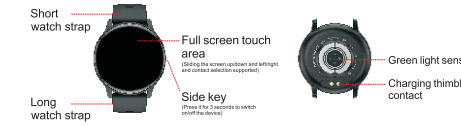




Intelligent Sports Watch Instructions

S32D-V1.0

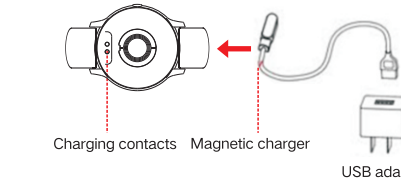
◆ Description of Appearance



◆ Schematic Diagram of Charging

Operate strictly according to the following figure:

1. Charge the product by aligning the magnetic charging cable supplied with the product to the charging contact on the back of the watch.
2. Insert the USB plug into the USB adapter. (No adapters are included in the package.)
3. Do not use a battery adapter with a voltage exceeding 5V and an output current exceeding 1A for charging, otherwise it will cause charging failure and damage the magnetic charging cable or equipment.
4. When the watch is recharged after no electricity, it needs to be activated first, and the watch screen will light up within about 5 minutes of normal charging.



◆ Function Introduction

1. On/Off key: Long press the On/Off key to power on the device. On the function interface, press the key to return to the previous menu.
2. Main Time Interface:
 - ① Slide the screen up/down or left/right to switch between functions.
 - ② Press the side key to brighter or darken the screen.



Main Interface: Displaying the current time, date, step count, etc. on the watch. On the main interface, long press to switch between the left and right main dials and click the touch screen to confirm.



Heart Rate: Slide to this page, and measurement of the current real-time dynamic heart rate will begin automatically. The App can be connected to set real-time monitoring and view the data records.



Blood Oxygen: Slide to this page, and measurement of the current blood oxygen will begin automatically. You will be prompted of the result with vibration.



Step Count: Displaying the step count, movement distance and calorie of the current sport on the watch.



Blood Pressure: Slide to this page, and measurement of the current blood pressure will begin automatically. You will be prompted of the result with vibration. Connect the App to view the offline measurement data or online measurement of the watch.



Exercises: On this page, click the icon to enter the multifunctional sports mode. You can click the icon again to begin to do exercises according to the corresponding way of exercising. Slide the screen right to suspend or stop the sport.

Weather: Displaying the weather conditions in the current city. This function can be used normally only after the device has been connected to and synchronized with the App. In addition, the mobile phone GPS should have been turned on and the App can obtain the positioning authority and network connection.

Stopwatch: Click the icon to enter the function. Click "Start", "Suspend" or "Reset". Slide the screen right to quit.

Setup: Click the icon to enter the function. Slide the screen left/right to switch between the settings, including Brightness Adjustment, Factory Default, Power Off, and View Watch Information. Slide the screen down to quit.

Sleep: The bracelet can record and display the total duration of your sleep last night, as well as the duration of deep sleep and light sleep. More detailed information analysis and data recording can be viewed simultaneously in the APP UI.

Message: The watch can receive the alerts and notifications of calls, SMS, QQ, WeChat, etc. on the mobile phone. You can set the watch according to the alerts and notifications and turn on the corresponding pushing item switch in the App. This page can store up to 8 messages. (Note: To use this function, the watch needs to be connected to the mobile phone at all times and the App can obtain the corresponding authority).

Find: On this page, long press the icon, and the mobile phone will issue the corresponding audible cue (except when the mobile phone has been muted). To use this function, the watch needs to be connected to the App.

Music: After connecting to the APP, the watch can control the phone's music player to play/pause/previous/next song. This function must be opened on the phone player before it can be controlled on the watch. (Note that this function needs to be connected to the mobile phone and open the permission) Music: After connecting to the APP, the watch can control the phone's music player to play/pause/previous/next song. This function must be opened on the phone player before it can be controlled on the watch. (Note that this function needs to be connected to the mobile phone and open the message push permission).

