



User Manual

The adaptation platform requirements



Android 4.2and above support
IOS 9.0and above support
Bluetooth BT4.0

APP download method:

Please scan the QR code in the watch interface to download the APP

- IOS / Android mobile phone users: scan the QR code to download and install the application

Things to use for the first time

- To ensure the normal use of the Hand, please charge it first
- The contact point of the charging clip connected to the power supply is aligned with the contact point on

the back of the Smart Watch to charge.

Note: The reverse contact point will cause a short circuit of the battery

Smart Watch and APP connection

- The permissions in the APP installation process are all agreed. The Smart Watch and the mobile phone must be connected to Bluetooth 3.0 and 4.0 to achieve all functions.
- Bluetooth 4.0 connection method: open the APP and Bluetooth with the mobile phone, APP remind to enable the notification point to confirm. Click Add Device, search for the device name and connect. Android phones need to turn on GPS to find the Bluetooth name of the

Hand.

- Bluetooth 3.0 connection: Apple: Enter the mobile phone Bluetooth when 4.0 Bluetooth is connected, search for the Bluetooth device of Hry3.0 and click connect to pair. Android: When the 4.0 Bluetooth is connected, enter the Bluetooth of the mobile phone. When entering the Bluetooth function, it will automatically remind the pairing 3.0. If there is no reminder, search for the Bluetooth device connection with 3.0.
- Simple solution to common Bluetooth problems: Because the Bluetooth protocols of various mobile phone brands are not uniform, sometimes the connection between the mobile phone and the Bluetooth of the Smart Watch is unstable, you can turn off the mobile phone Bluetooth and reconnect once.
- If the Smart Watch calls, QQ WeChat does not have a notification reminder, you need to set the mobile

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phone-notification settings, open the corresponding application and open the notification application to receive the information notification.

Smart Watch operating instructions:

- Power key: short press to wake up / off the screen display time, long press can be used to switch on and off
- Clock interface: slide the clock interface to the left or right to enter the system menu.
- Clock on the menu: battery information, ring / mute, search my device, flashlight, SIRI voice, Bluetooth.
- Clock switch: long press the screen on the time interface, the clock selection will appear, slide left and right to select the required clock and press to confirm the setting



Main function introduction

- Phone dialing: dial out by connecting to a mobile phone, you can call on the watch
- Contacts: You can synchronize contacts on your mobile phone
- Call history: You can synchronize your phone call history
- Message: Synchronize SMS content on mobile phone (IOS12 and above will block SMS reminders by default)
- Bluetooth: Search for devices to connect or disconnect
- Heart rate monitoring: The watch is held close to the wrist, and the best wearing position is above the wrist bone against the arm, and the real-time heart rate value can be measured. The normal value of ordinary people is 60-90 times / minute. Enter the automatic heart rate measurement, it will be about 20 seconds, the current heart rate, resting heart rate and average

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- heart rate
- Wrist-up bright screen: Turn on wrist-up bright screen, the wrist-watch screen will light up when worn
- Language: Set watch language
- Volume: set the volume of the watch in each situation
- Ringtone: Set the ringtone music in each situation
- Bluetooth camera: When the phone cannot lock the screen, the watch enters the Bluetooth camera, the phone enters the camera interface, click the camera to take a picture, the phone will take a picture and store the picture to the phone
- Bluetooth music: control and play music from your phone
- Find your phone: When your watch and phone are connected, your watch can make your phone ring
- Alarm clock: you can customize the alarm clock, long press to delete the alarm clock

- Clock: Set the time of the watch
- Calendar: View calendar
- Settings: Various local settings can be made
- SIRI: Press and hold for remote control
- Multi-system: You can set to change the UI style
- QR code: QR code downloaded by mobile APP
- Sleep monitoring: enable sleep detection to monitor sleep quality while sleeping

Precautions for use

- It should not be worn when taking a bath or swimming.
- When synchronizing data, please connect the Hand.

- Use the built-in charging cable to charge.
- Do not expose the handle ring to a place with high moisture or extremely high or low temperature for a long time.

Smart Watch maintenance

- Do not scratch the sensor, protect it from damage
- Wipe the surface of the Smart Watch with a damp cloth and use mild soapy water to remove oil or dust
- Do not expose the Smart Watch to the environment with strong chemicals, such as gasoline, cleaning solvents, propanol, alcohol or insect repellent. The chemicals will damage the sealability of the Smart Watch and the surface of the casing
- Prevent your Smart Watch from being subjected to strong impact and extreme high temperature exposure
- When the lens and casing are intact, it is waterproof. Violent disassembly will affect the waterproofness.

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common problem

- Can't find the Hand?
- Answer: Because the Bluetooth radio of the Smart Watch is not searched by the mobile phone, please make sure that the Smart Watch is powered on and activated, and it is not connected to other mobile phones. Put the Smart Watch close to the mobile phone and search again. If it is still invalid, turn off the Bluetooth of the mobile phone for 20 seconds Then restart Bluetooth and search again.
- Should the Bluetooth connection be always on? Will there be any data if it is closed?
- Answer: Before synchronizing the data, exercise and sleep data will be kept on the wristband host. When the mobile phone and the Smart Watch Bluetooth are

successfully connected, the Smart Watch will automatically upload data to the mobile phone, but the data stored by the Smart Watch is limited, and only about one week of Bluetooth data can be stored. When the space is full, the earliest data will be automatically overwritten to generate the latest data, So please sync the Smart Watch to your phone in time.

- Remarks: If you turn on the incoming call and SMS reminder function, you need to keep Bluetooth connected, and the alarm reminder supports offline.
- What should I do if the Smart Watch cannot be charged?

1. Please confirm whether the direction of the charging stand is correct and whether the

charging clip is in good contact with the Hand.

2. When the Smart Watch power is lower than 3.6V, there will be a period of battery

precharge time

- Remarks: After plugging in the charger, it will immediately enter the charging state. If there is no display, it will take 3-5 minutes to enter the charging state.
- Will wearing the Smart Watch for a long time cause harm to the human body?
- Answer: The radiation of the equipment is far lower than the FCC standard of the United States, and it is basically negligible. Long-term wear will not cause radiation damage to the human body.

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