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NONGAMX ECG Smartwatch

NONGAMX ECG Smartwatch Health: User Manual

Model: ECG Smartwatch

Introduction

The NONGAMX ECG Smartwatch is a versatile fitness and health tracker designed for daily use. Featuring a 1.43-inch AMOLED display, it offers comprehensive health monitoring including ECG, HRV, heart rate, blood oxygen (SpO2), and sleep analysis. This smartwatch also supports Bluetooth calls, message notifications, and multiple sports modes, making it a complete companion for an active lifestyle. It is compatible with both Android and iOS devices.



Image: NONGAMX Smartwatch highlighting compatibility with sports and health features.

Setup

1. What's in the Box

- 1 x ECG Smartwatch
- 2 x Straps (one silicone, one leather)
- 1 x Charging Cable
- 1 x User Manual (French included)

2. Charging the Smartwatch

Before first use, fully charge the smartwatch using the provided charging cable. Connect the magnetic end of the cable to the charging points on the back of the watch and the USB end to a power adapter (not included). The watch display will indicate charging status.



Image: Smartwatch displaying battery capacity (260mAh) and estimated battery life (1-7 days use, 20 days standby).

3. App Installation

Download the companion application to your smartphone. The app is available for Android 5.0 or higher and iOS 10.0 or higher. Search for the app name (usually mentioned in the included manual or on the watch screen during initial setup) in your device's app store.

4. Device Pairing

Enable Bluetooth on your smartphone. Open the companion app and follow the on-screen instructions to pair your NONGAMX ECG Smartwatch via Bluetooth 5.3. Ensure the watch is close to your phone during the pairing process for a stable connection.

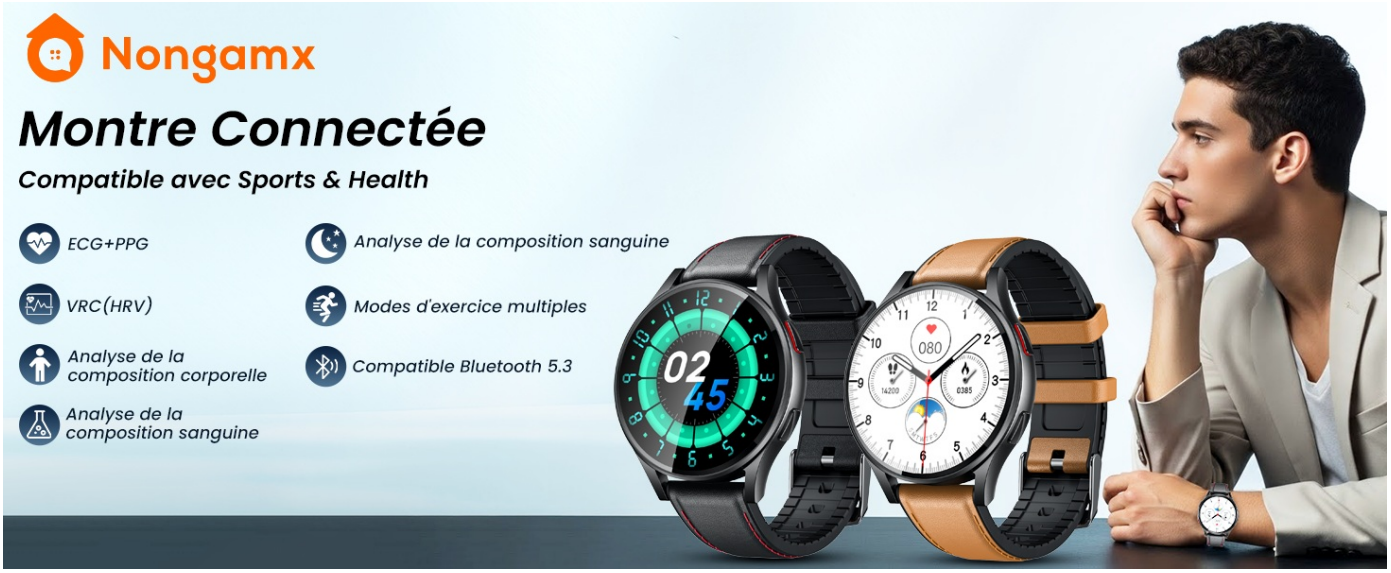


Image: Diagram illustrating the smartwatch's compatibility with various devices and health applications.

Operating Instructions

1. Display and Navigation

The smartwatch features a 1.43-inch HD AMOLED circular display with a resolution of 466x466 pixels, offering clear visuals and smooth touch operation. Navigate through menus by swiping across the screen. You can also activate the screen by rotating your wrist. The watch supports over 120 customizable watch faces, including DIY options.



