

**Charging the device:** Connect the magnetic charger to the charging connection on the back of the device to charge.

### **Settings:**

Volume  
Brightness  
Sleep  
Language  
Turn Off



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## **User Manual**





### Product Features

SOS Alarm • Fall Detection • Heart Rate, Blood Pressure & Oxygen Monitoring • Inactivity Reminder • Camera Pedometer • Stopwatch • Alarm • Calculator

**Exploring the watch:** Looking at the watch face swipe right to view all your features. You can also view your battery percentage and access settings easily by swiping down from the watch face.

**Power On:** Hold the power button for 3 seconds to start the watch.

**Power Off:** Go into Settings & click Turn Off

**SOS Alarm:** Press the side button for 3 seconds to trigger the emergency call. After the SOS alarm is activated, you will hear a voice prompt confirming the activation of the SOS alarm and it will connect you to an operator.

**Fall Detection:** The watch can detect a fall. When this occurs, the watch will automatically activate the SOS Alarm and connect you with an operator.

**Heart Rate Monitoring:** From the watch, click Start then the watch will be put into the measurement interface. It will display your heartrate, blood pressure and oxygen level.

**Camera:** Press the camera icon to take a photo. You can view your photos in the Gallery.

**Pedometer:** This feature tracks your steps.

**Inactivity Reminder:** Helps you stay active and reminds you to move when you've been sitting for too long. Switch to "Open" and set your desired interval and click save. If you sit still and do not exercise for the specified time a reminder sound will go off.