ECG&Blood glucose Smart Health Watch

User Manual

Device's structure

1

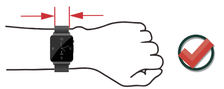
Disassembly and wear

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.

2、Wear

Better worn the watch at the ulnar neck of the wrist. When wearing, make sure that the bottom of the watch is close to the skin to avoid light leakage of the sensor and affect the accuracy of the measurement.



Charge

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

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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.

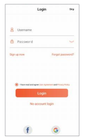
Install APP and Bluetooth connection

1、Scan the QR code below to download and install the APP"Health Wear"

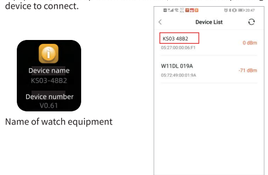
3

2、Register and log in

If you don't have a "Health Wear" account, please register with your email first, or you can choose "Login without an account" to enter the experience.



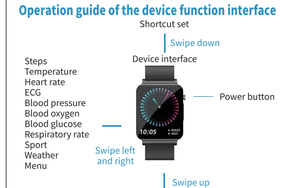
3、Turn on Bluetooth on your phone,Open APP→Mine→My Equipment,Then drop down and refresh,Find the corresponding device to connect.



Name of watch equipment

4

Operation guide of the device function interface



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).

Note: To customize the watch face, Please log in to APP (Mine→ My Equipment →Dial market→Customize dial→custom1→Select picture).

5

Dial style

3、Shortcut set

Swipe down on the main time interface to enter the shortcut interface. The specific functions are as follows:

Inform/QR Code/DND/About/Setting

4、Pedometer,calories & distance ①

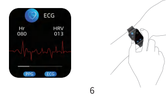
Steps, calorie burnt and distance will be shown on this interface.

5、Temp/HR/BP/SpO2/Blood glucose monitoring ②③④⑤⑥

Adopts automatic measurement mode,The icon starts to flash, then shows the result.

6、ECG

Switch to the interface of ECG.Click the button to the ECG test state, and put your finger against the left electrode pad. (Please make sure the device is worn on your wrist properly and the skin is moist til the result is out).vibrate reminder after the test finished, you can check the tested data from the App.



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7、Sleep monitoring ⑦

Check the duration of deep sleep,light sleep,duration of total sleep and sleep quality.

8、Respiratory rate ⑧

The Respiratory rate adopts automatic measurement mode,The icon starts to flash, then shows the result.

9、Sport ⑨

The specific functions are as follows: Run,cycling,Fitness,TT ball, Basketball,Badminton,Skip.

10、Weather ⑩

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

11、Message ⑪

Push notifications of incoming calls, text messages, WeChat, QQ, etc on the device.

12、Music ⑫

Feature List to find the music,you can operate play, pause, and previous/next of the music on device.

13、Timer ⑬

Feature List to find the timer to enter , tap the start button to count, tap again to pause, or tap the reset button get restart.

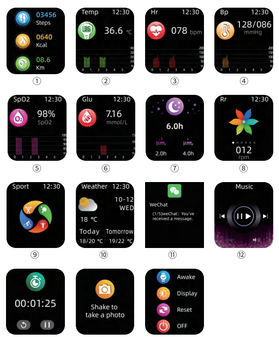
14、Camera ⑭

After Bluetooth connected, turn to the camera and shake interface, you can control the phone to take pictures by shaking it.

15、Setting ⑮

Awake/Display/Reset/OFF/Language/Shock/Time/Alarm

7



8

APP interface and function introduction

1、HomePage ①"My Equipment"Quick entrance ②

③Displays real-time steps, calories, target steps and distance;

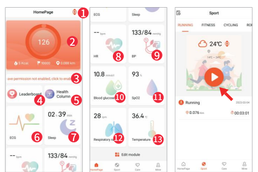
④APP permission to open the interface; ⑤Big data ranking of user steps; ⑥Answers to all kinds of health questions; ⑦ ECG measurement,ECG analysis,Knowledge column,Trend tracking, Synchronous data and history record(AI Diagnostic report); ⑦ Sleep structure map,Statistics on waking times, deep sleep and light sleep(Health settings,Knowledge column and history record) ⑧ 24-hour heart rate curve, statistical maximum, minimum and average,Heart rate analysis(Health settings,Knowledge column and history record)⑨ Blood pressure curve 24 hours a day, Statistical maximum, minimum and average,Blood pressure analysis(Health settings, Knowledge column and history record)⑩Blood glucose curve 24 hours a day,Statistical maximum, minimum and average,Blood glucose analysis(Health settings, Knowledge column and history record)⑪ Blood oxygen curve 24 hours a day,Statistical maximum, minimum and average,Blood oxygen analysis(Health settings,Knowledge column and history record)⑫ Respiratory rate curve 24 hours a day,Statistical maximum, minimum and average,Respiratory rate analysis(Knowledge column and history record) ⑬ Temperature curve 24 hours a day, Statistical maximum, minimum and average, Temperature analysis(Health settings,Knowledge column and history record)

2、Sport 1、Select the item to exercise:Running、Fitness、cycling and more, Then click ▶ Start Motion.

