健康智能手表

C08

感谢你购买我们的智能手表

请仔细阅读本手册

正确佩戴

手环以尺骨茎突后佩戴最佳

根据调节孔调好适合手腕的大小；扣上腕带扣。

传感器要紧贴皮肤，避免移动

给手环充电

初次使用确保手环电量正常,若低电不能正常开机,请连接充电器对

设备进行充电。

在手机及平板上安装手环 APP

扫描二维码或进入 APP Store、应用宝下载并安装 APP

Android/IOS

系统要求：Android 5.0 及以上； iOS9.0 及以上；支持蓝牙 4.0。

设备连接

首次使用，需连接 APP 进行校准，连接成功后手环会自动同步时间

打开手机系统蓝牙开关→进入 app 设备模块设置→点击"绑定设备蓝牙名：C08 体验更多功能"进入，会自动搜索到附近手环蓝牙设备，找到手环设备并与连接。

- 配对成功后，APP 端会弹出引导页，根据指引跳转到手机系统蓝牙搜索找到 WellAudio 设备并连接，连接成功后即可拨打/接听电话和听音乐（备注：如果手机系统蓝牙一直搜索不到 WellAudio 设备，请进入 Dual mode 菜单下设置为开启，未连接 WellAudio 设备是不能拨打电话的。）

- APP 会自动保存手环蓝牙地址,APP 打开或在后台运行,都会自动搜索并连接手环;

- 安卓手机使用要读取联系人信息等所有通知权限和手机设置中赋予 APP 后台运行。

手环功能说明

按键：长按 2 秒开关机；任意页面短按一键返回到表盘；表盘页面短按灭屏

- 待机页面往下滑进入通知提醒，往上滑进入控制中心，控制中心有以下飞行模式、健康三环、音乐、勿扰模式、二维码、风格切换（双蓝牙开关连接图标）

- 待机页面左右滑动可循环切换表盘。

- 待机表盘页面长按 2 秒可启动语言助手。（备注：手机同时需要连接 WellAudio 设备，智能机端需在语音菜单提前设置好使用人的声音）
- 待机页面点击屏幕可进入主菜单

时钟界面

与手机同步后，手环会自动校准时间；

健康三环

运动总步数

佩戴手环，记录每天运动步数，可查看当前实时步数。

总距离

根据行走步数，估算运动距离。

总卡路里

根据行走步数，估算消耗的卡路里

心率、血压、血氧点击图标进入测试模式

此图显示当前心率、血压、血氧、心电的测试结果。（此功能需要手环支持心率、血压传感器）

拨号

拨号盘可拨打电话（备注：手机同时需要连接 WellAudio 设备）

电话本

在 APP 中添加 8 个常用联系人，手环与 APP 蓝牙连接成功后，联系人即可同步到手环电话本里显示，点击联系人即可拨打电话（备注：手机同时需要连接 WellAudio 设备）

音乐控制

手环可控制切换上一曲，下一曲，暂停/开始播放。（备注：使用此功能手机需要连接 WellAudio 设备）

双模开关

需要打开此开关，手机才能搜索到 WellAudio 设备，手环开机后 5 分钟内手机如果没有连接 WellAudio 设备，开关会自动关闭，再次使用时需要手动打开

注：连接 WellAudio 设备 5 分钟不使用会自动关闭 WellAudio 功能，若再次打开音乐播放器、拨号盘、电话本、语音等相关功能时会自动激活并能正常使用 WellAudio 功能

