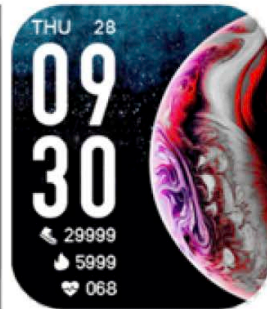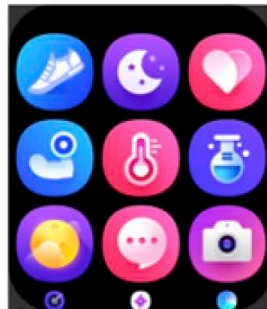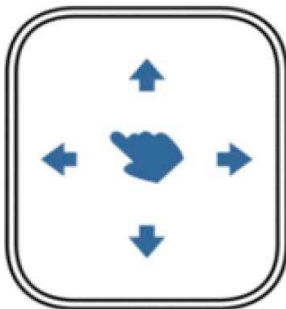# USER MANUAL
SMART WATCH

Instructions
Watch client download

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

Sliding direction function menu function menu split screen menu

Touch all: slide down to enter the status setting bar, slide up to view the notice, slide left to enter the main function interface, and slide right to enter the split-screen menu;

Up key: briefly press off screen/bright screen, Chang 'an power on/off, and press down key: briefly press bright screen/enter function menu, long press to enter sports mode, and briefly press under sub-interface to return to the previous menu.

Watch charging and activation

It can be activated by charging before using the watch for the first time; The magnetic charger is attached to the metal contact on the back of the watch, and the other end of the charging cable can be connected to the 5V1A USB charging head or the USB interface of the computer.
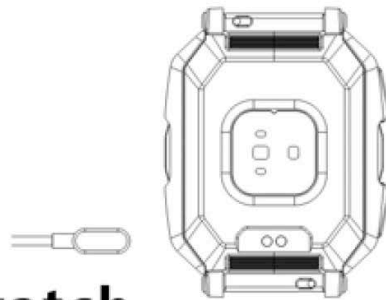
Connect the watch

Open the mobile phone client to set personal information

Switch to the device page and click (bind device)

Click your device in the list of scanned devices

Binding complete

Enter the watch-settings-about, check the MAC address of the bracelet, and you can determine your device by the MAC address in the device list; After the watch is successfully bound, the watch will automatically connect with the mobile phone every time the client is opened in the future, and the data can be synchronized by pulling down the client data page.

Setting dial

Press the dial interface for 3 seconds to switch the dials of different styles in the watch;
After successful Bluetooth connection, enter APP-Dial Selection-Customize Dial;
After the Bluetooth connection is successful, go to APP- Dial Selection-More Dial Selection.
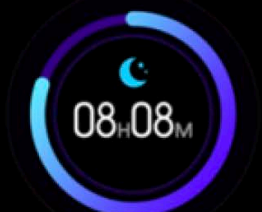
Step counting

The total number of steps in 24 hours and the number of walking steps in each period can be recorded;
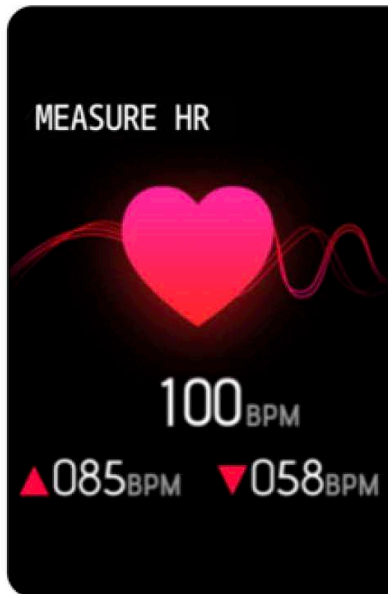More detailed data can be viewed in the mobile APP;

Sleep

You can record and display the total length of sleep and the length of deep sleep and light sleep.
More detailed information analysis data records can be viewed on the mobile APP side;

Heart rate

MEASURE HR

100BPM

▲085BPM ▼058BPM

Before heart rate monitoring, make sure that the watch is properly worn on the wrist (the best position is one finger wide above the carpal bone). For heart rate detection, wear it too tight to avoid light leakage and cannot be effectively detected, and then enter into heart rate detection. During detection, the wrist is required to remain stationary, and the dynamic value of heart rate is displayed after a few seconds.
Enter the heart rate icon interface to measure the current heart rate value;
Display the current value of the heart rate interface and the heart rate status of each period;
More detailed information analysis and data records can be viewed on the APP side;

Take exercise

TRAINING

🚶 00:00:00

🔥 KCAL 0022

♥ BPM 089

▶

TRAINING

🚶 WALKING
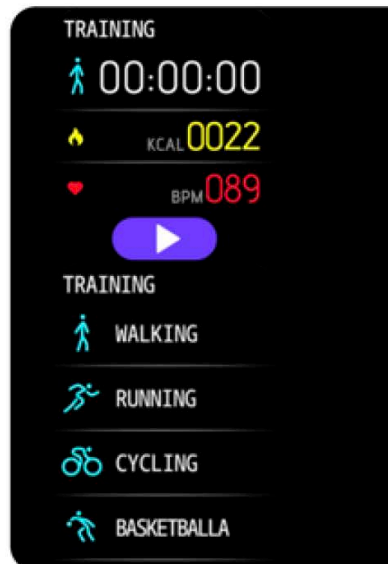
🏃 RUNNING

🚴 CYCLING

🤾 BASKETBALLA

Click on the exercise interface to enter the exercise interface, which supports walking, running, cycling, rope skipping, badminton, basketball, football, swimming, tennis, rugby, golf, yoga, gym, dancing, baseball, elliptical machine, rowing machine, cross-country running, skiing, bowling, dumbbell, sit-ups, free training, mountaineering and 24 sports modes to choose from.
Start the exercise, it will display data such as time, steps, heart rate, calories, mileage, etc. Different exercises will display different contents;
More detailed information analysis and data records can be viewed on the mobile APP side;

