

# TouchTime Square SmartWatch



## Instruction Manual

Please read this manual carefully before using the product.



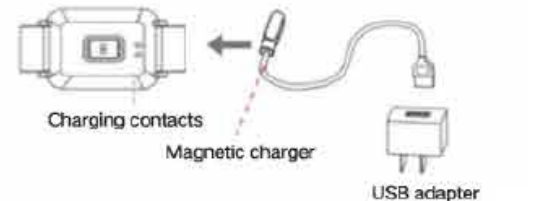
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### Product Identification



### Charging

1. It is recommended to fully charge the watch before use.
2. Match the charging clip to the charging holes on the back of the watch and plug the other end into a USB charging port.
3. Do not charge with a power adapter whose output current exceeds 2A as it could burn out the watch circuit.
4. Follow the picture below for charging.



### Watch App Installation

1. This is a wireless transmission product, and many functions need to be connected to a supporting APP before they can be used.
2. Scan the following QR Code to download the APP or search for "hero band III" in the APP store.
3. If your watch is not receiving reminders/messages from your phone:
  - a. Make sure all relevant APPs have the alert switch on.
  - b. Confirm in each individual APP that push notifications is selected.
  - c. Make sure Bluetooth is on and the watch is paired.
  - d. Settings >> Bluetooth >> Watch Device should show "Connected"

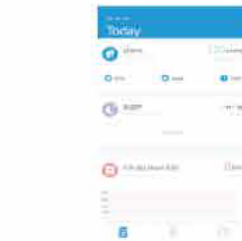


### Binding Watch to Phone

1. Make sure Bluetooth is activated on your phone, then search for the watch in the list of available devices.
2. Click on add device to pair the watch to your phone's Bluetooth.
3. For Android Phones first download the APP, then search for the watch in the APP on your phone to pair it. Restart your phone's Bluetooth if it is not recognized at first.

### APP operation instructions

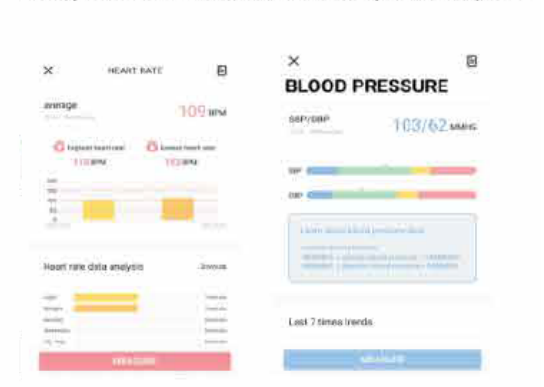
1. Enter the APP movement page and press your phone screen to pull down and refresh the bracelet data.



2. Click the steps, sleep and other blocks, and enter the analysis of the daily or recent exercise and sleep data.



3. Click the exercise heart rate/blood pressure blocks to enter the data of the day or recent, or click the APP to measure the heart rate and blood pressure. The test data will be automatically saved to the phone.



### Functions

**Time Main Page:**  
Shows time, date, calories, etc.

**Sports:**  
The watch shows the most recent movement information such as motion mode, timed heart rate, etc.

**Weather:**  
The weather page will display current weather, air quality information, and conditions for the next day. This function works only when connected to the App, the phone is using GPS positioning, and the App has permission to access the phone's location. If you disconnect or turn off your phone's GPS the weather information will not update.

**Messages:**  
The watch can receive notification of a phone call, text messages, and other chat app communications. Last 3 messages can be viewed. These functions need to be selected in the Watch App and push notifications must be on for the individual communication Apps.

**Steps:**  
Records the current number of steps, calories and distance.

**Sleep:**  
If wearing while you sleep, the watch will record and show the total sleep time, as well as dividing it into deep sleep and light sleep. More detailed information can be found in the App.

**Heart Rate:**  
Measures your current heart rate. Will display the last 7 readings. More detailed analysis is available in the App.

**Blood Pressure:**  
Long press on the BP screen to measure. Will display the last 7 readings. More detailed analysis is available in the App.

**Photo:**  
Use as a remote control for the phone's camera. Open camera on the phone, long press the touch screen on the watch to take photo remotely.

**Exercise:**  
Long press on the exercise screen and select the sport to measure. Will display the last reading. 8 sport modes available.

**Stopwatch:**  
Start the stopwatch with a long press on this screen. Long press a second time to stop the timer.

**Music Control:**  
Once player is open on the connected phone play/pause/advancing of the music can be controlled from this screen.

### Attention

- Do not charge near wet surfaces
- Do not wear the watch while bathing, showering, or swimming. Prolonged immersion in water is not recommended.
- Charge only with the enclosed charger.
- This watch does NOT replace any medical device and is not advertised as such. Official medical equipment used by trained personnel should be used in the process of diagnosis and treatment. Please consult a physician with any blood pressure issues and confirm readings with a certified medical device.