

User Manual

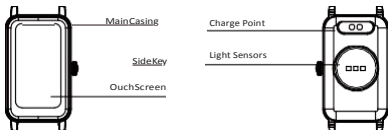


I. Instructions for Use

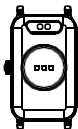
- 1. Smartwatch can detect heart rate and blood oxygen, but cannot be used for any medical function;
- 2. Charging: Please charge your smartwatch before use and make sure it is fully charged. Please make sure the 2 magnetic charging cable pins are aligned with the 2 charging contacts of the main unit, or plug the charging cable into the USB adapter (adapter 5V 1A). Please make sure that the metal contacts are free of dust, oxidation and impurities. When charging, the charging icon appears on the screen of the smartwatch. If you don't use your smartwatch for a long time, please charge it once a month.
- 3. Do not use a power adapter with an output current of more than 2A to charge; otherwise the smartwatch will be damaged.
- 4. Do not shower with hot water or place the smartwatch at high temperature; otherwise the water resistance of the smartwatch will be damaged.
- 5. Do not charge in wet or watery conditions.

II. Appearance

1. Product introduction



2. Remove Strap and Charge Mode



Magnetic
charging



- A. List of Package Contents
- B. Packingbox *1
- C. Smartwatch *1
- D. User's manual *1
- E. Magnetic USB cable *1

III. Application installation and Bluetooth connection

Please search "Q Watch" in My app and Google Play on Android devices or APP Store on iPhone; or scan the QR code below to download and install the application.

Note: Android supports 5.0 and higher; iOS supports 10.0 and higher; Bluetooth hardware 5.0 and higher

Bind the smartwatch. Click on the selection of bind device and then find the device you want to connect to. If there are multiple devices in the vicinity, select the MAC address of the smartwatch you want to bind. If the smartwatch is successfully tied to the phone, the Bluetooth icon will be displayed at the top of the smartwatch.



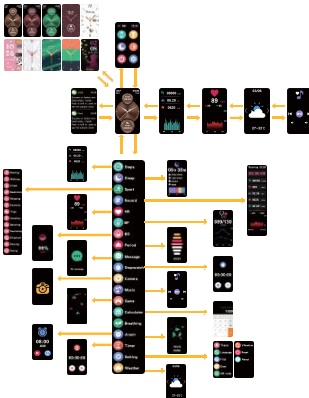
IV. Product Parameters

Main controlchip:NRF52832
Bluetooth:BLE5.0
Screensize:1.45inches,TFT color screen
Batterycapacity:150mAh
Batterytype:Polymer battery
Usetime:5-7 days
Waterproof level: IP68
Charging method: magnetic USB cable Operating temperature: 0-40°C

Compatibility
iOS 10.0 or above
Android5.0 and above
Fits most mobile devices on the market

V. Instructions for Use

Press the side key or raise your hand to wake up the screen, and press it for 3 seconds on the home page to switch the interface.Slide up into the function list.Slide down into the control center.



VI. Function Description

1. Dial replacement

Long press the home page for 3 seconds to enter the dial replacement.Or download the dial replacement on the APP.

2. Controlcenter

Slide down into the controlcenter.Forrespectively:wristsliftingandbright screen, flashlight, DNDmode, brilliancecontrol, shutdown and systemsettings.

3. Wrist lifting and bright screen

Slide down into the control center,and click the wrist lifting and bright screen icon to set whether to turn the wrist lifting and bright screen on or off.

4. Flashlight

Slide down into the control center, click the flash light icon and turn on the flash light.

5. DND mode

Slide down into the control center, and click the DND mode icon to set whether to turn the DND mode on or off.

6. Brilliance control

Slide down into the control center,and click the brilliance control to adjust the brightness of the equipment.

7. Shut down

Slide down into the control center,and click the shut down icon to pop up the selection of whether to shut down or not.

8. System settings

Slide down to enter the control center,and click Settings to enter the system settings.



Theme



Language



Find phone



Date format



APP



Information reminder



reset



System

9. Information

Slide right into the information bar to view the information.

10. Motion data

Slide left to view the exercise data, and record the number of steps, kilometers and calories respectively.

11. Heart rate

Slide left twice to enter the heart rate interface, and start measuring and displaying heart rate data.

12. Music control

Slide left three times to enter music control.

13. Step counting

Slide up into the list function, and click step counting to view the number of steps, kilometers and calories.

14. Sleep

Slide up into the list function and click Sleep to view sleep data.

15. Motion pattern

Slide up into the list function, click enter the motion pattern and select your favorite motion pattern.

16. Motion record

Slide up into the list function and click motion record.

17. Heart rate

Slide up into the list function and click to enter the heart rate measurement.

18. Blood pressure

Slide up to enter the list function and click to enter blood pressure measurement.

19. Blood oxygen

Slide up into the list function and click to enter the blood oxygen measurement.

20. Physiological cycle

Slide up into the list function and click enter to view the physiological cycle.

21. Information

Slide up into the list function and click enter to view information.

22. Stop watch

Slide up to enter the list function and click to enter the stop watch function.

23. Photographing

Slide up to enter the list function, click to enter the remote control photo, and open the APP synchronously for operation.

24. Calculator

Slide up to the list function and click to enter the calculator.

25. Respiratory function

Slide up into the list function and click to enter respiratory training.

26. Alarm clock

Slide up to enter the list function and click to enter the alarm clock setting.

27. Timer

Slide up to enter the list function and click to enter timer settings.



Alarm clock reminder



Find the watch reminder



Call reminder



Drink water reminder



Sedentary reminder



Low power reminder



Remote camera
(start from APP)



Find phone

VIII. Cautions

1. Why should I wear my smartwatch tightly when testing my heart rate?

By using the principle of light reflection, the smartwatch penetrates the skin with a light source and collects the signal reflected on the sensor to calculate the heart rate. If not worn tightly, ambient light will enter the sensor and affect the measurement accuracy.

2. No recommended to wear in a hot bath: the first factor: a hot bath will produce steam due to the high temperature of the bath water, it is easy to produce a lot of steam. Steam is gas with a small molecule radius, so they can easily penetrate the gap on the intelligent smartwatch casing. When the temperature drops, the water will gradually condense into water droplets, which will cause damage to the circuit board and further damage the smartwatch.

3. When connecting Bluetooth. Make sure the Bluetooth of your phone is turned on and the smartwatch is powered on. When doing a Bluetooth search, please make sure the smartwatch is not connected to another account number; when doing a Bluetooth search, please keep the smartwatch and the phone as close as possible.

4. If the user's phone has installed other software, such as mobile manager, in order to ensure the normal operation of the background APP, please turn on the phone's message push and allow background operation, otherwise it can not push messages.

5. To ensure the accuracy of the test data, after entering the blood oxygen test mode, stay relaxed and still during the test and make sure the smartwatch and your heart are at the same height. Please do not talk during the test (This function provides data reference for blood oxygen changes before and after human exercise and cannot be used for medical purposes).

Battery Information

Battery material	Lithium polymer battery
Battery model	481820
Battery power parameter	0.555wh
Nominal Voltage	3.7V
Rated Capacity	150mAh

Warning

This product is not a medical device. This smartwatch and its applications are not available for diagnosis, treatment or preventive therapy of diseases. Consult a medical professional before changing your exercise habits and sleep habits to avoid serious injury. The manufacturer reserves the right to modify and improve the functional descriptions of the user guide, as well as to update the content on an ongoing basis without notice. This user guide is for reference only, for smartwatch sold here, please refer to the final product.

