

# OnePlus Watch User Manual

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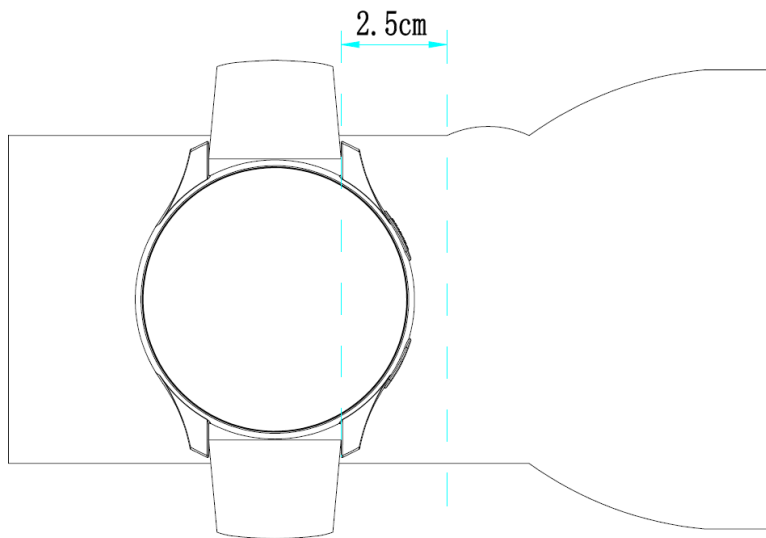
## Contents

|                                                              |    |
|--------------------------------------------------------------|----|
| 1. How to Use.....                                           | 4  |
| 1.1 Wearing the Watch.....                                   | 4  |
| 1.2 Replacing the Watch Strap .....                          | 4  |
| 1.3 Connecting the Watch to a Mobile Phone.....              | 5  |
| 1.4 Boot/Shutdown/Reboot .....                               | 5  |
| 1.5 Charging the Watch.....                                  | 6  |
| 1.6 Watch Keys and Screen Control Function.....              | 7  |
| 1.7 Function Cards .....                                     | 8  |
| 1.8.1 Replacing the Face .....                               | 8  |
| 1.8.1.1 Watch .....                                          | 8  |
| 1.8.1.2 Phone.....                                           | 9  |
| 1.8.2 Adding a Watch Face .....                              | 9  |
| 1.8.3 Deleting a Watch Face .....                            | 9  |
| 1.9 Customizing Functions of the Down Key for the Watch..... | 9  |
| 1.10 Setting Time and Language .....                         | 10 |
| 1.11 Setting Common Functions.....                           | 10 |
| 1.12 Starting the DND Mode .....                             | 10 |
| 1.13 Upgrading the Watch Version and App Version.....        | 11 |
| 1.14 Resetting to Default .....                              | 11 |
| 2. App Management .....                                      | 11 |
| 2.1 Message Alert and Deletion .....                         | 11 |
| 2.2 Answering and Making Calls by Using the Watch.....       | 12 |
| 2.3 Answering and Rejecting Calls .....                      | 12 |
| 2.4 Viewing Call Records.....                                | 13 |
| 2.5 Music .....                                              | 13 |
| 2.6 Weather .....                                            | 14 |
| 2.7 Alarm Clock.....                                         | 14 |
| 2.8 Timer .....                                              | 15 |
| 2.9 Stopwatch .....                                          | 15 |
| 2.10 Flashlight.....                                         | 15 |
| 2.11 Barometer and Altimeter .....                           | 16 |
| 2.12 Compass .....                                           | 16 |
| 2.13 TV Connect.....                                         | 16 |
| 2.14 Find Phone .....                                        | 16 |

