

MWR01 产品说明文档



Creek Race R1

Product User Manual

Understand the product

Appearance Introduction

- ① Screen
- ② Rotating Crown
- ③ Lower Button
- ④ Charging Pins
- ⑤ Speaker
- ⑥ Heart Rate Sensor Area
- ⑦ Microphone Hole

Getting Started with Creek Race R1

①Wear → ②Power on→③ Set up the watch→④ Start Using

The following steps will take approximate 5 to 10 minutes. Please choose a convenient time to start.

① Wear the Watch

To ensure accurate measurement of your data, please keep the following two points in mind:

1. Step 1: Thread the longer band through the first loop of the shorter band.
2. Step 2: Adjust to a comfortable tightness, then press the holes on the longer band onto the metal pin buckle of the shorter band.
3. Step 3: Insert the longer band into the second loop of the shorter band and tighten.

② Power on

Long press the "crown" until the startup screen appears.

Note: If the watch cannot turn on, it might be due to the battery being completely drained after a long period of inactivity. Please charge it for about 10 minutes and wait for it to turn on automatically.

③ Set up the watch

First: Download the Fitbeing Wear app



Please go to the app store on your mobile phone and search for "**Fitbeing**" to install it.

- For Android users, go to the Google Play Store.
- For iPhone users, go to the App Store.



You can also use your phone to scan the QR code below to quickly access the app store and find the **Fitbeing** app for installation.

Second: Pair with the App

Open the Fitbeing app, tap on "**Set up a Watch**" on the homepage. Use the "**Bluetooth search**" function to pair and set up the "**Creek Race R1**" following the instructions. After completing the process, you can start using the watch.

Notes:

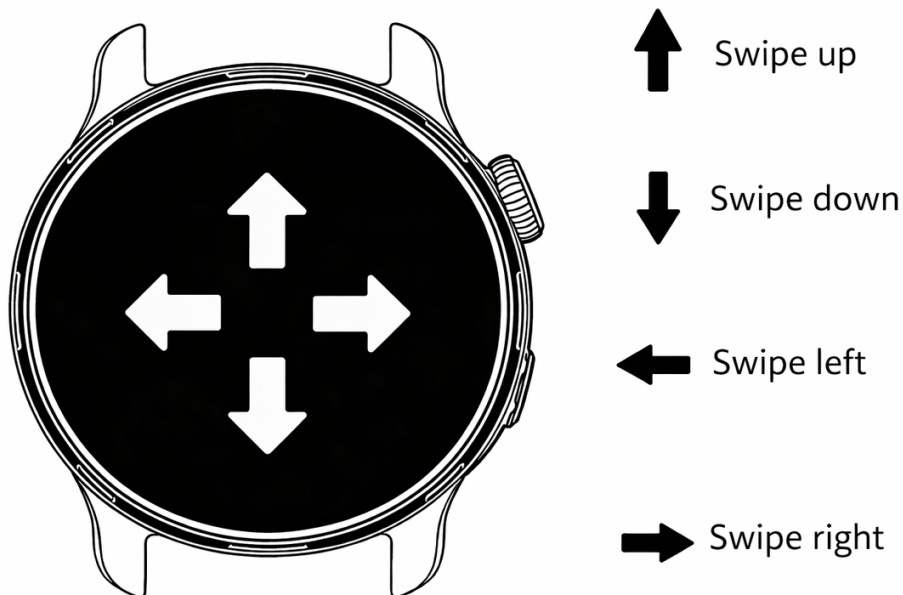
1. Do not directly pair the watch with your phone's Bluetooth settings as it may prevent the Fitbeing app from being able to connect.
2. Please grant the Fitbeing app permissions such as Bluetooth, location, and camera access to ensure a successful pairing process.

④ Start Using

1.1.1 Touchscreen operation

Support full-screen touch(Swipe, Tap, Long press)

- Tap: Tap to select an option within the menu.
- Long Press:
 - Long press the watch face to select a corresponding watch face.
 - Long press a quick card to select a corresponding quick card.
- Swipe:



- Swipe Up to browse menus, e.g., on the watch face page, view the Control Center.
- Swipe Down to browse menus, e.g., view the message list.
- Swipe Left on the watch face page to view quick cards.
- Swipe Right to return to the previous page.
- Cover the screen with your palm: On any page, return to the main watch face and turn off the screen.

