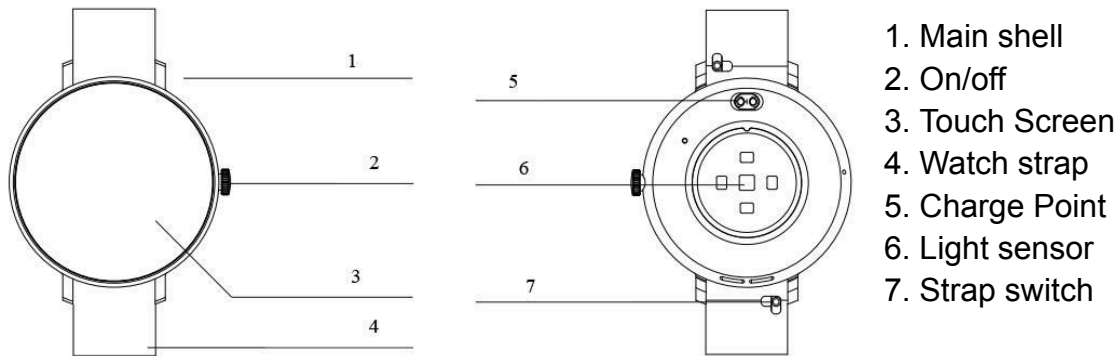


NX21 Health Monitoring Women Smartwatch - Bluetooth 5.3 & IP68





Quick Access

1. Unboxing and Power On

Remove the Device: Take the watch and charging cable out of the packaging.

First Charge: Connect the magnetic charging cable to the back of the watch and charge it to over 50% (approximately 30 minutes).

Power On: Press and hold the power button on the side for 3 seconds until the screen lights up, indicating it is powered on.

2. Phone Pairing

Download the App: Scan the QR code for the app.



3. Bluetooth Connection

- **Turn on Bluetooth:** Enable Bluetooth on your phone and open the app.
- **Add Device:** In the app, select "Add Device" and follow the prompts to complete the pairing.

Successful Pairing: Once paired successfully, the time and basic data will be synchronized.

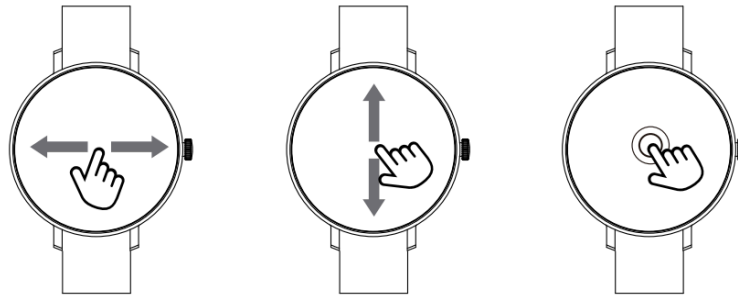
Basic Function Usage

Main Interface Operation:

Swipe Up and Down: Switch between functions (steps, heart rate, weather, etc)

Swipe Left and Right: View notifications and quick settings.

Tap the Screen: Access detailed function information.



Common Features

Exercise Mode: Select running, cycling, etc., and tap "Start" to begin recording.

Heart Rate/Oxygen Monitoring: Remain still and wait for 10 seconds to get the results.

Message Notifications: Mobile notifications will sync automatically (App permissions must be enabled).

Tip: Explore more settings (such as watch face changes and sedentary reminders) within the app!

Charging and Battery Life

Charging: Align the magnetic charging cable with the back contacts. It takes approximately 1.5 hours to fully charge.

Power Saving Tips:

Turn off the always-on display (Settings → Display).

Reduce high-frequency heart rate monitoring (enable as needed).