多运动

跑步模式

此界面下可以记录跑步消耗的卡路里、距离和持续时间；

力量训练模式

此界面下可以记录力量训练消耗的卡路里和持续时间；

足球模式

此界面下可以记录开合跳消耗的卡路里和持续时间。

排球模式

此界面下可以记录跑步消耗的卡路里、距离和持续时间。

篮球模式

此界面下可以记录跑步消耗的卡路里、距离和持续时间

骑行模式

此界面下可以记录跑步消耗的卡路里、距离和持续时间

网球模式

此界面下可以记录跑步消耗的卡路里、距离和持续时间

睡眠模式

入睡时，手环会自动进入睡眠监测模式；自动检测您整晚深睡/浅睡/清醒次数,计算您的睡眠质量；手环端只显示深睡/浅睡/睡眠总时长，APP 端可查看睡眠数据详情。

注意：佩戴手环入睡才会有睡眠数据且从晚上 10 点开始检测睡眠，入睡 3/4 小时睡眠数据可以边睡边同步到 app 中。

信息模式

当手环推送多条提醒消息，进入此界面可查看最近 1 条消息记录

秒表功能

进入秒表点击开始按钮开始计时，点击暂停按钮停止，点击重置按钮清除掉计时。

天气

连接 APP 成功，手环可获取当前天气数据，APP 端设置--个人信息--能设置温度单位切换（摄氏度与华氏度的转换）

更多菜单

1.语音助手功能 Siri，长按 Siri 图标进行语音功能

2.关于--可查看项目版本号以及蓝牙名称等信息

3.语言--设备端可以直接设置语言（连接 APP 成功会自动同步 APP 当前语言）

4.时间/日期--设备端可设置时间日期

5．背光时间设置，可任选时间设置

6．寻找手机（点击图标进入再点击开）

7．风格切换（点击图标进入可切换 5 套主题）

8照相（点击图标进入后手机显示拍照界面后再点击开始拍照）

9．重置设备（点击重置图标进入再点击确认，会清除手环所有数据）

自定义表盘（改到 AAP 功能设定里面）

需连接 APP 获取表盘设置，可选择推荐表盘/默认表盘/相册自定义表盘进行同步到手环

APP 功能及设定

个人信息

进入 APP 后请先设定个人信息

设置→个人信息，可设置性别-年龄-身高-体重-距离

您也可以设置您的每日目标步数，监控每日的完成情况。

应用推送

短信提醒：

连接状态下，如果开启了短信提醒功能，当有短信时手环上会震动提醒。

连接状态下，如果开启了此功能，则当有微信、QQ，Facebook 等消息时，手环会震动提醒，并显示 app 接收到的内容（也可进手环信息菜单查看最近消息记录）（需赋予 APP 获取系统通知的权限，手环端能显示 20-40 个字数）。

注意：来电推送需要连接 WellAudio 设备

其他功能：

开启震动设置此功能，则当有来电，信息或其他提醒时，手环会震动，若关闭，则手环只会有屏幕提醒而不震动，以免打扰。

Android 用户温馨提示：

使用提醒功能时需要设置为允许"FitPro"后台运行；建议在权限管理中添加"FitPro"为信任并打开所有权限。

闹钟设置

连接状态下，可进行 8 个闹钟的设置，设置后，会同步给手环；支持离线闹钟，在同步成功后，即使 APP 未连接，手环也会按设定时间提醒。

寻找手环

连接状态下，点击"寻找手环"选项，手环会发出震动。

遥控拍照

连接状态下，从手环端启动拍照或 APP 端进入遥控拍照界面，摇一摇/翻腕/触摸手环，倒计时 3 秒后自动拍照请允许 APP 访问相册以保存自拍的照片。

久坐提醒

设置是否开启久坐提醒功能，您可设置提醒时间间隔，若在设定时间内长时间坐着，则手环会提醒。

抬手亮屏

开启此功能当手环息屏状态下，抬起手腕将屏幕转向自己即可点亮屏幕，放下屏幕会灭

勿扰模式

开启勿扰模式此功能，您可设置勿扰时间段，在设定时间段内手环停止接收通知消息，以免提醒消息打扰

表盘设置

需连接 APP 获取表盘设置，可选择推荐表盘进行同步到手环

设备重置

设置重置此功能会清除手环所有数据（如计步）

移除设备

移除设备此功能会清除数据并移除设备

基本参数

设备类型	智能手环	电池类型	**容量 200AM**
振动马达	支持	同步方式	蓝牙 4.0
工作温度	−10℃~50℃	传感器	低功耗加速度传感器
系统要求	IOS9 以上/Android5.0 以上		
蓝牙名称	C08		

注意事项

1. 洗澡和游泳事不宜佩戴。

2. 同步数据时请连接手环。

3. 使用自带的充电线充电。

4. 不要把手环长时间暴露在水分较高、温度极高或极低的地方。

5. 手环出现死机重启现象，请注意检查手机内存信息清除再试，

 或退出 APP 重新打开。

部件介绍

*主机　*腕带　*充电线　*包装盒及说明书

Smart Health Watch

C08

Thank you for purchasing our smartwatch!

Please read this manual carefully

Correct wearing

The bracelet is best worn behind the ulnar tuberosity

Adjust the size to fit your wrist according to the adjustment holes; fasten

the wrist strap buckle.

