

# Instructions



## AdorHealth APP

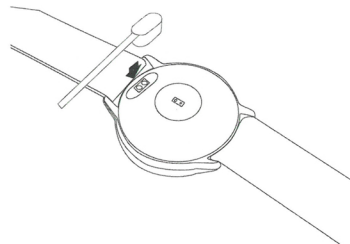
Scan the qr code below to download and install the app client



Please scan code and download APP

## Charging and Active

Charging the device to active before the first time using; To charge your device, plug the charging cable into the adapter or USB port on your computer.



## Watch Charging and Activation

Open the mobile APP to set personal information



and switch to the device page. Click add device



search and match to connect to your device



Binding is completed

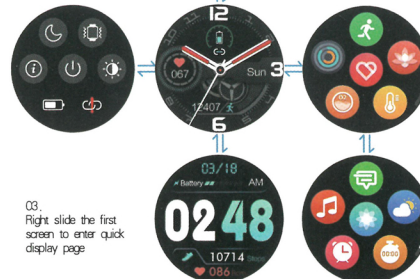
Slide the time dial of the watch to the right, the shortcut page will be displayed. Click on the icon to display the MAC address of the watch. Your device can be identified by the MAC address in the device list. After the watch is bound successfully, it will automatically connect with the mobile phone in the future, and the data can be refreshed synchronously by drop-down in the APP data page;

## Watch Operation Instruction

01. Slide up and down the first screen to switch dial styles



02. Left slide the first screen to enter function directory page



03. Right slide the first screen to enter quick display page

## Introduction to Watch Functions



### Weather Information

The weather page displays current weather, air quality information, minimum and maximum temperatures, and slide one page to preview the weather over the next three days.



### Alarm

Through the APP, you can add and set the alarm time, synchronize the watch to display the alarm time, and turn the alarm on or off.



### Stopwatch

You can time, start or reset stopwatch.

## Introduction to Watch Functions



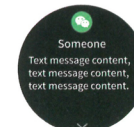
### Play Music

The watch can control music, switch the last and next song, play or pause music, and control volume.



### Look for mobile phone

Click on the icon of look for mobile phone to call a mobile phone.



### Push message

The watch can receive and display notifications on the phone. Open corresponding social applications that need to be pushed through the APP, and the watch message page can store up to 80 message records.

## Introduction to Watch Functions



### Camera Control

After connecting the mobile phone, the watch can be used as a remote control for the mobile phone camera. After opening the mobile phone camera, click on the watch camera control page to trigger the mobile phone camera shutter. It also supports opening shake to take photos through the mobile APP.



### Settings

In watch settings, you can adjust the brightness, bright screen time, restore factory settings, restart, view the qr code of application.



### Drinking Reminder

You can set your drinking goal and drinking time through the mobile APP, and the Wrist Strap will remind you to drink water in time to reach your daily goal.

## Introduction to Watch Functions



### Sedentary Reminder

Enable the sedentary reminder through the mobile APP. You can set the reminder period, and the watch will remind you to get up and move on time.



### Dial Settings

Through the mobile APP, you can replace the massive dials at will, and you can also customize the Settings to edit photos and send them to the watch synchronously.



### OTA Upgrade

You can update the firmware through the mobile APP.

## Introduction to Watch Functions



### Sports Modes

Through the mobile APP, you can choose 18 sports modes at will, and up to 9 can be displayed. The watch will synchronously display the corresponding data such as heart rate, heat and speed allocation of movement when the movement is started. You can also pause or stop the movement.



### Sports Record

The sports ring tracks and records your steps, distance, and calories.



### Sleep Statistics

Enable sleep detection through the APP to automatically record sleep data, including total sleep time, deep sleep and light sleep time. More detailed information analysis and data records can be viewed in the APP.

## Introduction to Watch Functions



### Heart rate, blood pressure, oxygen

The heart rate, blood pressure and blood oxygen data can be independently detected through the Wrist Strap, and the watch can be set in the APP with an alarm of excessively high heart rate, which will be vibrated when the alarm heart rate is exceeded.



### Female health assistant

By open the menstrual prediction in the mobile APP, it's easier to keep track of your menstrual cycle, and the watch will remind you of the days from start of cycle.



### Mindfulness decompression

Breathing exercises can help you release stress effectively for two minutes five times a day. You can use the mobile APP to start a mindfulness decompression reminder period.

## Getting to Know Your Device

### 1. Using in Wet Conditions

Your device is water-resistant, which means it is rain-proof and splash-proof and can stand up to even the sweatiest workout. NOTE: Do not swim with your Smart Bracelet. We also don't recommend showering with your wristband, though the water won't hurt the device, wearing it 24/7 does not give your skin a chance to breathe. Whenever you get your bracelet wet, dry it thoroughly before putting it back on.

### 2. Using Quick View

With Quick View you can check the time or the message from your phone on your Smart Bracelet without taping. Just turn your wrist towards you and the time screen will appear for a few seconds.

## General Info & Specifications

### 1. Environmental Conditions

Operating temperature: 14°F to 122°F (-10°C to 50°C)  
Non-operating temperature: -4°F to 140°F (-20°C to 60°C)

### 2. Size

Fits a wrist between 5.5 and 7.7 inches in circumference.

### 3. Disposal and Recycling

Please kindly be aware that it is the consumer's responsibility to properly dispose and recycle Smart Bracelet and accompanying components. Do not dispose of Smart Bracelet with common household waste, the Smart Bracelet unit is considered electronic waste and should be disposed of at your local electronic equipment collection facility. For more information, please contact your local electronic equipment waste management authority or the retailer where you bought the product.