

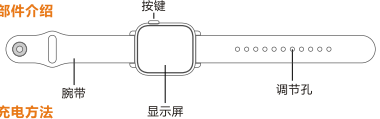
智能手表

使用说明书



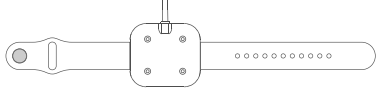
手环快速使用说明

部件介绍



充电方法

初次使用，请将手环取出，用对应的充电器对设备进行充电。（充电方式如下图：将手环放进充电器里面，对准充电器两个触点，即可进行充电。）



佩戴方法

1. 手环以尺骨茎突后佩戴最佳；
2. 根据调节孔调好适合手腕的大小，扣上腕带扣；
3. 传感器要紧贴皮肤,避免移动。

心率监测注意事项：

- 测试时，手环背部心率LED灯会闪亮；
- 传感器要紧贴皮肤，避免外部光线影响测试的准确度；
- 测试区域要保持清洁，开水或污渍都会影响测试结果。

开/关机

1. 在手环关机状态下，充电或长按3秒手环震动开机；
2. 在手环开机状态下，切换至关机界面，长按关机界面3秒手环震动关机。

手环操作

1. 在手环开机状态下，滑动即可点亮屏幕或切换显示；
2. 无操作默认五秒息屏,用户可连接手机APP修改息屏时间；
3. 手环出厂默认打开24小时心率监测，用户可在APP设备界面的通用设置中选择打开或关闭。

安装手环APP

扫描下方二维码进入各大应用市场下载并安装“GloryFit”设备要求：iOS 8.0及以上；Android 4.4及以上，支持蓝牙4.0。



(APP)

设备连接

首次使用手环需连接APP进行校准，连接成功后手环会自动同步时间，否则计步和睡眠数据不准。



蓝牙连接：配对成功后，APP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。

数据同步：在APP主页手动下拉同步数据；手环可存储7天的离线数据，数据量越多，同步时间越长，最长大约2分钟，同步完成后会有“同步完成”的提示。

APP功能及设定

进入APP后请先设定个人信息

我的一个人

- 可设置头像·性别·年龄·身高·体重，个人信息可提高数据的精准度。

- 定制个人每天的运动目标，合理的运动规划，有助于身体素质的提高。

提醒功能

提醒功能需要在APP设置中心开启提醒开关，并保持手机与手环在蓝牙连接成功的状态，有消息来震动提醒。



来电提醒：来电时，手环上会震动，并显示来电的姓名或号码。如APP打开“来电拒接”功能，长按三秒手环功能键可拒接电话。

短信提醒：收到短信时，手环震动并显示图标提醒，单击查看短信内容。

QQ提醒：收到QQ信息时，手环震动并显示图标提醒，单击查看QQ内容。

微信提醒：收到微信消息时，手环震动并显示图标提醒，单击查看微信内容。

智能闹钟：可进行三个闹钟的设置，设置后，会同步给手环；智能闹钟是一种无声闹钟，闹铃时，手环会发起适度的震动，支持离线闹钟提醒。

久坐提醒：默认提醒时间间隔是一个小时；连接状态下，开启后，如果用户一个小时内都没进行运动，手环将会发出震动，提醒用户进行运动。

其他提醒：收到邮件等其他信息时，手环会震动，并显示其他提醒图标，点击可查看内容。

目标提醒：步数达到APP上设置的目标时，手环会震动，并显示目标达成图标。

主要功能界面



主界面

手环有6个主界面，在主界面长按两秒钟,震动后即可左右切换表盘,APP首次配对连接好以后，手环会同步手机的时间、日期和星期等信息。

信息界面

主界面上滑，可查看信息。手环可保存APP最近推送的8条信息（无消息则停在消息界面），单击翻页,往右滑退出回到上级界面,自动删除已查看信息,最下面有全部删除选项,往下滑退回主界面。

更多功能

主界面向下,进入功能设置界面,往上滑退出回到主界面。

体温界面

切换到体温界面，开始自动测量体温，测量5分钟以上为有效值。可以在APP中设定自动间隔测量。默认37.3°C报警临界值，也可以在APP中设定报警临界值。

状态界面

切换到状态界面，可查看当前的步数、距离和卡路里的状态。路程和卡路里根据当前行走步数，APP个人设置的身高和体重计算并显示出来。

心率界面

切换到心率界面，开始自动检测心率，测试完成后，向右滑动退出心率检测，也可连接手机APP，在心率界面进行测试。如果手环没正确佩戴或没佩戴，心率检测不成功或不工作。心率检测模式下，手环的续航时间会降低。

