

Smart Watch Manual



APP download method

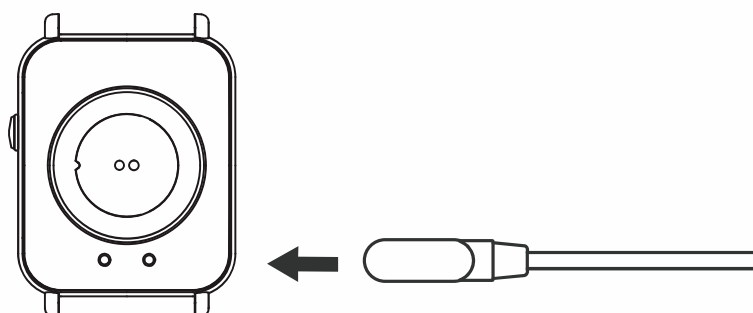
- Scan code: Scan the QR code to download and install the application
- Android: Search for "Keep Health" on Google Play to download and install the app
- Apple: Search for "Keep Health" through the App store to download and install the app



Note: Adapt to Android 5.0 or iOS 9.0 and above systems

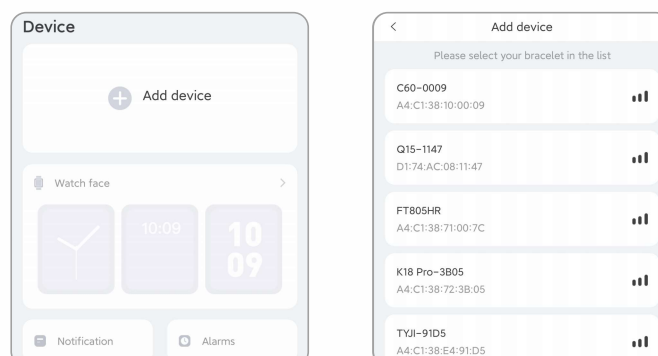
Preparation before use

For the first use, please press and hold the power button to turn it on. If it cannot be turned on, please charge the watch first.



Watch and APP connection

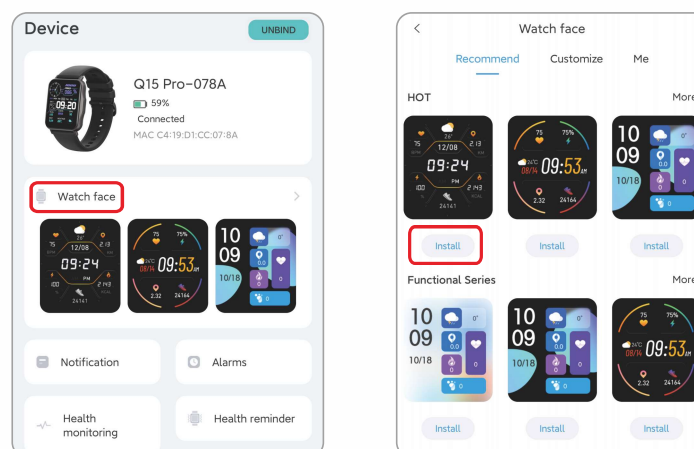
- Long press the power button to start, please make sure that the Bluetooth of the mobile phone is turned on (Android needs to turn on the GPS location permission)



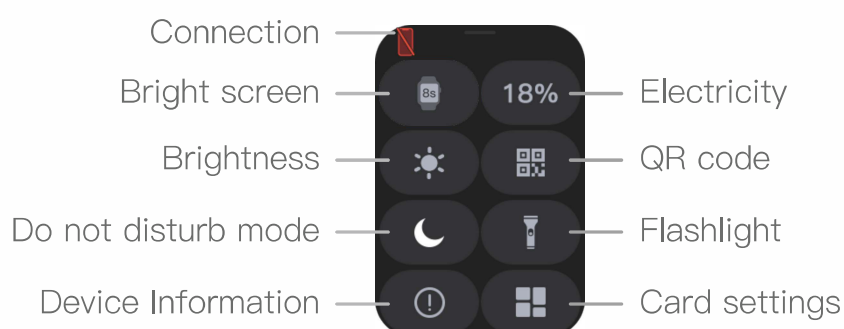
- Open the Keep Health APP on your mobile phone, follow the instructions on the guide page to complete the APP registration and settings, enter [Devices – Add Device], and select the Bluetooth name to connect to the APP.
- After the APP is successfully connected to the watch, it will automatically enter the homepage to synchronize data, and the watch will automatically synchronize the date, time, and language of the phone.

Watch function

- Power button: Press and hold the power button to power on/off. Short press the power button on the dialing interface to enter the menu list, and short press the power button on other application interfaces to return to the previous menu.
- Long press the main interface: enter the switch dials interface, swipe the screen to the left, and click the corresponding dials. The watch comes with 6 dials, and you can also enter the Keep Health APP [device interface -- dial center] to install more dials.



- Swipe up on the main interface: enter the shortcut menu settings.



