

SMART WATCH

Quick Guide



Please read this manual carefully and retain it for use



Storage

Access the storage and storage data in the app. After the storage data has been accessed, it will be deleted.



Sleep

Use the sleep monitoring function to monitor sleep. After the sleep data has been accessed, it will be deleted.



Weather

Use the weather monitoring function to monitor weather. After the weather data has been accessed, it will be deleted.

Touch and key



Tap
Tap the screen to wake the watch or to return to the home screen.



Crown
Press the crown to scroll through the watch face or to return to the home screen. Press the crown again to return to the home screen.

Side key
Press the side key to open the app drawer.

For more information, please refer to the user manual.



Music

Use the music monitoring function to monitor music. After the music data has been accessed, it will be deleted.



Video Assistant

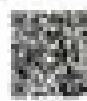
Use the video assistant function to monitor video. After the video data has been accessed, it will be deleted.



Health

Use the health monitoring function to monitor health. After the health data has been accessed, it will be deleted.

Connect to phone



Use the QR code to connect the smartwatch to a phone. After the QR code has been scanned, the smartwatch will be connected to the phone.

After the smartwatch is connected to the phone, the smartwatch will be able to use the phone's functions.

For more information, please refer to the user manual.

Bluetooth connection mode
After the smartwatch is connected to the phone, the smartwatch will be able to use the phone's functions.

For more information, please refer to the user manual.

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Breathing training

Use the breathing training function to monitor breathing. After the breathing data has been accessed, it will be deleted.



Sleepwatch

Use the sleepwatch function to monitor sleep. After the sleep data has been accessed, it will be deleted.



Calculator

Use the calculator function to monitor calculation. After the calculation data has been accessed, it will be deleted.

Function Introduction



Sports

Use the sports monitoring function to monitor sports. After the sports data has been accessed, it will be deleted.



Activity

Use the activity monitoring function to monitor activity. After the activity data has been accessed, it will be deleted.



Mail

Use the mail monitoring function to monitor mail. After the mail data has been accessed, it will be deleted.



Heart rate

Use the heart rate monitoring function to monitor heart rate. After the heart rate data has been accessed, it will be deleted.



Blood pressure

Use the blood pressure monitoring function to monitor blood pressure. After the blood pressure data has been accessed, it will be deleted.



Blood oxygen

Use the blood oxygen monitoring function to monitor blood oxygen. After the blood oxygen data has been accessed, it will be deleted.

123456

1. Use the smartwatch to monitor heart rate.

2. Use the smartwatch to monitor blood pressure.

3. Use the smartwatch to monitor blood oxygen.

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6. Use the smartwatch to monitor sports.

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9. Use the smartwatch to monitor storage.

10. Use the smartwatch to monitor music.

11. Use the smartwatch to monitor video.

12. Use the smartwatch to monitor weather.

Smart Guide Manual

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Smart Guide Manual:

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