


MANUAL D'UTILISATION  
MONTRE INTELLIGENT

### Downloading the App

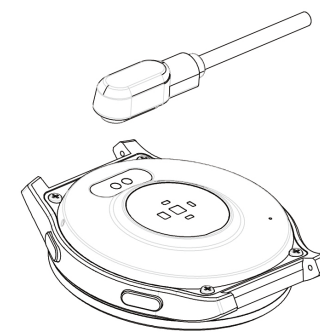
Scan the following QR code, download and install the App.



Scannez le code QR et téléchargez

### Charging and activating

Charging the device to activate before the first time use:  
To charge your device, plug the charging cable into the adapter or USB port on your computer.



### Pairing

Open the App and set up your profile

Go to the 「Device」 , Click 「Add a Device」

Choose your device on the scanning list

Finish

The MAC address on the “Setting”-“About” page could help you ident

### Use the Touch Screen

Control Center

Swipe Down

Swipe Up

Menue

Swipe Left

Swipe Right

Feature pages

Messages

### Features

**Sleep**

If you keep wearing the watch in your sleep, it can provide the hours slept and quality of sleep stats on both the screen and the App.

NOTE: Sleep stats reset to zero at 8:00pm.

**Heart Rate Test**

The device could record your heart rate all day.  
You also could tap on the page to start measuring your heart rate.

### Features

**Sports**

The device automatically tracks steps taken on the screen.

NOTE: Your movement stats reset to zero at midnight.

**Training**

Tap the training icon on the menu to start a new training measure recording. There are 123 sport modes to be chosen.  
The last training recording will be shown on the training page.

### Features

**Blood Pressure test**

Tap on the blood pressure page to start measuring your blood pressure. The blood pressure page will show the last measured date.

**SpO2 test**

Tap the SpO2 page to start measuring your SpO2.  
The SpO2 page will show the last measured data.

### Features

**Weather**

The weather page will show current and next day weather info.  
Weather info is synced after connecting with the App. It will not be up to dated after a long disconnect.

**Messages Reminder**

The device can sync incoming notifications from Twitter, facebook, Whatsapp, Instagram, etc.  
The 5 most recent messages are stored.  
NOTE: You can switch on/off the incoming notifications in the App.

### Features

**Remote Shutter**

After connecting the device, you can remote control the camera on your phone.

**Player Shutter**

After connecting the device, you can remote control the music player on your phone.

### Features

**Other Features**

Other features include stopwatch, alarm, timer, brightness, mute on/off, theater mode, factory reset, power off and about.

**Stop Watch**

Tap the start button on the stopwatch page to start timing. Tap the stop button to stop timing.

### Features

**Silent Alarms**

Set up the alarm on the App, the device will vibrate to remind you on the set time.

**DND Mode**

The device will turn off the vibration and turn down the brightness when the theater mode is turned on.  
NOTE: You can turn on/off the theater mode in the control center.

### Features

**Remind to Move**

The device will vibrate to remind you to move after 1 hour of sitting.  
NOTE: You can switch on/off the feature in the App.

**Remind to Drink**

The device will remind you “Time to drink some water” at the planned drinking time.  
NOTE: You can set the feature in the Apps.

### Getting to know your device

**1. Using in wet conditions**

Your device is water-resistant, which means it is rain and splash-proof and can stand up to even the sweatiest workout.

NOTE: Do not swim with your device. We also don't recommend showering with your device. Though the water won't hurt the device, wearing it 24/7 does not give your skin a chance to breathe. Whenever you get your device wet, dry it thoroughly before putting it back on.

**2. Using Quick View**

With Quick View you can check the time or messages from your phone on your device without tapping. Just turn your wrist towards you and the time screen will appear for a few seconds.

### General Info & specification

**1.Environmental conditions**


Operating temperature: 14°F à 122°F (-10°C to 50°C)  
Non-operating temperature: -4°F à 140°F (-20°C to 60°C)

**2.Size**

Fits a wrist between 5.5 and 7.7 inches.

**3.Disposal and Recycling**

Please kindly be aware that it is the consumer's responsibility to properly dispose and recycle the device and accompanying components. Do not dispose of the device with common household waste. The device is considered electronic waste and should be disposed of at your local electronic equipment waste management facility or at the retailer from which it is purchased.



Cet appareil se recycle

Recycling symbols and text in French and English.

