QS13 smart watch

INSTRUCTIONS FOR QUICK USE

Download the APP by scanning the following QR code

APP:GloryFit

Or search in the Android or iOS app market for the APP: GloryFit.

ON / OFF

1. When the watch is off, charge it and then press and hold the power button for 3 seconds, the watch will vibrate when it turns on.

2. Switch to the power off interface in the startup state and press and hold the power off interface for about 3 seconds to power off.

WATCH FUNCTIONS

1. Slide to illuminate the screen or change the screen in the home state. 2.

2. The default screen sleep time is five seconds, users can connect to the mobile app to change the screen sleep time before the clock automatically turns off.

3. The factory default setting of the watch is to monitor heart rate for 24 hours. Users can turn this option on or off from the general settings in the mobile app interface.

HOW TO INSTALL THE APPLICATION

Scan the QR code or access the main app market to download and install gloryfit.

Minimum device requirements: iOS 9.0 or higher; Android 4.4 or higher, Bluetooth 5.3 compatible.

CONNECT TO THE DEVICE

Open the app, click on "Device" - "Add device" - "Select device", click on the corresponding model and follow the instructions to connect, approve all permissions requested to ensure proper performance of your smartwatch functions.

Bluetooth connection: after successful pairing, the APP will automatically save the Bluetooth address of the watch. When the APP is opened or operated in the background, it will automatically search for and connect to your smartwatch.

Data synchronization: manually refresh on the main page of the APP to synchronize the data; the watch can save the offline date of 7 days. The longer the data, the longer the synchronization time. It will take no more than 2 seconds to synchronize the data. After synchronization, the message "Synchronization completed" will appear.

Synchronized contacts: Log in to the Bluetooth terminal from the cell phone and open the synchronized contacts.

MAIN FUNCTION INTERFACE

MAIN INTERFACE

Main interface: The smartwatch has 5 main interfaces. In the main interface, press and hold for two seconds. After it vibrates, you can switch the dial from left to right. After pairing and connecting the app for the first time, the watch will sync the phone's time and date. Enter custom home page: enter "Market Settings" in the APPLICATION to select different style home page.

BLUETOOTH CALLS

You can make or answer calls directly on the watch; the watch and cell phone will dial in real time.

VOICE ASSISTANT

Once the watch is successfully paired with the cell phone, the watch can conduct voice conversations with the voice assistant on your cell phone.

MESSAGE

Swipe up on the main interface to view the information. The watch can save the 8 most recent messages through the APP (if there is no message, it will stop in the message interface), slide right to exit and return to the top interface, automatically delete the information already seen, there are all the delete options at the bottom, slide down to return to the interface.

BODY TEMPERATURE

Switch to body temperature interface and start to measure body temperature automatically. The automatic interval measurement can be set in the application, the default value of 37.3 °C (is the alarm threshold); the alarm threshold can also be set in the application.

TRAINING

Click to enter the sports interface, select a specific sports item, click to start monitoring after three seconds, press the top corner button or scroll right to pause, click " ∎ " to finish.

STATUS

Switch to the status interface to view the current step count, distance and calorie status. Distance and calories are calculated and displayed based on the current steps, personal height and weight set by the user in the APP.

HEART RATE

Switch to the heart rate interface and start detecting heart rate automatically. Select from the menu if you want to measure again.

BLOOD PRESSURE

Switch to the blood pressure interface to start automatic blood pressure measurement, choose the option in the menu to measure again.

BLOOD OXYGEN

Switch to the blood oxygen interface to start the automatic blood oxygen measurement and select to measure again.

BLOOD SUGAR

Switch to the blood glucose interface and click to start detecting blood glucose values.

SLEEP

Switch to the sleep interface, you can check the sleep quality of the previous night.

WEATHER

Switch to the weather interface, you can view the weather and temperature conditions.

MUSIC

With watch and phone connected, enter the music player on the cell phone and control from the watch by pressing the play button to play music, pause, previous song, next song.

ALARM CLOCK

Enter alarm clock interface, you can add or delete alarm clocks and can set up to 8 groups of alarm clocks.

BREATHING RHYTHM

Enter breath test interface, start to measure breathing rate automatically, change the menu to measure again.

BREATH TRAINING

Enter the breathing training function and follow the animation for breathing rate training.

PHYSIOLOGICAL CYCLE

This function will only be enabled when users are logged in. Go to the application and click to enter the "biological cycle", click the reminder switch on the device, set the personal physiological cycle status and you can see it on the watch.

MORE...

Stopwatch: click to start timing, slide right to return to the previous interface when stop timing.

Timer: switch to the timer interface, you can choose to set the time or add a custom time.

Find a cell phone: switch to the search interface, click to find a cell phone in the connected state, and the phone will send a ringtone to remind you.

Flashlight: click in and out to turn on the flashlight, slide right to exit and turn it off.

CONFIGURE

The configuration includes:

1. Dial and subject.

2. Brightness adjustment.

3. Sound and vibration.

4. Password.

5. Raise your hand to illuminate the screen.

6. Do not disturb mode.

7. Language setting.

8. QR code

9. System menu.

10. About

■ PRECAUTIONS

- Do not expose your watch to shock or exposure to high temperatures and scorching sun for a long period of time.
- Do not disassemble, repair or make unauthorized changes to the device.
- The device must use 5V 500MA adapters for charging, it is forbidden to charge with an overvoltage power supply.
- It must be used within a temperature range of 0 degrees - 45 degrees. It is forbidden to throw into fire, avoiding explosion.
- Avoid charging if your watch is wet or sweaty, charge only after drying the charging connectors with a soft cloth; otherwise, the charging contact points may corrode, resulting in charging failure.
- Do not allow the watch to come into contact with chemicals such as gasoline, cleaning solvent, propanol, alcohol or insect repellent.
- Do not use the product in high voltage or high magnetic environments.
- In case of sensitive or dry skin; wearing too tight might feel uncomfortable, adjust the watch band properly comfortably.
- Please do not take a hot bath or enter a sauna wearing the watch.
- Please dry the sweat on your wrist in a timely manner to avoid skin itching or allergy due to prolonged contact with soap, sweat, allergens or contaminated ingredients.
- In case of frequent use, weekly cleaning is suggested. Wipe with a damp cloth and remove oil or dust with a little neutral soap.