智能手表
使用说明书

正确佩戴
手表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。

给手表充电
初次使用请确保手表电量正常，若低电不能正常开机，请连接充电器对设备进行充电。

在手机上安装手表APP
扫描二维码或进入 APP Store、应用宝下载并安装 APP

HiWatchPro

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，连接成功后手表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"设置→"+"图标，进入自动搜索列表找到手表设备并与连接，连接成功需打开系统蓝牙同步的同步开关。（注：使用蓝牙功能前请确认系统蓝牙同步开关是否打开）

Smart watch
User's Manual

Wear correctly
The watch is best worn after the ulna styloid process.
Adjust the size of the wrist according to the adjustment hole; buckle the wrist strap.
Keep the sensor close to the skin and avoid moving.

Charge your watch
For the first time use, make sure that the watch has normal power. If the low power does not work, please connect the charger to charge the device.

Install the watch app on your phone
Scan the QR code or enter the APP Store, Application treasure to download and install the APP

HiWatchPro

Android/IOS

System requirements: Android 5.0 and above; iOS 9.0 and above; support Bluetooth 4.0

Device connection
For the first use, you need to connect the APP for calibration. After the connection is successful, the watch will automatically synchronize the time. Turn on the Bluetooth switch of the mobile phone system → enter the app device module settings → click on the "settings" "+" icon to enter the automatic search list to find the watch device and connect with it. If the connection is successful, you need to turn on the system Bluetooth synchronization switch. (Note: Before using the Bluetooth function, please confirm whether the system Bluetooth synchronization switch is turned on)
- The APP will automatically save the Bluetooth address of the bracelet. When the APP is opened or running in the background, it will automatically

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- 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。
- **蓝牙连接**
  - a、首先将手表蓝牙开关设置开启，开启智能手机蓝牙开关，进入蓝牙通知菜单在点击自动搜索附近已开启蓝牙的设备，找到手机设备型号并与之配对，配对成功后手表状态栏内蓝牙图标显示为绿色，此时手表与手机相互搜寻设备成功。（通过手表一搜寻设备，手机端有振动及响铃；通过手机一查找设备，手表端有振动和响铃）
  - b、搜索、添加、删除蓝牙设备，本机蓝牙名称和地址可以在关于手机中查看。

手表功能说明
侧键：长按 3 秒开关机；任意页面短按一键返回到表盘；表盘页面短按灭屏亮屏功能
- 待机页面上下滑动可循环切换快捷菜单和表盘。
- 待机页面左右滑动可循环切换表盘风格
- 待机页面长按屏幕 2 秒可选择不同表盘
- 菜单风格可选择四宫格与网格视图两种
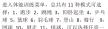- 手表恢复出厂设置会清除手环所有数据（如计步，睡眠信息）。

功能介绍

蓝牙拨号盘
分别在手表或手机端拨号界面输入号码进入拨号，手表与手机会即时同步。

蓝牙通话
此款手表支持蓝牙通话

信息
查看与手表蓝牙连接的手机信息

运动记录
运动记录三个颜色圆环，代表计步、锻炼、站立三项数据（计步、锻炼、站立）

心率
进入心率菜单，手表背面必须要贴放手臂皮肤上，点击开始，手表会自动测量出心率数值。

血压监测
进入血压监测菜单，手表背面必须要贴放手臂皮肤上，点击开始，手表会自动测量出血压数值。

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search and connect to the bracelet.
- Android phones use all notification permissions such as reading contact information and giving the app background running in the phone settings.
- **Bluetooth connection**
  - a. First turn on the Bluetooth switch of the watch, turn on the Bluetooth switch of the smartphone, and enter the Bluetooth notification menu. Click to automatically search for nearby Bluetooth enabled devices, find the phone device model and pair with it. After successful pairing, the Bluetooth icon in the status bar of the watch will display Green, at this time the watch and mobile phone successfully search for devices. (Via watch—search for equipment, there is vibration and ringing on the mobile phone end; through cellphone—finding device, there is vibration and ringing on the watch end)
  - b. Search, add, and delete Bluetooth devices, and the name and address of the device's Bluetooth can be viewed in About Phone.

Watch function description
Side button: press and hold for 3 seconds to turn on and off; short press any button on any page to return to the dial; short press to turn off the screen on the dial page
- Swipe up and down on the standby page to cycle through the shortcut menu and dial.
- Swipe left or right on the standby page to cycle through the dial style
- Standby page long press the screen for 2 seconds to select different dials
- The menu style can be selected from the four grid and grid view
- Restoring the watch to factory settings will erase all data of the bracelet (such as step counting, sleep information)

Features

Bluetooth dialpad
Enter the number on the dial interface of the watch or mobile phone to enter the dial. The watch and mobile phone will be synchronized in real time.

Bluetooth call
This watch supports Bluetooth call

Information
View phone information for Bluetooth connection with watc.

Motion record
Movement records three color circles, which represent the three data of step counting, exercise and standing

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Heart rate
Enter the heart rate menu, the back of the watch must be placed on the skin of the arm, click on the start, the watch will automatically measure the heart rate value.

Blood pressure monitoring
Enter the blood pressure monitoring menu, the back of the watch must be placed on the skin of the arm, click start, the watch will automatically measure the blood pressure value.

Physical Training
Enter the fitness training menu, there are a total of 11 modes to choose from: 1, running 2, skipping 3, sit-up 4, table tennis 5, basketball 6, badminton 7, mountain climbing 8, riding 9, tennis 10, walking 11, Volleyball, you can choose any sport to start, record the current exercise time and calorie data.

Sleep detection
The watch wears the hand to sleep and automatically enters the sleep monitoring mode; automatically detects the length of your deep / light sleep all night and calculates your sleep quality; the APP can view the sleep data details.
Note: Sleep data detects sleep from 9pm

体能训练
进入体能训练菜单，总共有 11 种模式可选择：1，跑步 2，跳绳 3，仰卧起坐 4，乒乓球 5，篮球 6，羽毛球 7，登山 8，骑行 9，网球 10，健走 11，排球，可以选择任意一项运动进入开始，记录当前运动时间和卡路里数据。

睡眠检测
手表佩戴手上睡觉自动进入睡眠监测模式；自动检测您整晚深睡/浅睡时长，计算您的睡眠质量；APP 端可查看睡眠数据详情。
注意：睡眠数据从晚上 9 点开始检测睡眠

蓝牙音乐
连接手机蓝牙后，进入蓝牙音乐，点击可以控制蓝牙设备上的音乐播放

设置
- a、蓝牙设置（开启和关闭蓝牙）
- b、抬手亮屏（开启和关闭抬手亮屏）
- c、时钟（设置时间与日期、更改时间制式、待机表盘）
- d、声音（设置来电响铃方式和来电通知特约声）
- e、音量（设置调节多媒体、来电铃声和通知铃声大小）
- f、显示（主题风格：内置两种 UI 风格可随时进行切换使用，设置屏幕亮度和背光时间）
- j、语言环境（可多语言模式选择）
- i、恢复出厂设置（该功能会清空手表本机所有通话记录、信息、闹钟等，请谨慎操作）

使用注意事项
1. 在使用前请充满电，充电时间需要 2 小时左右。
2. 充电请使用标准配置的配件以免充电意外事件
3. 蓝牙在使用过程中超过距离范围，双向防丢启用切之后，在未重新连接前是不能使用寸找功能的；
4. 蓝牙在使用过程中，倘尔会有断开情况，请重新连接一次（超过五分钟未连接时，需要手动连接一次）；连接时请注意选择同意电话本的同步：不然在使用过程中，将不能显示来电的电话本；
5. 音乐功能，取决于手机中的音乐播放器不同，可能会出现音乐名称无法同步问题，这是正常情况，这是因为手机与播放器的不同而造成。

常见故障排除
在使用过程中如出现任何问题，请参照下列条款加以解决，如果问题仍然存在，请联系经销商或指定维修人员。

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1. 手表无法开机
按开机键时间过短，请按时间超过 3 秒。
电池电量过低，请连接充电器充电。
2. 手表会自动关机。
电池电量过低，请连接充电器充电。
3. 手表使用时间短短
电池电量未充满，请确保有足够的充电时间（充满最好 2 小时）。
4. 手表无法正常充电
请检查电池是否用尽，使用几年后电池的性能会降低。
充电器充电是否正常，可以更新以充电器尝试。
充电连接 USB 线接口是否连接好，可以再尝试一次。
5. 接到来电时没有显示呼叫者姓名
蓝牙连接时，未进行上传通讯录；或者是未与上传通讯录；断开再连接，未同步通讯录，请再反复重新连接。
6. 通话的声音质量不太好
你的智能手表与手机距离太远，请靠近；蓝牙信号太差
你的手机所处信号不好，更换一个打接电话位置

其它
1. 未经本公司的许可，严禁以任何形式修改、复制 分发 传播本手册部分或全部内容
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APP function introduction
Heart rate
Connect the watch successfully, you can start the heart rate measurement on the APP, and view the historical heart rate data.
Blood pressure
Successfully connected to the watch, the APP can initiate blood pressure measurement and view blood pressure historical data.
Motion
The watch can be successfully connected to the watch to view the number of steps of the day and historical step data.
Sleep
Connect watch successfully to view sleep quality and view sleep history data
Set up
Used to bind / disconnect the device

Precautions for use
1. Please fully charge before using, the charging time needs about 2 hours,
2. Please use the standard accessories for charging to avoid charging accidents
3. Bluetooth is disconnected over a distance during use, and the search function cannot be used until it is reconnected;
4. Bluetooth may occasionally be disconnected during use. Please reconnect once (if not connected for more than five minutes, you need to manually connect once); please pay attention to choose to agree to the synchronization of the phonebook when connecting; otherwise it is in use. Incoming phonebook will not be displayed;
5. Music function, depending on the music player in the Android phone, the music name may not be synchronized. This is a normal situation and is caused by the difference between the phone and the player.

Common troubleshooting
If there is any problem during the use of the mobile phone, please refer to the following clauses to resolve it. If the problem persists, please contact the dealer or designated service personnel.
1. The watch cannot be turned on Press the power button for too short a time, please press it for more than 3 seconds. The battery level is too low, please connect

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Bluetooth music
After connecting the Bluetooth of the mobile phone, enter the Bluetooth music, click to control the music playback on the Bluetooth device.

Notice
Display information synchronized from the mobile phone, such as: QQ, WeChat, SMS, time, Twitter, Facebook, etc.

Set up
a. Bluetooth settings (turn Bluetooth on and off)
b. Raise the screen with your hand raised (turn on and off the screen with your hand raised)
c. Clock (set time and date, change time system, standby dial)
d. Sound (set the call ringing method and call notification ringtone)
e. volume (setting to adjust the size of multimedia, call ringtones and notification ringtones)
f. Display (theme style: built-in two UI styles can be switched at any time, setting screen brightness and backlight time)
j. International (multi-language mode selection)
h. Restore the production settings (this function will clear all local call records, messages, alarm clocks, etc., please operate with caution)
i. About (View device name and Bluetooth device address)

Recording
Enter the recording menu, click to start, pause, save the recording, and select to play the saved recording from the options menu

Application
a、Twitter (Turn on / off blocking message notifications)
b、Facebook (Turn on / off blocking message notifications)
c、WhatsApp (Turn on / off blocking message notifications)

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the charger to charge.
2. The watch will automatically shut down The battery level is too low, please connect the charger to charge.
3. The use of the watch is short The battery is not fully charged. Make sure you have enough time to charge it (minimum 2 hours).
4. The watch does not charge properly Please check if the battery is available, the performance of the battery will decrease after using for several years.
If the charger is charging normally, you can update to try with the charger.
If the USB cable is connected properly, please try again.
5. Caller name is not displayed when receiving a call
When the Bluetooth connection is selected, the address book is not selected to be uploaded; or the Always upload address book is not selected;
Disconnect and reconnect, the contacts are not synchronized, please pair and reconnect again.
6. The sound quality of the call is not very good
Your smart watch is too far away from your phone, please come closer; the Bluetooth signal is too poor
Your cell phone has a bad signal. Change to a call location.

Others
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