1.1.2 The common usage methods of the watch crown

Press the crown

1. Press the crown to wake up the screen when it's off
2. Press the crown to enter the app center, when on the main watch face.
3. Exit the application

1.1.2.1 Press the Crown

- a. Press the crown to turn on the screen when it's off.
- b. Press the crown on the main watch face to enter the app center.
- c. Exit the app.

1.1.2.2 Rotate the Crown

- a. Scroll through the interface view.
- b. Adjust the volume of notification sounds and phone calls.

1.1.2.3 Button

- a. Press to enter the sports page.
 - b. Double tap to enter constant light flashlight mode.
-

Product Features

2. Notifications



Swipe down from the main watch face to access the Notifications.

In the Fitbeing app, you can set the apps that you want to receive notifications on your smartwatch, and you can also disable notifications for certain apps.

To sync notifications from an iOS system phone:

1. Make sure that the Bluetooth on your paired phone is enabled and within the connection range of the watch (within 10 meters).
2. In the Bluetooth settings of your phone, enable the "Share System Notifications" permission for your watch.

To sync notifications from an Android system phone:



1. Make sure that the Bluetooth on your paired phone is enabled and within the connection range of the watch (within 10 meters).
2. Ensure that your phone has granted permissions such as "Bluetooth," "Location," and "Notifications" to the Fitbeing app, and keep the app running in the foreground.

3. Control Center













Swipe up from the main watch face to bring up the control center, where you can access functions such as "Do Not Disturb Mode, Wrist Raise to Light Up Screen, Flashlight". You can also check the battery level and quickly adjust settings like "Brightness".

Status Information

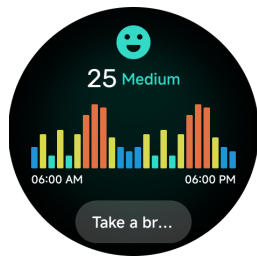
	Battery: Indicates the current remaining battery level of the watch.
	Bluetooth connection: Shows the Bluetooth connection status between the watch and the paired phone.

Quick Settings

	Screen brightness: Adjusts the brightness of the screen by swiping up or down.
	Do not disturb: Disables sound notifications for messages and calls, but alarms and timers still function.
	Sleep mode: Sleep mode is activated, the brightness dims, and the watch face enters sleep mode.
	Raise to wake: The always-on and raise-to-wake functions are disabled, and a Do Not Disturb mode strategy has been added.
	Alarm: Open the alarm app to set and edit alarms.
	Find My Phone: This feature helps you call your paired phone when you are near it.
	Always-on Display : Enables the always-on display feature, where the screen remains on even in the dimmed state.
	Sound Alerts: Activating this option will switch to silent mode.
	Drainage: Enabling this will allow the watch to drain water.
	Screen Lock: Once enabled, the screen will be locked. After locking, hold down the crown to unlock the screen.

4. Tiles

Slide the main watch face to the left to enter the quick cards. By swiping left and right within the quick cards, you can quickly switch between browsing: the Activity, Health Snap, Weather, Sleep or Stress.

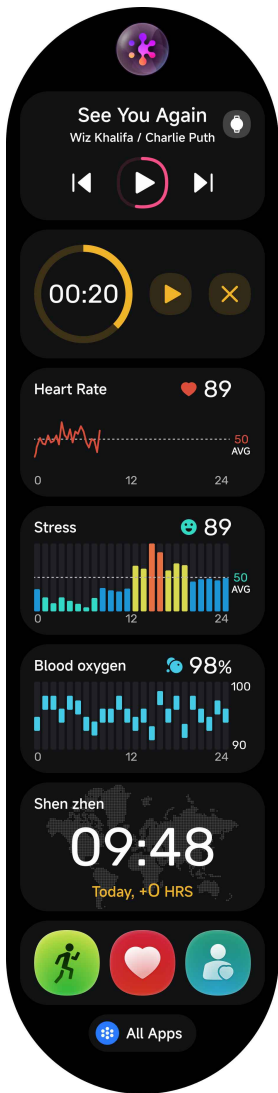


- **Activity:** View your daily step count, calories burned, and distance traveled.
- **Stress:** Monitor your stress level over the past 3 hours, including average stress (AVG) and Heart Rate Variability (HRV).
- **Weather:** You can view the weather conditions for the past 4 hours.
- **Sleep:** Review your sleep duration, bedtime, wake-up time, and sleep data from the past 7 days.
- **Kriki Coach:** Generate personalized training plan with AI on Fitbeing. After each workout, receive AI-powered insights based on your performance to better track your progress.

