智能手表说明书
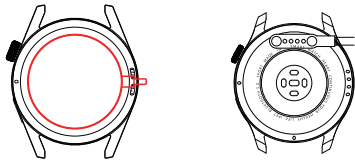## USER MANUAL

手表充电与激活

第一次使用产品前，请先用包装盒中的充电器给手表充电。（设备输入电压为标准的无线充 5.0V，请勿使用其他规格的电源充电）
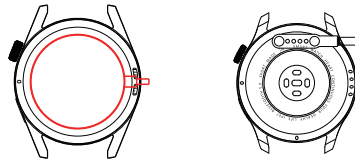
Watch charging and activation

Before using the product for the first time, please charge the watch with the charger in the box. (The input voltage of the device is standard wireless charging 5.0V, please do not use other specifications of power supply for charging)

USER MANUAL
SMART BRACELET

手表客户端下载

1.扫描下方二维码下载应用.
2.也可以在应用市场直接搜索iband下载。
3.也可以扫描手表上的二维码图标进行下载。
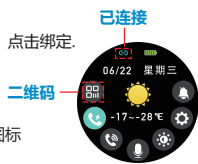
扫码下载手机客户端

连接手表

◆方法一：搜索设备绑定

打开APP，在'设备绑定'界面搜索设备，点击绑定。

◆方法二：扫码绑定

1.手表：快捷菜单-二维码
2.打开APP - '设备绑定' - 点击二维码图标
3.扫描二维码进行绑定。

已连接
二维码

在手表快捷菜单--设置--设备信息，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，每次打开APP，手表会自动与手机连接，在APP计步界面下拉可以同步数据。

Download the APP on Mobilephone

1. Scan the QR code below to download the application
2. You can also directly search for iband download in the application market
3. You can also scan the QR code icon on the watch to download

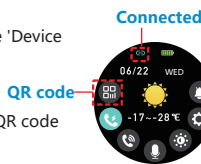**Scan the QR code to download APP**

Connect the watch

◆ Method 1: search device binding

Open the APP, search for devices in the 'Device Binding' interface, and click Bin.

◆ Method 2: Scan code and bind

1. Watch: shortcut menu - QR code
2. Open APP - 'Device binding' - click QR code icon
3. Scan the QR code for binding.

Connected
QR code

In the watch shortcut menu - Settings - Device Information, the watch MAC address will be displayed. You can determine your device through the MAC address in the device list;
After the watch is bound successfully, every time you open the APP, the watch will automatically connect with the mobile phone, and you can synchronize data by pulling down the APP step counting interface.
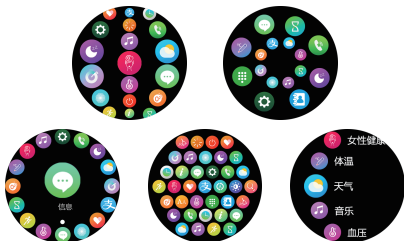

连接通话蓝牙 (注：后四位是手表MAC地址)

打开这个图标绿色为打开状态

手表快捷菜单，点击：电话图标，此时打开手机设置、蓝牙界面搜索相对应的蓝牙型号，点击连接。

更换UI风格

在功能列表界面双击旋转按钮切换UI风格。

Connect call Bluetooth
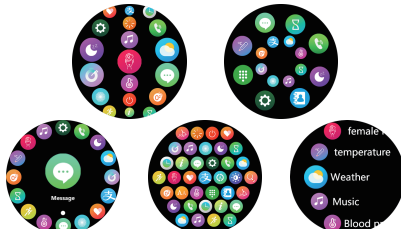(Note: the last four digits are the MAC address of the watch)

Open this icon. Green means open

Watch shortcut menu, click the phone icon, open the phone settings and Bluetooth interface to search for the corresponding Bluetooth model, and click Connect.

Change UI style

Double click the rotation button in the function list interface to switch the UI style.

女性健康 / 体温 / 天气 / 音乐 / 血压

female / temperature / Weather / Music / Blood

通话功能简介

通话功能

该功能需要连接音频蓝牙，进入拨号时，可根据需要输入电话号码拨打。电话蓝牙连接后，不在电话界面2~5分钟后就自动会断开，电话接入时3~5秒会自动连接。

常用联系人

常用联系人：需要在APP端常用联系人栏设置添加，设置的联系人将自动同步到设备，最多可以存32个联系人。

通话记录

功能可保存最近10条通话记录

手表功能简介

表盘切换

在主屏幕长按3秒，进入表盘切换界面，左右滑动切换，单击选定表盘，
旋转按钮：在表盘页旋转按钮，可预览所有表盘。

快捷菜单

功能概览：二维码、通话智能省电模式（开启通话智能省电模式，2-5分钟没电话进来，通话自动休眠，电话进来自动连接APP必须连接状态。）电话、语音、亮度、设置、来电静音/振动。

音乐

手表与APP连接后，可控制手机音乐播放器的暂停与开始，音量调节以及歌曲切换。

Introduction to call function

Call function

This function needs to be connected to audio Bluetooth. When dialing, you can enter the phone number as required and then dial. After the phone is connected via Bluetooth, it will be automatically disconnected 2–5 minutes after it is not in the phone interface, and will be automatically connected 3–5 seconds after a phone comes in.

Top contacts

Favorite contacts: You need to set and add the favorite contacts in the favorite contact bar on the APP side. The set favorite contacts will be automatically synchronized to the device, and up to 32 contacts can be saved.

