M5/M5S

Quick Start Manual

Foreword

Welcome to use M5/M5S,this is an GPS sports smart watch which helps you achieve your activity goals.

Package contents:

- M5/M5S smart watch
- User manual
- Charging cable
- Screwdriver (GSM version)
- Tweezers （GSM version）

M5/M5S initial setting

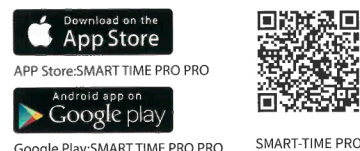First download & install the app SMART TIME PRO to make sure the watch can synchronize the data with the app.The app is where you can set goals, analyze historical data and trends, and much more.

connecting your watch with your phone

SMART TIME PRO APP supports the operating system of iOS 11.0 and Android 5.0 or above system, as well as BT 3.0 and 4.0. It is compatible for more than 150 mobile devices.

1.Turn on Bluetooth on the watch and mobile.

2. Download APP: SMART TIME PRO

Download on the App Store

APP Store:SMART TIME PRO PRO

Android app on Google play

Google Play:SMART TIME PRO PRO

SMART-TIME PRO

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3、After install the App, start to enter the home page.

4、According to follow prompts to pair M5/M5S smart watch with mobile APP, you can sync the data after pairing.

Click APP>Device>Add a new device>Choose M5/M5S.

5、Select the Bluetooth name M5/M5S with the strongest signal from the list.Then the watch will show [icon] , click to confirm pairing.Then you will see the Bluetooth icon on the left top on the watch is blue [icon] and you have connected the Bluetooth 4.0.

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Tips:
①(For iphone user, please switch the bluetooth from your iphone first) Open 'BT' on the watch>>search new device>>Select your phone Bluetooth name from the list that you search out on the watch.

②For Android users,it will automatically pop up a bluetooth pairing request.On the phone and click pair.

The BT icon on the left top on the watch will become blue and orange [icon] that means BT3.0 and 4.0 are bound successfully.(Note: 3.0 is used for call)

(You need to use Android 5.0 or above version and iOS 11.0 or above version. Android and iOS device support different functions. A watch just pair with one mobile, if you want to pair another phone, please cancel the current pairing.)

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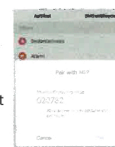
Charging instructions

charging :
Turn the watch over,align and attach the charging pins to the magnets four gold prongs.You will see the charging icon on the watch screen after about 6s.
Charging fully may take 2 hours. You will see the battery icon is full if the watch have been fully charged.

Please clean the charge interface before charging for fear that the remaining sweat erode gold metal contact or other risks.

Functions

1.Switch dial
--On the home page of watchface, slide left and right to view the different watchfaces, then you can click on ok to choose what you like.

2.Quick entrance
Sliding down the watch interface to enter into quick entrance, some functions can be quickly set and switched, and swiping left or right can quickly open some regular applicatios; sliding up to enter into menu.

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3.Multisport mode
--Sliding the home page to the right, you can enter the Sport modes quickly. Or you can enter it from main menu -->Sport mode. M5/M5S smart watch support different kinds of sports,including indoor running, outdoor running, biking, climbing, marathon, and more.

4.Heart rate
--Pressing the down button on the home page, you can enter the heart rate interface quickly. Or you can enter it from main menu-->Health-->Heart rate. Wear the watch in a right way. Open the heart rate function on the watch, measure it by manual.

5.Blood pressure
--Sliding up the home page, enter into main mean-->health-->blood pressure. Wear the watch in a right way, and open the blood pressure function on the watch, measure it by manual.

6.Pedometer
--Sliding up the home page, you can check the steps, heart rate, calory and distance of the current day. Or you can check the heart rate from main menu -->Pedometer.

7.Breath training
--Sliding left the watch interface to enter the menu-breath training, choose the different time quantum according to your needs.

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8.Exercise mode
--Click "exericise mode" in the menu, you can refer to the courses inside for training.

9.Making phone calls
1.M5 supports Bluetooth calling instead of inserting SIM card.
2.M5S(GSM version) supports SIM call and Bluetooth call. User can call, answer and reject on the watch directly.
When Bluetooth 3.0 be bound successfully, the voice is came out from the watch by default.
You can switch the phone to answer or dial by below method.
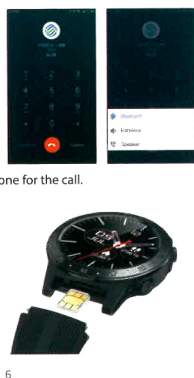1. Turn off the Bluetooth 3.0 on the quick setting page.
2. Switch the sound by speaker or phone on the mobile.