5. Negative One Screen

Slide the main display to the right to enter the negative one screen. On this page, you can scroll up and down to use the AI voice assistant, view the recently used applications, check the latest exercise and health records, and also control the music and view the world time.

- **AI voice assistant:** Click on the AI icon to have a conversation with it.
- **Music control:** It enables control of the music player.
- **Background Activity:** Apps running in the background appear here, such as Timer.
- **Exercise Health Record:** You can view the latest exercise records, such as calories, steps, and distance, as well as the latest health records, such as heart rate, stress, blood oxygen level, and sleep.
- **Music control:** It enables control of the music player.
- **World Time:** You can view the set world time. Music control: It enables control of the music player.
- **Recently used applications:** Quickly display the three most recently used applications.
- **Application View:** Clicking the application view icon will allow you to access the application list.



6. Watch Face

1. **Change the watch face:** Press and hold the screen for 1 second on the watch face to enter the list of watch faces.
2. **Add a new face:**
 - a. In the Fitbeing app, go to the Watch face Gallery and select your preferred watch face.
 - b. Customize the chosen watch face in the "Watch face Gallery" section and tap "Install".
 - c. In "My Watch faces", you can delete installed watch faces and modify customized options for the watch faces.
3. **Personalization settings:**
 - a. Photo Watch Face: You can add multiple photos as the wallpaper for your watch face and quickly switch between them by tapping on the watch face.

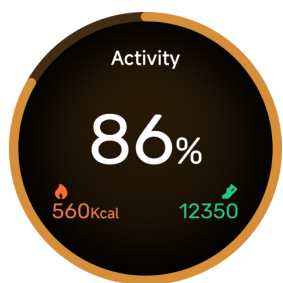
- b. Customized Watch Face: Some watch faces support customization, allowing you to set the colors, style, or quick functions according to your preferences. Tapping on the quick functions on the watch face will quickly launch the corresponding apps on the watch.

4. Enable Always-on Display:

- a. In the Control Center, you can quickly toggle the "Always-On Display" setting for the watch face.
- b. In the watch's settings, go to "Settings → Display & Brightness" and enable or disable the "Always-On Display" setting.
- c. You can also go to the app's "Profile → My Watch → Display & Brightness" section to toggle the "Always-On Display" switch for the watch.

Activity and Health

6.1 Daily Activity Records



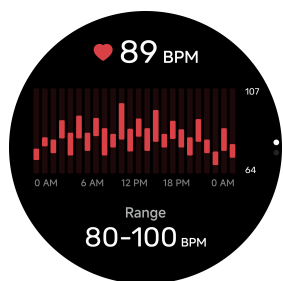
Browse Activity Data

1. Press the crown to enter the app center, select 'Activity' to access the app and view activity calories, exercise duration, standing duration, steps, distance, as well as daily workout data and breathing exercise data
2. On the right side of the watch face, there is a quick access card labeled 'Activity' to quickly show key information.

Set goals: You can set daily goals for activity, exercise, standing, and step count in the Fitbeing app → Activity → Set Goals.

6.2 Heart Rate

The watch is equipped with a wrist optical sensor that supports 24-hour continuous measurement and recording your heart rate, helping you monitor changes in your health condition.



To measure your heart rate:

1. Wear the watch properly and place your arm flat.
2. Stay still for 10 seconds to measure your current heart rate.

You can browse more historical data about Heart Rate through the Fitbeing app.

