

## DEAR CUSTOMER, THANK YOU FOR PURCHASING OUR PRODUCT!

Read the entire manual carefully before use. We recommend that you use only the original battery, charger and accessories supplied with the device. The manufacturer or distributor is not responsible for the use of third party accessories.

(The functions shown in this manual may vary slightly from model to model, as the manual is a general description of the smartwatch, some models may differ from the standard).

You must charge the device for at least 2 hours before using it for the first time.

You must download and install the app and accept all permissions before using the device, otherwise all features will not be available.

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

### 1. Download the "WEARHEALTH" app.

An app is required to connect the tape to your mobile phone. Please read the terms and conditions before downloading the app. Scan the QR code to download the app;

### DOWNLOAD THE "WEARHEALTH" APP

An app is required to connect to your mobile phone. Before downloading the app, please read the hardware platform conditions for your mobile system. Scan the QR code to download the app.



### WATCH ACTIVATION

The first time you use the watch, you should charge it to activate it.

### PAIRING DEVICES

Click the "bluetooth" button to connect the watch to your mobile phone.

### START USING

Function button - one click - tool function / long press - activation, model change. After successfully pairing your mobile phone, your traffic and sleep will be synchronously recorded and analyzed.

### FIRST USE

You should charge the watch before using it for the first time. Once charged, the watch will start automatically. ON button - long press to start  
OFF button - a long press will turn the watch off.

### NOTIFICATION SETTINGS

Once you've connected your watch, find "Manage Wristband" in the app on your phone in the Me interface. When your Android phone first enters the "Manage Wristband" entry, you should see a notification when you open it. When you click OK, a pop-up page should appear with a permission notification. When the IOS first connects to the band, it should automatically ask you to allow the pairing, otherwise the band will not be able to receive notifications.

### G-SENSOR

When you raise your hand, the screen lights up, and when you lower it, the screen goes off.

### NOTIFICATIONS

Notifications from Facebook, Skype, Whatsapp, WeChat, QQ and text messages are displayed on the watch screen. After reading a message, you can press and hold for 3 seconds to go to the main menu.

### MEASUREMENT CALIBRATION

The first time you use the measurement functions, you should calibrate them. In the app, you should click the "Calibrate" button and then measure the pressure on the pressure gauge. You should then enter the measured value into the app.

### FUNCTION

- heart rate
- blood pressure
- stopwatch
- sports mode
- Alarm clock
- news

### PRECAUTIONS

1. Low battery: In the event of a low battery, you should charge the device immediately to protect battery life.
2. Charging: do not use the watch while it is charging.
3. Ambient temperatures above 50 °C during charging can lead to overheating, deformation and burning of the device.
4. Do not swim, dive or use equipment underwater.
5. The device uses a built-in battery and is prohibited to disassemble separately.
6. Avoid contact with eyes and skin in case of battery rupture and leakage.

### IMPORTANT INFORMATION

1.Safety:

- Clean the watch and strap with a soft cloth (use clean water or sea water).

- Make sure the heart rate lens on the watch is close to your skin

- the skin temperature on the wrist is too low due to the weather, which affects the heart rate control.

2. Notes on water resistance (even if it is a waterproof watch):

Pay attention to the following methods as they deteriorate the waterproofing.

-Don't wear the watch in the shower.

-Do not wear the watch in a heated pool, sauna or other high temperature/humidity environment.

-Do not wear the watch when washing hands or face or when working where soap or detergent is used.

-Be sure to wash off any salt or dirt from the watch when immersed in the sea.

### WARRANTY

Warranty service:

1. Under normal use of the products, as long as the product has no mechanical damage and is not caused by improper use, consumers can enjoy free warranty service for 24 months from the date of purchase.

2. Consumers cannot take advantage of the warranty if:

A. the damage is self-inflicted,

B. the warranty period has expired,

C. they have not used the product in accordance with the instructions for use and maintenance,

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

## SMARTWATCH WH8



### Instructions for use