

user manual



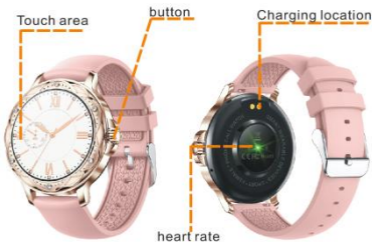
## Watch client download

Scan the QR code below to download and install the watch client.



Scan and download mobile client

## Schematic diagram of functional location

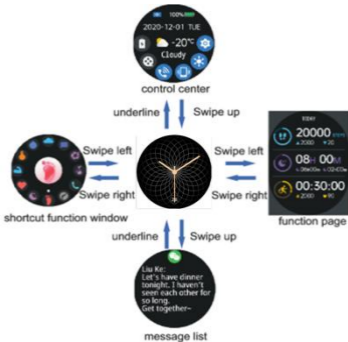


## Watch main dial switching



On the main dial interface, press and hold for 2 seconds to enter the dial switch, and slide left and right to select.

## Watch operation guide



# connect watch

Open the APP client to set personal information



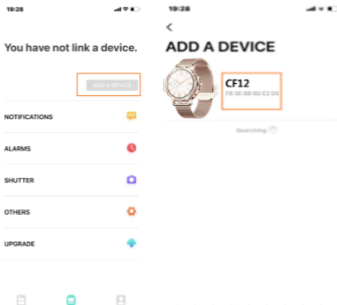
Switch to the device page, click bind device



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 1.2 inches full circle, resolution 240\*240
- C. Battery polymer -- pure cobalt battery --- capacity 200mAh,
- 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

2 main dial styles (ostrich, list), can be switched at will.

### 2. Button function

Main button: main function button + long press for 3 seconds to switch on and off.

### 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 be rained, wash hands, etc.; can not take a hot bath or swim - wear it, after the watch is exposed to rain, please clean it in time, and dry the horn cavity with water to prevent it from affecting the sound of the horn.

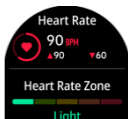
## 5. sleep

The watch can record and display the total sleep duration and the duration of deep sleep/light sleep last night.



## 6. Heart rate

The watch can record and display heart rate values 24 hours a day.



More detailed information analysis and data logging can be viewed in the client.

## 7. Sports information

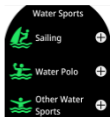
The watch can record and display the number of steps taken each day, calories burned and mileage information.



More detailed information analysis and data logging can be viewed in the client.

## 8. Exercise

122 sports modes to choose from, including walking, running, cycling, basketball, football, badminton, rope skipping, mountaineering, tennis, rugby, golf, baseball, elliptical machine, free training, rowing machine, wild night running and other sports



More detailed information analysis and data logging can be viewed in the client.

## 9. Blood pressure

Click on the blood pressure interface to measure the current blood pressure value.



More detailed information analysis and data logging can be viewed in the client.

## 10. blood oxygen

Click on the blood pressure interface to measure the current blood oxygen value.



More detailed information analysis and data logging can be viewed in the client.

### 11. Weather information

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



### 12. Message push

The watch can receive and display the notification push on the mobile phone, which can be set in the client to push the item switch. The watch message page can store the latest 5 message records.

### 13. Camera Control

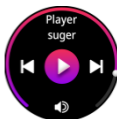
After connecting with the phone, the watch can be used as a remote control for the phone camera. After turning on the camera on the mobile phone, click on the camera control page of the watch to trigger the shutter of the mobile phone camera.





#### 14. Music Control

After connecting to the phone, the watch can control the phone music player.



#### 15 . stopwatch

Click the stopwatch icon to enter the stopwatch function.



#### 16. Smart alarm clock

The smart alarm clock of the watch can be set in the client, and up to 3 alarm clocks can be set.

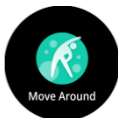
When setting the time, the watch will display the alarm icon and vibrate.



#### 17. Sedentary reminder

The watch will remind you to get up and walk after you have been sitting for an hour.

The sedentary reminder function can be set on and off in the client.



### 18. Drink water reminder

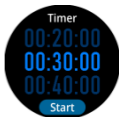
When the watch is scheduled to drink water, it will remind you that it is time to drink water.

the water drinking reminder function can be set in the client.



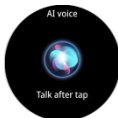
### 19. Timer

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



### 20. Voice Assistant

Intelligent voice assistant, which can be synchronized with mobile phones



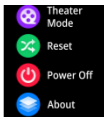
## 21. Call function

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



## 22. 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.