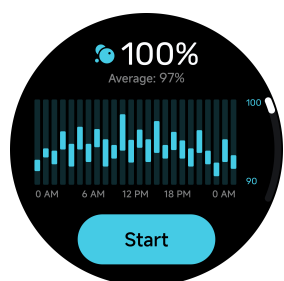
For all-day automatic measurement: When the watch is connected to your phone, you can go to the Fitbeing app → Profile → My Watch, and enable or disable all-day automatic tracking in the "Health Data Measurements" section. Once enabled, the watch will automatically measure and record your heart rate changes throughout the day when you wear it.

Resting heart rate, also known as quiet heart rate, refers to the number of times your heart beats per minute in a calm and inactive state. Resting heart rate can be maintained within a relatively slow and stable range through activities that exercise heart function.

HRV: or heart rate variability, refers to the variation in sequential heartbeats. It contains information about the regulation of the cardiovascular system by neurohumoral factors, which can be used to assess the condition and prevention of cardiovascular diseases.

1. The watch will perform automatic measurements throughout the day.
2. If you want to disable automatic measurement, you can simply turn off all-day heart rate monitoring in the app.
3. After syncing the data with the app, you can view HRV data in the app.

6.3 Blood Oxygen



To measure blood oxygen:

1. Wear the watch properly and place your arm flat.
2. Tap on "Start" and remain still for 30 seconds to measure your current blood oxygen saturation level.

You can browse more historical data about Blood Oxygen through the Fitbeing app.

6.4 Stress



To measure stress:

1. Wear the watch properly and place your arm flat.
2. Tap on "Start" and remain still for 20 seconds to measure your current Stress level.

You can browse more historical data about stress through the Fitbeing app.

6.5 Sleep

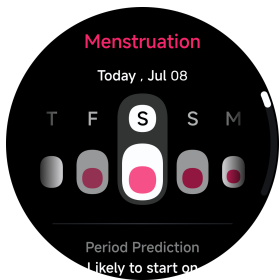
By wearing the watch while sleeping, it will automatically detect when you fall asleep, wake up, and provide insights on your deep sleep, light sleep, REM sleep, and awake durations.



1. Press and rotate the crown to enter the app center, then tap on "Sleep" to view your sleep records.
2. The watch will display the sleep data for the current day and the duration of each sleep stage.

You can also view your historical sleep data through the Fitbeing app.

6.6 Menstrual Cycle



The watch supports over 100 types of sports modes including track running, outdoor **To track and predict your menstrual cycle:**

1. During your menstrual period, you can easily record your period and its conditions in the menstrual tracking app.
2. The watch will automatically calculate and predict future menstrual periods, fertility windows, and safe periods based on the cycle length you set.

After syncing to the app, you can browse history and conveniently view menstrual cycle predictions.

To track your workouts

1. Workout



The watch supports over 100 types of sports modes, including **Outdoor Running, Marathon, Trail Running, Outdoor Cycle, Strength Training, Cooldown, Yoga, HIIT**, etc.

Choose the appropriate exercise mode based on your activity.

Start Workout:

1. Start your workout by pressing the crown button to enter the exercise interface. Swipe up or down / Roll crown to choose the most recent activity.
2. During the exercise, short-pressing the up button can pause the exercise; after pausing the exercise, long-pressing the up button can end the exercise (if enabled in the Fitbeing app settings).

3. You can also swipe left or right to perform actions such as "pause workout", "end workout", "control music playback on phone" and "view exercise route".
4. After each workout, you can view detailed exercise data on the summary screen.

GPS Tracking:

When engaging in outdoor activities, the watch's GPS needs to establish a connection with the satellites. Here are some important points to note:

1. When initiating location services, you need to wait for GPS to connect to satellites. In open areas, this can significantly reduce the time it takes to establish a location.
2. The 📶 icon will blink to indicate that the watch is searching for GPS signals. When it stops blinking, it means successful GPS positioning.
3. GPS signal connection may be affected by tunnels, dense forests, among tall buildings, or under bridges, causing temporary signal loss. It is advised to perform outdoor activities in open areas whenever possible.

Note:

- If the exercise time is too short, the results will not be recorded.
- After completing each exercise session, please click the "End" button to ensure the accuracy of the recorded exercise data.
- You can view the detailed exercise data history by clicking on the exercise records in the Fitbeing Wear app page.

