

Smart TWS wearbuds bracelet

User Guide



Watch quick use instructions



Note: When testing heart rate/blood pressure/blood oxygen, the heart rate sensor is required to be in full contact with the skin.

Watch charging and activation

Charge activation is required before using the watch for the first time. Use the equipped magnetic charger to attach the metal contacts on the back of the watch, and connect the other end of the charger to a USB charging host or a computer USB interface.



Power on/off method:

power-on: Long press the touch area for power-on;
Power-off: There is power off option in other menu bar, click power off

Watch client download

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



Connect the watch

- Open the mobile client to set personal information
- Switch to the "Device" page and click "Device Binding"
- Click on your device in the scanned device list
- Binding complete

In other options, you can determine your device by the MAC address in the options

After the watch is successfully bound, each time the client is opened in the future, the watch will automatically connect with the phone, and the data can be synchronized by pulling down on the client data page

Watch operation guide

Operation instructions on the main interface:



Sports Information

The watch is able to record and display your daily steps, calories burned and mileage information. More detailed information analysis and data records can be viewed in the client.

Sleep

The watch is able to record and display the total length of your sleep last night and the length of deep sleep and light sleep. More detailed information analysis and data records can be viewed in the client.

Heart rate

Click the heart rate icon to measure the current heart rate. More detailed information analysis and data records can be viewed in the client.

Exercise

If sports modes are available, including walking, running, cycling, basketball, football, badminton and rope skipping. More detailed information analysis and data records can be viewed in the client.

Blood pressure

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

Blood oxygen

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

Weather information

The weather page displays current weather, air quality information, and tomorrow's conditions. 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 information will not be updated.

Message Push

The watch is able to receive the notification push displayed on the mobile phone, and the push icon switch can be set in the client. The watch message page can store the latest 3 message records.

Camera control

After connecting the phone, the watch can be used as a remote control for the phone camera. After opening the camera on the phone, click on the watch camera control page to trigger the phone camera shutter. The delayed photo opportunity can be set to 2 seconds, 3 seconds, and 10 seconds.

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.

Other features

Other features of the watch include silent mode, brightness adjustment, factory reset, and shutdown operation.

Stopwatch

Click on the stopwatch icon to enter the stopwatch function.

Sedentary Reminds

The watch will prompt you to get up and walk after you have been sitting for 1 hour. The sedentary reminder function can be set in the client.

Headset status

You can see the headset status here. The fading three states: headset removal, charging and full power.

Instructions for using the Bluetooth Headset function

A: Headset pairing

- Headset pairing. Take the headset out of the wristband box, there will be a power-on prompt, turn on Bluetooth in the phone settings, find the corresponding Bluetooth name "Airpods" for Bluetooth connection, the TWS headset has been paired before the factory. Only the Bluetooth name "Airpods" is displayed. If the phone is connected, it means that the product has been successfully connected. The TWS headsets have been paired successfully at the factory. When the headsets are removed from the main unit of the bracelet, they will automatically turn on and automatically pair and connect.
- If the headset is not connected from the phone during use or the headset is not connected, the phone needs to be reconnected to Bluetooth. There is a previously connected Bluetooth model in the Bluetooth under the phone settings, please close it first, and then search for Bluetooth Airpods to connect.
- When the headset is connected to Bluetooth, tap the left earbud twice to activate the Siri of the iPhone and the voice assistant of the Android phone. You can use the voice assistant to operate functions such as making calls, querying weather, navigation and maps. The activation voice must be valid when the phone is in the standby interface or the home main interface.

B: All voice assistant and call

When the headset is connected to Bluetooth, tap the left earbud twice to activate the Siri of the iPhone and the voice assistant of the Android phone. You can use the voice assistant to operate functions such as making calls, querying weather, navigation and maps. The activation voice must be valid when the phone is in the standby interface or the home main interface.

Frequently Asked Questions and Answers

Q: Why is there a deviation between the blood pressure value and the sphygmomanometer?

A: The deviation of the measured values between the watch and the sphygmomanometer is determined by many factors. The measurement site of the sphygmomanometer is in the brachial artery, and the measurement site of the watch is in the two main branches of the arteries. Under normal circumstances, the difference between the aortic blood pressure measurement value and the micro-arterial blood pressure measurement value will be three to forty. When the watch and the sphygmomanometer are used for measurement at the same time, because the blood flowing in the artery is in the centrifugal direction, the strap will cause the part below the middle of the elbow to be compressed when the sphygmomanometer measures, causing the blood to temporarily fail to flow smoothly to the branch of the artery below. At the same time, the vascular tension will increase, so that the deviation of the upper and lower blood pressure measurements will be greater.

Q: Why can't the watch be worn while taking a hot bath?

A: The temperature of the bath water is relatively high, which will generate a lot of water vapor. Since water vapor is in the gas phase, its molecular radius is small, and it is easy to penetrate into the gap of the watch case. When the temperature drops, it will re-condense into water droplets in the liquid phase, causing a short circuit in the watch's internal circuit, damaging the watch's internal board, and then damaging the watch.

Q: Why can't the watch receive message push?

A: Android phone settings:
1. Confirm that the message push switch is turned on in the mobile client;
2. Confirm that the message can be displayed normally in the mobile phone notification bar, the watch message push is pushed by reading the mobile phone notification bar message; if there is no message in the mobile phone notification bar, the watch will not be able to receive the push; if it is required to find the notification settings in the phone settings, turn on the notification switch of WeChat, QQ, phone, SMS, mobile client;
3. Open the accessibility settings of the bracelet client; if it is required to find the auxiliary function in the phone settings, open the auxiliary function settings of the bracelet client.
Apple phone settings:
1. Confirm that the message push switch is turned on in the mobile client;
2. Confirm that the message can be displayed normally in the notification bar of the mobile phone; if it is required to find the notification setting in the mobile phone settings, turn on the notification switch of WeChat, QQ, phone, SMS, mobile client;
3. Clean the notification switch of the bracelet client.

Common problems and solutions

1. No headphones connected

Take out the headset, put the headset close to the phone (about 5cm, not too far away), turn on the Bluetooth of the phone, find "Airpods" and click connect. If the surrounding battery interference is too large, it will affect the Bluetooth connection.

2. The connection is stuck, delayed or broken

Due to the properties of Bluetooth straight line, unstable and easy to interfere with WIFI, Bluetooth headset may occasionally be stuck, delayed or broken, just reconnect.

3. No sound from a single headset

The earphones may not be placed in the charging compartment, please put it tightly again. The earphones may be out of power. Put the earphones into the charging compartment and ensure that they are placed close to charge for a while to solve the problem.

4. The headset shows that it does not charge

Take out the headset to clean the charging metal head at the bottom.

5. The headset shows that it does not charge

Take out the headset to clean the charging metal head at the bottom.

6. The headset shows that it does not charge

Take out the headset to clean the charging metal head at the bottom.

7. The headset shows that it does not charge

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8. The headset shows that it does not charge

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