Blood pressure

MEASURE BP

089/089
MMHG

▲ 120SBP ▼ 80DBP

Before blood pressure monitoring, make sure that the watch is properly worn on the wrist (the best position is one finger wide above the carpal bone). For blood pressure monitoring, it is required to wear it too tightly to prevent light leakage from being effectively detected, and then enter the blood pressure monitoring. During the monitoring process, the wrist is required to remain stationary, and the blood pressure value is displayed after 20 seconds.

Enter the blood pressure icon interface to measure the current blood pressure value;

More detailed information analysis and data records can be viewed on the APP side;

Blood oxygen

SPO2

89%

▲98% ▼95%

Before blood oxygen monitoring, make sure that the watch is properly worn on the wrist (the best position is one finger wide above the carpal bone), and the blood oxygen test requires that the watch be worn too tightly to avoid light leakage and cannot be effectively detected, and then enter the blood oxygen test. During the test, the wrist is required to remain stationary, and the blood oxygen value is displayed after a few seconds;

Enter the blood oxygen icon interface to measure the current blood oxygen value;

Display the current value of blood oxygen interface and blood oxygen status in each period;

More detailed information analysis and data records can be viewed on the APP side;

Weather

The weather interface will display the current weather temperature and air quality information, and slide up to display the weather forecast for one week;

The weather information needs to be connected to the APP to get data. If the connection is turned on for a long time, the weather information will not be updated.
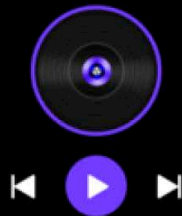
WEATHER

?

PLEASE TRY AGAIN
AFTER PAIRING

Camera control

After the mobile APP is connected, the watch can control the mobile phone camera to take pictures; After the camera is turned on on the mobile phone, long press on the watch camera control page can trigger the camera shutter of the mobile phone;

SHUTTER

Music control

After the mobile APP is connected, the watch can control the music player of the mobile phone; When the mobile phone plays music, you can use the watch control mobile phone to play/pause, play the previous song and play the next song.

LOVE

Alarm clock

The smart alarm clock of the watch can be set in the APP terminal, and up to 3 alarms can be set. After the set time arrives, the watch will display the alarm clock icon and vibrate;

ALARM

8:30
SMTWTFS

8:30
SMTWTFS

8:30
SMTWTFS

Message push

The watch can receive notification push and incoming call reminder on the display mobile phone, and can refuse to connect. Set the push option switch in the APP terminal.
The watch message page can store the last 10 message records;
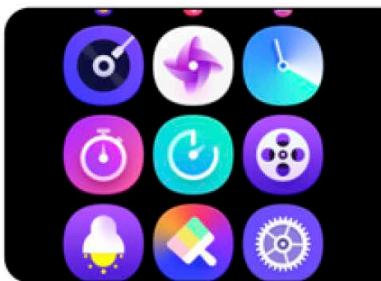
Other functions

Other functions of the watch include:
Exercise, stopwatch, alarm clock, timer, theater mode, brightness, vibration, factory reset, about, shutdown, APP download QR code, etc.
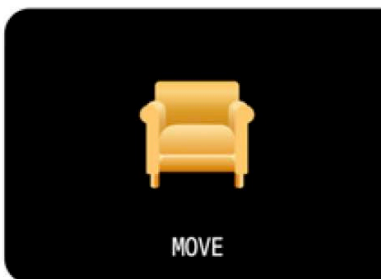
Sedentary reminder

Turn on the sedentary reminder after connecting the APP;
After sitting for 1 hour, the watch will prompt you to get up and walk.
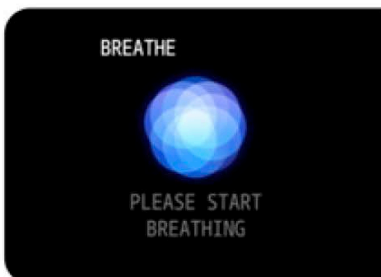
Enter the respiratory training interface and click Start Respiratory Training;

Frequently asked questions and answers

Why can't I take a hot bath with my watch?
The bath temperature is relatively high, which will produce a lot of water vapor;

Why can't the bracelet receive the message push?

Android phone settings:
1.Confirm that the message push switch is turned on at the mobile APP end;
2.The confirmation message can be displayed normally on the mobile phone notification bar, and the watch message is pushed by obtaining 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;
(You need to find the notification settings in the mobile phone settings and turn on the notification switches of WeChat, QQ, phone, SMS and mobile phone clients)
3. Turn on the accessibility settings of the watch.
(Find the auxiliary function in the phone settings, and open the customer auxiliary function settings on the watch side)

Apple mobile phone set
1.Confirm that the message push switch is turned on at the mobile phone client;
2.Confirm that the mobile phone message can be displayed normally in the notification bar;
(You need to find the notification settings in the mobile phone settings and turn on the notification switches of WeChat, QQ, phone, SMS and mobile phone clients)