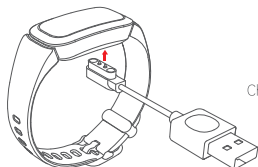# Quick Guide

EN **Quick guide**

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❶ Start using

1.1 Charging, power on/off

Please make sure the metal touch point of the cable is connected to the back side of the device correctly, there will be a Charging note on the screen once the device is connected to the power.

Charging method

⚠ **Notes:**

- Please use the standard cable for charging that content in the box, make sure the charger port is dry before charging;
- When not charging, please pull out the cable to avoid the fire caused by touching the metal object by mistake.

Power on: Long press touch button.
Power off: switch to power off page, and Long press touch button.

1.2 Connect device to mobile phone

Start the APP, set account, profile etc, do step by step as per the APP guide.

1.3 Basic operate

You can slide, click and long press on the screen display or by the touch button.

❷ Basic functions

2.1 The device configure various sensors, which support step counting, sleep monitoring, heartrate detecting, Blood pressure monitoring, Blood Oxygen monitoring, temperature counting, multi-sports and so on data recording.

2.2 The device is capable to monitor the steps automatically during the time wearing, and the steps can be checked on the screen by touch the screen or press the button.

2.3 The device supports sleeping monitoring automatically at night, the sleeping quality can be checked on the screen by touch the screen or press the button; It is incapable to do nap detection or irregular sleeping(such as work at night and rest at day)

2.4 The device support all day heart rate monitoring, before using this function, please kindly turn on the "Heart rate monitor" by the App.

2.5 The device support all day blood pressure monitoring, before using this function, please kindly turn on the "Blood pressure monitor" by the App.

2.6 The device support all day Blood Oxygen monitoring, before using this function, please kindly turn on the "Blood Oxygen monitor" by the App.

2.7 The device support all day Temperature monitoring, before using this function, please kindly turn on the "Temperature monitor" by the App.

2.8 The device support all day Pressure monitoring, please kindly starting monitor by touch the screen or pressure the button on the screen surface.

2.9 The device support Multi sport movement, please kindly start the excise by touch the screen or pressure the button on the screen surface.

2.10 All the basic data can be checked by the screen display, sync the data to the App, it can be more details.(As the limitation of the memory of the device, the device can storage 7days data. In avoid to miss the data, please kindly connect the device to the App everyday.

⚠ **Notes:**

- When monitoring heart rate, you need to attach the photoelectric sensor on the back of the device to your wrist to keep it comfortable and fit. If you too loose or too tight, it will affect the test data.
- Heart rate monitoring needs to maintain a relaxed mood and rest. Automatic monitoring can be turned on or off in the APP Settings menu.
- The device is not medical device, the data is just for reference.
- The normal sleep detection technology is based on acceleration instead of body physical feature index, data is just reflect general status for reference. Sleep-in and wake-up status is recognized related to some times and some data, quiet lying is probably to be judged as sleeping.
- The device is made of healthy material, please wear safely. If uncomfortable on skin after wearing, please taking it off and see doctor.
- It shows the skin temperature on the wearing position,the showed skin temperature data is related to the environment and clothing, could not indicate deep skin temperature,the data is not used for diagnosis or medical use.Valid detecting temperature scope: 0 ℃~50 ℃, that is, 32 ℉-122 ℉.

❸ Reminder function

3.1 Call reminder: While call is coming on mobile phone, device will vibrate to remind, you could select reject call.

3.2 Message push: While new message shows on mobile phone, device will vibrate to remind and show the message content on device.

⚠ **Notes:**

- Call/message reminder is based on well connection between the device and mobile phone.
- Need to set notification function available on your mobile phone, and turn on the message reminder function on APP.

❹ Waterproof

4.1 The device support waterproof IP68, factory has tested and show the waterproof feature under the special situation.

4.2 The waterproof level is lower along with time.

4.3 Could use it for washing hand, taking cold shower, rainy day, and other normal occasions.

⚠ **Notes: Below occasions might affect device's waterproof, please be ware:**

- Device fall down, get hit, knock other things.
- Device has soap water, shower gel, detergent, perfume,lotion,oil etc.
- Taking hot shower, spa, this kind of high temperature/moisture occasion.

4.4 It is beyond warranty scope if damage causes by liquid inside.

❺ More

For more operate instruction about the device, please find the help page on APP to check.