



RG P22B TouchTime Square SmartWatch Instruction Manual

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RG P22B TouchTime Square SmartWatch

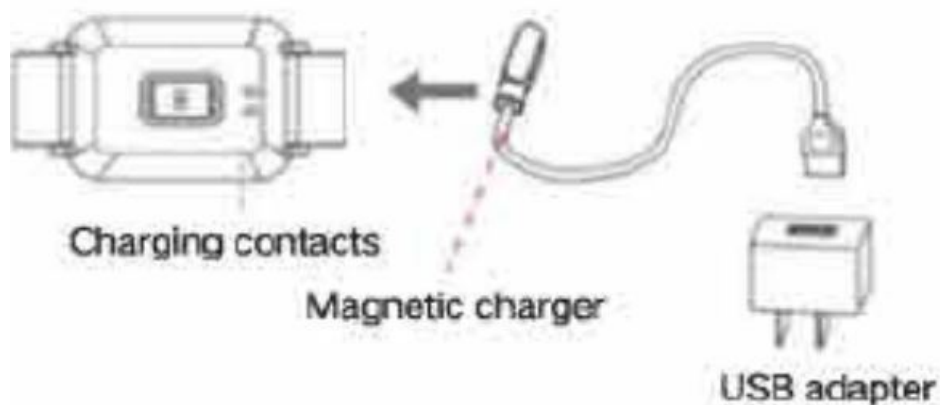


Product Identification



Charging

1. It is recommended to fully charge the watch before use.
2. Match the charging clip to the charging holes on the back of the watch and plug touch the other end into a USB charging port.
3. Do not charge with a power adapter whose output current exceeds 2A as it could burn out the watch circuit.
4. Follow the picture below for charging.



Watch App Installations

1. This is a wireless transmission product, and many functions need to be connected to a supporting APP before

they can be used

2. Scan the following QR Code to download the APP or search for “hero band III” in the APP store.
3. If your watch is not receiving reminders/message from the phone
 1. Make sure all relevant APPs have the alert switch on.
 2. Confirm in each individual APP that push notifications is selected.
 3. Make sure Bluetooth is on and the watch is paired.
 4. Settings >> Bluetooth >> Watch Device should show “Connected”



Binding Watch to Phone

1. Make sure Bluetooth is activated on your phone, then search for the watch in the list of available devices.
2. Click on add device to pair the watch to your phone's Bluetooth.
3. For Android Phones first, download the APP, then search for the watch in the APP on your phone to pair it.
Restart your phone's Bluetooth if it is not recognized at first.

App Operation instruction

◆ APP operation instructions

1. Enter the APP movement page and press your phone screen to pull down and refresh the bracelet data.



2. Click the steps, sleep and other blocks, and enter the analysis of the daily or recent exercise and sleep data.

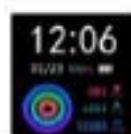


3. Click the exercise heart rate/blood pressure blocks to enter the data of the day or recent, or click the APP to measure the heart rate and blood pressure. The test data will be automatically saved to the phone.



Function

◆ Functions



Time Main Page:

Shows time, date, calories, etc.



Steps:

Records the current number of steps, calories and distance.



Sports:

The watch shows the most recent movement information such as motion mode, timed heart rate, etc.



Sleep:

If wearing while you sleep, the watch will record and show the total sleep time, as well as dividing it into deep sleep and light sleep. More detailed information can be found in the App.



Weather:

The weather page will display current weather, air quality information, and conditions for the next day. This function works only when connected to the App, the phone is using GPS positioning, and the App has permission to access the phone's location. If you disconnect or turn off your phone's GPS the weather information will not update.



Messages:

The watch can receive notification of a phone call, text messages, and other chat app communications. Last 3 messages can be viewed. These functions need to be selected in the Watch App and push notifications must be on for the individual communication Apps.



Blood oxygen: long press in the blood oxygen page can measure your current blood oxygen value. This page can display the data of the last 7 times blood oxygen tests. More detailed information analysis and data can be viewed in the APP synchronously.



Exercise: long press in the exercise page, the corresponding sports mode can be selected for measurement. This product supports 8 sports modes such as walking, running, cycling and jumping rope. The last exercise information can be displayed on the exercise page.



Heart rate: the length of the heart rate page in the hand ring can measure your current heart rate. The latest 7 heart rate measurements can be displayed on this page. More detailed information analysis and data record can be viewed in the APP synchronously.



Blood pressure: the blood pressure page of the bracelet can measure your current blood pressure. This page can display the latest 7 times blood pressure measurements. More detailed information analysis and data can be viewed in the APP synchronously.



Settings: on this page, long press to select other function settings, including stopwatch / mute / brightness adjustment / restore factory Settings / shutdown.



Stopwatch: the clock can be started with a long press on the stopwatch page. Long press again to end the time.



Take Photo control: after connecting to the APP, the bracelet can be used as the remote control of the phone camera. Open the camera on the phone, and long press the touch screen to take photos.



Music control: after connecting to the APP, the bracelet can control the play/pause/play of music player on the mobile phone. This function must open the mobile phone player before you can control on the smart bracelet.

Attention

- Do not charge near wet surfaces
- Do not wear the watch while bathing, showering, or swimming. Prolonged immersion in water is not recommended.
- Charge only with the enclosed charger.
- This watch does NOT replace any medical device and is not advertised as such. Official medical equipment used by trained personnel should be used in the process of diagnosis and treatment. Please consult a physician with any blood pressure issues and confirm readings with a certified medical device.

Documents / Resources



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