

CARNEO®
EVERY MOMENT COUNTS

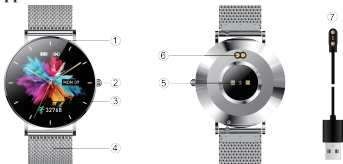
User manual



Phoenix HR+

Please read the instructions carefully
and keep it safe.

I. Appearance Instructions



- ① Watch case ② Power button ③ Touch display
 ④ Watch strap ⑤ Sensor ⑥ Charging contact ⑦ Charging line

II. Download and Install APP and Match

1. Long press the power button to power on; please make sure that the battery is full for the first time. If the battery is low, it cannot be powered on normally.

2. Use the mobile phone to scan the QR code on the right to download and install the APP;

Or search for “CARNEO FIT” in Apple Store/Android App Market to download and install.



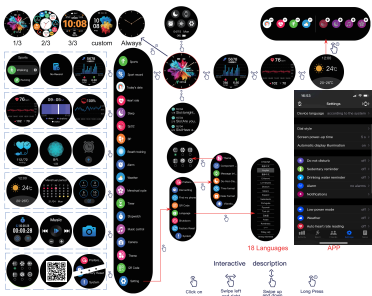
Compatible systems: Android 5.0 and above, Bluetooth 4.0 mobile phone; Iphone iOS 13.0 and above

When installing APP, please pass all permissions, otherwise it will not work normally.

3. Turn on the mobile APP, make sure Bluetooth and GPS are turned on, and search for the device to be bound.

III. Operational Instructions

1. Power on: long press the power button for 3 seconds to power on, and then enter the time interface
2. Power off: In the time interface state, long press the power button for 3 seconds to enter the power-off interface, and then long press the power button or the screen to confirm the power-off.
3. Brighten screen: Press the power button to brighten screen, or rotate wrist in the APP settings, so that the wrist is rotated to brighten screen.



IV. Main Functions Instructions

1. **Time Interface:** 1 custom dial (select your favorite picture as the background in the “custom interface” on the APP) + 1 fixed dials + 2APP push dials (select your favorite dial in the “Dial Market” on the APP for replacement); Long press on the dial interface to switch the dial.

* Under strong light, please select the appropriate dial and screen brightness.

2. **Language Settings:** After the watch is connected to the mobile

phone APP, it will automatically synchronize the mobile phone language. If necessary, it can also set the language on the watch, and currently.

3. Step-counting: Record the number of steps, sports mileage and heat consumed on the day, and synchronize the data with app;

4. Sleep: Automatically detect sleep time and status from 10: 00 pm to 8: 00 am, and synchronize data with app. It can detect data only by wearing a wristband to sleep;

5. Heart Rate Measurement: Click the wristband heart rate interface to “Start Measuring”; Measure the heart rate all day: Turn on “Heart Rate Timing Measurement” in APP “Device Management”;

6.Sports:After Bluetooth successfully connects with the mobile phone App, the data will be synchronized to the APP; Click “Start Measuring” on the sports interface to select the sports mode you need, and enter the sports mode interface, the sports data will be displayed: mileage/consumption/heart rate, and swipe the screen to the right to exit the sports mode.

7. Blood Pressure Measurement: Enter the blood pressure measurement interface, please keep your body relaxed during the measurement, and the blood pressure value will be displayed after 30 seconds;




8. Blood Oxygen Measurement: Enter the blood oxygen measurement interface, please keep your body relaxed during the measurement, and the blood oxygen saturation will be displayed after 30 seconds;

9. Female Physiological Cycle: For female users, each stage of their physiological cycle will be recorded;

10. Reminder Settings: Turn on the App, set “Alarm Clock Reminder”, “Drinking Water Reminder”, Excessive Sitting Reminder, Message Reminder, Call Reminder and Social Software Reminder (QQ, WeChat, Twitter, Facebook, Whatsapp, etc.)in the interface of “Device Management”-“Reminder Settings”.

11. Remote Control Photographing: Android: The system turns on the mobile phone APP, and the watch enters the remote control photographing function and clicks “Start Photographing” to complete the photographing; IOS: enter the “Photographing

Control” on the watch, turn on the camera on the mobile phone, and click “Start Photographing” to complete the photographing.

12. Music Control: Keep the connection between the watch and the mobile phone APP, enter the watch music menu, and click Play to successfully play the music in the mobile phone; Click  to pause or resume, click  to play the previous song, click  to play the next song)

13. Find Mobile Phone: Click “Find mobile phone” in the drop-down shortcut menu of watch, and the mobile phone will vibrate within the connection range, which is easy to find mobile phone.

14. Do Not Disturb Mode: Click “Do Not Disturb Mode” in the drop-down shortcut menu of watch, and it will not receive any vibration reminder from mobile phone.

15. Brightness Adjustment: Click “Brightness Adjustment” in the drop-down shortcut menu of watch to adjust the brightness of watch’s display screen according to the environment.

16. Stopwatch: It can realize the stopwatch function.

17. Factory Data Reset: Factory data can be reset in the settings menu of watch.

18. Breathing training: users adjust their breathing state according to the selected rhythm.

V. Precautions

1. Connecting Bluetooth:

1.1 Please ensure that Bluetooth and GPS of mobile phone are turned on and watch is turned on;

1.2 When searching for Bluetooth, please ensure that the watch has not been bound by other accounts;

1.3 When searching for Bluetooth, try to keep the watch and mobile phone within a closer distance.

2. If other software such as mobile manager is installed in the user’s mobile phone, in order to ensure the normal operation of background APP, please turn on the push notification and allow the background operation permission on the mobile phone, otherwise the notification cannot be pushed.

3. Charging requirements: use the charger with the specification of 5V 0.5~1A for charging. Please use a dedicated charging line for

charging. After charging, unplug the data cable from the charger to avoid short-circuit hazard caused by adsorption on metal. If you don't use it for a long time, please turn it off and recharge it once every month.

Appendix

Basic parameter

Master control chip	RTL8762
Data transmission	BLE 5.0
Battery type	Polymer lithium battery
Battery capacity	185mAh
Charging voltage	5.0V
Working temperature	-5~45
Waterproof	IP67

Disclaime

Warning: This product is not a medical device, and the wristband and its application shall not be used for diagnosis, treatment or prevention of diseases and symptoms. If you want to change the habits of sports, sleep, etc., please consult qualified professional medical personnel first to avoid major casualty. Our company reserves the right to modify and improve any function described in this instruction without prior notice. Meanwhile, our company reserves the right to constantly update the product contents, and all contents shall be subject to the material objects.

Declaration of conformity:

This fy. TRUST system s.r.o., ID No.: 36249343, Jiráskova 19, 91702 Trnava, declares that the CARNEO Phoenix HR+ radio equipment type complies with Directive 2014/53/EU, 2014/30/EU, 2014/35/EU and 2011/65/EU. The full text of the Declaration of Conformity is available on the website.

www.carneo.sk

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