血压界面

切换到血压界面,开始自动测量血压,切换菜单可重新测量。

血氧界面

切换到血氧界面,开始自动测量血氧,切换菜单可重新测量。

运动界面

切换到运动界面，单击该界面进入具体运动界面，包括户外跑、骑行、跳绳、羽毛球、兵乓球、网球、登山、健走、排球、板球、橄榄球、曲棍球、跳舞、动感单车、瑜伽、仰卧起坐、室内跑、篮球、足球、棒球、体操、划船、开合跳等23项运动，单击运动项目,三秒后开始监测,向右滑动单击“结束,向右滑滑动返回上级菜单。

睡眠检测功能

切换到睡眠界面，查看睡眠情况。入睡时，手环会自动判断进入睡眠监测模式，自动检测您整晚深睡/浅睡/清醒时长，计算您的睡眠质量（注意：佩戴手环入睡才会有睡眠数据。）

天气界面

切换到天气界面,可查看天气与气温情况。

秒表界面

切换到秒表界面，单击该界面，进入计时界面，停止计时状态下向右滑退出回到上级界面。

查找手机界面

切换到查找界面，连接状态下，长按查找手机界面，手机会发出铃声提醒。

设置界面



亮度调节：单击可选择不同亮度，共有四档亮度。

关于：单击该界面，可查看手环的固件版本号及蓝牙地址。

还原：在该界面长按三秒，手环数据全部会清零，APP当天数据清零（其余历史数据继续保留）。

关机：在该界面长按三秒以上手环即可震动关机。

注意事项

- 请避免手环遭受强烈撞击、极高温度和暴晒。
- 请勿自行拆卸、修理或改造本机。
- 本机使用5V500mA充电，严禁使用超电压负荷电源进行充电。
- 本机使用环境为0度~45度，禁止将其扔进火中，以免引起爆炸。
- 手环沾水时请用软布擦干后方可进行充电操作，否则会腐蚀充电接触点，导致充电故障。

- 请勿接触汽油、清洁剂、丙酮、酒精或驱虫剂等化学物质。
- 请勿在高压强磁环境中使用本产品。
- 若您拥有敏感皮肤性质或将手环佩戴过紧，可能会感到不适。
- 不宜佩戴手环洗热水澡。
- 请及时擦干手腕上的汗滴，表带长时间接触电类、汗水、过敏源或污染成分，可能造成皮肤过敏瘙痒。
- 如果经常使用，建议每周清洗手环。用湿布擦拭，用温和的肥皂祛除油污或灰尘。
- 无特殊需求，请勿开启更多推送。

常见问题

蓝牙连接不上怎么办？（连接/重连失败或连接重连速度很慢）

确认您的设备是否是IOS8.0和安卓系统4.4及以上版本并支持蓝牙4.0。

1. 由于蓝牙无线连接存在信号干扰的问题，可能每次连接的时间过长，如果长时间连接不上，请确保操作在无磁场或无多蓝牙设备干扰环境下进行
2. 关闭蓝牙再打开
3. 关闭手机后台应用或重启手机
4. 手机不要同时连接其他蓝牙设备或功能。
5. APP是否在后台正常运行，如果不在后台可能连接不上。

无法搜索到手环？

1. 因为手环蓝牙没有被手机搜索到，请确保手环处于有电，并激活状态，且未与其它手机绑定，然后将手环靠近手机，如果仍然无效，请关闭手机蓝牙，20秒后再重启手机蓝牙。

测量心率时为什么手环要戴紧？

手环采用光反射原理，通过光源穿透皮肤后，采集反射到传感器的信号来计算您的心率，如果佩戴不紧，会有环境光进入传感器，会影响测量精度。

已开启提醒功能为什么没有收到提醒？

安卓手机：确认手机与手环是连着的，连上后在手机设置里打开对应的权限，允许“GloryFit”APP访问来电、短信、通讯录，并保持“GloryFit”在后台运行；如果手机安装有安全软件，请将“GloryFit”添加为信任。

苹果手机：若连上后没有提醒，建议重启手机重新连接，再次连接手环时，必须等手机弹出【蓝牙配对请求】，点击【配对】后才会有提醒。

手环是否防水？

支持IP67防水防尘等级，（通常情况下洗手、下雨、洗车可随心佩戴。）

蓝牙连接是否需要一直开启？断开后是否还有数据？

未同步数据前，数据保留在手环主机上（可保留7天数据）。当手机和手环的蓝牙连接成功时，手环数据会自动上传到手机端，请及时同步数据到手机端。

注意：如果开启来电、短信提醒功能，则必须保持蓝牙处于连接状态，闹钟提醒支持离线。

基本参数

设备型号	Qs19智能手表	电池类型	聚合物电芯
显示屏	1.54寸IPS彩屏	电池型号	392121
触摸屏	全触	电池容量	180mah
CPU	RK8762C	手环全长	27.0cm
防水等级	IP67	产品重量	37g
腕带材料	硅胶表带	包装清单	主机、说明书、充电盒

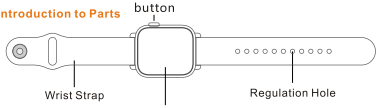
Smart Watch

User Guide



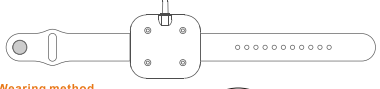
Instruction for Quick Use

Introduction to Parts



How to charge?

