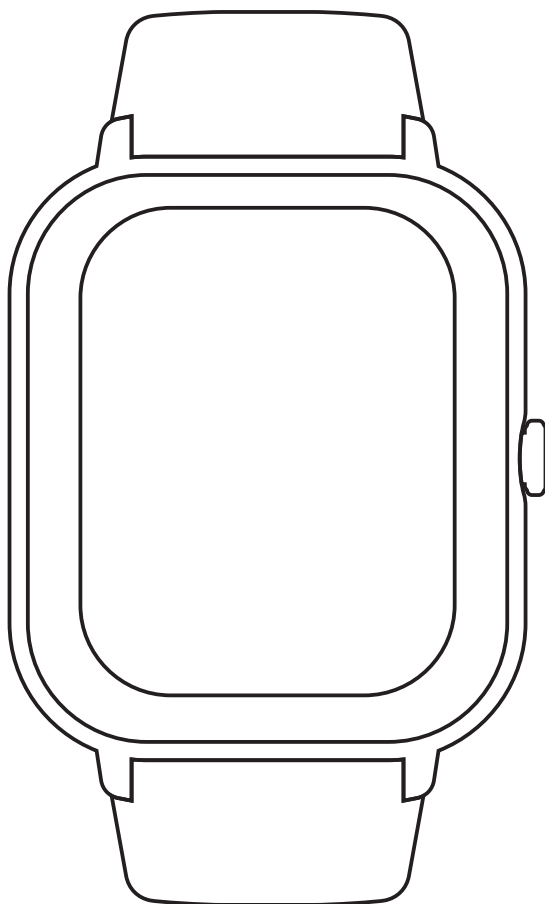
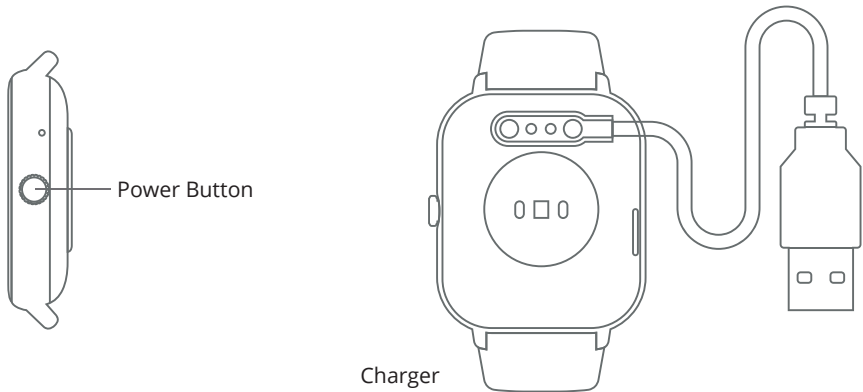
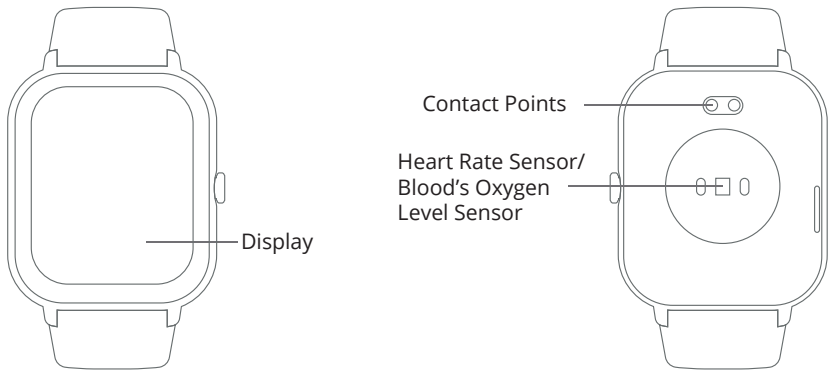


# **Zeblaze Btalk Lite User Manual**



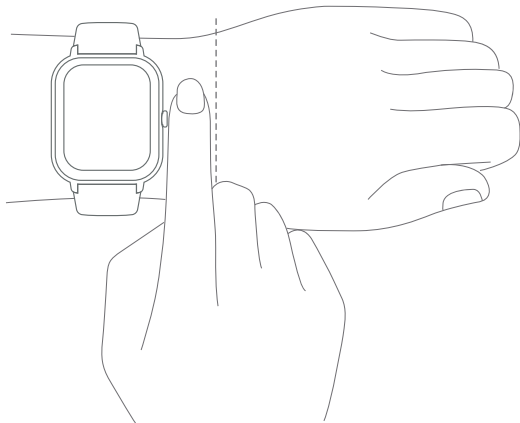
# Product Description

Please read the manual fully before use, and keep it in a safe place for future reference.