Image: Close-up view of the smartwatch's 1.43-inch AMOLED screen, showcasing its clarity and resolution.

2. Call Function and Notifications

The smartwatch supports Bluetooth calls, allowing you to dial, answer, and view call history directly from your wrist. Synchronize your phone's address book with the watch for easy access to contacts. Receive real-time notifications for messages, social media alerts (e.g., Facebook, Twitter, WhatsApp), and other app alerts directly on your smartwatch.



Image: Smartwatch showing incoming call and message notifications, demonstrating its communication features.



Image: Smartwatch highlighting Bluetooth 5.3 connectivity for clear calls and real-time social media notifications.

3. Voice Assistant

Activate the intelligent voice assistant by tapping the voice function on the screen. Use voice commands for quick calls, weather inquiries, and more.



Image: Smartwatch demonstrating the intelligent voice assistant feature, showing voice command prompts.

4. Health Monitoring

The NONGAMX ECG Smartwatch offers a range of health monitoring features. **Note: This product is not a professional medical device, and all test data is for reference only.**

- **ECG/HRV Measurement:** The smartwatch integrates ECG and PPG electrode types for health detection. To perform an ECG measurement, place your finger on the side electrode for approximately 40 seconds. The watch captures bioelectrical signals from your heart and generates an ECG report within 60 seconds. HRV (Heart Rate Variability) analysis helps understand your body's response to stress and recovery.



Image: Smartwatch displaying an ECG waveform and details, with a user performing the measurement.



Image: Demonstration of innovative ECG and PPG electrode technology with a mobile app interface for health monitoring.



Image: Smartwatch showing HRV analysis and body composition measurement results on its screen and a connected smartphone app.



Image: Smartwatch displaying blood composition analysis results on its screen and a connected smartphone app.

- **Heart Rate Monitoring:** The watch provides 24-hour real-time heart rate monitoring, helping you understand your

heart rate trends. You can set custom alert thresholds for high or low heart rates.



Image: Smartwatch displaying real-time heart rate monitoring with a graph of heart rate trends.

- **Blood Oxygen (SpO2) Monitoring:** Monitor your blood oxygen saturation levels. The watch can alert you if low blood oxygen levels are detected, especially during sleep.



Image: Smartwatch displaying blood oxygen saturation levels with a graph of SpO2 trends.

- **Blood Pressure Monitoring:** Measure your blood pressure at any time with a single button press. This allows you to track your health data and observe changes in your body.



Image: Smartwatch displaying blood pressure readings with a graph of blood pressure trends.

- **Sleep Tracking:** The smartwatch tracks your sleep patterns, recording sleep data to help you adjust your sleep habits. It can also be used as an alarm clock.
- **Body Composition Analysis:** Advanced sensors and algorithms allow for body composition analysis in under 10 seconds, tracking data such as muscle mass, body fat, and protein levels via the app.



Image: Smartphone displaying a fitness app interface with body composition analysis, alongside a smartwatch showing health metrics.

- **Blood Composition Analysis:** Analyze 5 major blood components: uric acid, total cholesterol, triglycerides, HDL, and LDL to help understand your blood health in real-time. Features an automatic monitoring mode for greater accuracy.
- **Other Health Features:** The watch also includes stress detection, body temperature measurement, and breathing training exercises.



Image: Smartwatch illustrating 24/7 health monitoring capabilities, including heart rate, blood pressure, and sleep tracking.

5. Activity Tracking

The smartwatch offers multiple sports modes, including basketball, cycling, fitness, golf, and various multi-sports. It tracks calories burned, steps taken (pedometer), and distance covered. Utilize the stopwatch and timer functions to enhance exercise efficiency.



Image: Smartwatch displaying multi-sport mode tracking, showing outdoor run data and various sport icons.



Image: Smartwatch showcasing multiple exercise modes, with a user running and the watch displaying workout data.

6. Additional Functions

- Flashlight
- Calculator
- 10 groups of Alarms
- Music Control
- Camera Control
- Weather Forecasts

Maintenance

1. Water Resistance

The NONGAMX ECG Smartwatch has an IP68 waterproof rating, making it resistant to splashes, rain, and sweat. It can withstand immersion up to 1 meter. It is suitable for daily use and sports activities like washing hands or being caught in the rain. However, it is not recommended for swimming, diving, or hot water activities.



Image: Smartwatch displayed against a background of water droplets, indicating its IP68 waterproof capability.

2. Cleaning

Regularly clean the watch and strap with a soft, dry cloth. Avoid using harsh chemicals or abrasive materials, which may damage the device.

3. Battery Care

The smartwatch is equipped with a 260mAh Lithium-ion battery. To prolong battery life, avoid extreme temperatures and fully charge the device before it completely drains. A full charge provides an average battery life of 1-7 days, depending on usage, with a standby time of approximately 20 days.

