



User Manual
Model: SB1062H

1. Quick start guide

Overview



1. Heart Rate Sensor(Green light) and Blood oxygen Sensor(Red light)
 2. Side light: Show the machine status
 3. Charging Pins
- Make sure the charging cable fit correctly onto the charging pins on the back of your Smartwatch, then plug the other end to the user cable to a power source.
 - Plug the big end of the USB cable into the power supply, after successful charging, When the red side light flashes, it serves as a reminder that the device is currently charging. The green side light remains constantly on to indicate that the charging process is complete.



2. Install the App and Connect with Smart Bracelet

Search and install the “Oplayer Smart life” app from Google Play or App Store. Or scan the following QR code to directly install the app.



To connect the Smart Bracelet with App, open the “Oplayer Smart Life” app on your smart phone, then go to setting and select “ Add New Device” and select the Smart Bracelet to connect.

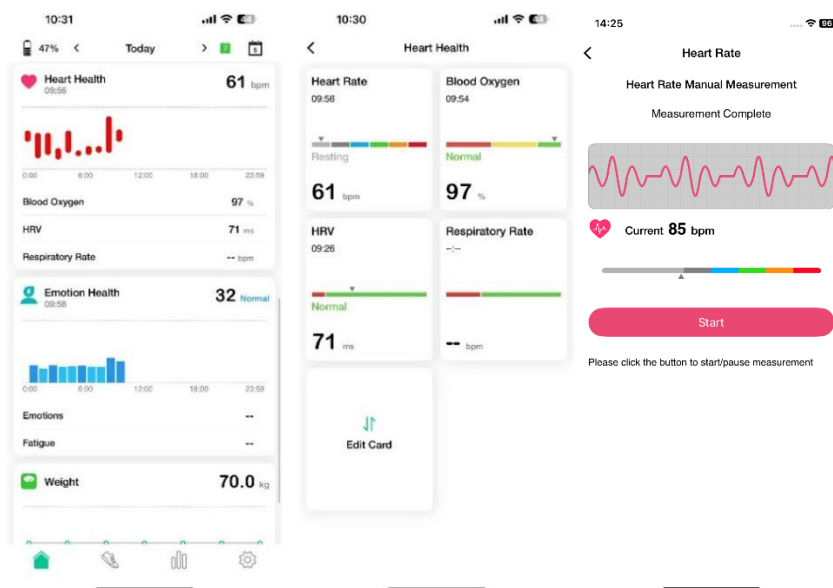
3. Functions

Activity



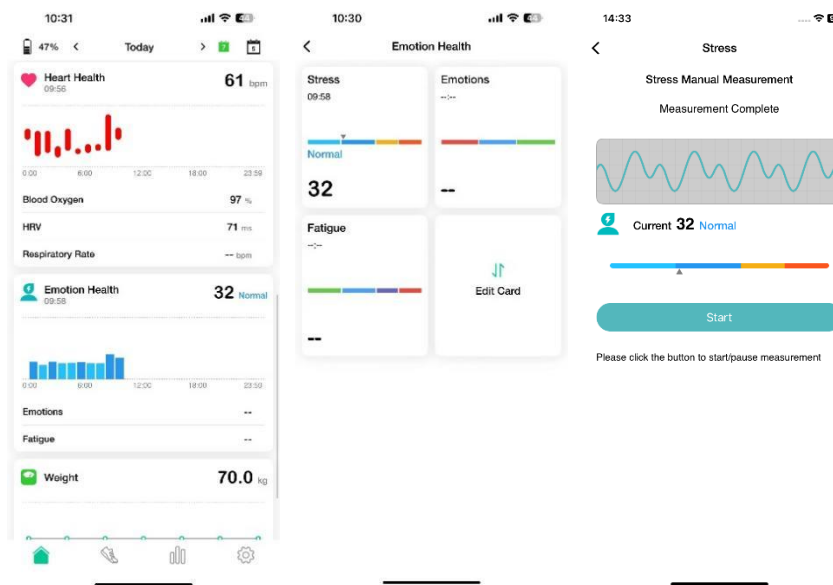
Wearing the device, it will record your steps/distance/calories in the APP.

Active measurement of Heart Health



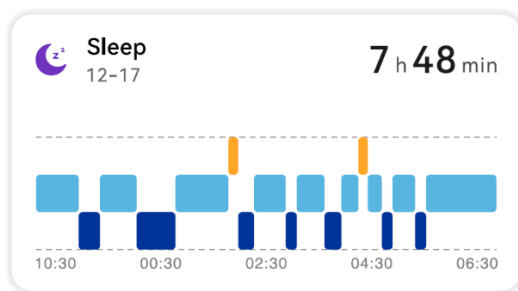
Click corresponding functions and “Start” in the APP to actively detect Heart Rate/Blood Oxygen/HRV/Respiratory Rate.