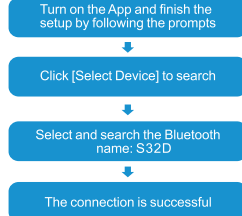
◆ Installation and Connection of Watch App

This product is a Bluetooth product. Many functions can be used normally only after the supporting App has been connected. For example, Watch Time, Call Reminder, WeChat Reminder, etc. can be used normally only when the App is connected at all times. (For a mobile phone using Android operating system, never connect or pair the watch in the Bluetooth on the mobile phone.) Scan the following QR code with the mobile phone and select a version suitable for its operating system or enter a major App marketplace to download and install "Herobyfit".



◆ Device Linking

Turn on the downloaded App to set the connection. The Bluetooth on the mobile phone needs to be on. Android phone users should turn on the GPS positioning function on the mobile phone and support the App to have the authority to read mobile phone positioning. To use the device for the first time, you need to register an account with an email address, use a third-party sign-on system or click Skip to log in as visitor. The use of an account number or third-party sign-on system is recommended to avoid impacting the use experience. The watch is connected as follows:



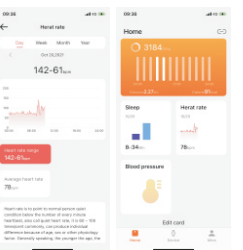
Note: A mobile phone using Android operating system must allow the App to obtain the authority and run in the background, otherwise, the use experience may be impacted.

◆ App Operating Instructions

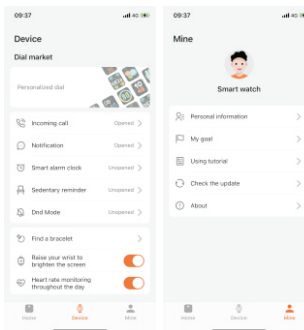
1. Enter the homepage of the App and view the current synchronized data of the watch. Slide the screen down to refresh the synchronized data manually. Click the [Step Count icon] to view the sports data and history on the watch. Click the weather icon on the top left corner to obtain and view the local weather conditions or enter a city name manually to position and obtain weather.



2. Click the Heart Rate, Blood Pressure and Sleep Record modules to view the heart rate record of the whole day (the automatic heart rate monitoring function needs to be enabled), blood pressure measurement record, and yesterday's sleep record and analysis. Click the calendar icon on the top right corner to view the history.



3. Click the "Device" and "My" pages to set the Watch Dial, Heart Rate Monitoring, App Reminder, "Shake to Take Pictures" in More Reminders, etc. respectively. On the "My" page, you can set Personal Information, Exercise Goal, etc.



◆ Attention

1. Do not charge in condition of water stains.
2. This product is an electronic monitoring product, which is not used as medical treatment. The data is for reference only.
3. Don't wear this device when bathing or swimming for a long time.
4. Use the matching charging cable for charging.

◆ FAQs

1. Why the watch cannot be searched in the App?
 - A: a. When the Bluetooth on the watch is not searched by the mobile phone during Bluetooth broadcast, the Bluetooth on the watch will sleep. Please turn off the Bluetooth on the watch and that on the mobile phone and search and connect the Bluetooth again about one minute later.
 - b. The GPS positioning function on the mobile phone must be turned on. In "Setup" on the mobile phone using Android operating system, be sure to allow the App to obtain the positioning authority.
2. Why the watch cannot receive reminders?
 - A: To use the App for the first time, on the "Device" page, click "App Reminder" and the message reminder notification authority will pop up automatically. Please select "Herobyfit" to allow reading. Click the auxiliary function again to enable the Herobyfit message notification function and, in the App, enable the corresponding third party reminder notification function.
3. Why no reminders are received after the reminder function has been enabled?
 - A: If the message notification function and the corresponding notification authority have been enabled, the Bluetooth on the mobile phone should be kept on and connected to the watch at all times. For example, only when WeChat or QQ has not been logged in on other clients will the message reminder function on the watch be available when any message pops up on the mobile phone. A mobile phone using Android operating system must allow the App to run in the background and set white lists.