

KIESLECT Calling Watch Actor User Manual

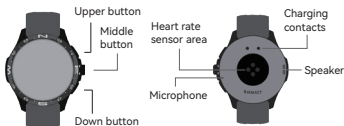


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NOTES:

1. Our Company reserves the right to modify the contents of this manual without prior notice. It is normal that some functions may differ in some software versions.
2. Please read this manual carefully before using the watch.
3. Before using this watch, you need to connect the APP to synchronize the time and set your personal information.
4. This product supports 5ATM level waterproof, suitable for use in swimming pools and shallow water; not suitable for deep sea diving, sea swimming or sauna, hot water, tea and other corrosive liquids which are destructive to the watch, will not be able to enjoy the product warranty and free repair service.

01 Appearance & Charging



Button Functions

Term	Press once	Press twice	Long press	Revolve
Upper button	Screen on / Screen off / Back to home page	Calling up custom applications (default activity logs)	Power on /off / Restart / Turn off power saving mode / Exit sport	/
Middle button	Access to the application list	/	/	Page turning / Volume adjustment / Brightness adjustment
Down button	Calling up custom applications (default exercise)	Calling up voice assistant	SOS	/

* Please scan the QR code on the cover to view the specific button functions.

Tips:

1. Charge for no less than 2 hours before use. Please use the correct charging adapter of 5V 0.5A or above;
2. If the watch cannot be turned on after a long time, please wipe the charging contacts of the charging cable clean when using it again to avoid sweat or water residue.

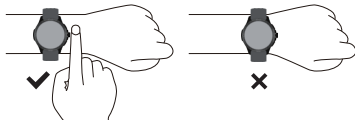
Upper button	Function
Short press	1. When the screen is on, the main dial interface clicks to turn off the screen. 2. When the screen is on, click on the non-main dial interface to return to the main dial. 3. When the screen is off, click to lighten the screen. 4. Click to pause the movement while in motion. 5. Click to mute during a call or an incoming call. 6. Two consecutive short presses to call up custom applications (default activity logs).
Long press	1. Under power on state, long press 3s to call out the power off / restart interface. 2. Long press for more than 8 seconds to automatically reset and reboot under power-on condition. 3. In the off state, long press 3s to turn on it. 4. Press and hold for 3 seconds to end the exercise in the sport, Press and hold for 3 seconds in power saving mode to exit.

Middle button	Function
Short press	1. With the screen on, click on the main dial interface to enter the application list. 2. With the screen on, non-main dial interface click to return to the previous menu (except in motion, tomato clock focus time, allowing timer, stopwatch background motion).
Revolve	With the screen on, page turning / volume adjustment / brightness adjustment.

Down button	Function
Short press	1. With the screen off, click to lighten the screen. 2. With the screen lit, click to call up the custom app (default sport mode). 3. Under the bright screen state, call up the voice assistant with 2 consecutive short presses.
Long press	With the screen on, press and hold for 3 seconds to call an emergency contact.

02 How to wear

Please wear the device correctly on your wrist, about one finger from your wrist bone, and adjust it to a comfortable position.
The pictures below are for reference.



Tip: Incorrect wear may result in inaccurate health test data.

03 Download and Connect APP

03.1 Scan QR code

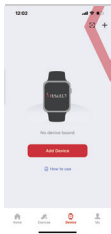


03.2 Install "KS OS" APP

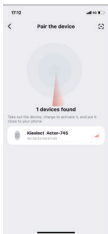


KS OS

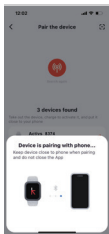
03.3 Open“KS OS”application -> Enable Bluetooth connection on the phone -> Search for device to pair in the app (or scan the QR code on the device) -> Complete the binding on the application (or device).



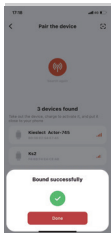
01



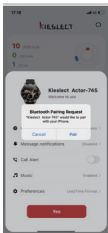
02



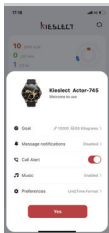
03



04



05



06

03.4 Check connection status



-  BT/BLE disconnected, please check if the Bluetooth of your cell phone and the BT switch of your watch are on.
-  BT disconnected, can't use voice functions such as call / music / voice assistant, please check whether the Bluetooth of your cell phone and the BT switch of your watch are turned on.
-  BLE disconnect, can't connect APP, please check if your phone's Bluetooth is on.
-  BT/BLE connected.

For more information on watch setup and usage, visit:
<https://www.kieslect.com/guide/user-manual/>

Tips:

1. Please upgrade the App to the latest version for a better experience.
2. The App is compatible with Andorid 6.0 and iOS 9.0 and above systems.
3. When connecting to Android for the first time, a "permission" reminder will pop up. Please follow the guide and allow the permission to ensure that all functions are used normally.
4. To connect successfully, open the phone's Bluetooth, GPS, and network.
5. If the device cannot be searched or connected during use, please retry after reboot or reset the device.
6. The watch cannot be turned off when charging. To turn off the watch, please disconnect it from the charger first.
7. If you need to use functions such as message push, please make sure the App switch is on. The specific operation is as follows.



Open "KS OS"



Device

Select the "Device"



Click "turned on"

04 Operational Instructions

1. Control Center: Slide down from the main dial to the control center and up to return.



2. Message Center: Slide up from the main dial to the message center and down to return.



3. Custom Card: Slide from the main dial to the left to display the custom application card, including activity data, one-key measurement, common exercise, sleep, weather, and music by default.



