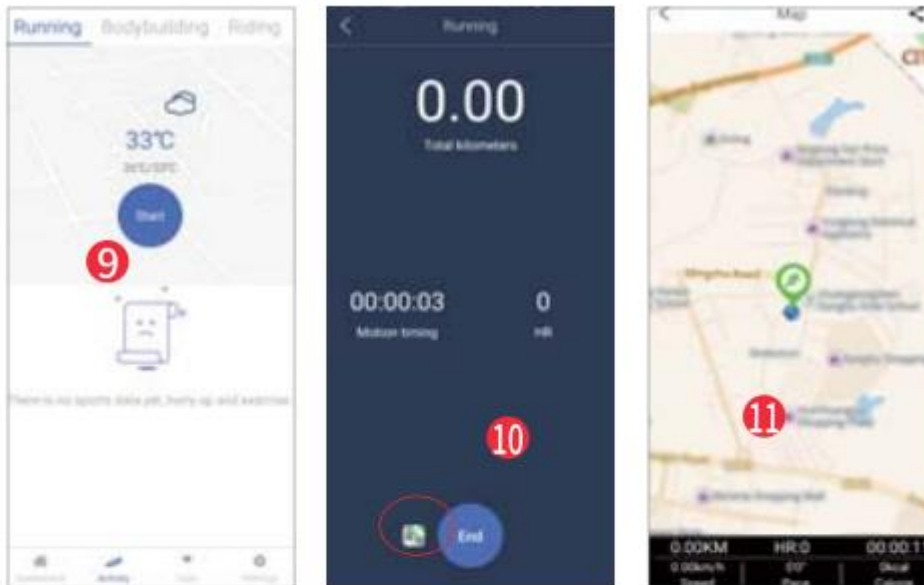
3、Caring

Add parents or relatives or friend as friends,then you can check their exercise steps,mileage,calories,sleep, heart rate,blood pressure,to know the health data of family remotely.

4、Setting

1、**Personal information:**A QR code business card,nickname,age, gender,height,weight,skin color.
2、**Device status:**【Theme】Dial switch.
【Notifications】Enter to find "Permissions", tap on (MeCare), allow use, you can receive and view various reminders on the watch.

【**Sedentary remind**】Set the time on the APP and will remind you from device.
【**Alarm clock**】Set the alarms on the APP and will remind you from device.
【**Health monitoring**】Default set 10-60 minutes automatic monitoring, tap to set.
【**Temp alarm**】When the body temperature reaches the preset value, it will be reminded by the watch.
【**Find device**】Turn on this function will find the device via vibration.
【**Heart rate alarm**】switch on the function, when the heart rate reaches the preset value, device will remind you.
【**Wrist brightness**】When you raise your wrist, the watch automatically lights up the screen.
【**Wearing position**】Choose left-handed or right-handed wear.
【**Screen intensity**】the brightness of the device screen can be adjusted.
【**Undisturbed**】Set the device do not disturb time.
【**Reset**】Restore the factory state.
【**Take photo**】The watch controls the phone to take pictures.
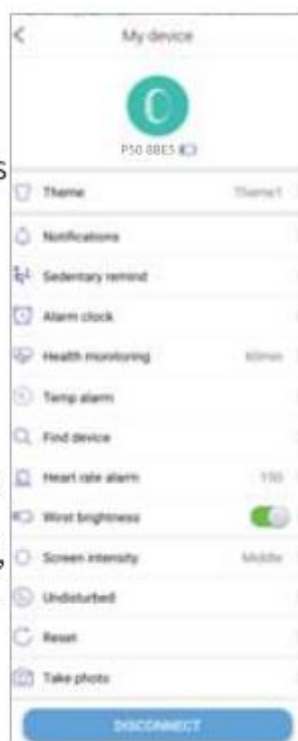【**Disconnect**】Disconnect device.

3、**Sports target:**Set target steps.
4、**Sleep target::**Set target sleep time.
5、**Unit setting:**Set imperial or metric units.
6、**Access WeChat:** Bind WeChat.

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7、**About us:** check APP information.
8、**Using help**
9、**Improve feedback**
10、**sign out**

Parameter

Chip：Nordic N52832
Display：1.3-inch High-definition
　　　big screen
Material：Tempered glass+Zinc
　　　alloy +TPU
Weight：64g
Charge time：2hour

Battery：230mAh
Waterproof：IP65
standby：15 day
Bluetooth version：4.2
Support OS：IOS 8.0 or above
　　　　　　Android4.4 or above

Note

1. Before measuring, please make sure that you have saved correct personal information on the APP, such as height, age, gender, weight, etc., and synchronize data;
2. Sit for 5-10 minutes before measurement to keep your heartbeat calm and breathing satable.
3. Please keep relaxed during measurement, panting, talking walking and exercise will affect the accuracy of the measurement results;
4. keep a correct sitting posture, make the hands flat and keep it parallel with heart.

Wear and maintenance

The products are suitable for wear all day, so when you wear and care for the smart device, please follow the following brief instructions:

1、Keep the smart device dry:
    1.1、Clean your wrist and the smart band/smart watch you are wearing regular, especially after exercise, sweating, or skin contact with soap or detergent and other substances, the substance may get inside of the product so should be cleaned regularly .

2、Keep wearing the product correctly:
    2.1、Please do not wear the device too tightly,should be able to move back and forth on the wrist.

    2.2、If use a heart rate device to record your heart rate throughout a day, the device should be flat one finger wide among the wrist bone. In order to better check the data during active exercises,wear the device among the wrist bone about 2-3 Finger-width position.

    2.3、Prolonged friction and restraint may irritate your skin,after a long time wearing, take off the device and give skin a rest period.

3.Keep smart devices clean:
    3.1、If device is damp, such as sweating or splashing, please clean and dry it, make sure the skin layer is in a suitable dry humidity, and then wear again.

The data collected by this device is for reference only, not for medical purpose