Troubleshooting

1. Connection Issues

If the watch fails to connect to the app, ensure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone, then try pairing again. Check if the app is updated to the latest version.

2. Inaccurate Readings

For health monitoring features, ensure the watch is worn snugly on your wrist and the sensors are clean. Remember that health data is for reference only and not for medical diagnosis.

3. Screen Unresponsive

If the screen is unresponsive, try restarting the watch. If the issue persists, ensure the battery is charged.

Specifications

Feature	Detail
Model Number	ECG Smartwatch
Operating System Compatibility	Android 5.0+ / iOS 10.0+
Bluetooth Version	5.3
Display	1.43-inch AMOLED, 466x466 resolution, Full Touch Screen
Battery Capacity	260mAh Lithium-ion
Battery Life (Typical Use)	1-7 days
Standby Time	Approx. 20 days
Water Resistance	IP68 (up to 1 meter)
Weight	36 Grams
Strap Material	Silicone, Leather
Strap Width	22 Millimeters
Health Features	ECG, HRV, BMI, MET, Heart Rate, SpO2, Blood Pressure, Sleep Tracking, Stress Detection, Body Temperature, Breathing Training, Blood Composition Analysis
Activity Modes	Multi-sport (Basketball, Cycling, Fitness, Golf, etc.)
GPS	No
Included Items	1 Smartwatch, 2 Straps, 1 Charging Cable, 1 User Manual

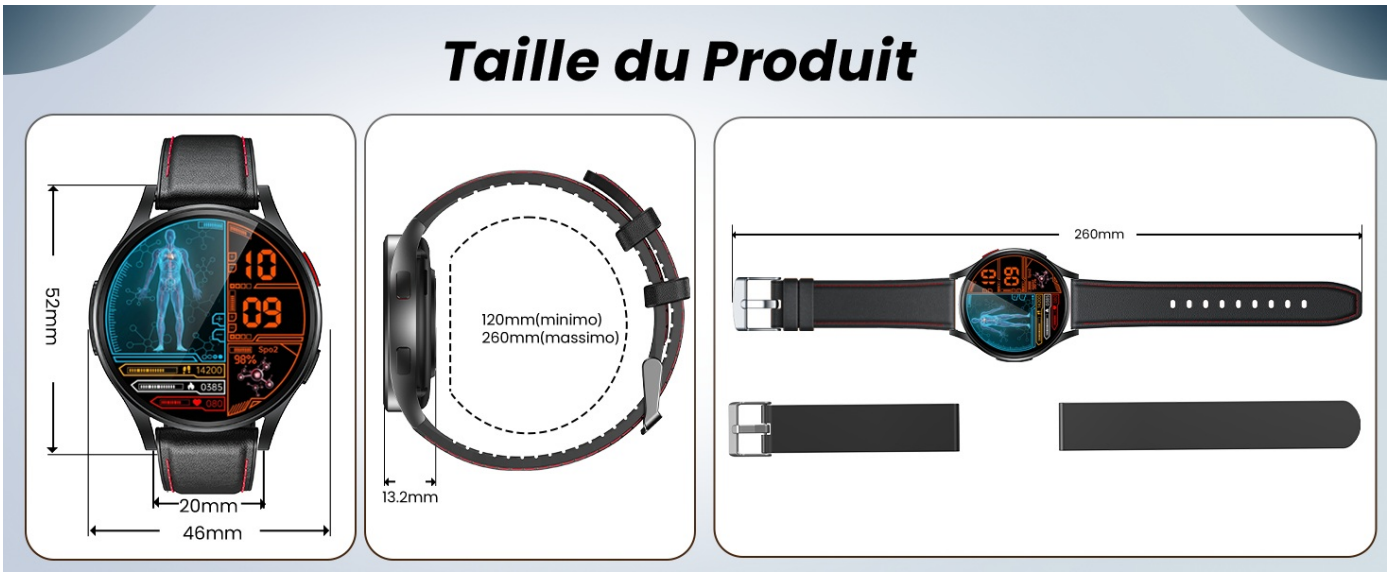


Image: Product size guide illustrating the dimensions of the smartwatch and its interchangeable straps.

Warranty

The NONGAMX ECG Smartwatch comes with a warranty as per local regulations. For specific warranty details, please refer to the purchase documentation provided with your product.

Support

The companion application for your smartwatch is free to use and does not require a subscription. For any questions, technical assistance, or suggestions regarding your NONGAMX ECG Smartwatch, please do not hesitate to contact customer support. You can typically find contact information through your purchase platform (e.g., "Search Orders" then "Contact Seller").

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