user manual

Watch client download

Scan the QR code below to download and install the watch client.

Scan and download mobile client

Schematic diagram of functional location


Touch area

button

Charging location

heart rate

▍Watch main dial switching

On the main dial interface, press and hold for 2 seconds to enter the dial switch, and slide left and right to select.

▍Watch operation guide

control center

underline ↑ Swipe up

Swipe left   Swipe left
→   ←
←   →
Swipe right   Swipe right

shortcut function window   function page

underline ↑ Swipe up

message list
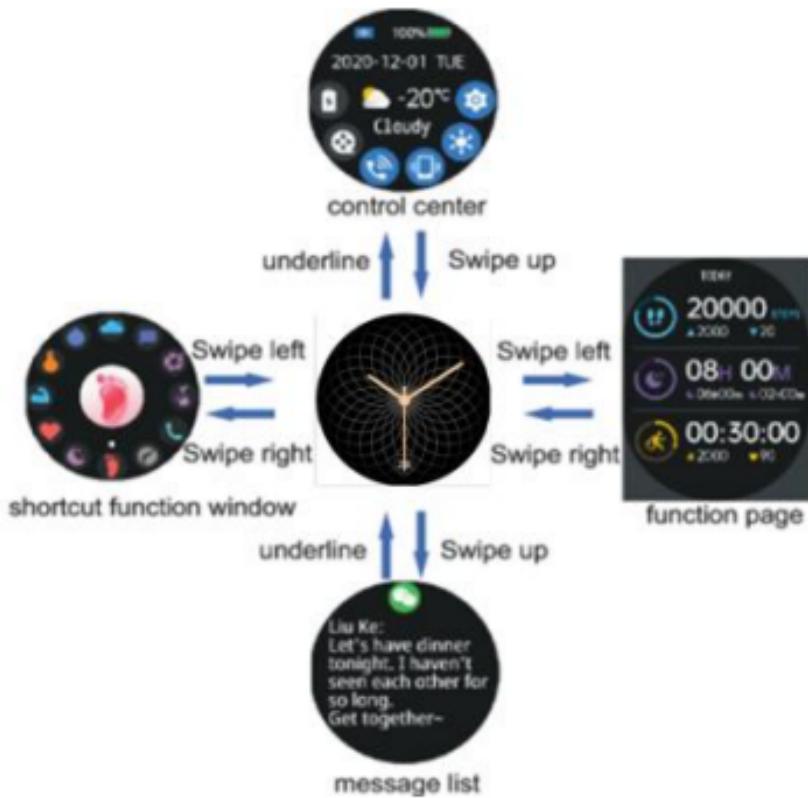
connect watch

Open the APP client to set personal information

Switch to the device page, click bind device

Click on your device in the list of scanned devices

bind successfully

19:28		19:28	
You have not link a device.		**ADD A DEVICE**	
			CF96
			Paired device
		Searching	
NOTIFICATIONS			
ALARMS			
SHUTTER			
OTHERS			
UPGRADE			
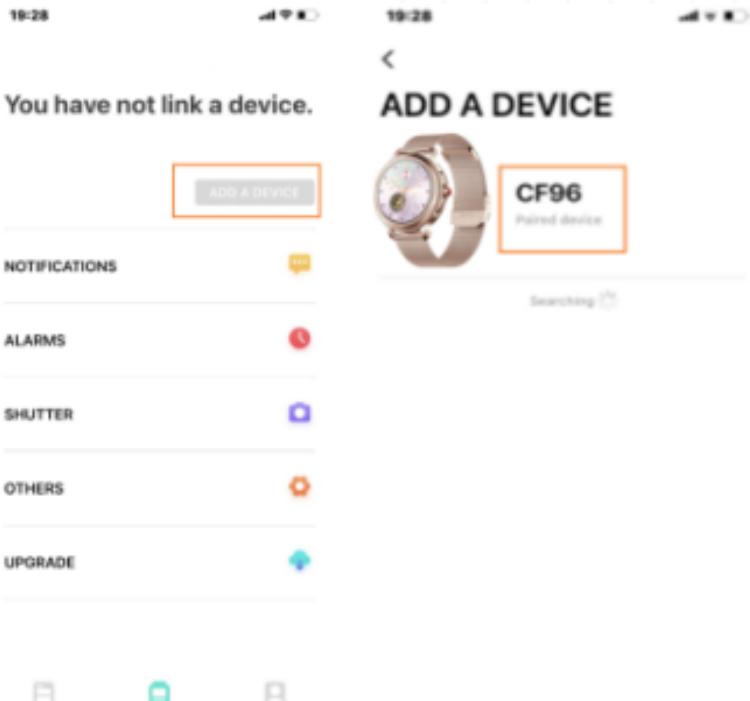
After the watch is successfully bound, every time you open the client today, the watch will automatically connect to the phone, and the data can be synchronized by pulling down on the client data page.

