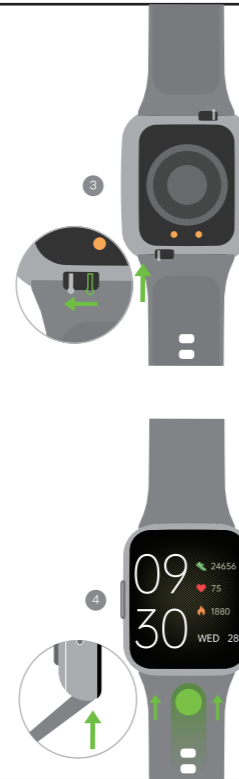
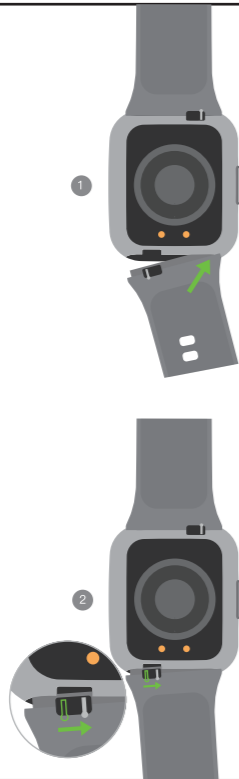




Smart Watch

Manual



EN Quick guide

APP download method

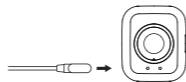
- Scan code: Scan the QR code to download and install the application
- Android: Search for "Keep Health" on Google Play to download and install the app
- Apple: Search for "Keep Health" through the App store to download and install the app



Note: Adapt to Android 5.0 or iOS 9.0 and above systems

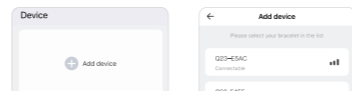
Preparation before use

For the first use, please press and hold the power button to turn it on. If it cannot be turned on, please charge the watch first.



Watch and APP connection

- Long press the power button to start, please make sure that the Bluetooth of the mobile phone is turned on (Android needs to turn on the GPS location permission)
- Open the Keep Health APP on the mobile phone, follow the instructions on the guide page to complete the APP registration and settings, enter [Device—Add Device], and select the Bluetooth code that matches the smartphone to connect. (Note: Android users can only pair on the APP, not on the phone's system Bluetooth)

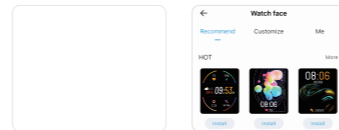


- After the APP is successfully connected to the watch, it will automatically enter the homepage to synchronize data, and the watch will automatically synchronize the date, time, and language of the phone.

1

Watch operating instructions

- Power button: Long press the power button to turn on/off. On the dial interface, short press the power button to enter the menu list, short press the power button on other application interfaces to return to the previous menu.
- Long press on the dial interface: Enter the dial switching interface, swipe the screen to the left, and click the desired dial. You can also enter the Keep Health APP [Device—Watch face], click to install the dial.



- Swipe up the dial interface: enter the shortcut menu settings



- Swipe left or right on the dial interface: directly enter the application, and the card settings can be increased, decreased and adjusted according to personal usage habits.
- The dial interface slides down: Enter the information notification, the information notification can display the last 8 information prompts, click on a message, enter the information reading, or delete a single message.

Application description

- Activity record: Enter the activity record interface, swipe up to view detailed activity data, the red part indicates exercise consumption, the green part indicates exercise time, and the blue part indicates standing time.

2



Physical training: Enter the physical training interface, select the corresponding exercise mode to start training.



Heart rate/blood pressure/blood oxygen/body temperature/pressure: Click on the icon to enter the measurement. When measuring, you need to attach the heart rate sensor or electrode sensor on the back of the device to your wrist to maintain comfort, keep your mood relaxed, and your body still. The measured value time is 10- Between 40 seconds. The automatic monitoring can be turned on or off on the APP side, the automatic monitoring time is automatically measured once every 15 minutes (Note: Some functions are only available on specific models).



MET (Metabolic Equivalent of Energy): Enter the MET interface, you can view the MET records for the past week. MET refers to the energy metabolism equivalent, which is a common indicator of the relative energy metabolism level during various activities based on the energy consumption when resting and sitting.



Sleep: Enter the sleep interface, the watch will display yesterday's sleep duration, deep sleep, and light sleep duration (you need to wear the watch to fall asleep to have a record)



Weather: Enter the weather interface to display the weather conditions of the current day and the next 2 days. After the watch is connected to the APP, it will automatically synchronize the real-time weather forecast.



Alarm clock: Enter the alarm clock interface, you can choose to add or edit the alarm clock, until the watch vibrates to remind you.

3



Music: After the watch is connected to the APP, turn on the music control switch in the APP to open the music control interface on the watch side and control the music play, pause, previous and next music of the mobile phone. (Note: In order to ensure the normal music control function, Android users should not pair the device with Bluetooth in the mobile phone system)

APP operation instructions

• APP-Home page

The home page displays information, including: Steps, consumption, distance, outdoor exercise, exercise record, body temperature, heart rate, sleep, blood pressure, blood oxygen, water reminder, weight record, women's health. You can also edit and hide the corresponding modules according to your own living habits.

• APP-Device

The background settings of the device, including: Smart watch and APP binding and unbinding, APP running settings in the background of the mobile phone, message notification, device settings, dial center, target setting, heart rate timing detection, body temperature timing detection, wrist turning screen, drinking water reminder, women's health, search Bracelet, music control, camera control, firmware version, factory reset.

• APP-Mine

Account related viewing and setting, including: Personal information, family, system settings, frequently asked questions, problem feedback, about us. *Family is divided into "family account" and "person I care about". "Family account" can add multiple members to manage multiple member watches at close range, or invite guardians to jointly manage member watches. "Person I care about" can remotely view family data by caring about others.

Bracelet maintenance

- Avoid your watch from being exposed to strong shocks and extreme high temperature exposure.
- The lens and the case are waterproof when they are intact. After violent disassembly and assembly, the waterproof performance will be affected. Do not soak the watch in hot water, sea water, or chemical solution.
- Please use the original charging cable to charge the watch.

Note: This equipment is not a medical device. The data and information provided are for reference only.

4

Operation guide video



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.

NOTE 1: 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.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

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