# How to wear it?

In daily use, tie the watch, comfortably to your wrist, about one finger width away from the wrist bone. Adjust the wristband to ensure that the heart rate sensor can collect data normally.  
Note: Wearing the watch too loosely may affect the data collection of the heart rate sensor.



## Parowanie

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Download and install the "Zeblaze Fit" App to better manage your watch. log into your account, and enjoy more services.

Note: The App version may have been updated, please follow the prompts according to the current App version. Long press the function key to turn the watch.

Scan the QR code displayed on the watch with your mobile phone, download and install the "Zeblaze Fit" App. You can also download the App in the App store or scan the QR code below. Open the "Zeblaze Fit" App and log into your account.

Select "Add device" and follow the instructions to add your watch.



Da Fit

APP QR Code

Scan the QR code to download the APP

Play Store, Appstore: "F Fit" APP

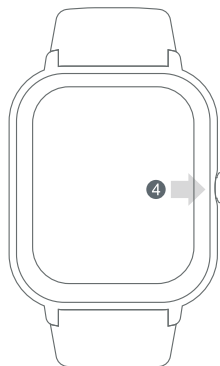
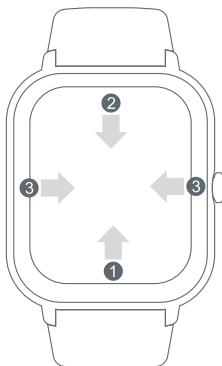
Note: When pairing, please make sure that the phone's Bluetooth is turned on and the watch is well connected to the phone.

If you cannot find the watch when adding the App, or cannot connect to the phone during use, please press and hold the power button of the watch for 5 seconds to restore the factory settings, and then try again.

## How to use?

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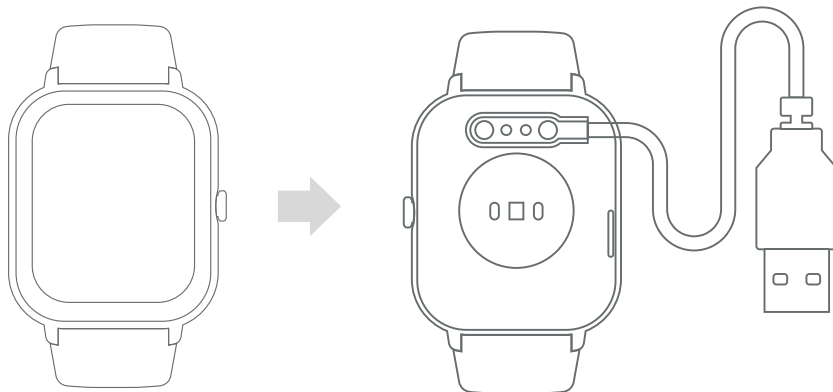
1. Open the control panel: swipe down from the top of the home screen.
2. View notifications: swipe up from the bottom of the mainscreen.
3. Switch widgets: swipe left or right on the home screen page.
4. Back: swipe from the left edge to the right when you are on other screen pages.



## Charging

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When the battery is low, charge the watch immediately. To do this, use the included charger.



