

# Smart Watch

## User Guide



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- Open the mobile client to set personal information
- Switch to the "My" page, click "Device" to connect
- Click on your device in the list of scanned devices
- Binding completed

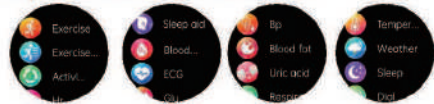
### Main function page

#### Main interface/dial

On the main interface, long press the touch screen or in the APP menu, click "theme selection" to enter



On the main interface, press the side button to enter the menu function page, and then press the side button or swipe left to return to the dial interface.



#### Step count/distance/calories

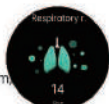
Check the number of steps walked, the distance walked and the consumption at any time during the day. Calories can be synchronized to the APP to view exercise data.



2) English

#### Respiratory rate

Entering the respiratory rate interface can detect the respiratory rate. The human body inhales oxygen and exhales carbon dioxide through respiration, thereby maintaining normal lung function. When adults are calm, their respiratory rate is about 12-22 times per minute.



#### Exercise

Click the watch sport interface to enter sports mode, there are many sports to choose from. Click the motion icon to enter the corresponding motion detection. Swipe up and down to switch motions, enter the motion start calculation, press the upper button to exit the current motion monitoring.



#### The weather

The weather page will display the current weather and air quality information. The weather information can only be obtained after connecting to the client. If the connection is disconnected for a long time, the weather information will not be updated.



Note: There is no weather interface before the watch is connected to the APP, it needs to be connected. There is a weather interface after the APP, and the mobile phone needs to open the positioning.

#### Sleep

You have a deep sleep/light sleep/sleep time all night, calculate your sleep quality; sleep data can be synchronized to the APP.

Attention: Wearing a watch to fall asleep will result in sleep data.



#### Stopwatch

Tap the stopwatch to enter the stopwatch function, and swipe right to exit.

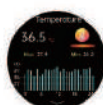


5) English

#### Body temperature

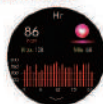
Switch to the body temperature interface to enter real-time temperature monitoring. The data can be synchronized to the APP, connected to the APP, and has an automatic detection function. The data can be retained for 30 days.

Note: When testing body temperature, the bottom temperature sensor must be in full contact with the skin (test after wearing it for 10 minutes). The temperature test will be affected by environmental temperature differences and only serves as a reminder. Please refer to medical professional equipment and doctor's diagnosis for specific information.



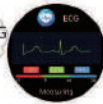
#### Heart rate

Switch to the heart rate interface to enter real-time heart rate monitoring. The data can be synchronized to the APP, connected to the APP, and has automatic monitoring function.



#### ECG

Press and hold the side electrode key on the ECG testing interface, so that the two bottom electrode pads and side electrode keys fully contact the skin for testing. The test report needs to be viewed in the APP.



#### Blood sugar

Switch the watch to the blood sugar test interface to enter blood sugar monitoring, and the data can be deputized to the APP synchronously.



#### Blood pressure

First, connect to the mobile app and perform



3) English

#### Music

When connected, tap Music to control the music player on the phone.

#### photography

In the connected state, click the camera to control the phone to take pictures, click or shake to take pictures, swipe right or press the upper button to exit.



#### Shortcuts

Swipe down on the main interface to enter the shortcut function interface. You can select options such as "Do not disturb, brightness, Bluetooth, QR code, settings", and click the icon to enter the corresponding function.



#### Information

Click on the message to view the content of the message, slide up to turn the page, slide down to exit.



#### Settings

Screen Display/Sound Settings/Do Not Disturb Mode/System Menu/Language Selection/Vibration Settings/Interface Style/Time Settings/QR Code/SOS/About



#### SOS

Click on Settings or press and hold the down right button for 3 seconds to enter the SOS emergency call interface and bind the emergency contact phone number. When requesting, press and hold the down right button for 3 seconds to initiate an emergency call.



#### About

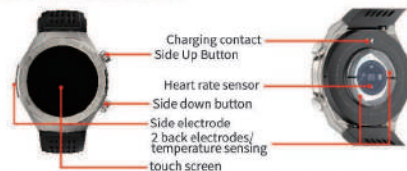
Click the about icon to display the machine model and the last four digits of the Bluetooth address.



6) English

### Watch quick instructions

#### Parts introduction



Long press the upper button to turn on the watch

#### Charging method and activation

Before using the watch for the first time, it needs to be charged and activated. Use the equipped magnetic charging cable to attach it to the metal point on the back of the watch, and connect the other end of the charging cable to a USB charging head or computer USB interface.



#### Install the watch APP

Scan the following QR code or enter major app markets to download and install "HealthWear"



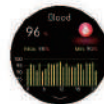
Equipment requirements: iOS 9.0 and above; Android 4.4 and above, supporting Bluetooth

1) English

blood pressure calibration. After successful calibration, switch to the blood pressure testing interface of the wristband to enter the blood pressure detection. The monitoring data can be synchronously updated to the app.

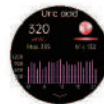
#### Blood oxygen

Switch the watch to the blood oxygen interface to enter blood oxygen monitoring, and the data can be updated to the APP synchronously



#### Uric acid

Switch to the uric acid testing interface of the watch to enter uric acid monitoring, and the data can be synchronously updated to the APP.



#### Blood fat

Switch the watch to the blood lipid testing interface to enter the blood lipid monitoring, and the data can be synchronously updated to the APP.



#### CES Sleep Aid

Press the button on the upper right side of the watch, swipe the list to select CES sleep aid search or wake up, and add available sleep aids and other peripherals. The intensity can be adjusted through 12 levels in three modes: slightly drunk, drunk, and numb. Click start/pause to start CES sleep aid, and press the button on the lower right side of the watch to return or exit.



4) English

#### Adjust brightness

Click the brightness icon to freely select the screen brightness.



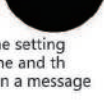
#### Raise your wrist

Tap the wrist lift icon to enter, you can choose to turn on or off the wrist lift.



#### Shutdown

Long press the up button on the side or click the restart/shutdown icon to enter and restart/shut down.



#### 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)



7) English