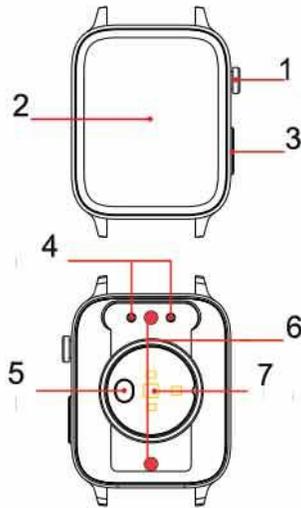


Multifunctional Waterproof Smart Watch F100 - Sports Strap

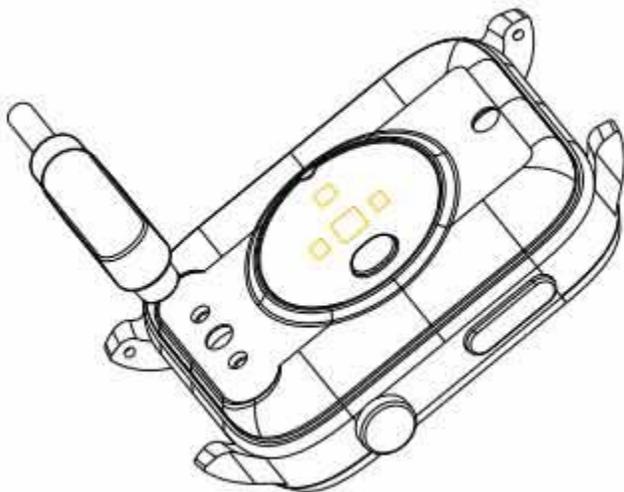


Description of the watch



1. Upper side key: switch machine/return
2. Touch screen
3. Bottom key: enter the laser interface
4. Charging contacts
5. Back electrode sheet/temperature sensing sheet
6. Up and down laser probe
7. Heart rate sensor

Charging method



Charging activation is required before the first use of the watch, using the equipped magnetic suction charging cable to attach to the metal point on the back of the hand table, the other end of the charging line access to the USB charging head or computer USB port.

Install the watch APP



Scan the QR code below or go to major application markets to download and install "HealthWear".

Device requirements: iOS 11.0 and above, Android 6.0 and above, support Bluetooth 4.0.

- Open the mobile client to set up personal information
- Switch to the "Device" page and click on the binding device
- Click on your device in the list of scanned devices
- Binding completed

The main feature page

In the main interface press and hold touch display or in the APP menu, click "theme selection" into the main interface / dial switch.



Swipe left on the main interface to enter the function page, then press the side button or swipe right to return to the main interface.



Laser Therapy

Principle and effect of treatment: Using a wavelength of 650 nm released from the laser transducer, activates hemoglobin cells, improves blood fluidity and viscosity, decomposes blood clots and some toxins, achieves the action of cleaning the blood.



1. In the main interface, short press the side button to enter the physiotherapy interface (as shown above)



2. In the main interface, press and hold the lower button for 3 seconds to set the laser intensity and physiotherapy time (As shown in FIG)

Step/distance/calories



Check the number of walking steps, walking distance and calories burned at any time during the day, and update them to the APP synchronously to check the sports data.

Blood pressure



First connect the mobile APP to calibrate the blood pressure. After the calibration is successful, switch to the bracelet blood pressure test interface to enter the blood pressure test. The monitoring data can be updated to the APP synchronously, and there is a test report.

Temperature



Switch to the temperature test interface to access real-time temperature detection, monitoring data can be updated to the APP simultaneously, and there are test reports.

Note: When testing body temperature, the bottom temperature must be fully exposed to the skin (wear 10 minutes after wearing the test) temperature test will be affected by environmental temperature difference, only serve as a warning reminder, please take medical professional equipment and doctor diagnosis.

Blood sugar



Switch the watch to the blood sugar test interface to enter blood sugar monitoring, and the data can be updated to the APP synchronously. *Note:* The test results are for reference only and cannot be used as medical data.(Before measurement, it is recommended to link the APP, select“ Health Settings”→“Glucose Calibration”in the interface of "My Device", and measure after calibration)

Heart rate



Switch to the heart rate test interface for real-time heart rate detection, monitoring data can be updated to the APP simultaneously, and test reports are available.

Blood oxygen



Switch to the blood oxygen test interface to enter the blood oxygen real-time detection, monitoring data can be updated to the APP simultaneously, and there are test reports.

Breathing rate



Switch to the breath rate test interface for real-time breathing detection, monitoring data can be updated to the APP simultaneously, and test reports are available.

Sport mode

Click on the Sport Mode interface to enter Motion Mode, which is available in a variety of motion modes. Click on the motion icon to enter the corresponding motion mode detection. Swipe up and down to switch motion mode, click Start calculation, and right-slip out of current motion mode.

Note: Exercise mode has the function of living body detection, please wear it correctly.



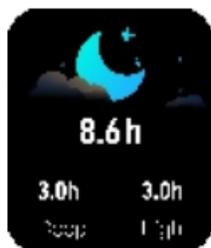
Weather



The weather page displays information about the current weather and air quality. Weather information needs to be connected to the client before it can be obtained, and weather information cannot be updated if it is disconnected for a long time.

Note: The watch is not connected to the APP before there is no weather interface, the app needs to connect the app after the weather interface, the phone needs to turn on positioning.

Sleep



When you fall asleep, your watch automatically determines your sleep detection mode, automatically detects your sleep/light sleep/sleep duration throughout the night, calculates your sleep quality, and your sleep data can be updated to the APP simultaneously.

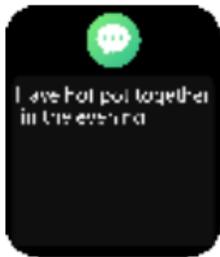
Note: Sleep data is only available if you fall asleep with your watch.

Stopwatch



Click on the stopwatch to enter the stopwatch function and slide right to exit.

Information



Click on the information to view the content of the information, slide up and turn the page. Slide right out.

Camera



In the connection state, click on the camera to remotely control the phone to take pictures, click to take a picture, right slip exit.

Music



In the connection state, click music to control the music player on your phone.

Quick features



Slide down from the main interface to enter the shortcut function interface, and you can select options such as Time, QR Code, About, Do Not Disturb and Settings, and click the icon to enter the corresponding function.

About

Click on the About icon to display the machine model and Bluetooth address in the last four digits.

Brightness



Click the brightness icon to freely choose the screen brightness.

Raise your wrist

Click on the wrist lift icon to enter and select the wrist lift to turn on or off.

Reset - Click on the reset icon to enter and restore the factory settings.

Shutdown - Click the shutdown icon to enter and you can shut down.

Other feature reminders

The reminder function needs to set the on alert switch on the APP side and keep the phone and watch connected successfully in Bluetooth, the message is a vibration alert.

Basic parameters

- Connection mode: Bluetooth connection
- Input: 5V/500mA MAX
- Device requirements: Android 6.0 or iOS 11.0 and above

Caution

1. Prohibit the use of an adapter with charging voltage greater than 5V, charging current greater than 2A, and charging time of 2-3 hours.
2. Prohibit charging in the presence of water damage.
3. Do not disassemble the case of this product without permission, the product will be damaged and lose warranty eligibility.

Special note

1. This product is not a medical device, the measurement results are for reference only, not for any medical purposes and basis. Please follow your doctor's instructions and do not rely on the test results for self-diagnosis and treatment.
2. This manual is based on existing information, in the spirit of continuous improvement, the principle of continuous development, the company reserves the right to change product specifications and functions, and any product described in this manual to modify and improve.