Active measurement of Emotion Health



Click corresponding functions and “Start” in the APP to actively detect Stress/Emotions/Fatigue.

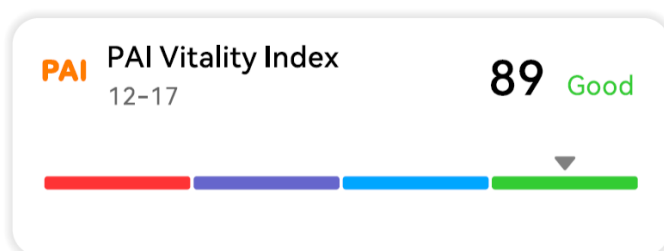
Sleep



Sleep with your device. It will record your sleep time in the APP.

The product can track whole day sleeping, but only if it takes more than 30 minutes at a time.

PAI



Your health score will be calculated based on your sleep, steps, and heart rate data from the previous day.

Alarm

Reminders	Save
Reminder type Sport Sleep Eat Medicine Wake up Meeting	
Custom Repeat M TU W TH F SA SU	
Time 07:00	

Reminders	Save
07:00 Mon Tue Wed Thu Fri	>
12:00 Mon Tue Wed Thu Fri	>
22:40 Mon Tue Wed Thu Fri	>

You can set different types of alarms , then it will vibrate to remind you.

Find My Device

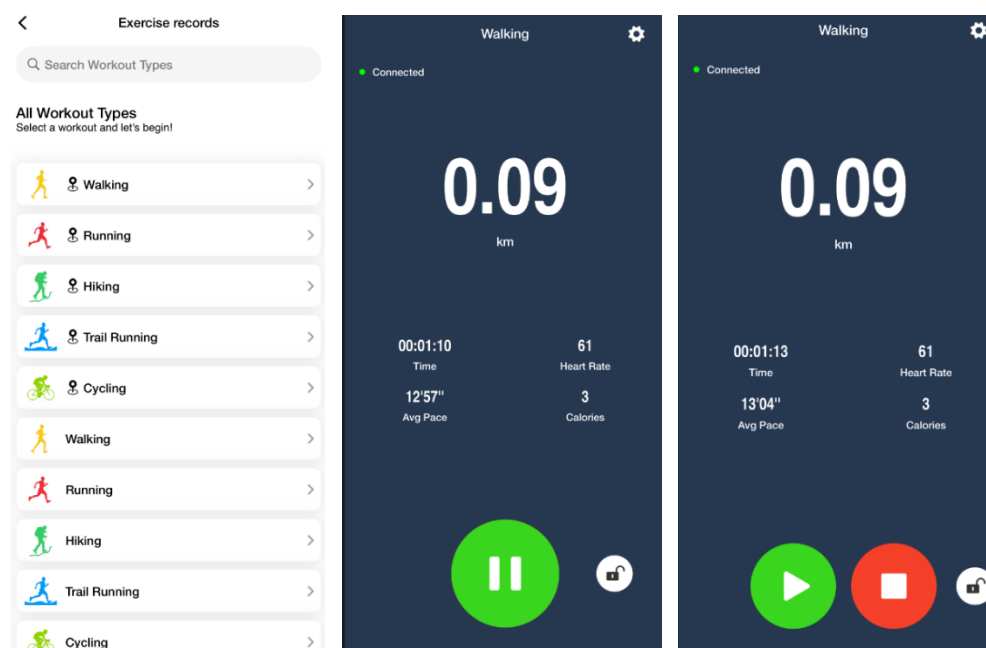
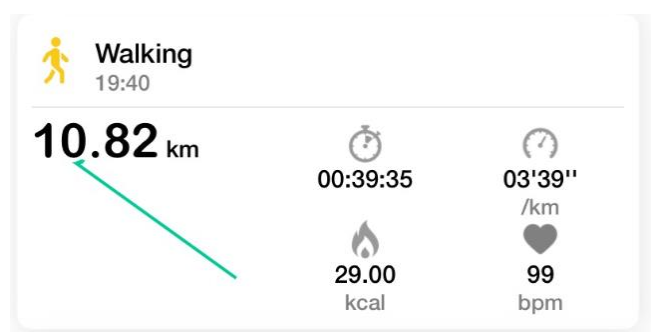


Find My Smart Device



You can go to the APP, find the “Smart Device Settings” in Setting, and click this function, then your device will vibrate and flash the red and green light on the side at the same time.

Sports



Click the “Excerice records”in main page, there are 120+ sports modes to choose from, including walking, running, climbing, cycling and etc..

Click corresponding sports to start evercise, for the “ Walking , Running, Hiking, Trail Running, Cycling”, it can work with your phone GPS. After the exercise ends, the exercise data will show in APP, and you can also check your movement trajectory in APP for those sports with GPS.

FCC Warning:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.