

English ----- 1

Deutsch ----- 8

Россия ----- 15

にほん ----- 22

Español ----- 29

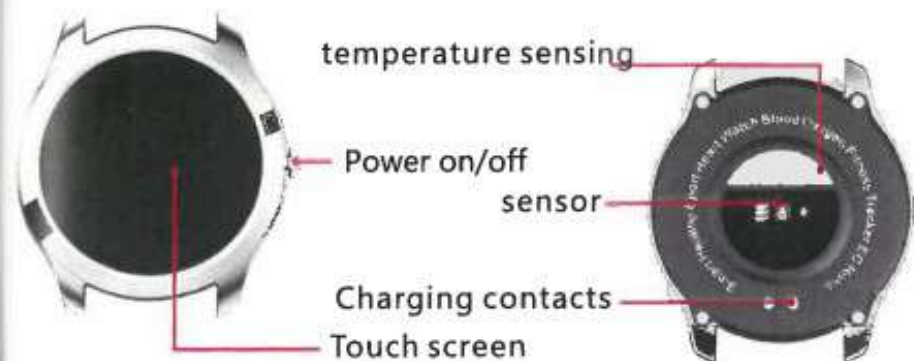
Français ----- 36

Italiano ----- 43

中文 ----- 50

## 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"



1 English

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

Open the mobile client to set up personal information

Switch to the "Device" page and click on the binding device

Click on your device in the list of scanned devices

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.



Press the side button or slide left and right on the main interface to enter the function page, and then press the side button to return to the main interface



## 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



## 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.



## 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.



## Pedometer/Distance/Calories

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



## Set up the



### 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 open or close the wrist lift.

### Qr code

Click the QR code to enter, and scan the QR code on your phone to download the watch APP

### About

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

### 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.

### information

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

### 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

