

### 手表客户端下载

扫描下方二维码下载并安装手表客户端。



扫码下载手机客户端

### 手表充电与激活

首次使用手表之前需要充电激活；使用配备的磁吸充电器吸附到手表背面的金属触点，充电器另一端接入USB充电头或者电脑USB接口即可。



### 连接手表

- 打开手机客户端设置个人信息
- 切换至「设备」页面，点击「绑定设备」
- 在扫描到的设备列表点击你的设备 (Sport Watch)
- 绑定完成

在手表时间页面长按，将显示手表MAC地址，可以通过设备列表中的MAC地址来确定你的设备；手表绑定成功后，今后每次打开客户端，手表会自动与手机连接，在客户端数据页面下拉可以同步数据。

### 手表功能简介

#### 运动信息

手表可以记录并显示你每天行走的步数、消耗的热量以及里程信息。更多详细信息分析及数据记录可以在客户端中查看。

#### 睡眠

手表可以记录并显示你昨夜的睡眠总时长以及深睡眠、浅睡眠的时长。更多详细信息分析及数据记录可以在客户端中查看。

### 手表功能简介

#### 心率

在手表的心率页面长按可以测量你当前的心率值。在心率页面可以显示上一次的测量数据。更多详细信息分析及数据记录可以在客户端中查看。

#### 锻炼

在锻炼页面长按可以开始一次锻炼测量记录，有8种运动模式可供选择。更多详细信息分析及数据记录可以在客户端中查看。

### 手表功能简介

#### 血压

在手表的血压页面长按可以测量你当前的血压值。在血压页面可以显示上一次的测量数据。更多详细信息分析及数据记录可以在客户端中查看。

#### 血氧

在手表的血氧页面长按可以测量你当前的血氧值。在血氧页面可以显示上一次的测量数据。更多详细信息分析及数据记录可以在客户端中查看。

### 手表功能简介

#### 天气信息

天气页面会显示当前的天气、空气质量信息，以及明日的状况。天气信息需要连接客户端后才能获取数据，如果长时间断开连接，天气信息将无法更新。

#### 消息推送

手表可以接收显示手机上的通知推送可在客户端中设置推送项目开关。手表消息页面可以储存最近3条消息记录。

### 手表功能简介

#### 相机控制

连接手机后，手表可以作为手机相机遥控器。在手机上打开相机后，在手表相机控制页面长按即可触发手机相机快门。

#### 音乐控制

连接手机后，手表可以控制手机的音乐播放器。手机在播放音乐时，可以使用手表控制手机进行播放/暂停、上一曲、下一曲操作。

### 手表功能简介

#### 更多功能

手表的其他功能中包含秒表、亮度调节、静音模式、恢复出厂设置、关机操作。

#### 秒表

在秒表页面长按即可开始一次计时，再次长按即可停止计时。

### 手表功能简介

#### 智能闹钟

在客户端中可以设置手表的智能闹钟，最多可以设置3个闹钟。在设定时间时，手表将会显示闹钟图标并震动。

#### 久坐提醒

手表在你久坐1小时后，会提示你起身走走。久坐提醒功能可以在客户端中设置开关。

### 常见问题与解答

#### 血压数值为什么跟血压计有偏差

手表和血压计测量数值出现的偏差是由多种因素决定的，血压计测量部位是在肱动脉，手表测量部位是在微动脉的两个主要分支，正常情况下主动脉搏血压测量值和微动脉血压测量值会相差三到四十；如果你使用手表和血压计同时进行测量，由于动脉里流动的是离心方向的血液，血压计测量时绑带使你的肘正中以下部位处于受压状态，暂时血液无法顺畅的向下面的动脉分支流动；血管紧张感增加，将使上下血压测量值偏差会更大。

#### 为什么不能佩戴手表洗热水澡？

洗澡水的温度比较高 会产生很多的水蒸气，而且水蒸气是气相的，其分子半径小，容易从手表的壳体空隙渗进去，当温度降下来后又重新凝结成液相的水滴，容易造成手表内部线路短路，损伤手表电路板，进而损坏手表。

### 常见问题与解答


#### 为什么手表接收不到消息推送

安卓手机设置：  
1.确认在手机客户端开启了消息推送的开关  
2.确认消息在手机通知栏都可以正常显示，手表消息推送是通过读取手机通知栏消息进行推送；若手机通知栏没有消息，手表将无法接收推送。（需要在手机设置中找到通知设置，开启微信、QQ、电话、短信、手机客户端的通知开关）  
3.打开手机客户端的辅助功能设置（在手机设置中找到辅助功能，打开手机客户端的辅助功能设置）

