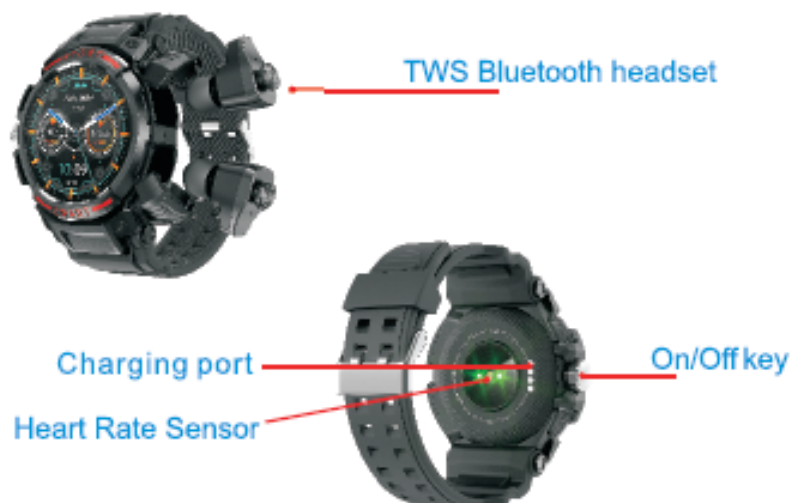


Bluetooth watches

User manual



Watch quick use instructions



Note: When testing heart rate/blood pressure/blood oxygen, the heart rate sensor is required to be in full contact with the skin.

Watch charging and activation

Charge activation is required before using the watch for the first time; Use the equipped magnetic charger to attract the metal contacts on the back of the watch, and connect the other end of the charger to a USB charging head or a computer USB interface.



Schematic diagram of bracelet charging



Schematic diagram of headset charging

English

Power on/off method:

Power on: Long press the power on button to start the machine,
or charge it to start the machine

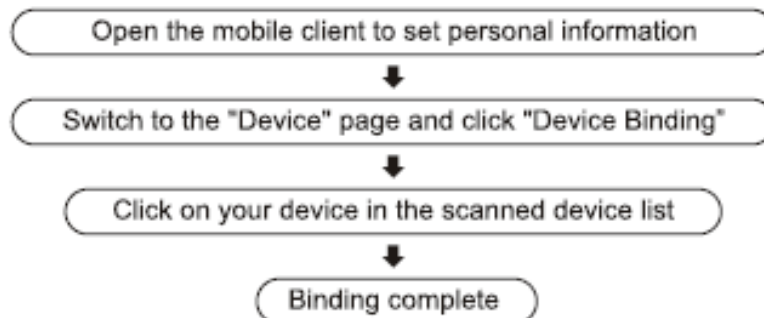
Power off: Press and hold the power on button to shut down

Watch client download

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



Connect the watch

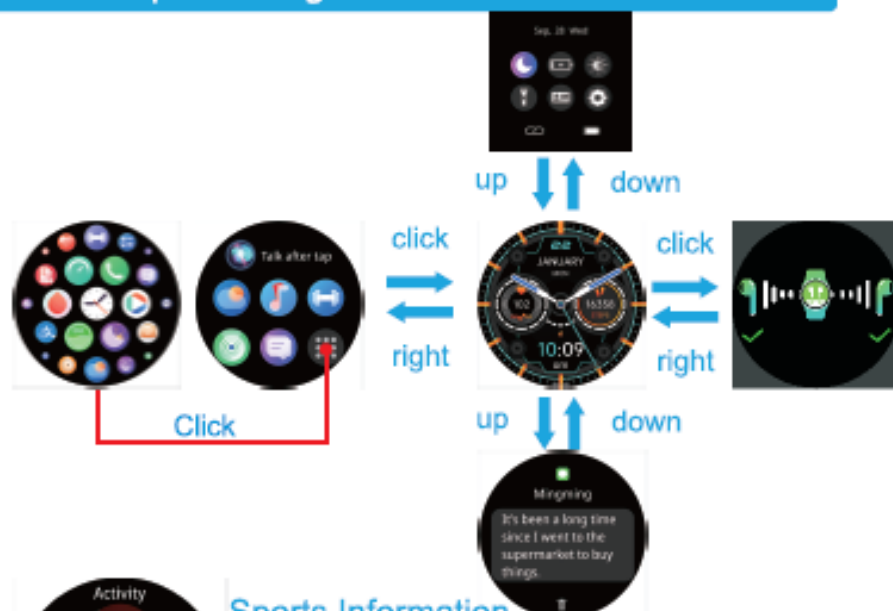


In other options, you can determine your device by the MAC address in the options

After the watch is successfully bound, each time the client is opened in the future, the watch will automatically connect with the phone, and the data can be synchronized by pulling down on the client data page.

English

Watch operation guide



Sports Information

The watch is able to record and display your daily steps, calories burned and mileage information.

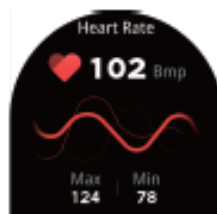
More detailed information analysis and data records can be viewed in the client.



Sleep

The watch is able to record and display the total length of your sleep last night and the length of deep sleep and light sleep.

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

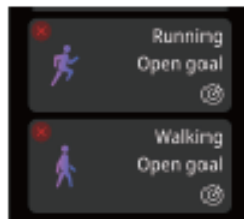


Heart rate

Click the heart rate icon to measure the current heart rate.

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

English



Exercise

Multiple sports modes are available, including: walking, running, cycling, basketball, football, badminton and rope skipping.

