

Kieslect Smart Watch Balancs Series User Manual

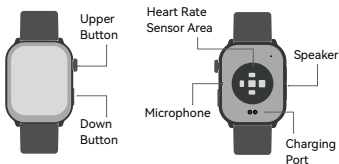


Get the manual
in more languages

NOTES:

1. The company reserves the right to modify the contents of this manual without any further notification. It is normal that some functions may vary in certain versions of software.
2. Please refer to this manual before using the product.
3. Before using this watch, you need to connect the APP to synchronize the time and set your personal information.
4. This product supports IP68 rank waterproof, not suitable for swimming and deep sea diving. Hot water, tea and other corrosive liquids are destructive to the watch, and will not be able to enjoy the product warranty and free maintenance services.

01 Appearance & Charging



Button Functions

Item	Once Press	Double Press	Long Press	Revolve
Upper button	Light up / Turn off screen / Back	SOS	Power on / Power off	Changing watch face / Page up and down / Brightness and Volume adjustment
Down button	Light up the screen / Workout	/	/	/
* Please scan the QR code on the cover to view the specific button functions.				

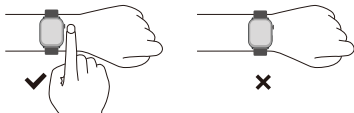
Tips:

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.

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

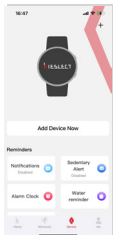
03.1 Scan QR code



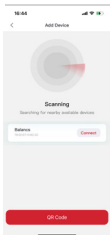
03.2 Install "Kstyle OS" APP



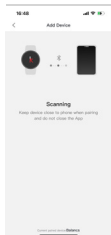
03.3 Open App, Click “ Add Device Now ” – Click to connect. – Click “ Pair ” to connect with Audio Bluetooth.



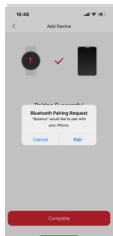
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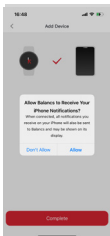
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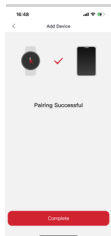
03



04



05



06

03.4 Check Connection Status



APP
disconnect



APP
connected



BT call
connected

*Using BT call and playing music feature on the watch must be successfully connected to audio Bluetooth.

For more information on setting up and using the watch, please 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 13.0 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. 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 "Kstyle OS"



Device

Select the "Device"

Notification
Disabled



Click "Disabled"

04 Operational Instructions

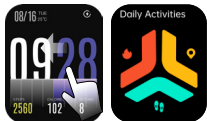
1. Control Center: Slide down from the main dial to the control center and up to return.



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



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



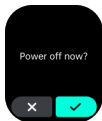
4. Open the main menu: Slide the main page from left to right to enter the list theme interface. You can switch between 3 theme styles (list, honeycomb, and square) in the Settings-Theme interface.



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

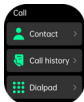


6. Power on/off: Press the rotating button for 3 seconds.



05 Function Introduction

 The icon for the 'Daily Activities' app is a black rounded square. It features a stylized graphic of a person's legs and arms in orange and yellow, with a small red heart and a yellow location pin icon. The text 'Daily Activities' is at the top.	Daily Activities Record steps, distance, calories for the day. More detailed information analysis and data records can be viewed in the APP.
 The icon for the 'Heart Rate' app is a black rounded square. It shows a red heart icon, the text 'Heart Rate', and a large '70 bpm'. Below this, it says 'Max 120 Min 56'. At the bottom is a small line graph showing heart rate fluctuations over a 24-hour period.	Heart Rate Heart rate monitor: measure the current heart rate value; the watch can record and display the 24h heart rate value throughout the day, monitor the heart rate in real time throughout the day, and the APP saves the average heart rate value every ten minutes. More detailed information analysis and data records can be viewed in the APP. (The value is for reference only and cannot be used as a medical basis).
 The icon for the 'Blood Oxygen' app is a black rounded square. It features an orange blood drop icon, the text 'Blood Oxygen', and a large '97%'. Below this, it says 'Max 98% Min 96%'. At the bottom is a bar chart showing blood oxygen levels over a 24-hour period.	Blood Oxygen Test the blood oxygen value; monitor and save data every ten minutes, more detailed information analysis and data records can be viewed in the APP. (The value is for reference only and cannot be used as a medical basis).
 The icon for the 'Workout' app is a black rounded square. It has the text 'Workout' at the top. Below it are three options: 'Outdoor run' with a green running figure icon, 'Cycling' with a green bicycle icon, and 'Skipping' with a green jumping rope icon.	Workout You can choose from 100 sports modes, and then you can view detailed sports data in the App.

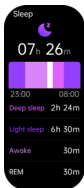


Call

Dial Pad: You can enter a phone number and call.

Call Logs: Record your call history.

Contacts: Contacts can be added synchronously on the APP.



Sleep

Record and display the total sleep duration, deep sleep and light sleep duration of the previous night. More detailed information analysis and data records can be viewed in the APP.



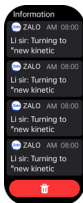
Weather

Displays the weather conditions and the weather for the next 3 days. The weather information needs to be connected to the APP before the data can be obtained. If the connection is disconnected for a long time, the weather information will not be updated.



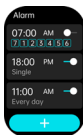
Music

After connecting to the mobile phone, the watch can control the music play/pause/previous/next song on the mobile phone, and the volume can be adjusted.



Message

Instant message reminder, 8 latest messages will be showed.



Alarm clock

8 alarm clocks can be set, watch will vibrate, ring and display on.



Mood

Test current mood, in app it displays full day 24 hours mood status. More detailed information and records please check it in app. This value is for reference only and cannot be used as a medical basis.



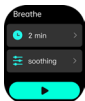
Stress

Measure current stress level,in app it records and display full day 24 hours stress level data,More detailed information and records please check it in app. This value is for reference only and cannot be used as a medical basis.



Respiratory rate

Measure current Respiratory rate.This value is for reference only and cannot be used as a medical basis.



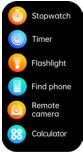
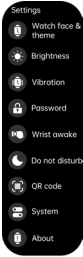
Breath training

Set breath rhythm and time, follow instruction to completed breath training.



AI voice Assistant

Click AI voice function button, speak out wake up "word" wake-up AI voice assistant (for example, the wake up word of Xiaomi phone is "Xiao Ai"), please make sure the bluetooth function is successfully connected.

	More functions Stopwatch / Timer / Flashlight / Find phone / torch / Calculator.
	Setting Watch face & theme / brightness / Vibration / Sound & vibration / AOD / Password / Do not disturb / About / QR Code/password lock.

Other functions:

Sedentary reminder、lower battery reminder、incoming call reminder、shake to take photo、find watch、watch face/ customized watch face、12/24h time system、unit setting、turning the wrist to brighten the screen、physiological cycle reminder、goal achievement reminder.

Tips:

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

06 Parameters

BT: 5.2

Screen size: 2.1

Waterproof: IP68

Net weight: 48.9g

Battery type: Polymer

Size: 47.7*39*10.5mm

Charging voltage: 5V

Battery capacity: 300mAh

Working temperature: -10°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.