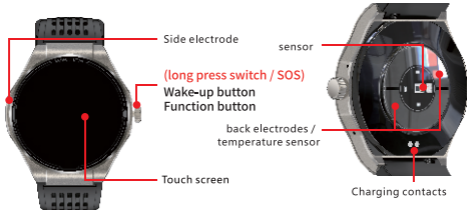


# Smartwatch ISEN JA01 Manual de utilizare



## Instructiuni rapide



## Incarcare si activare

Inainte de prima utilizare, ceasul trebuie incarcat si activat. Luati cablul de incarcare si atasati-l pe punctele metalice de pe spatele ceasului. Celalalt capat al cablului il atasati de incarcator sau de un port USB de la calculator.



## Instalarare aplicatie smartwatch

Scaneaza codul QR de langa sau intra in Aplicatiile de Magazin sau in Aplicatiile de Magazin pentru Android ca sa downloadezi si sa instalezi aplicatia "H Band"



Este necesar: iOS 9.0 sau mai recent; Android 4.4 sau mai recent.

Intra pe telefon pentru a seta informatiile personale



Intra pe "My Page", apasa pe "Device" pentru conectare



Apasa pe deviceul tau din lista de deviceuri scanate



Conexiune realizata

## Pagina cu functii principale

### Interfata principala

Apasa lung pe ecran pentru a comuta cadranul.



Apasa ca sa intri in interfata cu functii.



### Inregistrare activitate

Verifica numarul de pasi, distanta parcursa si calorile consumate la orice ora in timpul zilei. Caloriile pot fi sincronizate cu aplicatia pentru a vedea evolutia in timp.



## Body temperature

Switch to the temperature interface, you can enter the temperature measurement; connect APP, there is automatic monitoring function, the data can be synchronized to APP.



**Note:** When testing the body temperature, the bottom temperature must be in full contact with the skin (test after wearing for 10 minutes). The body temperature test will be affected by the environmental temperature difference and only serves as a warning reminder. For details, please refer to the medical professional equipment and the doctor's diagnosis.

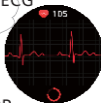
## Heart rate

Switch to the heart rate interface, you can enter the heart rate measurement; connect APP, there is automatic monitoring function, the data can be synchronized to APP.



## ECG

Press and hold the side electrode key on the ECG test interface to make the bottom two electrode pads and the side electrode key fully contact the skin for testing.



The test report needs to be viewed in the APP.

## Blood glucose

Switch to blood glucose interface to enter blood glucose measurement; connect to APP with automatic monitoring function/blood glucose private mode calibration and data can be synchronized to APP.



**Note:** The test results are for reference only and cannot be used as medical data.

## Blood pressure

Switch to the blood pressure interface, you can enter the blood pressure measurement; connect APP, there is automatic monitoring function / blood pressure private mode calibration, data can be synchronized to APP.



**Note: The test results are for reference only and cannot be used as medical data.**

## Blood oxygen

Switch to the blood oxygen interface to enter the blood oxygen measurement; connect to APP, there is automatic monitoring function (night monitoring), and the data can be synchronized to APP.



## Breathing exercises

Switch to the breathing training interface and set the time to start.



## Workout

Find sports in the function list, click into it, select sports mode to start recording data, and swipe to the right (or press the button) to pause or quit.



## Bluetooth Call

After connecting APP, you need to set up in APP data panel-Bluetooth call, as shown in the picture, you can make calls, view contacts and call records after the connection is completed.



## The weather

The weather interface will show the current weather, the watch is not connected to APP is no weather data, need to connect APP to have weather data, the phone needs to open the positioning.

Note: If you disconnect for a long time, the weather data will not be updated.



## Sleep

Switch to the sleep screen to show the previous day's sleep time. There is a need to turn on the scientific sleep switch, My-Devices-Switch Settings-Scientific Sleep.

**Note: Sleep data will only be available when you wear the watch and fall asleep.**



## Stopwatch

Switch to stopwatch interface, right button to start or pause, left button to reset Swipe right to exit.



## Music

Connect Bluetooth to your phone to control music playback and pause on your watch.



## Camera

After connecting the APP, open 'My-JA03-Photo' in order to control the watch to shake and take a photo.



## Calculators

### Timer

Enter the timer and select the time to start the timer.

### Alarm Clock

Switch to the alarm clock interface, click '+' to add an alarm clock, and follow the steps to set it.



### Voice Assistant

Switch to the voice assistant interface, click the icon to launch, select 'Yes', and then just connect the call settings.



### Find

After connecting the APP, you can click the find phone function in the device interface, and the phone will vibrate and ring to remind.



### Cycle Tracking

Set the APP gender and select the start date of your biological cycle.



### Settings

Health Monitor/Screen Display/Switches/Notifications/Language/APP QR/Code/System



## Drop-down shortcut interface

Swipe down from the main interface to enter the drop-down shortcut interface, Silent Mode/Bluetooth Calling/Brightness/About Device/Settings.



## Notifications

Slide up the main interface to enter the notification interface, set the relevant permissions to display notification alerts.



## Stress/MET/HRV

Automatic data detection after a period of wear.

## Uric acid & blood lipid

Switch to uric acid-blood lipid interface, you can start measurement, connect to APP, have automatic monitoring function / private mode calibration, and data can be synchronized to APP.

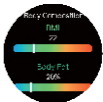
**Note: The test results are for reference only and cannot be used as medical data.**



## Body composition

Switching to the body composition interface, BMI index / body fat / fat-free weight / muscle / subcutaneous fat / body moisture / and other data can be measured, and the data can be synchronized to APP.

**Note: The test results are for reference only and cannot be used as medical data.**





## SOS Help

APP settings      Activate to red



Connect to APP, my "JA03" contacts add emergency contacts, light "SOS" (red); press the wake-up button for 3 seconds and swipe SOS to ask for help.

## Other function reminders

After the APP is successfully connected, open the setting permissions and keep the Bluetooth of the phone and the watch in the connection and pairing state. When a message comes, there will be a vibration reminder

## Precautions

- 1: It is forbidden to use an adapter with a charging voltage greater than 5V and a charging current greater than 2A, and the charging time is 2-3 hours
- 2: Prohibit charging in the presence of water stains.
- 3: This product is an electronic monitoring product, not as a medical reference, and the measurement data is for reference only.
- 4: Blood pressure test method requires a quiet rest for more than 5 minutes before the test. Do not eat, smoke, take medicine or drink caffeine for 2 hours before the test; take a comfortable and still sitting posture during the test, maintain a steady state of mind, do not speak, please ensure your hands The ring is at the same height as the heart (pictured on the right)