To switch between your watch and your phone during phone calls, perform the following operations:
1) On the call screen of your phone, select Bluetooth to use your watch for the call
2) Select Speaker or Headset earpiece to use your phone for the call.
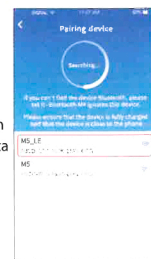
Attached:
If your watch is the version with SIM card, insert the SIM card according to the illustration, then you can make or answer phone calls separately (only support Nano SIM card).

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10. Notification
The left side of the dial interface enters into the menu--notification,you can view the message pushed on the mobile phone, and you can switch the message reminder on the APP.

11.Music control
--Sliding left the watch interface to enter the menu-music control, then you can play your music on the watch.

12.Sleep monitor
--The watch will track your sleep when you're wearing M5/M5S to sleep. And you can check your sleep details on the app after sync the sleep datas to app.

13.Remote capture
--This feature can remote control the mobile camera to take pictures.

14.Sedentary
--Sit too long is not good for health. You can set the time quantum on the watch or app to remind you to move.

15.Alarm clock
--You can set the alarm on the watch or app, maximum 8 alarms.

16.Find phone/Find device
--When the watch and phone is under connection :
·Click "Find phone" on the watch, you will hear the phone ring ;
·Click " Find device" on APP, you will hear the watch ring.

17.Motion	18.Tools	19.Practical functions
1. Flip to mute alarm	1. Timer	1.Air pressure
2. Wake-up gesture	2. Stopwatch	2.Altitude
3. Shaking switch main menu	3. Calculator	3.Compass（can be calibrated)
4. Shake to answer the call		4.Weather
		5.Calendar

20.Low power mode
1.It will enter low power mode automatically when the power is lower than 10%.
2.You can enter low power mode manually by quick switch interface.
(In this mode, the bluetooth function is turned off and only the time display, alarm clock, steps and sleep recording are supported.)

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The Specification

Wristband length	271mm (including watch body)
Wristband width	22mm
Weight	66g
Battery	320mAh Poly–Li
Display	1.3 inch
Operating	Touch Screen
Bluetooth	3.0 & 4.0
Waterproof level	IP67 (For daily waterproof only.You can wear it when you are washing your hands or raining day. Do not wear it when washing cars, swimming, diving, scuba diving, or showering).

Continuously

Heart-rate signal missing
M5/M5S monitor your heart rate continuously while you're exercising and throughout the day. Occasionally the heart rate tracker may have difficulty in finding a good signal.
If you're not getting a heart rate signal, first make sure you're wearing your watch correctly, either moving it higher or lower on your wrist or tightening or loosening the band.
After adjustment,turn on real-time heart ratre monitoring to get the data.

Bluetooth issue
iOS phone
If the phone cannot be paired with the watch, check if there is an M5/M5S signal in "Settings"—"Bluetooth". If yes,

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it means there is no problem with the Bluetooth signal. Please check whether the watch has been paired with other phones and unbind it. iOS users also need to go to "Settings" - "Bluetooth" - "Forget the device" on the phone, then pair again.

Android phone
Android users, if you bind the device with the app, and you find the device is disconnected with the phone or can not receive the notification alert after you keep the app in the background for a period of time or after lock the screen, please check if you use a security management software to prohibit the app running in the background. Please make sure that you allow the app running in the background even after lock the screen in order to avoid affecting your experience.

About GPS:
If you want to open GPS please far away high building and trees,which will block satellite,With Bluetooth connected with APP will help find GPS satellites fast.

Exemption Clause

1. The Heart Rate data output by M5/M5S is not intended to be a medical or diagnostic basis.
2. Self-diagnosis and self-treatment are dangerous, only qualified physicians are allowed to diagnose and treat high blood pressure or any other heart diseases. Please contact your physician or more professional diagnostic opinions.
3. The data and information of heart rate provided by M5/M5S may not be completely accurate and may exceed the tolerance as per the specification stated in the document due to different factors, such as interference with signal from external sources, incorrect wearing position and changes in weather conditions or user's body condition.

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