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- Heart rate is the pulse: it is the number of heartbeats per 1 minute. To measure the heart rate in the smartwatch menu, select the appropriate icon (HR) and wait a few seconds. The result will be displayed on the tracking screen. The accepted norm is 60 to 100 beats per minute.

- ECG: that is, an electrocardiogram is a study of the electrical activity of the heart. To take a measurement, enter the ECG option available on the smartwatch and take the measurement. Hold the metal plate on the side of the watch during the measurement. The measurement takes approximately 60 seconds. To view a history of the results, go to "ECG Test" in the app and then select the 3 dots icon on the top right.

- Blood pressure: Blood pressure is the force that blood exerts on the walls of the arteries during contraction of the heart muscle and its subsequent diastole. The accepted norm for systolic pressure is 120 mm Hg and for diastolic pressure 80 mm Hg. However, it should be remembered that pressure is constantly changing throughout the day and also changes with age. To measure the pressure in the smartwatch menu, select the appropriate icon (BP) and wait a few seconds. The result will be displayed on the monitoring screen.

- Blood oxygenation, i.e. saturation: it is normally assumed that the saturation level should be between 95 and 100%. To measure blood oxygenation in the smartwatch menu, select the appropriate icon (SpO2) and wait a few seconds. The result will be displayed on the watch screen

OTHER FUNCTIONS

- Language/Time/Date: Synchronises the date, time and language from your phone once the smartwatch is successfully connected to the app.

- Status bar: can be expanded from the home screen (swipe down). Settings such as brightness settings, reset, Do Not Disturb mode, message history and device information are displayed.

- Activity information: data displayed on the home screen - number of steps, distance walked, average heart rate and calories burned during the day - depending on the selected watch face. The data will be stored in the app. The counter will reset at 24:00.

- Sports function: select the sports mode interface. There are 7 sports modes to choose from, for example: running, cycling, fitness, badminton, ping-pong, jumping, basketball. To select a specific sport mode, click on its icon. While playing sports, the watch measures parameters such as time, calories burned and heart rate. To exit the selected mode, press the side button or slide the screen to the right to accept the exit permission.



-Sleep monitoring: when you fall asleep, the watch automatically switches to sleep detection. While you sleep, the smartwatch records data such as: the length and quality of your sleep, as well as the number of times you wake up during the night. The data is sent to the app. Sleep measurement is possible from 22:00 to 8:00.

-Stopwatch: To turn on the stopwatch, you need to enter the stopwatch function on the watch and turn it on.

-Camera: This feature allows you to take photos remotely when the watch is connected to your phone.

-Notifications: After launching the app and connecting the watch, press the "Settings" button (bottom right corner) and then select "Device Status" Then go to "Notifications" and select what notifications you want to receive. You can choose anything.

- The "Incoming Notifications" feature is available, if you want to start it, you need to select this option in the app. If you select this feature, your watch will display incoming calls to your phone.

-The "SMS Notifications" feature is also available, you must select it in the app to start it. When you select this option, the watch will display SMS messages sent to your phone.

-Reminder/alarm: to set these parameters, enter the "Settings" application and then select "Device Status".

- Unit configuration: units are configured from the application level.

IMPORTANT INFORMATION

1.Protection:

-clean the watch with a soft cloth to keep it clean (use clean water or sea water)

2.Waterproof notes (even if it is a waterproof watch):

The following methods should be noted as they weaken the waterproofness.

-Don't wear the watch in the shower.

-Don't wear the watch in an insulated pool, sauna or other high temperature/humidity environment.

-Don't wear the watch when washing your hands or face, or when doing chores that use soap or detergent. -Wash any salt or dirt off the watch after immersion in the sea.

WARRANTY

1. In normal use, if the product has no mechanical damage and is caused by improper use, 24 months from the date of purchase, consumers can avail of free warranty service.

2. Consumers cannot take advantage of the warranty if:

A. the damage is self-inflicted,

B. the warranty period has expired,

C. use in violation of the product's instructions for use and maintenance,

D. the products have been disassembled, self-repaired or immersed in water.

SMARTWATCH WATCHMARK WM18 Plus Manual instructions



watchmark.com

DEAR CUSTOMER, THANK YOU FOR PURCHASING OUR PRODUCT!