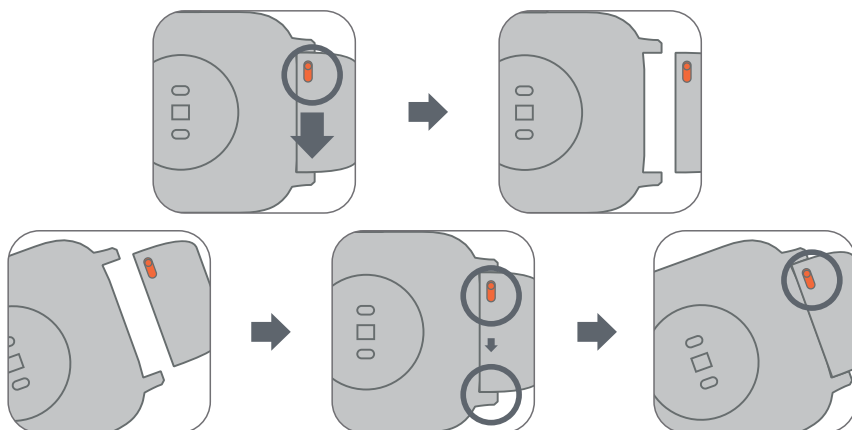
## Adjust & install/uninstall the strap

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Adjust the position of the buckle according to the circumference of the wrist.

Align the slot of the strap with the watch, and then insert the strap into the watch until you hear a click. You can pull the strap to see if it is firmly installed.

To install or remove the strap, refer to the picture below.



## Safety Instructions

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1. When using the watch to measure your heart rate, keep your wrist still.
2. The watch touch screen does not support underwater operation. When the watch comes in contact with water, please wipe off excess water on the surface with a soft cloth before use.
3. In daily use, avoid wearing too tightly. If there are signs of redness and swelling in the skin contact area, immediately stop using the watch and seek medical help.
4. Keep the contact area dry and clean the strap with water regularly.

5. Please use the included charging stand to charge the watch. Only use the power adapter that meets local safety standards or is certified and provided by a qualified manufacturer. When charging the watch, always keep the power adapter and charging stand dry. Do not touch them with wet hands. Do not expose the power adapter and charging dock to rain or other liquids.
6. The working temperature of the watch is 0°C to 45°C. If the ambient temperature is too high or too low, the watch may malfunction.
7. The watch has a built-in battery. To avoid damage to the battery or the watch, please do not disassemble or replace the battery by yourself. Only authorized service providers can replace the battery. Otherwise, if the wrong type of battery is used, it will cause potential danger or even personal injury.
8. DO not disassemble, puncture, hit, squeeze or throw the battery into fire. If the battery has any swelling or liquid leakage, stop using it immediately.
9. Do not throw the watch or its battery into fire to avoid explosion.
10. This watch is not a medical device, and any data or information provided in this watch shall not be used as basis for diagnosis, treatment and prevention of diseases.
11. The watch and its accessories may contain small parts. To avoid suffocation or other hazards or damage caused by children, please keep the watch out of the reach of children. This watch is not a toy and can only be used by children under the supervision of adults.
12. Abuse or improper handling of the battery can cause overheating, leakage or explosion. To avoid possible injury, please do the following:
  - A. Do not squeeze or puncture the battery.
  - B. Do not short-circuit the battery or expose it to water or other liquids.
  - C. Keep the battery away from children.
  - D. Keep the battery away from fire.
  - E. Do not place the battery in an extremely high temperature environment or extremely low air pressure environment.
13. If the battery is damaged or if you find any discharge or accumulation of foreign objects on the battery wires, stop using it. We recommend charging the battery every three months to prevent overcharging.
14. Do not put batteries in the garbage disposed of in the landfill. When disposing of the battery, please comply with local laws or regulations.

## Specifications

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Model: Stratos 2  
Water resistance: 5 ATM  
Bluetooth version: BLE 5.0  
Battery type: Lithium polymer battery  
Net weight: 42 grams (including watch and strap)  
Strap material: Silicon  
Adjustable length: 130-235 mm  
Size: 46 \* 46 \* 12,9 mm  
Device type: Wireless Bluetooth device  
Battery capacity: 300 mAh  
Display screen: 1,3" AMOLED screen  
Case material: Alloy + Plastic  
Buckle material: Stainless steel  
Compatibility: Android 4.4 or iOS 8.2 or above



[www.zeblaze.com](http://www.zeblaze.com)

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**Manufacturer:** ShenZhen Zeblaze Smart Company Limited

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Ban tian Street, Longgang District, Shenzhen, Guangdong, China.