2. Workout Record



1. Press the crown to enter the App Center, then click on "Workout Record" to access the interface;
2. On this page, you can view your workout records, including the workout date, specific workout time, workout type, etc.

3. Offline Map

Offline maps will be downloaded along with the route:



1. You can import your route's .gpx file in Fitbeing → My Routes → Import Routes.
2. On your watch, tap Workout → Routes to view the downloaded routes and offline maps;
3. Tap any route, select a workout, and swipe left on the main workout page to access the offline map page.

4. Vo2 Max



1. Please stay outdoors when using this function, as the watch's GPS needs to maintain a satellite connection.
2. Enter the Aerobic Fitness function, click "Start" to enter the training details page, and click Next.
3. When starting positioning, you need to wait for the GPS to connect to the satellite. In open areas, this can significantly shorten positioning time.
4. After a successful GPS connection, complete the test according to the on-screen instructions.
5. After the measurement is complete, return to the Aerobic Fitness Summary page to view your aerobic fitness data.

5. Training Load



1. **Training Load:** After starting a workout, the watch will calculate your training load score. After finishing your workout, open the training load app to see your training effectiveness score.
2. **Readiness:** Please ensure you wear your watch to bed the day before your workout and that your sleep data is successfully displayed on the watch; once you start exercising, the recovery time will begin to be calculated.

More

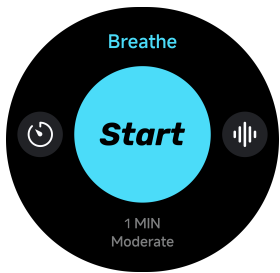
1. Breathe

1. Press the watch crown to enter the App Center, and then tap on "Breath Training" to enter the interface.



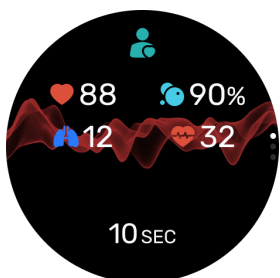
2. You can set the "Breathing Rate" or "Training Time", and then click on "Start" to begin breath training.
3. As the animation unfolds, take a slow inhale, and then exhale as the animation contracts.
4. If you want to end the animation before it finishes, swipe the screen to the right/briefly press the crown, then tap "End"/briefly press the crown.

2. Hydration Mate



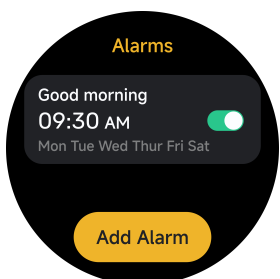
1. Press the watch crown to enter the App Center, and then tap on "Hydration Mate" to enter the interface.
2. Click "Start Now" to enter the water drinking target setting page. You can set the water intake by sliding up and down or rotating the digital crown.
3. After the Settings are completed, you can enter the "Hydration Mate" application and use the "+" or "-" buttons to record your water intake.

3. Health Snap



1. Wear the watch normally and keep your arm level.
2. Press the crown to enter the application center, and click "Health Snapshot" to enter the interface.
3. Click "Start" to begin the measurement. Keep it still for 90 seconds and you can measure your current heart rate, blood oxygen saturation, respiratory rate, pressure and HRV with one click.

4. Alarms



To set an alarm:

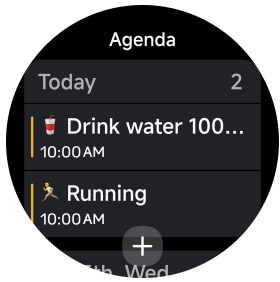
1. Press the watch crown to enter the App Center, then tap on "Alarm" to access the alarm interface.
2. Tap on the "Add Alarm" button to add an alarm. If you don't select any repeat days, it will be a one-time alarm. You can also choose repeating alarms, such as daily, weekdays, weekends, or specific days of the week.
3. Tap on the "Done" icon to complete the setup.

Snooze: After setting the alarm, you can enable the snooze function, which will delay the alarm for 10 minutes.

Stop: When the alarm vibrates and rings, tap on "Stop" to end the alarm. If you have enabled the snooze function, you can tap on "Snooze" to delay the alarm by 10 minutes.

Delete: In the "Alarm" interface, tap on the alarm you want to delete and enter the alarm editing page, then tap on "Delete" to remove the alarm.

