



Smart Watch User Manual

Package Contents

Watch (including watch strap), charge cable, product manual.

Function introduction:



- button:
1. In the black screen situation, click to wake up the dial.
 2. Click to return to the dial in other interfaces, and press and hold to turn on/off.

APP download and connection

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



(Android 5.0 or IOS12.1 and above)

- Method 1: Search device for binding
Open APP, search for devices in device binding interface, and click binding
- Method 2: Scan QR code for binding
1.W atch: shortcut menu - QR code
2.Open APP - 'Device Binding'- click the QR code icon, in watch shortcut menu - Settings - Device Information, the watch MAC address will be displayed. You can determine your device through MAC address in device list. After the watch is successfully bound, the watch will automatically connect with the mobile phone when APP opened each . time. The data can be synchronized with drop-down on APP step counting interface.

Connect to Bluetooth call

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

Function introduction

- 1.Sidebar function: the right slide of dial appears, and left slide exits sidebar.
- 2.Menu list: click the rotation button to enter menu, click each menu icon to enter the corresponding function, and press rotation button to return to dial.
- 3.Shortcut menu: Quick function for displaying the sliding dial (including: Bluetooth call switch, brightness adjustment, QR code, settings, style, etc.). Click the icon to directly access this function.
4. Rotate the button to switch the dial

- ☎ Dialing: connect mobile phone and make Bluetooth call, then you can make a call with the watch
- ☎ Call record: it can display the call record on watch, and click phone number to dial.
- ☎ Contact: After the watch is successfully connected to APP, you can add a contact to APP. After the contact is successfully added, the watch phonebook will be displayed synchronously. The watch can click contact in phonebook to make a call (note: the watch needs to be connected)
- ⌚ Sport: Enter the exercise mode (running, hiking, cycling, mountain climbing, badminton, etc.), select exercise mode, click again to start the corresponding exercise mode data monitoring: exercise time, distance, calories consumed and heart rate data
- ☞ Heart rate: put the watch close to wrist, the best place to wear it is on wrist bone above arm. The real-time heart rate value can be measured, and normal value is 60-100 times /minute

- ⌚ Blood pressure: stick the watch close to wrist, the best wearing position is above wrist bone and arm. Real-time blood pressure can be measured, adult diastolic pressure: 60~80 (mmHg) adult systolic pressure: 100~120 (mmHg)
- ☞ Blood oxygen monitoring: stick the watch close to wrist, the best wearing position is at wrist bone above arm, which can measure real-time blood oxygen.
- ⌚ Step counter: count the step count data of day, or view it in APP. APP can set standard value for step count of day and reach the set step count standard.
- ⌚ Sleep monitoring: monitor the quality of sleep, and view the data of sleep duration, deep sleep, light sleep, etc.
- ⌚ Breathing: you can set the length and rhythm of breathing in this interface.
- ⌚ Women's health: intelligently predict women's physiological period, safety period, menstrual period and ovulation period, carefully record your physiological cycle and give a reminder.
- ☎ Remote control photography : When mobile phone is not in lock screen state, and APP interface is opened, click on the remote camera function on the APP and mobile phone enters photographing interface, then click the watch to take photos, the mobile phone will take photos and store the photos.
- ⌚ Bluetooth music: can control the music in mobile phone, Pause/Play, Previous/Next, and Volume Adjustment.
- ⌚ Reminder of long sitting: Set the time of long sitting. When the time comes, the watch will have a vibration reminder and the interface will have a prompt icon.
- ⌚ Settings: including settings for vibration, SOS, phone search, language, factory reset, shutdown, and restart.
- ⌚ Find mobile phone: When the watch is connected to mobile phone, click the "Start" button, and mobile phone will ring and vibrate.

- ⌚ Weather: If APP is not connected, enter the weather display pro and current weather temperature will be displayed after connect the APP.
 - ⌚ Stopwatch: start and end the stopwatch.
 - ☎ Information: It can display the content of message push, such as SMS, QQ, WeChat, etc. (the system above IOS12.1 will block SMS reminder by default).
 - ⌚ Alarm: you can customize alarm clock in APP on mobile phone, and long press to delete alarm clock.
 - ⌚ Style: you can set and change the UI style.
 - ☞ Intelligent Voice: Press and hold to release SIRI voice function
- Note: For more detailed features of the product, please visit the APP to learn more.

Notes

- Avoid wearing the watch in hot water shower, sauna and diving in daily use. When the watch is stained with water, please dry the water stains on surface with a soft cloth before operation.
- The measurement results of this product are for reference only. The data provided are not used for any medical purpose or basis
- If using power adapter for charging, power adapter should meeting the requirements of corresponding safety standards to avoid bursting or fire caused by fake power adapter.

FCC Warning:
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.

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.