Please take the band out in first charge, and charge by corresponding charger (charging method: as shown in below diagram, please place the band in charger, align two touch points of charger, to charge).



Wearing method

1. The watch is best worn behind the ulna styloid process;
2. Adjust its size according to adjustment holes, and fasten the wristband buckle;
3. Sensor should be close to skin, avoiding to be moved

Notices in monitoring heart rate:

- LED light of heart rate on the band back flashes;
- Sensor should be close to skin, avoiding the external light to affect the accuracy of test;
- Please keep clean in testing area, sweat or blot may affect test results.

On/off

1. Have a long press on band for 3 seconds in shutdown and charging state to power on;
2. Switch to shutdown interface in start-up state, and have a long press on shutdown interface for 3 seconds to power off.

Band Operation

1. Slide to light up screen or switch display in start-up state;
2. No operation default five-second screen, users can connect to the mobile APP to modify the screen time;
3. The factory default setting of the band (heart rate monitor for 24 hours). Users can turn on or off in the general settings of APP interface.

How to install APP

Scan the following QR code or download and install "GloryFit" in application markets.

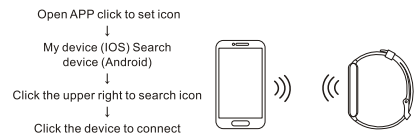
Demands on Device: iOS 8.0 or above; Android 4.4 or above, Bluetooth 4.0 is supported



(APP)

Connect with device

It is required to correct by connecting with APP in first use. The band automatically synchronizes time after connecting successfully, otherwise, the step number and sleep data will be incorrect.



Bluetooth connection:After successful pairing, APP will automatically save band Bluetooth address. When APP is opened or operated in the background, it will automatically search and connect the band.

Data synchronization: manually drop APP main page down to synchronize data; the band can save offline date of 7 days. The more the data is, the longer the time to synchronize will be. It will take not more than 2 seconds to synchronize data. After synchronization, "synchronization finish" will be popped up.

APP functions and settings

Please set personal information after entering APP

My - Personal

- Settable profile photo - sex - age - height - weight, personal information can enhance the accuracy of data.

- Customize personal exercise goals. With reasonable sports planning, you can enhance your body quality

Reminder Function

It is required to open reminder switch in APP setting center, and keep the successful connection state between your mobile phone and the band. Notify by shaking when there is message.



Incoming reminder: the band will shake in case of incoming call, and the corresponding name and tel will be displayed. If the 'call rejection' function has been opened in APP, have a long press on it for 3 seconds to reject the call.

Message reminder: the band will remind you by shaking and displaying icon after receiving messages. Please click to check.

QQ reminder: the band will remind you by shaking and displaying icon after receiving QQ message. Please click to check.

WeChat reminder: the band will remind you by shaking and displaying icon after receiving WeChat message. Please click to check.

Smart alarm clock: you can set three alarm clocks. After successfully setting, it will synchronize to the band; smart alarm clock is silent, and reminds you by appropriate shaking. It can remind you in offline state.

Sedentary reminder: The default reminder interval is one hour; in the connected state, after the user is turned on, if the user does not exercise within one hour, the watch will vibrate to remind the user to exercise.

Other reminders: the band will remind you by shaking and displaying icon after receiving other messages such as emails. Please click to check.

Goals reminders: when the step number reaches the goals set in APP, the band will remind you by shaking and displaying icon.

Main function interface



Main interface

Smart Watch has 6 main interfaces. On the main interface, press and hold for two seconds. After shaking, you can switch the dial left and right. After the APP is paired for the first time and connected, the bracelet will synchronize the time, date and week of the phone.

Information interface

Slide up on the main interface to view the information. The bracelet can save the 8 pieces of information recently pushed by the APP (if there is no message, it will stop at the message interface), click to turn the page, slide to the right to exit to return to the upper interface, Automatically delete already viewed information, there are all delete options at the bottom, slide down Return to live interface.

More Functions

The main interface slides down to enter the function setting interface, and slide up to exit to return to the main interface.

Body temperature interface

Switch to the body temperature interface to start automatic body temperature measurement. Valid value measured after 5 minutes, or you can set the automatic interval measurement in the APP. By default, 37.3 °C is the alarm threshold. You can also set the alarm threshold in the APP.

