

# F97 Smart Watch User Manual



Version 1.0

Please read the instruction carefully before use

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# Get Started

## Product Parameters

Screen Type: Full touch screen

Resolution: 240\*280

Water Resistance Rating: IP68

Working Time: 20-25 days

Screen Size: 1.69 inch

Charging Time: 2 hours

Weight: 1.1oz(32g)



# Set Up

## Support System



iOS 9.0  
or above



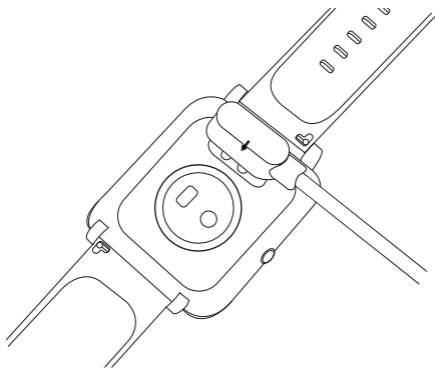
Andriod 4.4  
or above



Bluetooth 4.0  
or above

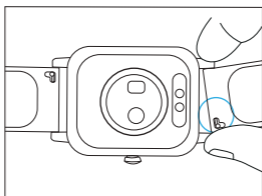
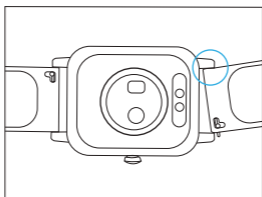
## Charge Your Watch

- Please make sure the charging contacts correctly attach to the back of ANCwear watch.
- ☺ Please fully charge the ANCwear watch for the first time using.

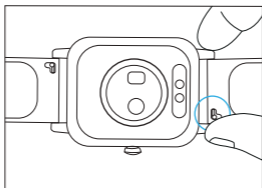


# Change the Wristband

## Attach a Wristband

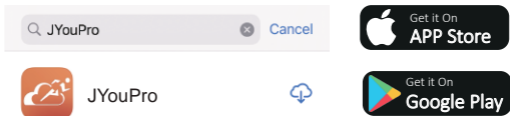


## Remove a Wristband



# Bind Watch

## Download & Install App



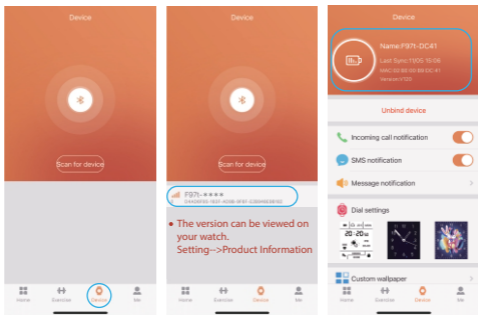
## Creat an Account

- For the accurate track result, please enter your correct basic information.



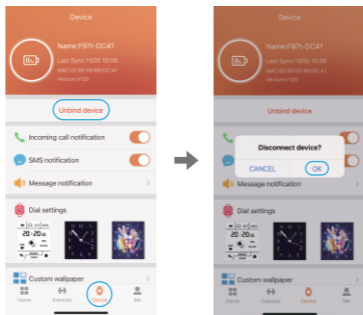
## Bind Device

- Open App(with Bluetooth turned on)-->Device -->Scan Device-->Connect Device



## Unbind Device

- Open App-->Device-->Unbind Device-->Disconnect Device



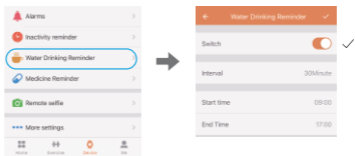
- ☺ Please allow the system to obtain the relevant permissions when you first connected.

