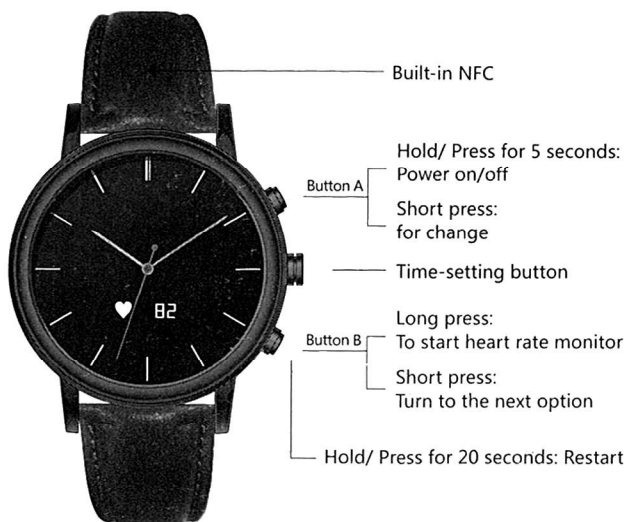


Smart heart rate quartz watch

User Manual

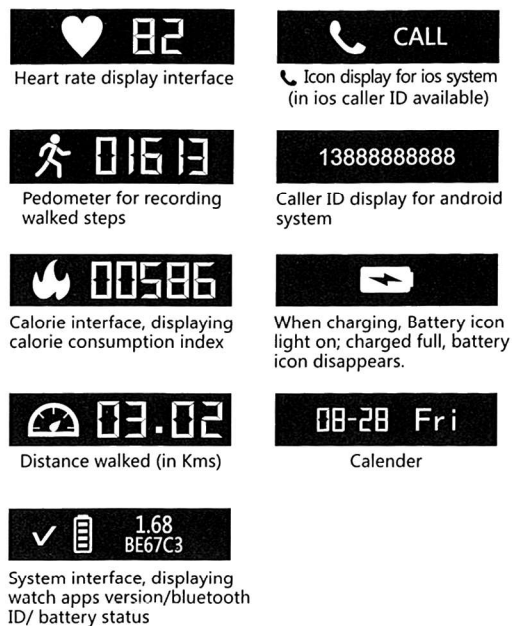


Buttons



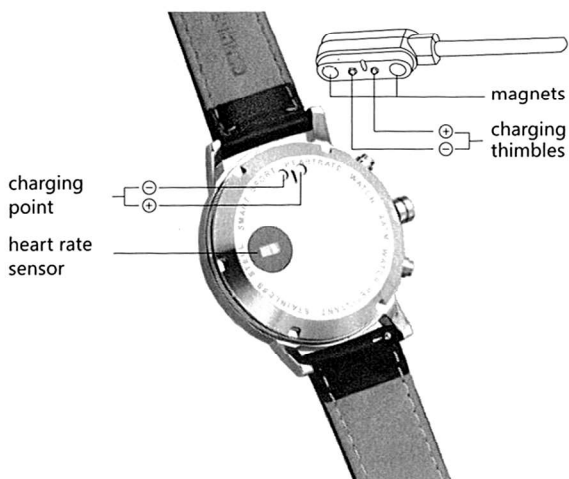
1

Functions



2

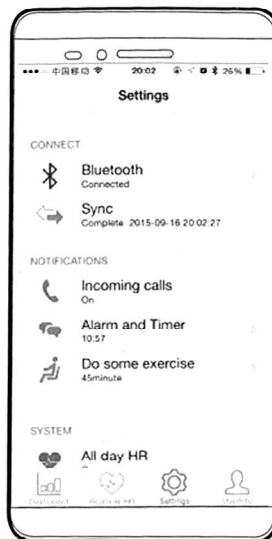
Quick charging



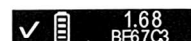
Put magnets into the charging point of the watch's caseba, quick charging is available.

3

Phone connection



First download Hplus watch APP
Then click HPlus watch menu >> settings >> Bluetooth >> clicking the last four numbers displayed in the watch's system interface such as the picture shows 67C3
Bluetooth connected: ✓
Unconnected: X



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