Keep the sensor close to the skin to avoid movement

Charging the watch

Make sure the watch has a normal battery level when you use it for the first time. If the watch cannot be turned on normally with a low battery level, please connect the charger to charge the device.

Install the Watch App on your phone and tablet

Scan the QR code or go to APP Store or App Store to download and install the APP.

Android/IOS

System requirements: Android 5.0 and above; iOS9.0 and above; Bluetooth 4.0 support.

Device connection

For first time use, you need to connect the APP for calibration, the bracelet will automatically synchronize the time after successful connection

Turn on the Bluetooth switch of the cell phone system → Enter the device module settings of the app → Click "Bind the Bluetooth name of the device":C08 Enter "Experience More Functions", it will automatically search the nearby Bluetooth devices of the watch, find the watch device and connect with it.

- After pairing success, the APP side will pop up a guide page, according to the guidelines jump to the cell phone system Bluetooth search to find the WellAudio device and connect, after the connection is successful, you can make/receive phone calls and listen to music (Note: If the cell phone system Bluetooth has been searching for the WellAudio device can not be found, please go to the Dual mode menu under the setting is on, the You can't make calls without connecting WellAudio device.)

- APP will automatically save the Bluetooth address of the watch, and the watch will be searched and connected automatically when the APP is opened or running in the background.

- Android phone use to read all notification permissions such as contact information and phone settings to give the app to run in the background.

Functional description of the watch

Buttons: long press 2 seconds to turn on/off; short press any page to return to the dial; short press the dial page to extinguish the screen

- standby page to slide down into the notification alerts, slide up into the control center, the control center has the following flight mode, health three rings, music, do not disturb mode, QR code, style switching (dual Bluetooth switch connection icon)

- Swipe left or right on the standby page to cycle through the dials.Long press for 2 seconds on the standby dial page to start the language assistant. (Note: The cell phone needs to be connected to the WellAudio device at the same time, and the smartphone side needs to set up the user's voice in the voice menu in advance) standby page tap on the screen to access the main menu

Clock Interface

After synchronizing with your phone, the watch will automatically calibrate the time;

Three Rings of Health

Total number of steps taken

Wear the watch, record the daily exercise steps, you can view the current real-time steps.

total distance

Estimate the exercise distance based on the number of steps walked.

total calories

Estimate calories burned based on the number of steps walked

Heart Rate, Blood Pressure, Blood Oxygen Click on the icon to enter test mode

This graph shows the current test results of heart rate, blood pressure, blood oxygen, and ECG. (This function requires the watch to support heart rate and blood pressure sensors)

Dialer

Dial pad to make phone calls (note: cell phone also requires WellAudio device to be connected)

Telephone book

Add 8 frequently used contacts in APP, after successful Bluetooth connection between the watch and APP, the contacts can be synchronized to the watch phone book to display, click on the contact to make a call (Note: the phone needs to be connected to the WellAudio device at the same time)

music control

The watch can control to switch the previous song, next song, pause/start playback. (Note: Cell phone needs to be connected to WellAudio device to use this function)

Dual Mode Switches

This switch needs to be turned on for the cell phone to search for WellAudio devices. If the cell phone is not connected to a WellAudio device within 5 minutes after the watch is turned on, the switch will be turned off automatically, and you will need to turn it on manually when using the watch again.

Note: Connecting the WellAudio device and not using it for 5 minutes will automatically turn off the WellAudio function, if you turn on the music player, dialer, phonebook, voice and other related functions again, it will be activated automatically and the WellAudio function can be used normally.

Physical activity

Running mode

This interface allows you to record the calories burned, distance and duration of the run;

Strength training model

This screen allows you to record the calories burned and duration of strength training;

Soccer Mode

This screen allows you to record the calories burned and duration of the open and close jumps.

Volleyball mode

This interface allows you to record the calories burned, distance and duration of the run.

Basketball mode

This interface allows you to record the calories burned, distance and duration of the run.

Riding Mode

This interface allows you to record the calories burned, distance and duration of the run.

Tennis mode

This interface allows you to record the calories burned, distance and duration of the run.

sleep mode

When you fall asleep, the watch will automatically enter the sleep

monitoring mode; it will automatically detect the number of times you

sleep deeply/lightly/wakefulness throughout the night, and calculate

the quality of your sleep; the watch side only displays the total length

of deep sleep/light sleep/wakefulness, and you can view the details of

the sleep data on the APP side.