# Reminder

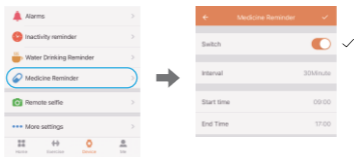
## Information Alert



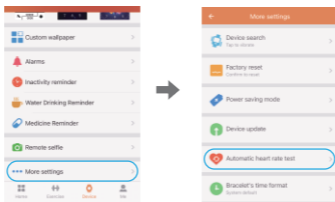
## Water Drinking Reminder



## Medicine Reminder



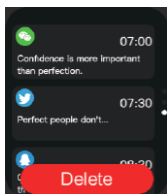
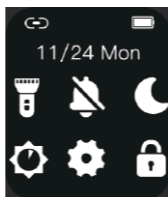
## Automatic Heart Rate Test



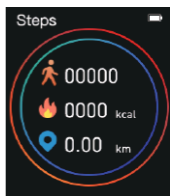


# Basic Navigation

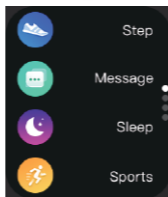
SWIPE DOWN TO  
SEE TOOLBAR



SWIPE RIGHT TO  
SEE MESSAGES



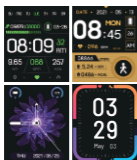
SWIPE LEFT TO  
SEE APPS



SWIPE UP TO SEE  
MENU BAR

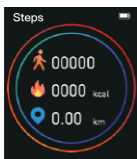
# Basic Function

## Main Interface



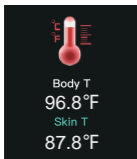
Long press the screen to switch different dials.

## Step & Calorie & Distance Counter



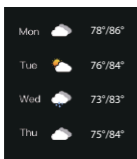
Swipe left the home screen to quickly view your current step, calories burned and distance.

## Temperature Measurement



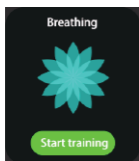
Keep the ANCwear watch close to your wrist, it will measure your temperature within 8s.

## Weather Data



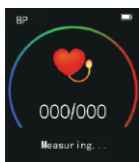
It will automatically update the next five days weather when bluetooth connected.

## Breathing Training



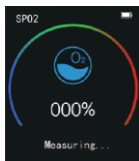
Help regulate your breathing and relax your mood.

## Blood Pressure Measurement



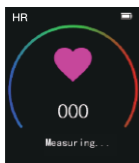
Health-->BP-->The monitoring will last about 30s, end with vibration.

## Blood Oxygen Monitoring



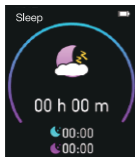
Health-->SpO2-->The monitoring will last about 30s, end with vibration.

## Heart Rate Monitoring



Swipe the home screen to the left twice to quickly monitor your heart rate.

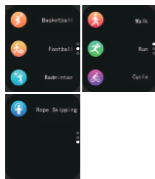
## Sleep Monitoring



The sleep monitoring starts at 9 pm and ends before 11 am the next day.

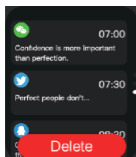
☺ Please keep the ANCwear watch close to your wrist.

## Exercise Mode



Includes 7 exercise modes, record exercise time, heart rate, calories in different modes.

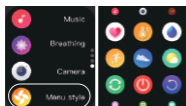
## Information Viewing



Swipe the home screen to the right to quickly check incoming calls and messages.

☺ The watch can not reply to the message or make a call.

## Menu Style



Style 1

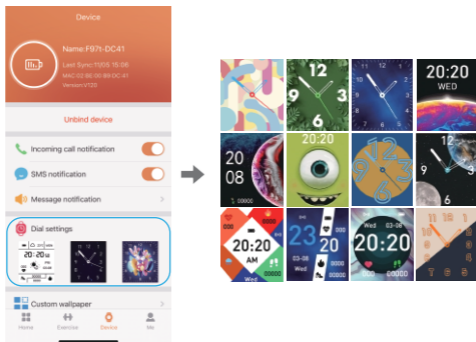
Style 2

You can choose list style and icon style.

# About the Wallpaper

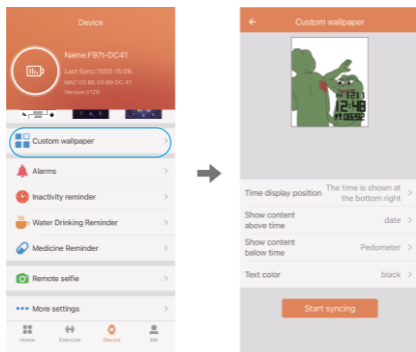
## Mass Wallpapers

- Open APP-->Device-->Dial settings



## Custom Wallpaper

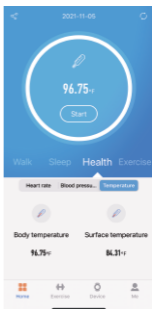
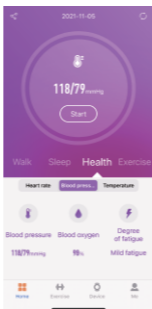
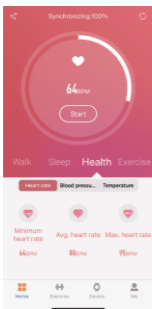
- Open APP-->Device-->Custom Wallpaper