5. Agenda

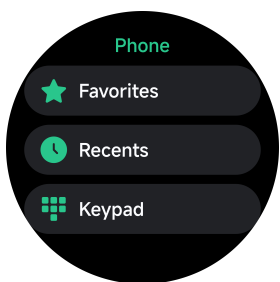


To set an agenda:

1. Press the watch crown to enter the App Center, then tap on "Agenda" to access the agenda interface.
2. Tap on "Add Agenda" allows you to set the title, start date, start time, end date, and end time of the new agenda. If you do not select repetitive dates, it will be a single agenda. You can also choose repetitive agendas, such as daily, weekly, or monthly.
3. Tap on the "Done" icon to complete the setup.

Delete: In the "Agenda" interface, tap on the agenda you want to delete and enter the agenda editing page, then tap on "Delete" to remove the agenda.

6. Phone



Tap on "Calls" in the App Center to enter the calling interface. Here, you can browse through your recent call history and frequent contacts.

1. You can make calls using the recent call history, frequent contacts, or the dial pad.
2. When you receive an incoming call on your phone, you can tap on the "Answer" button on your watch to answer the call.
3. You can manage your frequent contacts in the Fitbeing app by going to "My Watch" - "Bluetooth Call". You can edit, add, or delete contacts in the frequent contacts list, with a maximum of 20 contacts.

Note: Call functionality requires maintaining a good Bluetooth connection with your phone.

7. Compass



In the application center, click "Compass" to enter the application

1. You can judge the actual direction of your front by the direction and scale of the arrow.
2. The directions and readings displayed on the screen can help you find the correct direction.
3. Through the "altitude" displayed on the screen, you can know the height of your current location compared to standard sea level.

Note: Altitude is calculated based on the standard atmospheric pressure through the air pressure sensor. You need to connect the App to calibrate the measurement accuracy. It is recommended to calibrate every 12 hours or open the app when you are ready to obtain the altitude to ensure that the accuracy is accurate enough.

8. Stopwatch



1. Press the crown to enter the App Center, then tap on "Stopwatch" to access the stopwatch interface.
2. Tap on "Start" to start counting time. Tap on "Lap" to record a lap time. Tap on "Stop" to pause the stopwatch. Tap on "Reset" to reset the stopwatch to zero.
3. Swipe right to exit the stopwatch application without ending the stopwatch function.
4. Pressing the digital dial button allows for segmented timing.

9. World Clock



1. Press the crown to enter the App Center, then tap on "World Clock" to access the world clock interface.
2. you will see time cards displayed for different cities, including the city name, current time, and the time difference with the location city.
3. You can add or delete cities displayed on the world clock interface in the Fitbeing app. You can also rearrange the order of the cities as needed. The world clock can display up to 10 cities.

10. Timers

1. Press the crown to enter the App Center and then tap on "Timer" to access the timer interface.



2. You can choose from preset timer durations, such as 1 min, 2 min, 5 min, 10 min, 30 min, and 60 min. Tap on any duration to start the timer.
3. You can also set a customized timer by selecting "Custom". Set the desired countdown time and tap on "Start" to begin the countdown. Tap on "⏸" to pause the countdown and tap on "✖" to stop and reset the timer.

11. Calculator



1. Press the crown to enter the App Center and then tap on "Calculator" to access the timer interface.
2. This page can assist you in performing quick calculations.

12. Weather



To view local weather information on your watch, you need to grant location permission to the app and sync it with your watch.

The weather information displayed on the watch can show the weather conditions of the last 12 hours. To keep the weather information updated, please open the app and sync the weather conditions at least once every 12 hours.

Weather Shortcut Card: Swipe right twice on the main interface of the watch to access the weather shortcut card, which displays your location, weather conditions, temperature, and other information.

Weather App:

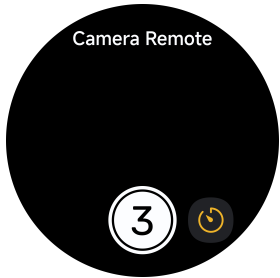
1. Press the watch crown to enter the App Center, then tap on "Weather" to access the weather interface, which displays your location, weather conditions, temperature, and other information.
2. You can also add weather information for up to 5 cities in the Fitbeing app. Go to the "Watch" page and tap on "Weather" to set up the cities.