You should read the entire instruction manual carefully before starting to use it. It is recommended to use only the original battery, charger and accessories included in the kit supplied with the device.

The manufacturer and distributor are not responsible for the use of third party accessories.

(The functions listed in this manual may vary slightly between models as the manual is a general description of the smartwatch, some models may deviate from the standard).

The device should be charged for at least 2 hours before first use.

Before using the device, you must download the app, install it and accept all permissions, otherwise all functions will not be available.

The company reserves the right to change the contents of this manual.

EXPLANATION OF THE BUTTONS

Physical button:

- Long press to turn the device on/off.

- Short press to turn the main screen on/off.

- Short press the selected function to return to the main screen.



Touch panel:

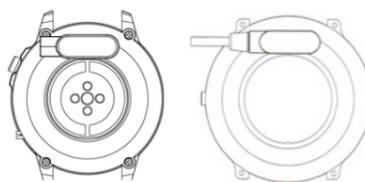
- On the main screen, swipe up to enter the main watch menu.

- After selecting a function, tap it to start working.

- From the main menu, swipe right or left to view the measurement history.

- In the main menu, swipe down to open the settings.

CHARGING INSTRUCTIONS



This product uses magnetic charging.

Connect the charger to the USB input and the other end to the rear charging contacts of the device. Once connected, charging will start automatically and the charging icon will appear on the screen.

A full charge usually takes 2 hours. Do not use the device while it is charging.

Note: Do not connect the magnetic charging cable to any 2 contacts at the same time with conductive material as this may cause a short circuit.

APPLICATIONS

You should download the "Smart-Health" app, for which you need to use a dedicated store or QR code.



Once the app is installed, enable Bluetooth on your phone and the app you installed. Confirm any consents and other permissions you require. Fill in your personal details - go to "Settings" in the bottom right corner, then select the icon with your email address.

To connect your watch, click on the bottom corner.

"Settings" and then "Device Status". The phone will search for the Bluetooth device and select the appropriate model (M18 Plus).

HARDWARE REQUIREMENTS

iOS 9.0 and later
 Android 4.4 and later
 Supported Bluetooth 4.0 interface



MAIN INTERFACE

To change the appearance of the main screen, hold it for 2 seconds and then you can select the dial. Once you have made your selection, you should select it with a short click.

There are 5 dials to choose from:



MEASUREMENTS

Measurements are made using sensors located on the inside of the housing. Measurements are made by scanning the skin with a green optical light. The sensors detect changes that occur in our blood vessels and measure health parameters based on these changes. In addition, these sensors are based on a gyroscope, which detects wrist movements and changes in the position of the watch. In order for the measurements to be accurate, the smartwatch must adapt to the skin. This model uses the AFE TI44Q4 sensor from Texas Instruments, as well as 2+ LED OSRAM 2703 + OSRAM.

Ability to calibrate the blood pressure monitor built into the smartwatch via the app - to ensure more accurate blood pressure measurements the smartwatch can be calibrated with a medical blood pressure monitor.

After installing the dedicated app, go to the home page and then search for the "PRESSURE" function. After entering the function, press the "CALIBRATION" button and enter the measurement result from a classic blood pressure monitor.

HEALTH FUNCTIONS

- Measurements of blood pressure and oxygenation, temperature and heart rate are displayed in graphs on the watch. A history of these measurements is also stored in the app. The history of ECG and respiratory rate measurements is only stored in the app. You can also set a temperature alarm and automatic heart rate detection in the app.

-Body temperature: the temperature test should be done after 10 minutes of wearing the smartwatch. To measure the temperature in the smartwatch menu, select the corresponding icon: TEMP. The result will be displayed on the watch after a few seconds. For the assumed correct body temperature of an adult, the Norm is 36.6 degrees Celsius. When the temperature rises to 38 degrees, we talk about fever.

- Respiratory rate: number of breaths per minute. Proper calm breathing in an adult is carried out at a rate of 12-20 breaths per 1 minute. To measure the respiratory rate in the smartwatch menu, select the appropriate icon (Rr) and wait a few seconds. The result will be displayed on the watch screen