# **OPERATING GUIDE**



## WATCH CHARGING AND **ACTIVATION**

Attach the magnetic charging wire to the metal contact of the charging port until the charging indication appears on the watch display. When the watch is low, charge. The device is an all-in-one machine



# MOBILE PHONE CLIENT

DOWNLOAD Scan the OR code below to download and

install the mobile phone client

### **FUNCTION LNTRODUCTION**



### Dial switch

Long press for 2s on the home screen to enter the dial switch interface. Slide right and left to switch the dial for selection and click to select the dial



### Control center

2s to enter \* and #

Function overview: Do not disturb mode. power saving mode, brightness adjustment, settings, find phone, system information,



dial: long press 7 and 9 on the keyboard for

### **FUNCTION LNTRODUCTION**



### Frequent contacts

Frequent Contacts: You need to add them in the frequently used contacts column on the app side. The requently set contacts will be automatically synced to the device, and up to 10 contacts can be added.



### Call records

This function can save the last 10 call records.



### Call bluetooth

Call Bluetooth: Divided into "call audio" and "media audio" switches

Call audio: Use the Bluetooth connection switch for the bracelet to call. Media Audio: Switch for

the band to play media audio. (off by default) 1) The media audio can only be turned on when the call audio is turned on

2) When the "media audio" is turned on turn off the "call audio", and the 'media audio" switch will be turned off simultaneously;

3) In the case of (2), turn on "Call Audio", and the "Media Audio"

# switch will be turned on synchronously

## **FUNCTION LNTRODUCTION** Movement data



Display the number of steps, distance, and calories recorded on the day, and the number of steps in the last seven days. You can set the target number of steps, distance, and calories

### **FUNCTION LNTRODUCTION**



Options for sport patterns: 8+1 types, (walking, running, mountaineering, cyding, skipping rope, basketball badminton, football, yoga (as a pushable replacement exercise)), dick the icon to start exercising, support 110+ on the APP side sports push

### Sport record

The interface saves the recent 10 pieces of historical sport records. You can view the sport duration, heart rate and calories during the sport

### **FUNCTION LNTRODUCTION**



### Heart rate

When entering the heart rate measurement interface, the bottom green light lights up to start the measurement and there will be a vibration reminder when the measurement is completed in about 45 seconds. It can display the user's current heart rate zone and 24-hour heart rate curve

# **FUNCTION LNTRODUCTION**





When entering the blood oxygen measure- ment interface. the red light at the bottom lights up to start the measurement, and there will be a vibration reminder when the measurement is completed in about 45 seconds. This measurement is a measurement based on PPG technology. It can display the user's current blood oxygen interval and the last seven blood

## **FUNCTION LNTRODUCTION**

## Blood pressure

pressure values of the user can be displayed.

When entering the blood pressure measurement interface. the bottom green light lights up to start the measurement. and there will be a vibration reminder when the measurement is completed in about 45 seconds. This measurement is a measurement based on PPG technology. The last seven blood

# **FUNCTION LNTRODUCTION**



Displays the sleep monitoring status of the current day & the last seven days the data is undated every day and the data can be saved synchronously when the APP is connected, and the device will recalculate the data information of the new day. Sleep monitoring time period: 21:30-12:00



### Female Health

### Keep the watch connected to the APP, you can open the female health reminder on the App. you can view the female health re-minder information on the watch

## **FUNCTION LNTRODUCTION**



### Music

Keep the watch connected to the APP, You can control the pause and start of the mobile phone music player, volume adjustment and song switching

# After you connect your watch with the APP and open

# Weather

the location permission, the weather interface will display the real-time temperature and weather type

# Information

Open information push on the App and the watch can receive the corresponding message. It can save up to the last 15 pieces of messages

# **UNCTION LNTRODUCTION**



### Alarm clock

Keep the watch connected to the APP you can set a single alarm clock or a cyclic alarm clock. You can set up to 5 alarm, clocks

## Stop watch



Click the Start button for the timing of the start.Click the pause button to timing the pause.Click the reset button to time to zero. It can save up to 99 pieces



## Timer

As for the timer function, the user may start quick timing through the system preset time or click the user-defined button to set the time. Click the Start button for the timing of the start Click the pause button to timing the pause.Click the reset button

# **FUNCTION LNTRODUCTION**



# Find my phone

**FUNCTION LNTRODUCTION** 

Display the current year, month and day.

slide down to display the calendar

Calendar

Keep the watch connected to the APP and click "Find my phone". The bell rings on your mobile phone and the watch shows that you have successfully found your mobile phone: If the watch is not connected to the APP, the watch will indicate that it is not connected

## **Settings**

Setting functions include screen display (dial switch duration of screen brightening brightness control, duration of screen brightening through palming), language, vibration strength, menu style, battery, OR code and system setting



You can open this function through [device>sedentary reminder] on the App After it is opened, you can set the start time, end time and the period for Do Not Disturb

You can open this function through [device>drinking

reminder] on the App After it is opened, you can set

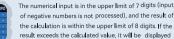
the start time end time and reminder interval



- go to sleep, there may be some error
- noon on the next day

[My>FAQ] on the App

# Calculator



with "----" that cannot be calculated

**FUNCTION LNTRODUCTION** 

Drinking reminder

Sedentary reminder

Frequently Asked Questions

Maybe the battery level is too low. Please charge the battery timely

and Trouble Shooting

Fail to start the watch

Press the power switch for more than 3s

1. The blueteeth is not connected or cannot be connected 2. Please restart the mobile phone blueteeth and connect again.

The blueteeth is not connected

or cannot be connected

3. Do not connect your mobile phone to other blueteeth device at the same time

# The measurement of heart rate/blood

### oxygen/ECG is inaccurate 1. General, it is caused by poor contact between the watch sensor

- and human body 2. Please ensure that the sensor contacts the wrist well during
- measurement
- 3. Please keep your body still and the watch attached to your wrist tightly during measurement

## **Frequently Asked Questions** and Trouble Shooting

### Sleep data is not accurate enough

- 1. Sleep monitoring simulates the status of natural sleep and
- getting up of human, and you should wear it as usual 2. If you sleep too late or you do not wear the watch until you
- 3. It does not monitor the sleep data during daytime. The default time for sleep monitoring is from 9:30 in the evening to 12:00 at

For more frequently asked questions, please view