Status interface

Switch to the status interface to view the current step count, distance, and calorie status. The distance and calories are calculated and displayed according to the current walking steps, the height and weight set by the APP personally.

Heart Rate

Switch to the heart rate interface and start to automatically detect the heart rate. After the test is completed, swipe to the right to exit the heart rate detection. You can also connect to the mobile APP to test on the heart rate interface.If the bracelet is not worn correctly or not worn, the heart rate detection is unsuccessful or does not work. In heart rate detection mode, the battery life of the bracelet will be reduced.

Sports Interface

Switch to the blood pressure interface to start automatic blood pressure measurement, switch the menu to re-measure.

Blood oxygen interface

Switch to the blood oxygen interface to start automatic measurement of blood oxygen, and switch the menu to re-measure.

Motion interface

Switch to the sports interface, click this interface to enter the specific sports interface, including outdoor running, cycling, skipping rope, badminton, table tennis, tennis, mountaineering, walking, volleyball, cricket, rugby, hockey, dancing, spinning, Yoga, sit-ups, indoor running, basketball, football, baseball, gymnastics, rowing, opening and closing jumps, and other 23 sports. Click on the sport item and start monitoring after three seconds. Swipe right and click "结束" to end, right Slide back to the previous menu.

Sleep detection function

Switch to the sleep interface and check the sleep status. When you fall asleep, the bracelet will automatically determine to enter the sleep monitoring mode, automatically detect the length of your deep sleep / light sleep / wake up all night, and calculate your sleep quality (Note: Only wearing the bracelet to fall asleep will have sleep data.)

Weather interface

Switch to the weather interface, you can view the weather and temperature conditions.

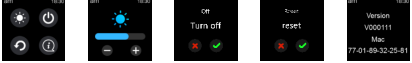
Stopwatch interface

Switch to the stopwatch interface, click the interface to enter the timing interface, and slide to the right to return to the upper-level interface when the timing is stopped.

Find phone interface

Switch to the search interface. When connected, press and hold the search phone interface, and the phone will send a ringtone reminder.

Set interface



Adjust brightness： Click to choose different brightness, and it has four-gear brightness.

Mobile phone search： Click the interface of mobile phone search in connection state, and the mobile phone will send out a bell warning

Restore: Have a long press the interface for 3 seconds to reset all data, and the data in that day in APP will be reset as well (other historical data will be kept).

Shut down:Have a long press on the interface for 3 seconds to power off.

Precautions

- Please prevent your bands from being shocked, and exposed under high temperature and blazing sun for a long time.
- Please don't disassemble, repair or change the device.
- The device should adopt 5V500MA to charge, it is forbidden to charge with over-voltage power supply.
- It should be used within the temperature of 0 degrees - 45 degrees. It is forbidden to throw into fire, avoiding explosion.
- Please charge after drying the band with soft cloth, otherwise, it will corrode charging touch points, leading to charge fault.
- Please don't touch chemical substance such as gasoline, cleaning solvent, propanol, alcohol or insect repellent.
- Please don't use the product in high voltage and high magnetic environment.
- In case of sensitive dry skin or too-tight wearing, you may be uncomfortable.
- Please don't take a hot bath by wearing it.
- Please dry sweat in your wrist timely for its possibility to lead to skin itch or allergy by long-time touch with soap, sweat, allergens or contaminated ingredients.
- In case of frequent use, it is suggested to clean weekly. Please wrap by wet clothes, and remove oil or dust by mild soap.
- Do not open more push without special requirements.

Common problem

How to do when it cannot connect with Bluetooth? (connection/failing re-connection or low speed while re-connection)
Please confirm whether your device is IOS8.0, Android 4.4 or above, and supports Bluetooth 4.0.

1. It takes time differently for each connection caused by the signal interference of Bluetooth wireless connection. If it fails to connect for a long time, please confirm that you use it in environment without magnetic field or interference of multiple Bluetooth device .
2. Turn on again after turning off the Bluetooth.
3. Turn off the background applications of mobile phones or restart your mobile phones.

4. Please don't make your mobile phones connect with other Bluetooth device or functions at the same time.

5. Please check whether the APP is operated normally in the background. Otherwise, it may fail to connect.

How to do when it fails to search the band?

1. Please make sure that the watch is powered and activated, and it is not bound to other mobile phones, bring the watch close to the phone.

If it still does not work, please turn off the phone Bluetooth and restart the phone Bluetooth after 20 seconds.

2. Make sure your phone turns on GPS.

Why is the wristband tight when measuring heart rate?

The band adopts light-reflection principle. It collects the signal reflected

FCC Caution:

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.