

# Smart ECG temperature watch

## User Guide



Thanksgiving, I met you in the years like songs. Thank you for choosing this smart watch. This watch will provide higher help and enjoyment for your exercise and health. For your convenience, please read the instructions carefully and follow the steps in the instructions.

### Blood oxygen interface

Switch to the blood oxygen test interface to enter the blood oxygen real-time detection and measurement data. It can be updated to the APP synchronously, and there is a test report.



### Respiration rate interface

Switch to the respiratory rate test interface to enter real-time detection and monitoring of respiratory rate. The data can be updated to the APP synchronously, and there is a test report.



### Sport mode

Click on the sport mode interface to enter the sport mode. There are multiple sport modes to choose from. Click the exercise icon to enter the corresponding exercise mode detection. Swipe up and down to switch sports Mode, click to start calculation, swipe right to exit the current sport mode.



### Weather information

The weather page displays current weather, air quality information, and tomorrow Condition. Weather information needs to be connected to the smart phone before data can be obtained. If you disconnect for a long time, the weather information will not be updated.



**Note:** Phone settings need to be turned on for positioning

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### Sleep monitoring function

When you fall asleep, your watch automatically determines that you're in sleep detection mode, automatically detects how long you've been asleep/light sleeping/sleeping all night, calculates the quality of your sleep, and updates your sleep data to the APP synchronously.

**Note:** Wear your watch to sleep before you have sleep data.



### Stopwatch

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



### camera

In the connected state, tap the camera to remotely take pictures with the mobile phone. Click to take a photo and swipe right to exit.



### information

Click on the message to view the content of the message, scroll up and down to turn pages. Swipe right to exit.

### About

Click the about icon to display the device model name and last four digits of the Bluetooth name

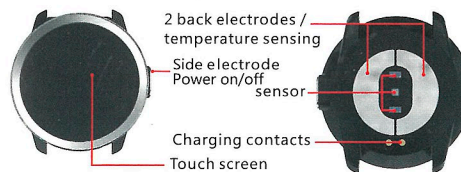
### brightness

Click the brightness icon to freely select the screen brightness.

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## Watch quick instructions

### Parts introduction



Long press the side button to turn on the watch

### Instruction for Charging

It needs to be charged and activated before using the watch for the first time. Use the equipped magnetic charging cable to attach to your hand. The metal point on the back of the watch, the other end of the charging cable Connect to USB charging head or computer USB



### Install watch APP

Scan the QR code or enter the major application markets Download and install "SmartHealth"



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### Raise your wrist

Tap the wrist lift icon to enter, you can choose to open or close the wrist lift.

### Reset

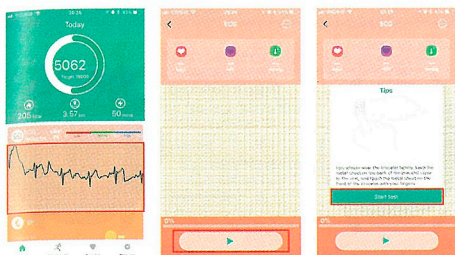
Click the reset icon to enter, you can restore the factory settings of the watch.

### Shutdown

Click the shutdown icon to enter, you can shutdown.

### Other feature reminders.

The reminder function needs to set the on reminder switch on the APP side and keep the phone and watch connected successfully in Bluetooth to the message is a vibration reminder.



### Precautions

1. Do not use an adapter with a current over 2A. Charging time is around 2~3 hours
2. Do not charge after the device was water damaged
3. This is an electronic monitoring product, data received from it cannot be used as medical basis.
4. Blood pressure testing tip:
  - a) Keep your body relaxed and still while testing.
  - b) Keep device at the same height as your heart, and don't talk while you are testing



### ECG detection

Detect ECG by clicking "start" on APP. It will enter automatic detection mode after starting. Press your finger against the side electrode of the bracelet, please do not move your finger and stand still.

Device requirements: iOS 9.0 and above; Android 4.4 and above, Bluetooth 4.0 is supported.

1. Open the mobile client to set up personal information
2. Switch to the "Device" page and click on the binding device
3. Click on your device in the list of scanned devices
4. Binding completed

### Main function interface

#### Main interface/dial

On the main interface, long press the touch screen or in the APP menu, click "theme selection" to enter Switch the main interface/dial. The dial has 5 styles.



On the main interface, press the side button or swipe up to enter the function page, and then press the side button or Swipe down to return to the main interface.



### Pedometer/Distance/Calories

View steps, distance, calories burn in real time. It can synchronize apps in time to view motion data.



### Body temperature

Switch to the temperature test interface to enter the real-time temperature detection, the monitoring data can be updated to the APP synchronously, and there is a test report.

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



### Heart rate monitoring

Switch to the heart rate monitor interface, Heart rate monitoring, in real-time. The measurement data can be synchronized with the APP in real time with a test report.



### ECG

Long press the side electrode on the ECG test interface, the three electrodes are in full contact Skin, test, test report needs to be viewed in APP.



### Blood pressure monitoring

Switch to the blood pressure monitor interface, to enter real-time monitoring. The measurement data can be synchronized with the APP in real time with a test report.

**Note:** When measuring blood pressure, please measure by the correct posture. The test result is for reference only, Cannot be used as medical data.



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