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



Blood pressure

Click the blood pressure icon to measure the current blood pressure value.

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



Blood oxygen

Click on the blood oxygen icon to measure the current blood oxygen value.

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



Weather information

The weather page displays current weather, air quality information, and tomorrow's conditions. The weather information needs to be connected to the client to obtain the data. If the connection is disconnected for a long time, the weather information will not be updated.



Message Push

The watch is able to receive the notification push displayed on the mobile phone, and the push item switch can be set in the client.

The watch message page can store the latest message records.



Camera control

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

The delayed photo opportunity can be set to 0 seconds, 3 seconds, and 10 seconds.



Smart Alarm Clock

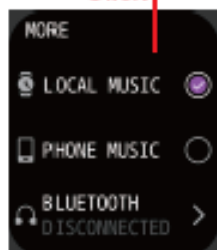
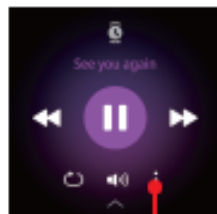
The smart alarm clock of the watch can be set in the client, and up to 3 alarm clocks can be set.

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



Other features

Other features of the watch include silent mode, brightness adjustment, factory reset, and shutdown operation.



Music Control

You can control music on the music interface

Local music: Play music stored on the watch itself, USB connection to the computer, copying songs, Only MP3 format is supported

Mobile Music: You can use your watch to answer and make calls during a call

Bluetooth device: You can connect a TWS headset with a watch, Then play locally stored music



Headset status

You can see the headset state here, including three states: headset removal, charging and full power.

Instructions for using the Bluetooth headset function

A: Headset pairing

1. Headset pairing. Take the headset out of the wristband host, there will be a power-on prompt, turn on Bluetooth in the phone settings, find the corresponding Bluetooth name "G-Pods" for Bluetooth connection, the TWS headset has been paired before the factory. Only the Bluetooth name "G-Pods" is displayed. If the phone is connected, it means that the product has been successfully connected.
2. The TWS headsets have been paired successfully at the factory. When the headsets are removed from the main unit of the bracelet, they will automatically turn on and automatically pair and connect.
3. If the headset is disconnected from the phone during use or the headset is not connected, the phone needs to be reconnected to Bluetooth. There is a previously connected Bluetooth model in the Bluetooth under the phone settings, please clear it first, and then search for Bluetooth G-Pods to connect.

B: The middle surface of the headset is a touch surface, which is used to touch control to answer/hang up the phone, control the previous/next song, AI voice assistant.



C: Answer and hang up calls

When you call, remove the headset from the bracelet, and touch the left ear or right ear for two consecutive times. Answer the phone, then touch the phone two and hang up

D: Music operation

Double click to pause / play, triple Click to previous / next

E: AI voice assistant and call

When the headset is connected to Bluetooth, press and hold the touch button for knock four times to activate the Siri of the iPhone and the voice assistant of the Android phone. The voice assistant can be used to make calls, query the weather, navigate maps and other functions. Voice activation is only effective when the phone is in the standby interface or the main time interface.

Q: Why is the earphone not sensitive to touch when it is put in

The headset is touched, and sometimes it wears ears, which makes the touch insensitive. Just turn the headset in a direction.

FCC warning statements:

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.

The device has been evaluated to meet general RF exposure requirement.

Frequently Asked Questions and Answers

Q: Why is there a deviation between the blood pressure value and the sphygmomanometer?

A: The deviation of the measured values between the watch and the sphygmomanometer is determined by many factors. The measurement site of the sphygmomanometer is in the brachial artery, and the measurement site of the watch is in the two main branches of the arterioles. Under normal circumstances, the difference between the aortic blood pressure measurement value and the micro-arterial blood pressure measurement value will be three to forty; When the watch and the sphygmomanometer are used for measurement at the same time, because the blood flowing in the artery is in the centrifugal direction, the strap will cause the part below the middle of the elbow to be compressed when the sphygmomanometer measures, causing the blood to temporarily fail to flow smoothly to the branch of the artery below; At the same time, the vascular tension will increase, so that the deviation of the upper and lower blood pressure measurements will be greater. "

Q: Why can't the watch be worn while taking a hot bath?

A: The temperature of the bath water is relatively high, which will generate a lot of water vapor. Since water vapor is in the gas phase, its molecular radius is small, and it is easy to penetrate into the gap of the watch case. When the temperature drops, it will re-condensate into water droplets in the liquid phase, causing a short circuit in the watch's internal circuit, damaging the watch's circuit board, and then damaging the watch. "

Q: Why can't the watch receive message push?

A: Android phone settings:

1. Confirm that the message push switch is turned on in the mobile client;
2. Confirm that the message can be displayed normally in the mobile phone notification bar, the watch message push is pushed by reading the mobile phone notification bar message; if there is no message in the mobile phone notification bar, the watch will not be able to receive the push;(It is required to find the notification settings in the phone settings, turn on the notification switch of WeChat, QQ, phone, SMS, mobile client)
3. Open the accessibility settings of the bracelet client
(It is required to find the auxiliary function in the phone settings, open the auxiliary function settings of the bracelet client).

A: Apple phone settings:

1. Confirm that the message push switch is turned on in the mobile client;
2. Confirm that the message can be displayed normally in the notification bar of the mobile phone (It is required to find the notification setting in the mobile phone settings, turn on the notification switch of WeChat, QQ, phone, SMS, mobile client)

Q: Why do I get stuck when I listen to music playing in the watch memory with binaural Bluetooth headphones during outdoor exercise?

Because there are many outdoor interference sources, the solution is to listen to music in one ear on the same side of the watch.