Main parameter configuration

A. Main control: RTL8763E,

B. Screen 1.2 inches full circle, resolution 240*240,

C. Battery polymer -- pure cobalt battery --- capacity 200mAh,

D. Heart rate: HRS3600,

E. Gravity sensor: SC7A20

F. Charging method: magnetic suction line charging,

G. Waterproof: IP67,

H. Compatible system: Android5.0 (included) or later,

IOS9.0 (included) or later

The main function

1. Main dial style

2 main dial styles (ostrich, list), can be switched at will.

2. Button function

Main button: main function button + long press for 3 seconds to

switch on and off.

3. Charging

Use our dedicated charger to charge, do not use an adapter

with an output current greater than 2A.

4. Waterproof

IP67 waterproof, can be rained, wash hands, etc.; can not take a
hot bath or swim - wear it, after the watch is exposed to rain,
please clean it in time, and dry the horn cavity with water to
prevent it from affecting the sound of the horn.

5. sleep

The watch can record and display the total sleep duration and the duration of deep sleep/light sleep last night.

Sleep
08H 00M
Total Sleep

06H 00M
Light

06H 00M
Restful

6. Heart rate

The watch can record and display heart rate values 24 hours a day.

Heart Rate
90 BPM
▲90   ▼60

Heart Rate Zone

Light
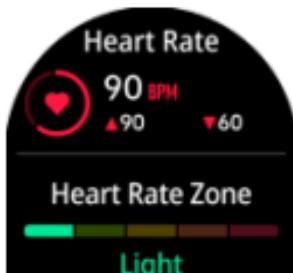
More detailed information analysis and data logging can be viewed in the client.

7. Sports information

The watch can record and display the number of steps taken each day, calories burned and mileage information.

Steps
20000 STEPS
▲2000   ▼20

2000 KCAL
Kcal

10.00 KM
Distance

More detailed information analysis and data logging can be viewed in the client.

8. Exercise

122 sports modes to choose from, including walking, running, cycling, basketball, football, badminton, rope skipping, mountaineering, tennis, rugby, golf, baseball, elliptical machine, free training, rowing machine, wild night running and other sports
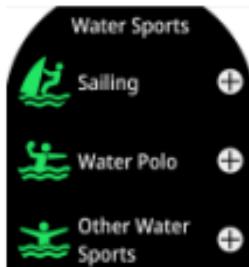
More detailed information analysis and data logging can be viewed in the client.

9. Blood pressure

Click on the blood pressure interface to measure the current blood pressure value.

More detailed information analysis and data logging can be viewed in the client.

10. blood oxygen

Click on the blood pressure interface to measure the current blood oxygen value.
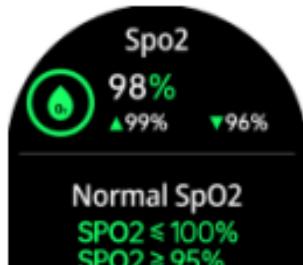
More detailed information analysis and data logging can be viewed in the client.

11. Weather information

The weather page will display the current weather, air quality information, and the weather and conditions on the 7th.。The weather information needs to be connected to the client before the data can be obtained. If the connection is disconnected for a long time, the weather information will not be updated.

