

# user's manual



## Watch client download

Scan the QR code below to download and install the mobile client



Scan to download and install the mobile client

## Schematic diagram of watch function location

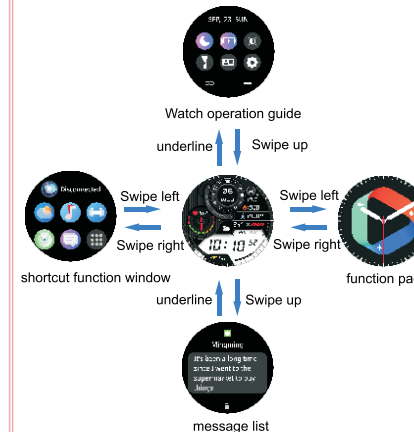


## Watch main dial switching



Long press on the main screen for 2 seconds to enter the dial switch, slide left and right to be selected.

## Watch operation guide



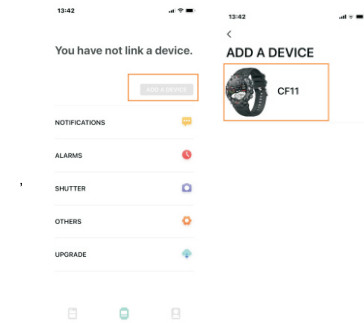
## connect watch

Open the APP client to set personal information

Switch to the device page, click bind device

Click on your device in the list of scanned devices

bind successfully



After the watch is successfully bound, every time you open the client today, the watch will automatically connect to the phone, and the data can be synchronized by pulling down on the client data page

## Main parameter configuration

- A. Main control: RTL8763E,
- B. Screen 1.39 inches full circle, resolution 360\*360,
- C. Battery polymer -- pure cobalt battery --- capacity 360 mAh,
- D. Heart rate: HRS3600,
- E. Gravity sensor: SC7A20
- F. Charging method: magnetic suction line charging,
- G. Waterproof: IP67,
- H. Compatible system: Android5.0 (included) or later, IOS9.0 (included) or later

## The main function

### 1. Main dial style

10 main dial styles (grid, list, layer, ostrich, minimalist, honeycomb, parallel lines, crescent, flat, full moon), which can be switched at will



### 2. Button function

Up button: Main function button + long press for 3 seconds to switch on and off;  
Down button: One button to enter multi-sport mode

### 3. Charging

Use our dedicated charger to charge, do not use an adapter with an output current greater than 2A.

### 4. Waterproof

IP67 waterproof, can rain, wash hands, etc., can not take a hot bath, and swimming---no protection---wear After the watch is exposed to rain, please clean it in time, and dry the speaker cavity with water to prevent the sound of the speaker from being affected.

### 5. sleep

The watch can record and display the total sleep duration ast night, as well as the duration of deep sleep/light sleep More detailed information analysis and data records can be viewed in the client.



### 7. Heart rate

The watch can record and display heart rate values 24 hours a day. More detailed information analysis and data records can be viewed in the client.



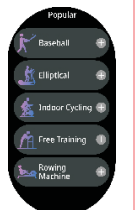
### 8. Sports information

The watch can record and display the number of steps taken each day, calorie s burned and mileage information. More detailed information analysis and data records can be viewed in the client.



### 9. Exercise

122 sports modes to choose from, including walking, running, stepping, cycling, basketball, football, badminton, rope skipping, climbing, tennis, rugby, golf, baseball, elliptical machine, free training, rowing machine, wild night running, skiing, bowling, dumbbells, sit-ups and other sports modes



### 10. Blood pressure

Click on the blood pressure interface to measure the current blood pressure value. More detailed information analysis and data records can be viewed in the client.



### 11. blood oxygen

Click on the blood oxygen interface to measure the current blood oxygen value. More detailed information analysis and data records can be viewed in the client.



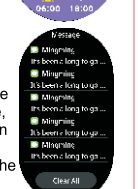
### 12.weather information

The weather page will display the current weather, air quality and quantity information, and weather conditions on the 7th. The weather information needs to be connected to the client to obtain the data. If the connection is disconnected for a long time, the weather and information will not be updated.



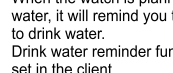
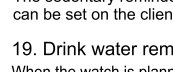
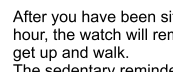
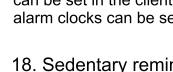
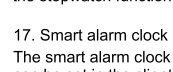
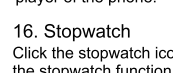
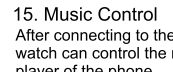
### 13.message push

The watch can receive and display the notification push on the mobile phone, and the push item switch can be set in the client. The watch message page can store the last 5 messages and record them.



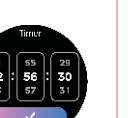
### 14. Camera Control

After connecting to the mobile phone, the watch can be used as a mobile phone camera and a remote control. After opening the camera on the mobile phone, click on the camera control page of the watch to trigger the shutter of the mobile phone camera.



### 20. Timer

Timer function, the system presets the commonly used timing duration, the user can click the corresponding duration to quickly time, or customize the button to set the time. Start-pause-reset to zero



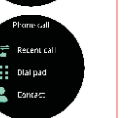
### 21. Voice Assistant

Intelligent voice assistant, which can be synchronized with mobile phones



### 22. Call function

After the normal link between the watch and the mobile phone is OK, you can make a series of call settings and make a call



### 23. Settings

There are display settings, sound settings, do not disturb mode, Bluetooth audio switch, phone switch, system, etc.



## Frequently Asked Questions and Answers

The deviation of the measured value of the watch and the sphygmomanometer is determined by many factors. The measurement site of the sphygmomanometer is the brachial artery, and the measurement site of the watch is the two main branches of the arterioles. Under normal circumstances, there will be a difference of 3 to 40 between the measured value of aortic blood pressure and the measured value of arterial blood pressure; When the sphygmomanometer measures, the bandage puts pressure on the area below the center of your elbow, and the blood cannot flow smoothly to the lower arterial branches temporarily; the increased tension of the blood vessels will make the deviation of the upper and lower blood pressure measurement values ??greater.

## Why can't I wear a watch to take a hot bath?

The temperature of the bath water is relatively high, which will generate a lot of water vapor, and the water vapor is in the gas phase, and its molecular radius is small, so it is easy to seep in through the gap of the watch case. When the temperature drops, it will recondense into liquid water droplets, which will easily cause the internal circuit of the watch to damage the circuit board of the watch, and then damage the watch.



**warn:** Please consult your doctor before starting a new exercise program. Although smart watches can monitor real-time dynamic heart rate, they cannot be used for any medical purposes.