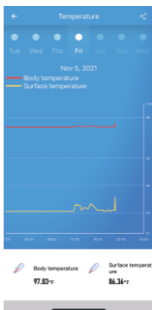
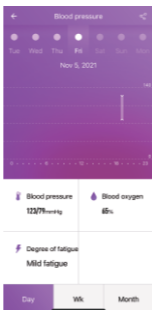
# View Data Graph on App

## Health Data

- Open App-->Homepage-->Health-->Heart rate/  
Blood pressure/Temperature-->Data page

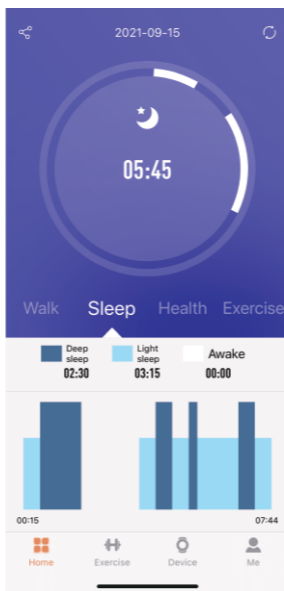


- Click each value to view daily, weekly, and monthly health data.



## Sleep Data

- Open App-->Homepage-->Sleep-->Data page
- Click the value to view deep sleep, light sleep and awake data.



# Precautions

- Please make sure the sensor contact your wrist closely when monitoring temperature, heart rate, blood pressure and sleep.
- Please keep your body still during the monitoring process, if not it will be prolonged or data will not be measured.
- If measurements are totally different, please take a break and remeasure. The average value obtained after 5 consecutive measurements will be more accurate.
- This product is a real-time dynamic heart rate monitoring, the heart rate value will be different when talking, eating, drinking etc. Please refer to the actual situation.
- Please keep the bottom of the heart rate sensor clean during measurement. Tattoos and scars may affect the results.
- Heart rate and blood pressure monitoring were based on PPG measuring principle, so its accuracy may vary from the physiological factors that affect light absorption and reflection (blood circulation, blood pressure, skin condition, blood vessel position and density etc.) If the measured heart rate or blood pressure is too high or low, please remeasure.
- Cold weather will affect measurement results, please measure while keeping warm.



# FAQs

Q: Why product cannot be turned on?

A: Please fully charge the ANCwear watch for the first time using.

Q: Can the watch be connected to a pc or tablet?

A: The ANCwear watch is compatible with smartphone iOS 9.0 and Android 4.4 or above, not for pc or tablet.

Q: Is it waterproof?

A: ANCwear watch has water resistance rating of IP68. You can wear it when washing hands, running in the rain and swimming.

☺ Not suitable for diving, swimming in the sea, or in a sauna.

Q: How to reset the watch?

A: You can reset it in the "JYouPro" App.  
"JYouPro" App--> Device--> More setting-->  
Factory reset

Q: Why the watch can not receive alerts, messages or phone calls?

A: Please make sure your Bluetooth is turned on, and pair it with ANCwear watch. Ensure that call information reminder are enabled in the App.



ANCwear®

*Dear Customer,*

*Thank you very much for choosing our Smart Watch. ANCwear is always been committed to providing superior products and services. We hope that our products can not only meet your basic needs, but also bring more healthy and happiness to your life.*

*If you have any questions or suggestions regarding our products, please contact us! Highly appreciate getting your objective review. We will listen patiently and solve the problems whole heartedly.*

*Wish you all the best!*

*Yours sincerely,  
ANCwear Service Team*

*Customer Support:*



*[ancwearfit@hotmail.com](mailto:ancwearfit@hotmail.com)*