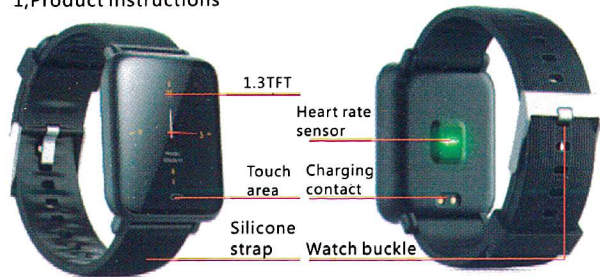


Z052 - AK-Q9 - English

ONE、Appearance description

1,Product instructions



2,Packing list

- ★ Wristband*1 ★ Packed Box*1 ★ Instruction Manual*1
- ★ Charging Clip*1 ★ Strap*2

3,Wristband battery parameters

- ★ Battery Type: Li-ion Polymer ★ Battery model: CH392121
- ★ Battery capacity: 180mAh ★ Charging voltage:3.7V
- ★ Charging current: 36mA

TWO,Wristband function introduction

- 1. Main interface/Dial**
Long press the touch area in the main interface can be directly switched
The dial has 3 styles, sports / fashion / minimalist.
- 2. Pedometer/distance/calories**
View the number of walking steps at any time during the day, walking
The distance and consumption of calories.
Synchronize apps in time to view motion data.
- 3. Heart rate monitoring**
Switch to heart rate test interface to enter real-time monitoring of heart rate,
Measurement data can be synchronized to the APP in time, and there is a test report.

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- 4. Blood pressure monitoring**
Switch to blood pressure test interface to enter real-time monitoring of blood pressure.Measurement data can be synchronized to the APP in time, and there is a test report.
Note: When measuring blood pressure, please measure according to the correct posture. The test result is for reference only.Cannot be used as medical data.
- 5. Sleep monitoring**
Wearing a bracelet to sleep, you can monitor the length of sleep, as well as deep sleep and light sleep. According to the data, you can adjust your own sleep status and increase your health index.
- 6. Kinds of sports modes**
Long press to enter sports mode monitoring
Running, cycling, hiking, walking
Long press the sport mode to enter, click to switch mode, long press to start calculation,Long press to stop.
- 7. Information reminder/push**
When new information is available, the device vibrates and display the message content.
The corresponding message shows the corresponding icon, and the information will retain the current 3 pieces of content.
- 8. Stopwatch**
Long press to enter the timer interface, click to start timing, click pause,Cycle in sequence, long press to exit
- 9. Find your phone**
When the Bluetooth connection between the phone and the wristband is normal, press and hold to find it.Phone will ring
- 10. Shutdown**
Press and enter to select whether to shut down.
Single switch, long press confirm, shutdown interface will show the Bluetooth model,Bracelet software version and Bluetooth code

Other function reminding (in the APP can set bright screen, vibration highlight screen and other reminder mode)

- incoming call**
When you call, you can check the name of the caller, etc.
In case of inconvenience, long press to hang up
- Drinking reminder**
You can set your own drinking frequency and time period alerts in the app.

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- Sedentary reminder**
Set the time period and sit tired Activities
- Remote control camera**
When the remote side opens the remote camera function, the wristband can display the camera icon. The wristband shakes and the phone automatically takes pictures.
- Alarm reminder**
Multiple sets of alarms can be set in the APP and the number of repeat days can be set.
- Find bracelet**
Open the APP and click on the device to find it.

THREE,The use of AP

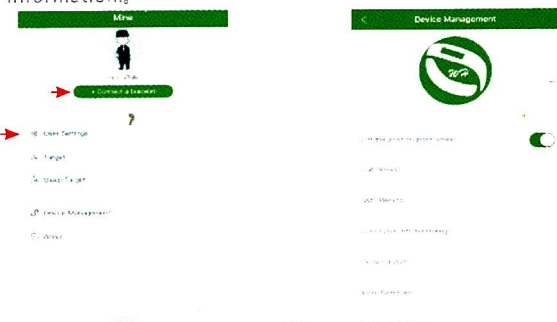
1. Choose different ways to download APP.



2,After the download is complete, new user registration or third-party login.

3,Begin to bind the bracelet, and fill in the wearer's personal information.

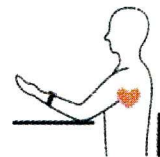
4,According to their own habits to start some of the opponent's ring settings.



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FOUR,Precautions

- Do not use a charger with a current greater than 5V2A.Charging time is 2-3 hours
- Do not charge if the device is water damaged
- This is an electronic monitoring product;date received from it cannot be used asmedical reference and is for reference only;
- Blood pressure testing tip:**
Keep your body relaxed and still while testing.
Keep device at the same height as where your heart is , and don't talk while you are testing



Note: The Company reserves the right to make changes to the contents of this manual without prior notice without notice.Part of the function and then the specific software version is different, as a normal situation.

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