- Swipe left or right on the dial interface: directly enter the application, and the card settings can be increased, decreased and adjusted according to personal usage habits.
- The dial interface slides down: Enter the information notification, the information notification can display the last 8 information prompts, click on a message, enter the information reading, or delete a single message.

Watch and APP connection



Activity record: Enter the activity record interface, swipe up to view detailed activity data, the red part indicates exercise consumption, the green part indicates exercise time, and the blue part indicates standing time.



Physical training: Enter the physical training interface, select the corresponding exercise mode to start training, and the exercise interface will display information such as exercise time, consumption, and heart rate. Swipe to the right on the exercise interface, you can choose to pause or exit the exercise. Swipe left on the motion interface to enter the music control interface.



Heart Rate/Temperature/Blood Oxygen: Click the icon to enter the measurement. When measuring, the heart rate sensor or electrode sensor on the back of the device needs to be attached to the wrist for comfort, to keep the mind relaxed and the body still. Measurement time is between 10–40 seconds. Automatic monitoring can be turned on or off on the APP side (automatic monitoring time is automatically measured every 15 minutes).



MET(Metabolic Equivalent of Energy): Enter the MET interface, you can view the MET records for the past week. MET refers to the energy metabolism equivalent, which is a common indicator of the relative energy metabolism level during various activities based on the energy consumption when resting and sitting.



Sleep: Enter the sleep interface, the watch will display yesterday's sleep duration, deep sleep, and light sleep duration (you need to wear the watch to fall asleep to have a record)



Weather: Enter the weather interface to display the weather conditions of the current day and the next 2 days. After the watch is connected to the APP, it will automatically synchronize the real-time weather forecast.



Alarm clock: Enter the alarm clock interface, you can choose to add or edit the alarm clock, until the watch vibrates to remind you.



Breathing: Enter the breathing interface, and then click [Start] to start breathing training. Inhale and exhale according to the prompts to adjust the breathing rhythm.



Music: After the watch is connected to the APP, turn on the music control switch in the APP and select the music player of the mobile phone (just turn on the switch for IOS) to open the music control interface on the watch side and control the music play, pause, previous and next music of the mobile phone. One song, volume.



Calculator: Enter the calculator interface to perform simple addition, subtraction, multiplication and division operations.



Stopwatch: Enter the stopwatch interface, you can "start/stop" the stopwatch timing, click "restore" to reset.



Timer: Enter the timer interface, select the corresponding duration to start the countdown, or swipe up to select a custom timer.



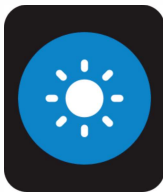
Settings: Enter watch settings.



Settings–General: About this machine, restart, shut down, restore factory settings.



Settings–Do not disturb mode: Divided into all day open and timed open, timed open can set the start time and end time. During the Do Not Disturb mode, notifications other than the alarm clock will be blocked and the wrist will be woken up.



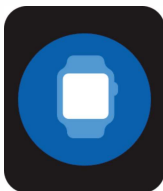
Settings–Brightness: Adjust the brightness of the watch screen. The higher the brightness, the longer the watch is used.



Settings–battery: remaining battery display, power saving mode. The power saving mode only displays the current time and turns off all other functions to extend battery life. To exit the power saving mode, long press the side button.



Settings–card settings: you can increase, decrease and adjust the application order according to personal usage habits.



Settings–Wake up the screen: Wake up when you raise your wrist On/Off and choose the screen duration after waking up.



Setting–measurement unit: Metric and British system selection, temperature Celsius and Fahrenheit selection.



Settings – dial switch: The watch comes with 6 dial options, if you need more dials, you can download them on the Keep Health APP.

APP operation instructions

• APP–Home page

The home page displays information, including: Steps, consumption, distance, outdoor exercise, exercise record, temperature, heart rate, sleep, temperature, blood oxygen, water reminder, weight record, women's health, family health. You can also edit and hide the corresponding modules according to your own living habits.*Family is divided into "family account" and "person I care about". "Family account" can add multiple members to manage multiple member watches at close range, or invite guardians to jointly manage member watches. "People I care about" can remotely view family data by caring about others.

• APP–Device

The background settings of the device, including: Smart watch and APP binding and unbinding, APP running settings in the background of the mobile phone, message notification, device settings, dial center, target setting, heart rate timing detection, temperature timing detection, wrist turning screen, drinking water reminder, women's health, search Bracelet, music control, camera control, firmware version, factory reset.

• APP–Mine

Account related viewing and setting, including: Personal information, system settings, frequently asked questions, problem feedback, about us.

Devices care

Do not scratch the display and sensor of the watch, and protect it from damage. Use a damp cloth to wipe the surface of the watch, and use mild soap and water to remove oil or dust. Avoid your watch from being exposed to strong shocks and extreme high temperature exposure. The lens and the case are waterproof when they are intact. After violent disassembly and assembly, the waterproof performance will be affected. Do not soak the watch in hot water, sea water, or chemical solution. Please use the original charging cable to charge the watch.

Note: This equipment is not a medical device. The data and information provided are for reference only.