4. Negative Screen: Swipe right from the main dial to access the negative screen, which displays the data of common functions in the form of a list, and the user can customize the display content.



5. Quick Dial Change: long press the main dial to enter the selection.



6. Main Menu Page: Click the center button to enter the main menu, and click again to return. You can change the menu style in the setting page.



05 Function Introduction



Exercise Data

1. Exercise data contains: steps, exercise, calories;
2. Click the interface to view data details.



Heart Rate

1. Can be set to automatically measure heart rate, too high or too low reminder.
2. Keep your arm and wrist still every time you measure your heart rate and wait patiently for the measurement to be completed.
3. Click the interface to view data details.



Blood Oxygen

1. Can be set to automatically measure blood oxygen and remind when it is too low.
2. Whenever you measure blood oxygen, keep your arm and wrist still and wait patiently for the measurement to be completed.
3. Click the interface to view data details.





Stress

1. Can be set to automatically measure stress.
2. Each time you measure stress, keep your arm and wrist still and wait patiently for the measurement to complete.
3. Click the interface to view data details.



One-click Measurement

1. One-click measurement of heart rate, pressure, and blood oxygen, with simultaneous heart rate, pressure, and blood oxygen values within 60 seconds.
2. Click the interface to view data details.



Sleep

Click the interface to view data details.



Weather

1. Open the APP and the watch will automatically read the phone's location and weather data.
Operation path: Connect to the APP--Device--More Settings--Weather Push, you can check the weather conditions for the next 7 days.
2. When the weather data displays an error, open the APP to synchronize the weather data.

	Music 1. When the watch is connected to the App, it can control the music player on the cell phone to perform functions. 2. Supports local music, How to upload music to the watch: Connect APP--Device--Music--Add Music (music file format). 3. Connect Bluetooth headphones to listen to local music on the watch.
	Bluetooth Earphone 1. Connect Bluetooth earphone. Operation path: Go to the watch's first-level page "Music" - select "⚙️" - Bluetooth earphone - search for devices (select the correct earphone name) 2. Compatibility issues (compatible Bluetooth versions). 3. Bluetooth headsets can only be used when the watch is answering a call.
	Schedule 1. Setting method: Open and connect APP--Device--Schedule Reminder--Add. When the schedule time is up, a notification will pop up on the watch. 2. For dates with schedules, a blue dot will be displayed on the watch calendar. Click it to view all the schedule contents.
	Exercise 1. Exercise module supports 100 types of sports. 2. The default 10 sport types in the sport list, You can freely add, hide and sort according to your own usage habits. 3. Supports 7 types of sports self-identification, operation path: Settings--Preferences--Exercise Settings--Automatic Sports Identification. 4. Support voice broadcast.



Exercise Records

You can view your recent exercise records on the watch. When the watch is connected to your phone, you can synchronize the exercise data to the mobile app, and you can view more detailed exercise data in the app.



Phone

1. You can add up to 40 contacts to your watch via mobile app, operation method: Open and connect APP--Device--Call.
2. You can set a contact as an emergency contact and long press down the button for 2s to call the emergency contact.



Voice Assistants

Open and connect the APP, double-click the button to enter the voice assistant function, such as: siri, google assistant.



Alarm Clock

1. You can add or delete alarms, or turn on / off alarms on the watch, or set alarms for the watch via APP.
2. You can set the delay time and number of repetitions of the alarm in the APP.



Remote Control To Take Photos

1. Connect the APP and related authorizations, turn on the phone's camera function, and use the watch to control the phone's camera to take pictures.
2. You can set quick gestures to control photo taking.



World Clock

Check the time of a specified city on the watch.
To set it: Open and connect the app - Device - More Settings - World Clock - Add.



Compass

Calibrate the watch according to the instructions before use.



Cycle Tracking

Open and set up menstrual cycle tracking on the App, and the watch will display menstrual cycle status and reminders.



Remind

1. Sedentary reminder, heart rate reminder, blood oxygen reminder, stress reminder, and walking reminder.
2. Setting method: Open and connect APP--Device--Health Tracking.



Information Push Interface

1. Setting method: Open and connect APP--Device--Notification Management--Sync mobile phone notifications.
2. Note: Perform the above operations after the mobile phone authorizes the APP "Notification Management" permission.

	Power Saving Mode Users can select power saving mode in the control center. When power saving mode is enabled, you can only view the time and remaining battery. Press and hold the upper button to exit power saving mode.
	Vibration Drainage Users can turn on this function in the control center and follow the instructions of the watch to drain water.
	Tap To Light Up The Screen Operation method: Open the watch settings--Display and brightness--Turn on the tap to light up the screen switch. After turning on this feature, tap the watch screen to turn it on.
	Cover Your Hands To Mute The incoming call reminder and alarm clock functions can be muted by covering the screen.

Tips:

1. The above health data are for reference only and cannot be used as a medical basis.

06 Parameters

BT: 5.3

Screen size: 1.6

Waterproof: 5ATM

Net weight: 39g

Battery type: lithium ion

Size: 49.8*12.3mm

charging voltage: 5V

Battery capacity: 500mAh

Working temperature: 0°C~60°C

07 Warranty

1. The default hardware defect warranty is one year, and the battery and charging cable are half a year.

2. Defects caused to the following reasons are not free warranty services:

(1) Self-assemble or disassembly;

(2) Fall and damage during use;

(3) All man-made damage or due to the fault of a third party, improper use (such as: smart watch water, external force crushing, scratches in the use process, etc.);

3. When requiring after-sales service, please provide the detailed warranty card;

4. Warranty services, please contact with the direct dealers;

Please note that all functions of the product are based on physical objects.