苹果手机设置：  
1.确认在手机客户端开启了消息推送的开关  
2.确认消息在手机通知栏都可以正常显示（需要在手机设置中找到通知设置，开启微信、QQ、电话、短信、手机客户端的通知开关）

### Downloading the App

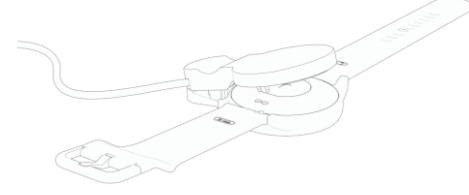
Scan the following QR code, download and install the App.



Scan QR Code and Download

### Charging and Active

Charging the device to active before the first time using: To charge your device, plug the charging cable into the adapter or USB port on your computer.



### Pairing

- Open the App and set up your profile
- Go to the 「Device」, Click 「Add a Device」
- Choose your device on the scanning list (Sport Watch)
- Finish

Long press the 「time page」 on your device, go to the detail page. The MAC address on the detail page could help you identify your device on the scanning list.

### Smart Watch Features

#### Sports

Smart Watch automatically tracks Steps taken, Calories burned, Distance traveled and displays on the screen. NOTE: Your movement stats reset to zero at midnight.

#### Sleep

If you keep wearing Smart Watch in your sleep, it can provide the hours slept and quality of sleep stats on both the screen and the APP. NOTE: Sleep stats reset to zero at 8:00 pm.

### Smart Watch Features

#### Heart Rate Test

Long press the heart rate page to start measuring your heart rate. On the heart rate page, It can show the heart rate measured data of the last times.

#### Training

Long press on the training page to start a new training measure recording, there are 8 sport modes to be chosen.

### Smart Watch Features

#### Blood Pressure Test

Long press on the blood pressure page to start measuring your blood pressure. On the blood pressure page, It can show the blood pressure measured data of the last times.

#### SpO2 Test

Long press the SpO2 page to start measuring your SpO2. On the SpO2 page, It can show the SpO2 measured data of the last times.

### Smart Watch Features

#### Weather

It could show the weather info of current and tomorrow on the weather page. Weather info is synced after connecting with the APP, it will not be updated after a long disconnected.

#### Messages Reminder

The device can sync incoming notifications from Twitter, Facebook, Whatsapp, Instagram etc. Recently 3 messages can be stored. Note: You can switch on/off the incoming notification in the APP.

### Smart Watch Features

#### Remote Shutter

After connecting the device can remote control the camera on your phone.

#### Music Play Contraller

After connecting the device can remote control the music player on your phone.

### Smart Watch Features

#### Other Features

Other features include stopwatch, brightness adjustment, mute mode, factory reset, and power off.

#### Stop Watch

Long press on the stopwatch page to start timing, and long press again to stop timing.

### Smart Watch Features

#### Silent Alarms

Set up the alarm on the APP, the device will vibrate to remind on time.

#### Remind to Move

The device will vibrate to remind you to make a relax after 1 hour sitting. Note: You can switch on/off the feature in the APP.

### Getting to Know Your Device

- Using in Wet Conditions  
Your device is water-resistant, which means it is rain-proof and splash-proof and can stand up to even the sweatiest workout. NOTE: Do not swim with your Smart Bracelet. We also don't recommend showering with your wristband; though the water won't hurt the device, wearing it 24/7 does not give your skin a chance to breathe. Whenever you get your bracelet wet, dry it thoroughly before putting it back on.
- Using the Touch Button  
Single tap the Touching Area under the main screen to wake up the device and switch to other functional pages. Long press the Touching Area to enter for more functions which is needed.
- Using Quick View  
With Quick View you can check the time or the message form your phone on your Smart Bracelet without taping. Just turn your wrist towards you and the time screen will appear for a few seconds.

### General Info & Specifications

- Environmental Conditions  
Operating temperature: 14°F to 122°F (-10°C to 50°C)  
Non-operating temperature: -4°F to 140°F (-20°C to 60°C)
- Size  
Fits a wrist between 5.5 and 7.7 inches in circumference.
- Disposal and Recycling  
Please kindly be aware that it is the consumer's responsibility to properly dispose and recycle Smart Bracelet and accompanying components. Do not dispose of Smart Bracelet with common household waste, the Smart Bracelet unit is considered electronic waste and should be disposed of at your local electronic equipment collection facility. For more information, please contact your local electronic equipment waste management authority or the retailer where you bought the product.