13. Altitude Barometer

Press the watch crown to enter the App, then tap on the "Altitude Barometer" to access the altitude interface, where you can check your current altitude, as well as the highest and lowest altitudes.



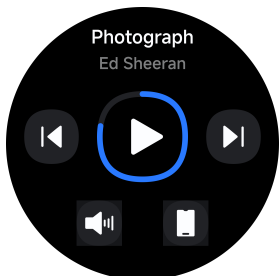
14. Camera Remote



To use the remote camera control feature, please make sure to activate the camera function on your phone and ensure a successful Bluetooth connection between your watch and phone. Additionally, maintain a distance of no more than 10 meters between the two devices and ensure there are no obstructions in between.

1. Press the watch crown to enter the App Center, then tap on "Camera Control" to enter the remote camera interface.
2. You can control the camera on your phone by tapping on the "Shutter Button" on your watch.
3. Ensure that your watch is connected to your phone and the camera function is activated on your phone.

15. Music

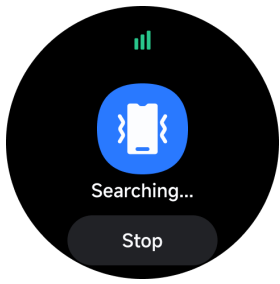


After establishing a connection between your watch and phone, you can control music playback on your watch. If not connected, you will be prompted to connect to the Fitbeing app.

1. Press the watch crown to enter the App Center, then tap on "Music" to access the music control page.
2. Tap on the "Play/Pause" button to control the playback or pause on your phone.
3. Tap on the "Volume" button which will lead you to the volume adjustment page. You can control the volume increase or decrease by sliding the digital crown up and down.
4. Tap on the "Previous Track" or "Next Track" buttons to switch to the previous or next song respectively.
5. Tap on the "Switch Devices" button which will lead you to the device switching page.

Note: It is recommended to use the built-in or mainstream music player on your phone to avoid compatibility issues that may prevent music control.

16. Find My Phone



Please ensure that your watch and phone are connected, and the Fitbeing app is open.

1. Press the crown to enter the App Center, then tap on "Find My Phone" to access the find phone feature.
2. Tap on the icon, and your phone will ring and vibrate to help you locate it.

Note: For iPhone users, please ensure that your phone is not in silent mode.

Update Firmware

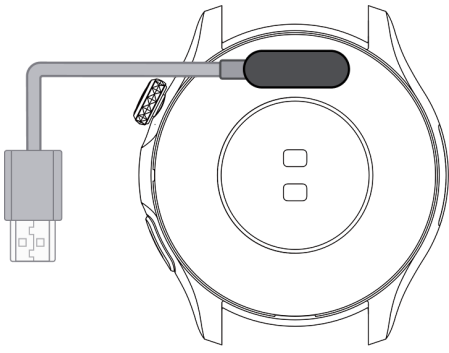
1. Open the app and go to "Profile" > "My Watch". If there is a firmware update available, you will find the update option in the details list. Tap on the update option to enter the update page. Select the "Install" option to start the update process and follow the prompts to complete the update.
2. During the firmware update, ensure that your watch remains connected to your smartphone and has sufficient battery life. The update process may take several minutes or even longer, depending on your watch model and the size of the installation file.

Note:

3. Do not disconnect the connection before the update is finished, as it may cause system abnormalities and prevent normal usage of the device.
 4. After the update is completed, your watch will automatically restart and be updated to the latest firmware version.
 5. Make sure to keep your watch connected to your smartphone and check if all functions are working properly.
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Charge the Watch

To charge the Watch, connect the charging cable to a USB power source. Attach the other end to the charging contact on the back of the watch. The watch will display a charging icon while it is being charged.



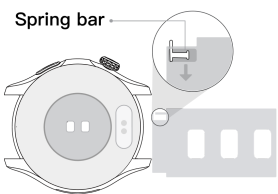
- Make sure the USB charging plug is at the same side as the crown.
- Ensure to use a standard USB power source with an output of 5V=1A or above.
- Prior to charging, ensure cleaning the charging contacts of the watch to eliminate any lingering sweat or moisture.