Call log

Function can save the last 10 call records

Introduction to watch functions

Dial switch

On the main screen, long press for 3 seconds to enter the dial switch interface, slide left and right to switch, and click to select the dial.
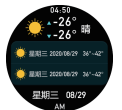Rotation button: rotate the button on the dial page to preview all dials

shortcut menu

Function overview: QR code, Call intelligent power saving mode (When the call intelligent power saving mode is enabled, the call automatically sleeps situation if no call comes in for 2-5 minutes, and the call automatically connects when it comes in. Make sure the APP be connected.), phone, voice, brightness, settings, call mute/vibration.

music

After the watch is connected to the APP, you can control the pause and start of the mobile music player, volume adjustment and song switching
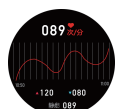

手表功能简介

天气

可以查看最近三天的天气。数据由APP更新，请及时连接APP更新。

计步界面

在此界面可以查看计步相关数据。

心率界面

在此界面停留2s会自动测量心率，也可以在APP中开启定时测量功能。

手表功能简介

呼吸界面

在此界面可设置呼吸时长、节奏等。

多运动

点击进入子界面，可以选择不同的运动模式进行训练。

支付宝

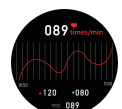用手机支付宝扫码绑定，点击"同意协议并绑定"绑定成功后，双双击主屏幕显示支付宝的付款码，也可以解除绑定。
注：只有在中英文语言下才可进入功能。

Introduction to watch functions

weather

You can view the weather of the last three days. The data is updated by the APP. Please connect to the APP in time to update.

Step counting interface

You can view step counting related data in this interface.

Heart rate interface

If you stay on this interface for 2 seconds, your heart rate will be measured automatically, or you can turn on the timing measurement function in the APP.

Introduction to watch functions

Respiratory interface

In this interface, you can set the breathing duration, rhythm, etc.

Multisport

Click to enter the sub interface to select different sports modes for training.

Alipay

Use mobile phone Alipay to scan the code for binding, and click "agree to the agreement and bind". After successful binding, double-click the payment code of Alipay displayed on the main screen, or you can unbind it.
Note: The function can only be accessed in Chinese and English.

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？

1.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，当温度降下来后又会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。
2.IP68防水防泼溅防尘功能并非永久有效，防护性能可能会因日常磨损而下降。
3.不支持浸泡、长时间在雨中、严重沙尘、高潮湿环境下使用，另外，如内部进水导致手机出现的故障将无法提供正常保修。

Frequently perceived questions and answers

Why does the blood pressure value deviate from the sphygmomanometer?

The deviation between the values measured by the watch and the sphygmomanometer is determined by a variety of factors. The measuring position of the sphygmomanometer is in the brachial artery. The measuring position of the watch is in the two main branches of the microartery. Under normal circumstances, the difference between the aortic blood pressure measurement value and the microarterial blood pressure measurement value will be 30 to 40; If you use a watch and a sphygmomanometer to measure at the same time, because the blood flowing in the artery is in the centrifugal direction, the bandage during the sphygmomanometer measurement will make the part below the middle of your elbow under pressure, and temporarily the blood cannot flow smoothly to the lower artery branches, increasing the tension of the blood vessels, which will make the deviation of the upper and lower blood pressure measurement values larger.

Why can't I wear a watch to take a hot bath?

1. The high temperature of the bath water will produce a lot of water vapor, and the water vapor is in the vapor phase. Its molecular radius is small and it is easy to seep into the gap of the watch shell. When the temperature drops, it will condense into liquid droplets again, which is easy to cause short circuit in the internal circuit of the watch, damage the watch circuit board, and then damage the watch.
2. The P68 waterproof, splash proof and dust-proof function is not permanently effective, and the protection performance may decline due to daily wear.
3. It does not support immersion, long time use in the rain, severe sand and dust, and high humidity environment. In addition, if the mobile phone fails due to internal water ingress, normal warranty cannot be provided.

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.打开手环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环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。）

Frequently perceived questions and answers

Why can't the watch receive the message?

Android phone settings:
1. Confirm that the message push switch is enabled on the mobile client:
2 . The confirmation message can be displayed normally in the mobile notification bar. Watch message push is done by reading the message in the mobile notification bar; If there is no message in the mobile phone notification bar, the watch will be unable to receive the push: (You need to find the notification settings in the mobile phone settings, and turn on the notification switches of WeChat, QQ, phone, SMS, and mobile phone clients.)
3. Open the auxiliary function settings of the bracelet client. (In the phone settings, find the auxiliary function settings of the auxiliary function opening bracelet client.

Apple Phone Settings:
1. Confirm that the message push switch is enabled on the mobile client,
2. The confirmation message can be displayed normally in the mobile notification bar.
(You need to find the notification settings in the mobile phone settings, and turn on the notification switches of WeChat, QQ, phone, SMS, and mobile phone clients.)

FCC Warnning:

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 againstharmful interference in a residential installation. This equipment generates, uses and can radiateradio frequency energy and, if not installed and used in accordance with the instructions, maycause harmful interference to radio communications. However, there is no guarantee thatinterference will not occur in a particular installation. If this equipment does cause harmfulinterference to radio or television reception, which can be determined by turning the equipmentoff and on, the user is encouraged to try to correct the interference by one or more of thefollowing 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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.