12. Message push

The watch can receive and display the notification push on the mobile phone, which can be set in the client to push the item switch. The watch message page can store the latest 5 message records.

13. Camera Control

After connecting with the phone, the watch can be used as a remote control for the phone camera. After turning on the camera on the mobile phone, click on the camera control page of the watch to trigger the shutter of the mobile phone camera.

14. Music Control

After connecting to the phone, the watch can control the phone music player.
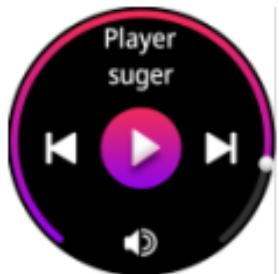
15．stopwatch

Click the stopwatch icon to enter the stopwatch function.

16. Smart alarm clock

The smart alarm clock of the watch can be set in the client, and up to 3 alarm clocks can be set.

When setting the time, the watch will display the alarm icon and vibrate.
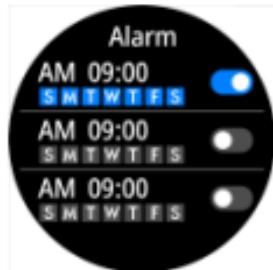
17. Sedentary reminder

The watch will remind you to get up and walk after you have been sitting for an hour.

The sedentary reminder function can be set on and off in the client.

Move Around
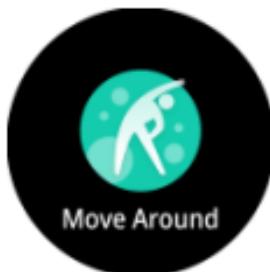
18. Drink water reminder

When the watch is scheduled to drink water, it will remind you that

it is time to drink water。

the water drinking reminder function can be set in the client.

Time to Drink
Water

19. Timer

Timer function, the system presets the commonly used timing time,
the user can click the corresponding time to quickly count the time,
 or customize the button to set the time. Start-pause-reset to zero

Timer
00:20:00
00:30:00
00:40:00
Start
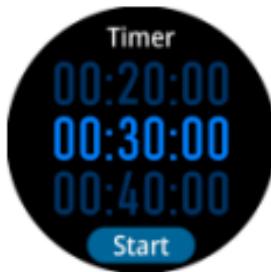
20. Voice Assistant

Intelligent voice assistant, which can be synchronized with mobile
phones

AI voice

Talk after tap

21. Call function

After the normal link between the watch and the mobile phone is OK, you can make a series of settings for the call, and make a call

Phone Call

Recent Call

Dial Pad

Contacts

22. Settings

There are display settings, sound settings, do not disturb mode, Bluetooth audio switch, phone switch, system, etc.

Theater Mode

Reset

Power Off

About
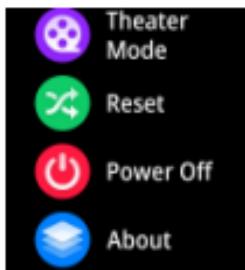
Frequently Asked Questions and Answers

The deviation of the measured value of the watch and the sphygmomanometer is determined by many factors. The measurement site of the sphygmomanometer is the brachial artery, and the measurement site of the watch is the two main branches of the arterioles. , Under normal circumstances, there will be a difference of 3 to 40 between the measured value of aortic blood pressure and the measured value of arterial blood pressure; , When the sphygmomanometer measures, the bandage puts pressure on the area below the center of your elbow, and the blood cannot flow smoothly to the lower arterial branches temporarily; the increased tension of the blood vessels will make the deviation of the upper and lower blood pressure measurement values ??greater.

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

The temperature of the bath water is relatively high, which will generate a lot of water vapor, and the water vapor is in the gas phase, and its molecular radius is small, so it is easy to seep in through the gap of the watch case. , When the temperature drops, it will recondense into liquid water droplets, which will easily cause the internal circuit of the watch to damage the circuit board of the watch, and then damage the watch.

⚠️ **warn:**

Please consult your doctor before starting a new exercise program. Although smart watches can monitor real-time dynamic heart rate, they cannot be used for any medical purposes.

FCC Warning

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.

Any 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.