2、Use your location→continue(Figure),After the setup is complete, Click the button again for the movement.

3、In the course of the movement, the real-time data are displayed, and it can be displayed in the map, ⏸ grasp the motion information in real time, and pause ⏸ or end ⏹ the movement at any time.

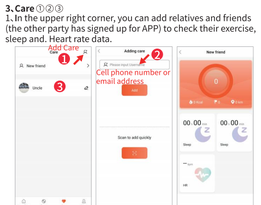
9



10

3、Care ①②③

1、In the upper right corner, you can add relatives and friends (the other party has signed up for APP) to check their exercise, sleep and. Heart rate data.



4、Mine④

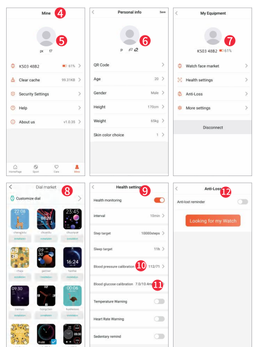
【Personal information】Click your profile picture⑤to modify your personal information⑥: Change avatar / edit nickname / QR code / age / sex / height / weight / skin color.

【My Equipment】"K503 48B2" ⑦ , Click to enter:

Watch face market⑧:You can choose to replace the dial, and the custom dial can upload local photos on the phone.

Health settings⑨:**Health monitoring:** turn on the monitoring button ⑩, and the device will automatically monitor every 10 minutes (the interval can be adjusted manually, default is 10 minutes) **Step target:** default 10000 steps (other targets can be adjusted) **Sleep target:** set sleep time goal (1-24 hours)

11



12

Blood pressure calibration⑩:Adjust systolic blood pressure (high pressure) and diastolic blood pressure (low pressure). The more accurate the value is, the more real the watch blood pressure is.

⚠ Warm reminder:

The best time to measure blood pressure is within an hour after getting up in the morning, or before going to bed at night.

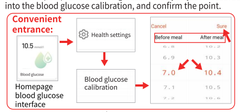
If measured in the morning, please do it within 1 hour after getting up, before breakfast and after urination. Please rest in your seat for 1-2 minutes before measuring.

If you are taking antihypertensive drugs, please measure them before taking them.

If measured at night, it is recommended to do it before going to bed. Please rest in your seat for 1-2 minutes before measuring.

If it is another time period, it is better to measure it when the body and mood are in a stable state. In addition, it is recommended that you take measurements at the same time every day.

Blood glucose calibration⑪:Input the pre-meal (fasting) value and postprandial blood glucose value you just measured into the blood glucose calibration, and confirm the point.



13

Temperature warning: The switch is turned on and the early warning value of ultra-high body temperature is set.

Heart rate warning: The switch is turned on and the ultra-high early warning value of heart rate is set.

Sedentary reminder: Switch on, select interval reminder time, set working day reminder, morning and afternoon time.

Anti-loss⑫ 1)、When the switch is on, the anti-loss reminder takes effect. When the distance between the watch (connected APP) and the mobile phone is far away (about 10 meters), the watch will be disconnected.

2)、Click Find bracelet button, bracelet will vibrate to remind.

More Settings⑬ Do not disturb setting:Do not disturb mode. Alarm clock: Add an alarm clock⑭, You can set parameters to watch reminders.

Photograph:Shake the watch to take a picture.

Unit setting: Metric/imperial, Celsius/Fahrenheit, etc.

Information push⑮:Mobile app message push watch reminder.

Note: The Health Wear switch must be enabled on the permission subpage.

Third party service: WeChat binding.

Reset:Delete personal data and restore factory settings.

Disconnect: Disconnect the watch from the APP.

14

【Clear cache】

【Security settings】Reset password: Change the password. Permission Settings: Background running protection guide/ reading phone calls/SMS/notifications/storage/location/photo permissions.

Delete account: cancel the current mobile account.

Log out: The account logs out.

【Help】Question answer / feedback.

【About us】APP version, firmware upgrade, etc.

Parameter

Chip:RTL8762DW

Display:1.72-inch High-definition big screen

Material:Tempered glass+Zinc alloy+TPU

Weight:46g

Charge time:2hour

Battery:280mAh

Waterproof:IP67

Standby:15 day

Bluetooth version:5.1

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.

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

15