





4. After the binding is successful, start to set the functions of the watch in the APP according to your habits If there is no sound when talking or playing music, please turn on the audio button in "Settings" - "Sound and Vibration" at the watch end.





1.Main interface/dial
Long press the main interface for 3 seconds to switch the dial.
2.Motion state
Record the current steps, distance and calories in real time.
3.Temperature monitoring
The current body temperature can be measured in time and uploaded to the APp for recording.

4.Heart rate monitoring
Switch to the heart rate monitoring interface, start to automatically measure the current index of heart rate, and slide to exit the measurement. Real time heart rate measurement can be turned on or offin APp settings.

5.Blood oxygen satuation monitoring
Enter the blood oxygen satuation interface to start the measurement, and the vibration indicates that the measurement is completed.

**6.Blood pressure monitoring**The current high voltage and low voltage can be measured in time and synchronized to the APP.
(Please note that this function is not enabled in some versions) 7.Sleep monitoring
Switch the sleep monitoring interface to view the sleep situation last night.When wearing a watch to sleep, the watch will.Automatic monitoring of deep sleep, shallow sleep, awake, total duration. 8.Weather forecast
After successfulAPp connection, you can view the weather conditions of the current day and recent days.

9.Information reminder
The watch saves the last 8 information prompts. click to view the contents,or click to clear the information 10.100+Sport mode
Click the sport mode to enter the sport list, click the selected sport mode to start calculation, and slide to the rightPause, stop, or continue. 11.Voice Assistant
Click the voice assistant and speak to the watch to control the phone to achieve the goal.

12.Bluetooth calling
The watch dials directly and can store 100 phone numbers. The watch has recent call records. 13.Find your phone
Click Search,and the phone will sound a reminder.
(The audio button on the watch should be turned off) 14.Music control
Clickthe music controlto pause/play, the previous song, the next song, and the volume adjustment. 15.Remote control photography
Click the watch to control your phone to take photos. **16.Game**Built in entertainment games.

17.Respiratory training
Time and frequency can be set to achieve the purpose of training your breathing effect. Other functions of the watch:

Do Not Disturb Mode/stopwatch/Countdown/Flashlight/Calculator/
Female Physiological Cycle/Call Reminder/Message Reminder/
Alarm clock reminder/long sitting reminder/
goal achievement reminder.

Matters needing attention

 Please avoid strongimpact, high temperature and exposure to the sun. 2. Do not disassemble, repair or modify the machine by yourself. 3. This machine can be charged with 5V 500MA--5V 2A charger.It is strictly prohibited to use the over-voltage load power supply for charging. 4.It is prohibited to charge when there is water stain. This productis an electronic consumption monitoring product and is not used for medical purposes.
 The measured data are for reference only.

Notice:
The company reserves the right to modify the contents of this manual without any notice. It is normal that some functions are different in specific software versions.

Warning:
Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE:
This device complies with part 15 of the FCC Rules.
Operation is subject to the following two conditions: (1)
This device may not cause harmful interference, and (2)
this device must accept any interference received,
including interference that may cause undesired operation

FCC Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

—Reorient or relocate the receiving antenna.
—Increase the separation between the equipment and receiver.

—Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
—Consult the dealer or an experienced radio/TV technician for help.