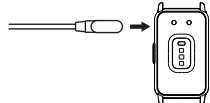
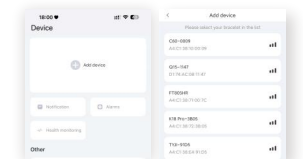
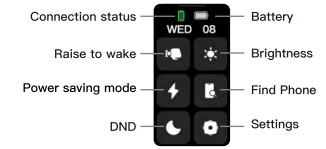
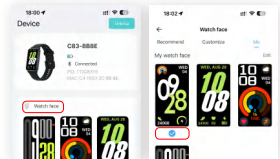
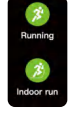
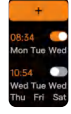
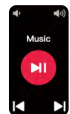
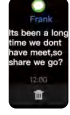
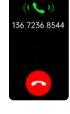
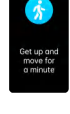
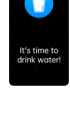


材质：105g双铜四色印刷 尺寸：60×103mm

Smart Device Manual 	EN Quick guide APP Download Scan QR code: Scan QR code to download and install applications. Android: Download and install the app by searching for "Keep Health" in the Google Play app store. iOS: Search for "Keep Health" through the App store to download and install the app. Preparation before use When using the watch for the first time, please press and hold the power button to turn it on. If it cannot be turned on and used, please charge the watch first.  Connection between watch and app • Long press the side button to power on, and please open the Bluetooth of the mobile phone. (Note: For Android, it is required to enable the GPS location permission). • Open the Keep Health APP and complete the APP registration and settings according to the prompts on the guide page. Enter [Device - Add Device] and select the model that matches the device to connect.  1	• After the APP successfully connects to the device, it will automatically enter the home page to synchronize data, and the device will automatically synchronize the date, time and language of the phone. Control center  Device and APP connection • Touch button: Generally, a long press of a touch button is to enter a certain function, and a short press is to switch the interface. • Switch watch face: Long press the touch button on the watch face interface to enter the watch face switch interface, short press to view the watch face, long press to select the watch face. The device comes with 6 dials, you can also enter the Keep Health APP [device interface-dial center], click to install the dial.  2	Function Description Activities Record daily steps, calories, exercise time, and standing time.  Workout There are 104 types of exercise modes, and selecting a certain type of exercise can start exercising. After completing the exercise, please open the APP homepage and drop down to synchronize data.  Weather Display 3-day real-time weather forecast. After connecting to the app, the watch will automatically synchronize with the weather. (Weather forecast requires location permission to be enabled).  Alarms Set reminder time, Vibration reminder when time comes.  3	Music After the watch is connected to the APP, it can control the music on the phone. When using it for the first time, the phone needs to play a song first.  Notify Enable notifications on the APP, and the watch can receive notification reminders. (Note: Notification permission and notification bar permission need to be enabled.)  Notification d'appel Après avoir activé la notification d'appel dans l'APP, la montre peut recevoir la notification d'appel entrante. Cliquez sur le bouton rouge pour raccrocher l'appel.  Sedentary Reminder After enabling the Sedentary Reminder in the app, if you remain seated continuously for the set time period, it will remind you to stand up and move around.  Water Reminder After enabling the Water Reminder in the app, it will remind you to hydrate at the preset times.  4	Note • Please place the watch at a point about one finger away from the wrist bone. Wearing it too loosely may affect the accuracy of heart rate monitoring data. • Do not scratch the watch display screen and sensor, protect it from damage. • Wipe the surface of the watch with a damp cloth and use mild soapy water to remove oil or dust. • Do not expose the watch to environments with strong chemicals, such as gasoline, cleaning solvents, propanol, alcohol, or insect repellents. Chemicals can damage the sealing and surface of the watch's casing. • Avoid strong impacts and extreme heat exposure on your watch. • The integrity of the lens and shell is the key to waterproofing. Violent disassembly and assembly can affect waterproofing. Do not immerse the watch in hot water, seawater, or chemical solution. • Please use the original charging cable of the product to charge the watch. • This device is not a medical device, and the data and information provided are for reference only. 5	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. Important: Change or modifications not expressly approved by the manufacturer 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. 6
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