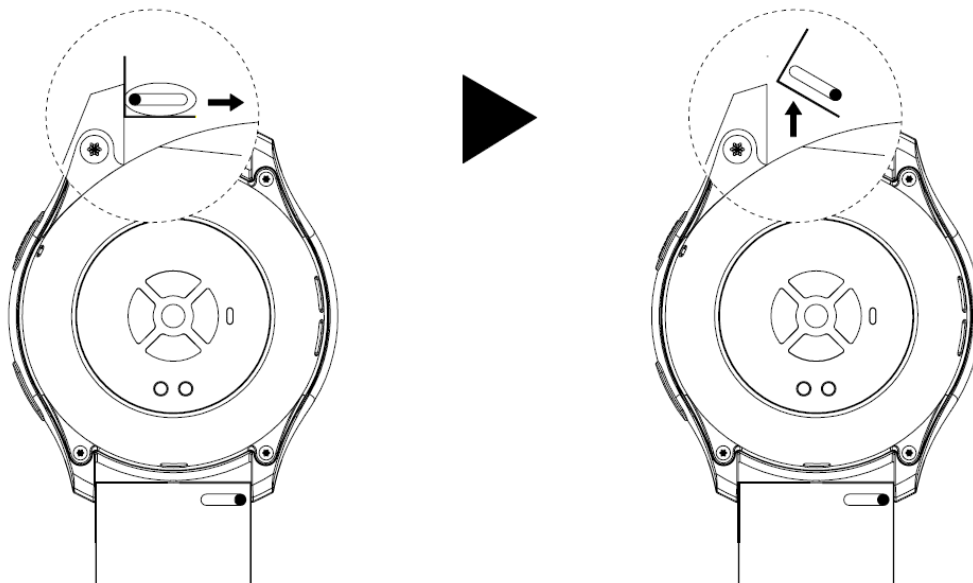
|                                          |    |
|------------------------------------------|----|
| 3. Workouts .....                        | 17 |
| 3.1 Workouts .....                       | 17 |
| 3.2 Automatic Workouts Recognition ..... | 17 |
| 3.3 Activities.....                      | 17 |
| 4. Health Manage .....                   | 18 |
| 4.1 Heart Rate.....                      | 18 |
| 4.2 Blood Oxygen.....                    | 19 |
| 4.3 Sleep .....                          | 19 |
| 4.4 Stress.....                          | 19 |
| 4.5 Breathing .....                      | 20 |
| 4.6 Get up Reminder .....                | 20 |

# 1. How to Use

## 1.1 Wearing the Watch



## 1.2 Replacing the Watch Strap



## 1.3 Connecting the Watch to a Mobile Phone

When you use the watch for the first time, long press the Down key until the watch vibrates and the logo appears. Then the watch is started. Tap to select the required language. Then, the watch redirects to the pairing interface.

- Manual pairing for Android users
  - a. Enter the manual pairing interface.
  - b. Start OnePlus Health App, register your account and log in. Grant relevant authorities to the app by following the prompts displayed in the pop-up box. Tap **Manage** and then tap the scan icon in the upper right corner. The app automatically searches for and list the Bluetooth device name of the watch. Tap the Bluetooth name of the watch. A pairing request is displayed. Confirm the request and follow the prompts to complete settings.

### Notes

- After successful pairing, the watch displays the matching success screen and synchronizes relevant information (date, time, etc.) with that of the mobile phone.
- If the pairing fails, the watch displays the failure screen and returns to the power-on screen.
- One watch can connect to only one mobile phone at a time. If it needs to connect to other mobile phones, cancel pairing in health app > manage > more first, and then connect to other mobile phones via health app.

## 1.4 Boot/Shutdown/Reboot

### Boot

- In the shutdown state, long press the Down key to boot the watch.
- In the shutdown state, when the watch connects to the charger for charging, the watch will boot up automatically.

### Shutdown

- In the power-on state, long press the Down key. The shutdown/reboot option interface is displayed. Tap **Shutdown**.
- In the power-on state, tap the Up key to go to the Applist interface. Select **Settings** > **System** > **Shutdown**.

### Reboot

- In the shutdown state, long press the Down key. The shutdown/reboot option interface is displayed. Tap **Reboot**.
- In the power-on state, tap the Up key to go to the Applist interface. Select **Setting** > **System** > **Reboot**.

### Reboot Forcibly

- You can long press the Down key for more than 12s to reboot the watch forcibly.

## 1.5 Charging the Watch

### Charging

1. Connect the power adapter to a power outlet.
2. Place the watch on the charging dock. Align the charging port on the back of the watch with the metal contact on the charging dock and attach the charging port to the metal contact closely.

The charging indication will appear on the watch screen.

When the watch is fully charged, the charging indication shows 100% and the watch stops charging automatically.

#### Notes

- Please use the attached charging dock and OnePlus adapter with rated output voltage of 5V and rated output current of 1A and above to charge the watch.
- If the watch that shuts down due to low battery connects to a power supply, it will automatically start up soon after charging.

### Charging Time

100% charging indication shows the battery is fully charged. Please disconnect the charger in time after full charge.



#### Notes

- Please charge your watch in a dry, well-ventilated environment.
- Please dry the charging port before charging to avoid short circuit or other risks caused by dirt on the metal contact dirt or water flowing into the charging port.
- Before charging, it is necessary to keep the charging port and charging dock dry, and wipe off water and sweat stains.
- The charging dock is not waterproof. Please keep it dry.
- The recommended ambient temperature is between 0°C and 45°C.
- In order to protect the battery life of the product, the charging current will be reduced and the charging time may be longer in the cold and low temperature environment.

### Checking the Battery Level

You can check the battery level and power consumption of the watch in the following ways.

Method 1: The watch automatically identifies the charging scene.

After connected to a power supply, you can check the battery level percentage of on the pop-

up charging indication interface. You can tap the Up key to exit the charging interface.

Method 2: View the battery level percentage on the management page of OnePlus Health App

## 1.6 Watch Keys and Screen Control Function

The color screen of the watch supports full screen touch, swipe up, swipe down, swipe left, swipe right, and long pressing operations.



### Up Key

| Operation | Function                                                                                                                                                                                                                                                                                                            | Remarks                                                                                             |
|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| Tap       | <ol style="list-style-type: none"><li>1. When the watch screen is black, tap the Up key to light it up.</li><li>2. When the watch displays the face, tap the Up key to go to the app list interface.</li><li>3. When the watch displays a non-face, tap the Up key to return to the watch face interface.</li></ol> | The functions are not applicable to specially defined scenarios such as communication and workouts. |

### Down Key

| Operation  | Function                                                                                                                                                                                                                                       | Remarks                                                                                             |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| Tap        | When you tap the key, the workouts app is started by default. If it has been customized before, the customized function is started when you tap the key.                                                                                       | The functions are not applicable to specially defined scenarios such as communication and workouts. |
| Double-tap | When you double-tap the key, the wallet app is started by default. If it has been customized before, the customized function is started when you double-tap the key.                                                                           |                                                                                                     |
| Long press | <ol style="list-style-type: none"><li>1. When the watch is powered off, long press the Down key to power it on.</li><li>2. When the watch is powered on, long press the Down key, and the shutdown/reboot option screen will appear.</li></ol> |                                                                                                     |

### Basic operations on the screen

| Operation                 | Function                                                                                                                               |
|---------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| Tap                       | Select and confirm                                                                                                                     |
| Long press the watch face | Replace the face.                                                                                                                      |
| Slide up the face         | View messages and notices.                                                                                                             |
| Slide down the face       | View the shortcut menu (Do not disturb for bedtime (DND), brightness, search for mobile phones, alarm clock, flashlight, and settings) |
| Slide left the face       | Check heart rate curve, sleep records, weather, etc                                                                                    |
| Slide right               | Return to the previous screen.                                                                                                         |

### Screen on

- Tap any key to light up the screen.
- Raise or internally invert your wrist to light up the screen.

### Screen off

- When the screen is on, lower or externally invert your wrist to turn off the screen.
- When the screen is on, lower your wrist to turn off the screen.
- When the screen is on, cover the screen with your palm to turn off the screen.

#### Notes

- Tap the Up key to go to the App list, and select **Settings > Display and brightness > Screen off time** to set the screen off time, which is set to 3s by default.

## 1.7 Function Cards

Slide left the face to go to the function cards. Long press any function card to go to the function card editing interface. You can delete existing function cards. On the function card editing interface, slide left to the end and tap + to go to the **Select Card** interface and add more function cards.

#### Notes

- The default function cards of the watch are heart rate, sleep and music.
- On the function cards editing interface, tap the icon below the function card of workouts and shortcut application to edit the applications in the card.

## 1.8.1 Changing the Watch Face

### 1.8.1.1 Watch

Long press the face to go to the watch face editing interface. You can slide left or right to preview the face in your watch. Some watch faces have icons below. You can tap an icon to set different controls or change faces of different styles. Tap any face to set it as the main face.

### 1.8.1.2 Phone

After the watch is paired with a mobile phone, start OnePlus Health App, and tap the **Manage** tab to go to the **Watch faces** page. The face can be switched in two modes:

1. In the **My watch faces** module, long press any face and select **Set as watch face** in the pop-up dialog box. At this time, the watch will switch to the face synchronously.
2. In the **My watch faces** module, tap any face to go to the face editing interface and tap **Set as watch face** at the bottom. Now, the watch will switch to the face synchronously.

#### Notes

- In OnePlus Health App, you can remove the faces or set the order of faces in **Manage > Watch faces > My watch faces**.
- In OnePlus Health App, you can add new faces to the watch in **Manage > Watch faces > Online faces**. Up to 14 faces can be added to the watch.

### 1.8.2 Adding a Watch Face

After the watch is paired with a mobile phone, start OnePlus Health App, and tap the **Manage** tab to go to the **Watch faces** page. Tap **All faces**, select a desired watch face on the **Watch faces** page, and then tap **Add face**.

### 1.8.3 Deleting a Watch Face

After the watch is paired with a mobile phone, start OnePlus Health App, and tap the **Management** tab to go to the **Watch faces** page. In the **My watch faces** module, tap **Edit** and delete a watch face on the editing page.

## 1.9 Customizing Functions of the Down Key for the Watch

1. Tap the Up key to go to the app list and select **Settings > Function Key**.
2. Select an app listed in the watch and tap **OK** to complete the customization of the Down key. After functions are customized, you can tap/double-tap the Down key to directly start the corresponding app.

#### Notes

- If the Down key is not customized, when you tap the Down key, the workouts app is started by default.
- If the Down key is not customized, when you double-tap the Down key, the wallet app is started by default.

## 1.10 Setting Time and Language

Watch time does not need to be set. After the watch is synchronized with the mobile phone, the phone time will be automatically synchronized to the watch.

If you change the time on your phone, the time on the watch will be changed synchronously after the watch connects to the mobile phone properly via the Bluetooth connection.

Tap the Up key to go to the app list interface. Select **Settings** > **Language**, select the required language, and then confirm the selection.

## 1.11 Setting Common Functions

After the watch is successfully paired with OnePlus Health App, you can set the following common functions on the **Manage** page:

- Sync phone notifications
- Get up reminder
- Steps/Consumption target
- Heart rate detection
- Resting heart rate alert
- Workout heart rate alert
- Automatic stress monitoring
- Blood oxygen monitoring during sleeping
- Automatic pause during workouts
- Automatic workouts recognition
- Automatic installation package downloading under WLAN

## 1.12 Starting the DND Mode

Slide down the face to open the shortcut menu, and enable “Do not disturb for bedtime” to start the DND mode.

When the DND is enabled on the watch:

1. Incoming calls of the mobile phone will be pushed to the watch, but the watch will not vibrate nor light up the screen to remind you. You can still answer/hang up the calls on the watch.
2. You are not reminded when messages and notices are received. The screen will not light up when you lift your wrist.

### Notes

- Tap the Up key to go to the app list and select **Settings** > **Do not disturb for bedtime**.
- Start now: The DND mode will be started immediately.
- Schedule: You can manually set the DND period when starting this function.
- On the face, slide down to open the shortcut menu and tap **Do Not Disturb** to quickly start the DND function.

## 1.13 Upgrading the Watch Version and App Version

Update the watch version:

When the watch and mobile phone are normally connected through OnePlus Health App, select **Manage > More > Device update** on the main page of the app to automatically detect the version update package. When there is an update package, the device version update prompt will be displayed on the interface. Tap **Device update**.

### Description

- During the update, the watch will automatically break the Bluetooth connection. The upgrade progress is displayed on the watch interface. Please wait patiently until the upgrade ends.

## 1.14 Resetting to Default

Tap the Up key to go to the app list interface, and select **Settings > System > Reset to default**. The watch will restore factory settings and all your data will be cleared. Please exercise caution when performing this operation.

# 2. App Management

## 2.1 Message Alert and Deletion

### Message Alert

1. When the watch is paired with the OnePlus Health App, tap **Sync phone notifications** on the management page on the app to enable the function, and enable the app that needs to push messages.
2. For the status bar of the mobile phone shows that a new message is received, the watch will vibrate to remind you.
3. You can slide up and down the screen to see the message. The watch stores up to 10 unread messages. If more messages are received, messages received at the earliest time will be overwritten in turn. Each message can be displayed on one screen.

### Notes

- Notice push when the watch is taken off: If you do not wear the watch after starting it, the mobile phone will also push notices to the watch.
- Notice push when the mobile phone lights up: After the watch is started, if the mobile phone lights up and is unlocked, notices will also be pushed to the watch.
- Telegram, WhatsApp, Messenger, Discord and Line support quick message reply (depending on your actual experience).
- If you set the DND mode or do not wear the watch, it will still receive pushed messages but will not vibrate.
- If a new message is received while you are viewing a message, the new message will pop

up automatically to overwrite the current message.

- When the mobile phone and the watch are connected by Bluetooth, calls and messages received by the mobile phone will be transmitted to the watch through Bluetooth. There is a certain delay in the message transmission via Bluetooth and simultaneous alert cannot be achieved.
- When the mobile phone is connected with the watch and other Bluetooth devices at the same time, the message alert and call push functions of the watch will not be affected.
- WhatsApp voice messages, picture messages can be received on the watch, but it cannot play voice messages or display pictures.

### Message Deletion

After viewing a message, you can tap **Close** to delete the message. You can also tap **Clear all** at the bottom of the message list interface to clear all unread messages.

## 2.2 Answering and Making Calls by Using the Watch

### Setting Frequent Contacts

1. Go to the management page of the OnePlus Health App and select **More > Frequent contacts**.

2. On the **Frequent contacts** page, you can perform the following operations:

Tap **Add**. The system will automatically open your mobile phone contact list. Select contacts to complete the addition.

Tap **Edit** and long press  **Slide Sort** to sort the existing contacts.

Tap **Edit** and select the **Delete** box to delete the added contacts.

3. Tap the Up key to go to the app list, and select **Phone > Frequent contacts** to call the contacts through the watch.

#### Notes

- A maximum of 30 frequent contacts can be set.
- The watch should be paired with the mobile phone properly so that you can make a call by using **Frequent contacts** on the watch.
- Up to 30 call records can be saved.

### Dial Pad

Tap the Up key to go to the app list. Select **Phone > Dial pad**, enter the phone number to be dialed, and tap the phone icon to make a phone call.

## 2.3 Answering and Rejecting Calls

When the connection between the watch and the mobile phone is normal and there is a call received by the mobile phone, the watch will ring and vibrate to remind you and display the caller's number or name. You can choose to answer or reject the call.

#### Notes

- The displayed name of the caller ID is the same as that on the mobile phone. The phone

number will be displayed for an unknown caller, and the name stored in the contacts of the mobile phone is displayed for a call from a contact in the contacts.

- If you set the DND mode or do not wear the watch, it will still receive a call push, but will not vibrate nor light up.
- When the watch is vibrating to remind you, you can tap the Up key on the watch to stop the vibration.
- On the connected call interface, you can adjust the call volume by tapping the horn icon or by tapping the Up/Down key on the watch.

## 2.4 Viewing Call Records

1. Tap the Up key to go to the app list, and select **Phone > Recent Calls** to view the call records on the watch.
2. Tap any call record to call back.
3. Long press any call record so that menu items pop up:  
Delete Current: Select it to delete the current call record.  
Delete All Records: Select it to delete all call records in the list.  
Cancel: Select it to return to the recent call record without deleting call records.

## 2.5 Music

1. Start the health App, go to the management page, and select **More > Music management**.
2. Tap **Add Music**, select the music you want to add from the list, and tap **Done** below to complete the addition.
3. Tap the Up key to go to the app list, and select **Music** to start the music App.
4. Select the music previously added on the health App and tap the play key to start playing.

### Notes

- Non-encrypted music files (in MP3 and AAC (LC-AAC) formats) downloaded by the mobile phone through the third-party music App (Ganna, Saavan, Spotify, Google play music, YouTube Music, KKBOX, Mi Music) can be added to the watch.
- When adding music to the health App, you can select **New playlist** to create a song list. After creation, add the music uploaded to your watch to the corresponding song list according to your preference.
- On the music playing interface of the watch, you can switch music, adjust the volume and playing order (sequential playing, list cycle, single cycle, random playing). Select settings in the lower right corner and connect to a Bluetooth headset to control the music on the watch and mobile phone. Slide left to view the music list, and long press to delete music.
- The watch supports control of third-party music app in the mobile phone (Ganna, Saavan, Spotify, Google play music, YouTube Music, KKBOX, Mi Music).

## 2.6 Weather

The watch can display weather information for your current location.

Mode 1: weather face

Switch the watch to the face supporting weather display. Then, latest weather information will be displayed on the screen.

Mode 2: weather card

On any function watch face interface (not the main watch face), long press any position of the watch face to go to the function watch face selection page. Slide left to add the weather card, and the screen will display your location, weather, temperature and other information.

Mode 3: Weather App

Tap the Up key to go to the app list, and select **Weather**. The screen will display your location, weather, temperature and other information.

### Notes

- The health App needs to be connected for the availability of the weather function. In addition, make sure that GPS is enabled on the mobile phone and the health App is granted the “Allow all the time” permission over the location information.
- The weather information displayed on the watch is obtained and pushed by the health App from the service provider. Due to the difference from the weather service provider used by the mobile phone system, the results displayed may be slightly different.

## 2.7 Alarm Clock

1. Tap the Up key to go to the app list, select **Alarm clock** and tap **Add**.
2. Set the time of the alarm clock, tap **OK**, select the repetition period, and tap **OK** to complete the alarm clock settings.
3. Tap the set alarm clock to edit, modify or delete it.
4. When the alarm clock rings and the watch vibrates, tap **Snooze** or tap the Up or Down key to delay the reminder (delay by 10 min). Tap **Close** to turn off the alarm directly.

### Notes

- Tap the Up key to go to the app list, select **Settings > Sound and vibration**, and enable **Smart wake-up alarm**. After enabling, the watch will provide appropriate vibration wake-up according to your sleep state, making you feel more comfortable when you are woken up.
- If no repetition period is set for an alarm clock, the alarm clock takes effect only once by default.
- Up to six alarm clocks can be added.
- If no operation is performed within 60s after an alarm clock rings, the alarm clock will be delayed for reminding and it can be delayed five times at most.
- On the watch face interface, slide down to open the shortcut menu. Tap **Alarm clock** to quickly enable the alarm clock function.

## 2.8 Timer

1. Tap the Up key to go to the app list and tap **Timer**. By default, the watch provides you with 6 countdown timers: 1 min, 2 min, 3 min, 5 min, 10 min and 30 min. You can choose the right time according to different scenes.
2. You can also customize the timer. In the lower part of the **Timer** interface, tap the custom icon. Slide up and down to select the specific countdown time, tap the start icon to start the countdown timer. Tap the pause icon to pause the countdown time. Tap the stop icon to exit the countdown timer.
3. The watch will ring and vibrate for 30s when the countdown timer is expires. Tap the repetition icon to restart the countdown timer. Tap the stop icon to return to the previous interface.
4. Slide right the screen to exit the timer application.

### Notes

- Select the default countdown timer and tap it to start the countdown directly.
- The timer can run at the back end if you exit it during its operation.

## 2.9 Stopwatch

1. Tap the Up key to go to the app list, tap **Stopwatch**, and tap the start icon to start timing. Tap the pause icon to pause the timing. After pause, tap the stop icon to reset the stopwatch. Tap the flag icon to count times.
2. Slide right the screen to exit the stopwatch application.

### Notes

- After starting timing, tap the Down key to count times quickly.
- The count is displayed in sequence, and the latest count is displayed on the top, with the upper limit of 50.
- The stopwatch is displayed in the format of “SS:MMM”. If the stopwatch lasts more than one hour, it is displayed in the format of “HH:MM:SS”.
- The stopwatch can run at the back end if you exit it during its operation.

## 2.10 Flashlight

1. Tap the Up key to go to the app list, select **Flashlight**, and then the screen is highlighted. Tap the screen to turn off the flashlight, tap the screen again to turn on the flashlight, slide right the screen to exit the flashlight application.

On the watch face interface, slide down to open the shortcut menu. Tap **Flashlight** to quickly start the flashlight function.

## 2.11 Barometer and Altimeter

1. The watch can display the barometric pressure and altitude of your current position.
2. Tap the Up key to go to the app list, and select **Barometer**. The watch will automatically measure the barometric pressure and altitude of your current position, and record measurement data of the day in a waveform chart.  
Barometric pressure: The measurement range supported by the watch is from 300 to 1100 HPa.  
Altitude: The measurement range supported by the watch is from -800m to 8800m.
3. On the barometer and altimeter interface, slide the screen up and down to view the altitude and barometric pressure.

## 2.12 Compass

1. Tap the Up key to go to the app list and select **Compass**.
2. The compass needs to be calibrated when you use the compass for the first time. Follow prompts on the screen to complete calibration. The compass interface is displayed after calibration.

### Notes

- When the compass is disturbed, it needs to be re-calibrated when you use it again.

## 2.13 TV Connect

1. Tap the Up key to go to the app list, and select **TV connect** to go to the search interface. Select a TV in the list for pairing and connection.
2. Select the connected TV and remotely control the TV to switch on/off the TV, switch applications, or adjust the volume adjustment.

## 2.14 Find Phone

1. Tap the Up key to go to the app list and select **Find phone**. The screen plays the phone finding animation and the mobile phone rings.
2. After finding the mobile phone, tap **Sound off** or tap the Up key or slide right the screen to exit phone finding.

### Notes

- The normal Bluetooth connection between the mobile phone and watch needs to be ensured for the availability of the phone finding function.
- The mobile phone still rings even if it is in silent or DND mode.
- On the watch face interface, slide down to open the shortcut menu. Tap **Find phone** to quickly start the phone finding function.

## 3. Workouts

The watch supports a variety of workouts. You can choose the appropriate workouts according to different scenes.

### 3.1 Workouts

1. Tap the Up key to go to the app list and select **Workouts**. Select the desired workouts type according to your own needs.
2. Before workouts, tap the flag icon to set the workouts targets: **Distance**, **Duration**, and **Calories**.
3. Tap the Up key during the workouts to pause. Slide the page up and down to view the workouts data.
4. After the workouts, tap **Workout record** in the app list to view the detailed workouts record. You can also view the workout record on the health page of the health App.

#### Notes

- If the distance or time is too short, the workouts will not be recorded.

### 3.2 Automatic Workouts Recognition

Go to the management page of the health App and select **More > Workout and health settings**.

#### Automatic pause during workouts

After the function is enabled, when you use the watch to monitor your workouts (running, walking) and the watch detects that you stop moving, the watch will automatically pause recording, and automatically resume monitoring after you start moving again.

#### Automatic workouts recognition

After the function is enabled, when the watch recognizes that you are running or walking, the watch will ask you in time whether to turn on the relevant workouts.

#### Notes

Automatic walking recognition condition: Keep walking for more than 10 min.

Automatic running recognition condition: Keep running for more than 3 min.

### 3.3 Activities

The watch recognizes and monitors the diversified workouts state of the user all day by using the acceleration and gyroscope sensors, and supports the statistics and display of steps, exercise duration, consumption, and number activity times.

You can view activity data in two modes.

#### Mode 1: on the watch

Tap the Up key to go to the app list, select **Activities**, and slide up and down to view your steps, exercise duration, consumption, number of activity times and other data.

Mode 2: on the health App

Check activity details from the health page of the health App.

#### Notes

- You can view the daily activity data on the health App only when the connection between the watch and the health App is normal.

## 4. Health Manage

### 4.1 Heart Rate

The watch is equipped with a wrist type optical heart rate sensor, which supports 24-hour continuous monitoring and recording of your heart rate (you need to enable heart rate monitoring on the health APP), helping you keep healthy in a scientific way.

#### Heart Rate Measurement

1. Wear the watch comfortably without doing sports.
1. Tap the Up key to go to the app list and select **Heart rate** to measure your current heart rate.

#### Notes

- In order to ensure the accuracy of measurement, please wear the watch normally and avoid the condyle. Ensure that the watch is too loose and wear it tightly when exercising. Keep the heart rate monitoring area close to the skin without any foreign body in between.

#### Resting Heart Rate

Resting heart rate refers to the heart rate measured in quiet, inactive and non-sleep state. It can indicate the health of the heart.

1. The best time to measure resting heart rate is in the rest state after you wake up naturally in the morning. Automatic measurement of the watch may not be performed at the best time, which may result in no display of the resting heart rate value or deviation between the measured value and the actual value.
2. Enable **Auto up reminder** on the health App so that the watch automatically measures the resting heart rate.

#### Alert to High Heart Rate

Resting heart rate alert

1. Go to the management page of the health App and select **More > workouts health management > Resting heart rate alert**.
2. After **High Heart Rate Value** is set, the watch will display a high heart rate prompt when the measured heart rate is higher than the set value for 30s continuously.

Workout heart rate alert

1. Go to the management page of the health App and select **More > workouts health Manage > Workout heart rate alert**.
2. After **High Heart Rate Value** is set and the workouts mode is started on the watch, the watch will display a high heart rate prompt when the measured heart rate exceeds the set upper

limit.

## 4.2 Blood Oxygen

1. Wear the watch normally and keep yourself in the still state.
2. Tap the Up key to go to the app list and select **Blood oxygen** to measure your current SpO2.

### Notes:

- In order to ensure the accuracy of measurement, please wear the watch normally and avoid the condyle. Ensure that the watch is not too loose. Keep the back housing close to the skin without any foreign body in between.
- Please keep your body still during the measurement.
- A single **Blood oxygen** measurement operation takes about 30s.

## 4.3 Sleep

When you sleep with a watch, it will automatically identify the time you fall sleep and exit sleep as well as your deep sleep and shallow sleep durations, and synchronize the data to the health App so that you can view your sleep details.

1. The sleep data of the day can be displayed on the watch. Tap the Up key to go to the app list, select **Sleep**, and slide up the screen to view the night sleep duration and nap duration.
2. You can view the historical sleep data in the health App. Tap the health page of the health App and select **Sleep**. Historical data will be displayed, including daily, weekly, monthly and annual statistics.

### Notes

- If your nap time is too short and less than 30 min, or your body or wrist movement is large during the nap, your watch may not be able to monitor your nap , and sleep data will not be recorded.

## 4.4 Stress

Single stress detection:

1. Tap the Up key to go to the app list, select **Stress** to start automatic stress detection.

Automatic stress monitoring:

On the management page of the health App, select **More > workout and health settings** and enable **Automatic stress monitoring**. Wear the watch correctly every day and the watch will automatically measure your stress level while measuring your heart rate.

Alert to high stress:

On the management page of the health App, select **More > workout and health settings** and enable **Automatic stress monitoring**.

### Notes

- Wear your watch correctly and keep your body still during the stress detection.
- When you are doing workouts or your wrist moves frequently, the stress cannot be

accurately evaluated, and the watch will not track the stress in this case.

- The intake of caffeine, nicotine, alcohol and some psychotropic drugs will affect the accuracy of stress detection. In addition, heart disease, asthma, physical exercise or limb compression at the wearing position can also affect the stress detection results.
- This device is not a medical device; the detection results are for reference only.

## 4.5 Breathing

Breathing training can help you relax and ease your mood in the tense work or life.

1. Tap the Up key to go to the app list and select **Breathing**.
2. Set your training duration.
3. Wear your watch and keep your arms still. Tap **Start**, then exhale and inhale according to the screen prompts.

## 4.6 Get up Reminder

The sedentary reminder function will detect your movement. If detecting that you do not move within a period of time, the watch will vibrate and light up the screen to remind you to stand up and exercise, so as to ensure your full rest and health.

If you don't want to be disturbed, please select "More -> Workout and health settings" in the health app management page, enter "Get up reminder", and switch off this reminder.

### Notes

- Sedentary reminder is provided if you do not move for a long period of time.
- If you start the DND mode, the watch will not vibrate during the DND period.
- When you are sleeping, in order not to disturb your rest, the watch will not vibrate to remind you.