Wear and Care

- It is advised to remove the watch for approximate one hour daily. If you experience discomfort or irritation like redness, tingling, or a burning sensation, take off the watch and rest your wrist.
- To maintain hygiene, regularly clean your watch and wrist, particularly after workouts and sweating. Avoid using hand soap, shower gel, dishwashing liquid, or cleaning wipes to clean the watch as they can cause skin irritation. Instead, use mild soap and fresh water to clean the band.

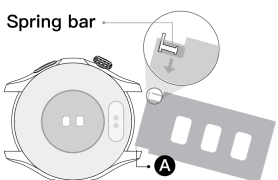
7. Change the Band

Remove band



1. Lift the spring bar from the groove.
2. Push and hold the spring bar.
3. Pull it out gently to remove the

Install band

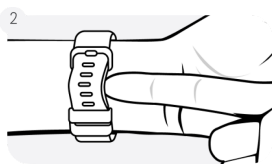


1. Insert the metal pin at position "A" in the hole.
2. Push and hold the spring bar.
3. Press the band into the body and release the spring bar.
4. Pull the watch band to confirm the firm installation.

8. Wear Your Watch



For optimal data accuracy, please observe the following guidelines while wearing the watch:



1. Wear the watch at a position approximately two finger-widths from your wrist bone.
2. For comfort, adjust the band to allow a finger's width between it and your wrist. This ensures both contact and fit.

Precautions

- Disassembling the watch by oneself, except for replacing the strap, will void the warranty and compromise safety.
- Avoid forcibly opening the watch case, as it may cause short circuits and overheating.
- Keep the watch away from environments exceeding 60°C to prevent battery leakage or explosion.
- While the product complies with 5ATM waterproof standards, it is not recommended for activities such as bathing, diving, or water skiing that involve high temperatures, steam, or rapid water flow. Note that the waterproof performance may be compromised if the product structure is damaged.
- The watch should be regularly cleaned to prevent dirt and dust buildup. Gently wipe the surface with a soft cloth to keep the watch clean and dry, avoiding the use of excessively damp cloths or any external heat sources (e.g., hairdryers) to dry the watch. Do not clean it while charging and do not use cleaning products or compressed air for cleaning.
- Do not forcefully press the digital rotating crown of the watch, as this may cause damage that is not covered by the warranty.
- When connecting the charging cable with the charging components, avoid bending the cable sharply or combining it with any other metal wires or cables. Regularly check the cable and interface for tangles, breakage, bending, or other damage.
- Be aware that firmware upgrades can lead to interface and usage changes. For detailed information, please refer to the product's upgrade instructions.
- In the event of abnormal situations such as safe mode, sensor malfunctions, or interface lagging, perform a 12-second long press on the button to restart and restore the watch.

Help and Guide



Frequently Asked Questions

If you encounter any problems while using the product, you can access the "Profile → Help & Support" section in the Fitbeing app for assistance.

Scan the QR code on the right to access or visit help.fitbeing.com for assistance.

Key Specifications

Display	1.32" HD AMOLED /1500nits/24-bit color
Resolution	466 x 466
Battery Capacity	420 mAh
Wireless Connection	Bluetooth 5.3
Water resistance garde	5ATM
Satellite positioning	GNSS L1+L5 dual-band, Support GPS\BDS\GAL\GLO\QZS
Geomagnetic sensor	Support compass
Barometer sensor	Supports altitude/barometer
Ambient light sensor (ALS)	Supports auto-brightness
Temperature sensor	Supports skin temperature
Body Dimension	44.8mm × 44.8mm × 11.8mm
Working Temperature	0°C ~ 50°C
Compatible Operating Systems	iOS 13.0 and above, Android 9.0 and above

Regarding the Watch

This app is not a medical product. All data and results are for reference only, and should not be used as a basis for medical research, diagnosis, or treatment. This data isn't available at certain times, such as during heart rate, blood oxygen, sleep, or exercise.

FCC Requirement

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the 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.

Note: 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.
- product's upgrade instructions.

ISED

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

1. L'appareil ne doit pas produire de brouillage;
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.