The connection between the watch and the mobile phone:

Firstly, the mobile phone needs to download the APP and install it on the phone in two ways.
1. IOS/Android mobile users: Scan the QR code on the watch or the QR code on the built-in manual of the watch through the mobile browser, open the interface, select Android/i0S in the interface, and then use the mobile browser to open and download.

2. App Store on Android phones Google Play、 Search and download apps from various mobile app stores, and Apple phones can search and download apps from the App Store.
After the download is completed, there will be various permission reminders during the installation process. Click 'Agree' for all.

Open the phone settings, turn on the Bluetooth switch, and then open the app. There will be an enable notification prompt, click OK. Click on the device to enter the scanning device, search for the Bluetooth name of the watch, and click on the Bluetooth name to connect. Some Android phones require turning on the phone's GPS to search for Bluetooth names. The APP will calibrate the watch and automatically synchronize the time upon successful connection.

How to verify a successful Bluetooth connection:

When the status bar of the watch is pulled down and the Bluetooth of the watch is in color, it means that the Bluetooth connection is successful. When the Bluetooth logo color is gray, it means that the Bluetooth is not connected.

Common problems and simple solutions:

Due to the lack of uniformity in Bluetooth protocols among different mobile phone brands, there may be situations where the Bluetooth connection between the phone and the watch is unstable. You can turn off the phone's Bluetooth and reconnect it again, or restore the watch to factory settings.

How to set up email notifications:

Go to Settings - App Management on your phone, find the permission management app corresponding to your watch, and open it all. Go to the notification management again - find the app corresponding to the watch and open all permissions. Open the app corresponding to the watch - More - App Push - Enable background running permission, enter and select Unlimited. Return and you will be prompted to turn on the self startup again and enter the open mode. Return, select the app that synchronizes information notifications, such as QQ or WeChat, and choose to open it
Note: If the WeChat desktop version is online at the same time, the mobile end will not receive email notifications. Some mobile phones also need to add apps to the provincial electricity

whitelist to avoid the app being closed when the battery is low.

What if I don't receive notifications?

Firstly, the notification function of the watch only synchronizes with the notification function on the phone, such as sending notifications via phone, QQ, or WeChat. If your phone does not receive notifications, the watch will not receive them either. To do so, go to the phone settings - Notification function, find the corresponding app, and enable notifications.

Is the watch unable to turn on?

Please hold down the power button for more than 3 seconds; The battery may be too low, please charge it in a timely manner.

Bluetooth not connected or unable to connect?

Please try restarting the watch and reconnecting;
Please try restarting your phone's Bluetooth and connecting again; Do not connect your phone to other Bluetooth devices at the same time.

Is the measured data inaccurate?

Generally, when measuring, the sensor of the watch has poor contact with the human body, which may cause the sensor to have sufficient contact with the wrist during measurement; Please keep your body still and keep your watch close to your wrist during measurement; For people with darker skin color and more hair on their arms, please enable enhanced measurement in the App [Device>Enhanced Measurement].

Is sleep data not accurate enough?

Sleep monitoring simulates a person's natural state of falling asleep and waking up, and requires normal wearing; Sleeping too late or only wearing it when sleeping may result in errors; Do not monitor sleep data during the day, default sleep monitoring is from 9:30 pm to 12:00 noon the next day.
This application is not a medical device, and the data obtained during the use of this application is for reference only and should not be used for clinical diagnosis, medical research, diagnosis, or treatment purposes.

Mobile phone cannot connect headphones:

Both earphones need to be disconnected to unlock the phone as follows:
Continuously click on the touch point of the earphones 5 times (must be quickly clicked for the earphones to recognize whether it is unlocked), then re-enter the watch compartment and re pair automatically!