Note: Sleep data will be available only when you wear the watch to

sleep and sleep detection starts from 10:00 p.m. Sleep data can be

synchronized to the app while you sleep for 3/4 hours.

Information model

When the watch pushes more than one reminder message, enter this

interface to view the last 1 message record.

Stopwatch function

Go to the stopwatch and click the start button to start the timer, click

the pause button to stop it, and click the reset button to clear off the

timer.

Climatic

Connected APP successfully, the watch can get the current weather

data, APP end settings - personal information - can set the temperature

unit switch (Celsius and Fahrenheit conversion)

More menus

1. Voice assistant function Siri, long press Siri icon for voice function

2. About - you can view the project version number and Bluetooth name and other information

3. Language - the language can be set directly on the device side (successful connection to the APP will automatically synchronize the current language of the APP)

4.Time/Date - time and date can be set on the device side

5．Backlight time setting with optional time setting

6．Find a cell phone (click on the icon to enter and then click on open)

7．Style switching (click on the icon to enter to switch between 5 sets of themes)

8.Take a picture (tap the icon to enter and then tap to start taking a picture after the phone displays the picture screen)

9．Reset the device (tap the reset icon to enter and then tap confirm, it will clear all data from the watch)

Customized dials (change to AAP function settings)

Need to connect the APP to get the dial settings, you can choose the recommended dial/default dial/album custom dial to sync to the watch

APP Functions and Settings

Personal Information

Please set up your personal information after entering the appSettings→Personal information, you can set gender-age-height-weight-distance

You can also set your daily goal steps and monitor daily completion.

Application Push

SMS Alerts:

In the connected state, if the SMS alert function is turned on, the watch will vibrate to alert you when there is a text message.

Other reminders:

When connected, if this function is enabled, the watch will vibrate to remind you when there is a message from WeChat, QQ, Facebook, etc., and display the content received by the app (you can also go into the watch information menu to check the recent message record) (you need to give the app access to the system notification privileges, and the watch side can display 20-40 words).

Note: Incoming call push requires a WellAudio device to be connected

Turn on vibration to set this function, then the watch will vibrate when there is an incoming call, message or other reminders, if you turn it off, the watch will only have a screen reminder without vibration, so as not to disturb.

Warm tips for Android users.

To use the reminder function, you need to set it to allow "FitPro" to run in the background; it is recommended to add "FitPro" as trusted in the permission management and turn on all the permissions.

Alarm settings

In the connected state, you can set 8 alarms, and after setting, it will be synchronized to the watch; it supports offline alarms, and after successful synchronization, even if the APP is not connected, the watch will remind you according to the set time.

Find a Watch

When connected, tap the "Find Watch" option and the watch will vibrate.

 remote photo shoot

In the connected state, start taking photos from the watch side or enter the remote control photo interface from the APP side, shake/flip your wrist/touch the watch, take photos automatically after a countdown of 3 seconds Please allow the APP to access the photo album to save the self-taken photos.

Sedentary reminders

Sedentary reminders

raise one's hand and light up the screen (idiom); to signal a warning sign

Enable this function when the watch is resting, lift your wrist and turn the screen to yourself to light up the screen, put down the screen will go out.

Do Not Disturb mode

Turn on the Do Not Disturb Mode function, you can set the Do Not Disturb time period, in the set time period, the watch stops receiving notification messages, so as not to remind the message disturbance

Dial Settings

Need to connect APP to get dial settings, can choose recommended dials to sync to watch

Device Reset

Setting Reset This function clears all data from the watch (e.g.,

pedometer)

Remove the device

Remove Device This function wipes the data and removes the device.

Basic parameters

Equipment type	smartwatch	Battery Type	Capacity 200 MAH
vibration motor	supports	synchronization method	Bluetooth 4.0
operating temperature	-10℃~50℃	transducers	Low Power Acceleration Sensors
System Requirements	IOS9 or above/Android5.0 or above		
Bluetooth Name	C08		

Caveat

1. Should not be worn for bathing and swimming.

2.Connect the watch when synchronizing data.

3.Charge with the included charging cable.

4.Do not expose your watch to high moisture, extremely high or low

temperatures for long periods of time.

5.The watch appears to be dead and restarted, please pay attention

to check the phone memory information clear and try again, or exit

the APP to reopen.

Components

*Main unit *Wrist strap *Charging cable *Packing box and instructions

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

-- Reorient or relocate the receiving antenna.

-- Increase the separation between the equipment and receiver.

-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

-- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction