

# Smart Watch User Manual



## APP Download and Connection:

### 1. Scan the QR code to download and install the "M2 Wear" APP



(Android 5.0 or IOS 9.0 and above)

### 2. APP connection method:

① After the watch is turned on, slide the dial page to the right and out of the sidebar, click Settings, slide to the bottom of the settings interface, and click Enter to check the Bluetooth address.

② Turn on the bluetooth of the mobile phone, enter the APP and click to add a device. After the search is completed, click the device to be connected to bind it.  
③ Connect audio Bluetooth: Swipe on the dial page, click the Bluetooth icon, the Bluetooth icon turns blue after turning it on, enter the mobile Bluetooth system, search for the Bluetooth name corresponding to the bracelet for binding (after the connection is successful, the Bluetooth icon in the notification bar is colored).

◆Note: When the watch is connected to the APP, the watch data will synchronize part of the data with the phone via Bluetooth, such as: information, weather, contacts, step counting, sleep, etc.  
After disconnecting or unbinding, data will not be synchronized.



## Wear correctly:

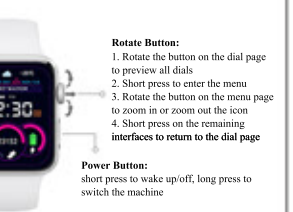
The watch is best worn after the ulna styloid process.  
Adjust the size of the wrist according to the adjustment hole; buckle the wrist strap.  
Keep the sensor close to skin and avoid moving.



## Charge your watch:

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

## Product Description:



### Rotate Button:

1. Rotate the button on the dial page to preview all dials
2. Short press to enter the menu
3. Rotate the button on the menu page to zoom in or zoom out the icon
4. Short press on the remaining interfaces to return to the dial page

### Power Button:

short press to wake up/off, long press to switch the machine

## Basic parameters:

Bluetooth Name: SK7 or SK8  
Body Size: 44.0\*38.0\*10.9mm  
Body Material: Zinc Alloy+Electroplating+ABS+IML  
Strap Material: Silicone  
Games: Racing +2048  
Bluetooth: BT2.1+EDR+BLE5.0  
UI Style: Babysbreath, Nine Palace, GearWheel  
Support System: Android 5.0 or IOS 9.0 and above  
General Functions: Stopwatch, Calculator, Alarm Clock, Flashlight, Calendar  
Supported Languages: English, Simplified Chinese, French, Spanish, Polish, Portuguese, Italian, German, Dutch, Turkish, Russian, Czech, Hungarian, Malay, Filipino, Indonesian, Vietnamese, Greek, Persian, Arabic, Thai, Hebrew, Finnish, Ukrainian

## Operating Instructions:



Swipe left:  
Menu list

Swipe right:  
sidebar function

Swipe up and down: shortcut menu

1. Sidebar function: Swipe right to appear on the dial, swipe left or tap the screen to return.
2. Menu list: Swipe left on the dial to enter the menu list, click a menu icon to enter the corresponding function, slide right to return, or press the spin button to return to the dial.
3. Shortcut menu: slide up and down on the dial to display shortcut functions (including: Bluetooth call switch, QR code, brightness adjustment, scene mode, style switching, Bluetooth music, etc.), click the icon to directly enter this function, slide right or single-click to rotate button to return.
4. Dial switch: Long press screen on the dial page to enter the dial preview interface, slide left and right to preview and select the corresponding dial, after clicking OK, the dial setting is successful.

Note: The other two dials are "custom dial" and "mall push dial". The dials will change with the settings of the APP-side dial mall and DIY dials.

## Common Troubleshooting:

If there is any problem during the use of the watch, please refer to the following clauses to resolve it. If the problem persists, please contact our 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 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.

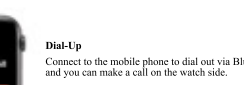
**5. Caller name is not displayed when receiving a call**  
When the Bluetooth connection is selected, the address book is not selected to be uploaded; or the Always upload address book is not selected; Disconnect and reconnect, the contacts are not synchronized, please pair and reconnect again.

**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 cellphone has a bad signal, change a call location.

## Precautions:

- ◆In daily use, avoid wearing the watch for hot showers, saunas and diving. When the water meter gets wet, please wipe the surface water stains dry with a soft cloth before operating.
- ◆The measurement results of this product are for reference only, and the data provided by the product is not to be used as a basis for any medical purposes.
- ◆If you use a power adapter for charging, you should use a power adapter that meets the requirements of the corresponding safety standards to avoid bursting or fire caused by fake power adapters.

## Features:



### Dial-Up

Connect to the mobile phone to dial out via Bluetooth, and you can make a call on the watch side.

### Contact

After the watch is successfully connected to the APP, you can add a contact in the APP. After the contact is successfully added, the phone book of the watch will be displayed synchronously, and the watch can click on the contact in the phone book to make a call (Note: The watch needs to be connected to the Bluetooth of the mobile phone)

### Information

It can display the content of the message push, such as: SMS, Facebook, Twitter, etc. (The system above IOS12 will block SMS reminders by default)

### Sports

1. Enter the sport mode (running, walking, cycling, climbing, indoor running) selection interface, click again to start the corresponding sport mode data monitoring: exercise time, distance, calories burned and heart rate data.
2. Record: record all exercise data.



### Pedometer

Count the step count data of the day, swipe left to view the step count record, clear the data at 00:00 in the morning, or view it in the APP, the APP can set the number of steps per day to reach the standard value, and the watch will have reminder of compliance.

### Sleep Monitoring

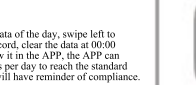
Turn on sleep detection to monitor the quality of sleep while sleeping, and view data such as sleep duration, rapid sleep, deep sleep, light sleep, etc.

### Sedentary Reminder

Set the sedentary time, the watch will vibrate when the time is up, and there will be a reminder icon on the interface.

### Heart Rate

Put the watch close to your wrist, and the best place to wear it is the wrist bone above your arm. The real-time heart rate can be measured. The normal value is 60-100 beats per minute for ordinary people. Swipe left to view the heart rate record.



### Blood Pressure

Put the watch close to your wrist, and the best place to wear it is the wrist bone above your arm. Real-time blood pressure can be measured. Adult diastolic blood pressure: 60-80 (mmHg) Adult systolic blood pressure: 100-120 (mmHg), slide left Can view blood pressure records.

### Blood Oxygen Monitoring

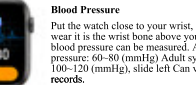
close the watch to the wrist, the best wearing position is on the wrist bone above the arm, real-time blood oxygen value can be measured, the normal range of the value is generally 95% to 100%, swipe left to view the blood oxygen record.

### Temperature

Display the current body temperature (the normal body temperature of the human body is 36-37 °C)

### Bluetooth Music

Control to play music in the phone, "+", "-" to adjust the volume.



### Find The Phone

When the watch and the phone are connected, click the "Start" button, the phone will sound a ringtone and a prompt box will pop up.

### Drinking Water Reminder

Set a reminder time for drinking water. When the time is up, the watch will have an interface reminder icon.

### Style

Three UI styles can be set and replaced

### Settings

Including time setting, scene mode, brightness, language setting, password lock, sidebar, factory reset, about this machine.

## FAQ:

### What is our warranty policy? - 100% Satisfaction Guarantee, Free returns and refund within 90 Days.

Within 90 days, if our watch has any quality problems, please feel free to contact us and we will replace it for you for free. If this smart watch can't meet all your needs, you are not 100% satisfied with it, just contact our after-sale service by this email (after-sale-service-team@hotmail.com), they will help you deal with your refund. Please believe that we will give you the most satisfactory solution. So please feel free to contact us before giving us a negative review.

### How to download and install the APP "M2 Wear" (for Android and IOS phones)

1. Please download the sync APP to your smartphone by scanning the QR code on the manual (There is a QR code icon in the function menu of the watch. Click it and you will get a QR code). This app will only be used for the synchronization between your phone and the watch, will not take any data of your phone.
2. You can also search and download the "M2 Wear" from the APP Store or Google Play Store.
3. If you have already installed the app, please check the version and update to the newest, so that all the features can be used normally. Please update the app when it has a new version.

### Is the detected data of heart rate, step, blood pressure, blood oxygen and temperature accurate?

The chips used are not the most powerful as a super cost-effective smart watch. The measurement results are for reference only and shall not be used as any medical purpose or basis. It is suitable for daily use, considering it is measured by scientific algorithm, but it cannot guarantee absolute accuracy.

### Dose the smart watch waterproof?

This smartwatch only supports life waterproofing. For example, you can wear and use smartwatch during exercising (sweat is ok), in light rain, and while washing your hands. It does not support showering, diving, swimming when wearing!

## How does this watch work with an iPhone?

Just connect the smart watch with your iPhone via bluetooth. For iPhone, it supports answering & call, phone book, music play, camera, clock, pedometer, sleep monitoring, sedentary reminder, blood pressure monitoring, blood oxygen and temperature test all functions. It is the best companion of iPhone.

### Can the battery and strap of this watch be replaced?

This watch is not allowed to replace battery while the strap can be replaced. Note that one end of the short strap faces the upper part of the dial, and the long strap faces the lower part of the dial. And pay attention to the strength for insertion. The strap is made of silica gel, so you don't have to worry about breaking due to excessive force.

### Why my phone cannot connect with the smart watch by Bluetooth?

- First, please make sure your smart phone's Bluetooth is ON.
- Second, because this smartwatch is Bluetooth 5.0, all functions support Android 5.0 & IOS 9.0 and up smart phones, please make sure your mobile phone software version is above this range.
- Third, please make sure the device is near the smart phone when pairing (the effective distance is about 10m).

### Why cannot charge the smart watch?

First of all, it is necessary to ensure whether the charging line is in correct contact with the watch. Secondly, it requires to charge for 2 hours after complete crash, and then observe whether it can be charged. Finally, if the watch still can't charge in, you can contact us at any time, and we will serve you wholeheartedly.

## GUARANTEE & SERVICE

### We're just happy that you're happy!

Our friendly and hassle-free customer service team will work hard to put a smile back on your face. If you encounter any problems while using the watch, I hope you believe our sincerity and contact us at any time. We will help you deal with it at the first time. We sincerely hope bring you and your family a happier life with our smart watch.

#### FCC Statement

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.

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.