

# Smart Health Bracelet



**User Manual**

## Product Overview



All-day heart  
rate monitoring



SpO2



Multi Sport  
Modes



Sleep  
Tracking



Activity  
Tracking

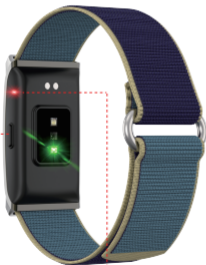


IP68  
Waterproof

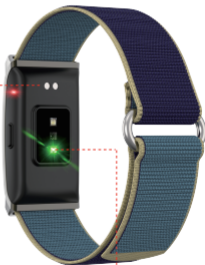
Note: Smart bracelet is not a medical device and is not intended to diagnose or monitor any disease or medical condition.

## Package Contents

- (1) Smart bracelet (Screenless, one strap)
- (2) Magnetic USB charger
- (3) User manual



Home Key    LED Indicators



Charging interface    Heart rate & Blood Oxygen sensor

# Getting Started

## 1. Download the App

- Scan the QR code below or search QWatch Pro on Google Play/App Store to download our QWatch Pro app.
- Make sure the Bluetooth function of your mobile phone is turned on.
- Permissions: "Allow" QWatch Pro to access location info and to discover the devices nearby.
- Pair Your Device
  - a. Open the QWatch Pro App → Tap "Device" on the bottom
  - b. Add Device → Search for your device
  - c. Bring the bracelet close to your phone → Tap to "Pair"

**Troubleshoot:** If pairing fails, restart Bluetooth and try again.



## QWatch Pro



Note: Please ensure that your mobile phone is Android 5.0 and iOS 10.0 or higher. This bracelet supports Bluetooth 5.0 connection.

## 2. Charge and Activate

- Please charge the device to activate it when using it for the first time.
- If a factory reset was performed on the device, please charge and activate it before using it again.
- Place your device on the magnetic USB charger and plug it into an outlet or USB 2.0+ port to start charging. The red light stays on while charging, and shows a green light when fully charged.



### Charging Tips:

- Please prevent the USB charger port from contacting conductive materials such as liquids, dust, metal powder and pencil leads.
- Use the original Magnetic Charger only.
- Disconnect after full charge (100%) to preserve battery life.

### 3. APP Functionality

After the device is activated, pair it with the QWatch Pro app for operation and use. When the Bluetooth connection is successful, pressing the button it will show a green light, otherwise it shows a red light.

## Health

### Data Dashboard Highlights

- Daily Summary: Steps, Distance, Calories
- Sleep Analysis: Weekly Sleep Quality Trends + Score
- Continuous Health Measurements: Heart rate, SpO2, Blood pressure



- Stress Monitor: Real-Time Stress Level

At the bottom you can Edit the home features to adjust the order and number of the cards.

## **Swich on the automatic health detection**

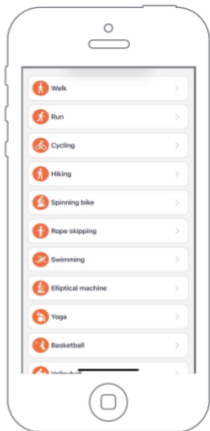
Turn on/off automatic heart rate/SpO2/blood pressure/HRV by tapping the cards on the App home page.

Heart rate is automatically tested every five minutes. Blood oxygen/blood pressure is automatically tested every hour.

The sleep detection period is 6:00pm.~12:00 am., which needs to include sleeping data from the main detection period 1:00 am.~7:00 am. to be recorded.

## Exercise

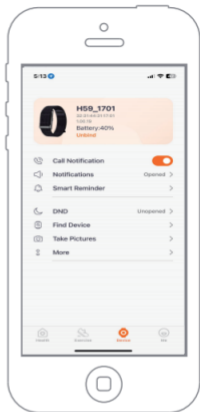
You can turn on the sports mode on the QWatch Pro APP



·You can see more than 30 sports modes. GPS running can track movement trajectory and running records.

## Device

Check the basic information of the current device on this page and make detailed settings.



## Device Settings

It includes settings for Bluetooth disconnection reminder, Call Alert, Notifications, Smart reminder (Sedentary reminder, Alarm), DND mode, Find Device, Take Pictures, and More.

# Smart Notifications

Different social notifications and their light and vibration prompts are as follows:

Green light flashing vibration frequency	Signal	Is Bluetooth connection required?
Once per second	Incoming calls	Yes
Once	SMS and third-party app notifications (WeChat, WhatsApp, Skype, etc.)	Yes
Three times	Sedentary reminder	Yes
Thirty times	Alarm Clock	Yes
Note: Press the home key once to stop the above notifications, and press the home key twice to remote the software to <b>take pictures</b> .		

## **Alarm Clock**

Set the alarm on the app according to your needs.

Steps: Device page→Smart reminder→“ +” Alarm  
(Only 10 alarms can be set at most.)

## **Firmware Update (OTA)**

The APP will remind you if a new firmware version has been released; if so, follow the steps to upgrade to the latest version.

## **Restore factory settings**

After resetting, all device data will be deleted. Please charge and reactivate.

## Me/My (Personal Info)

Check basic APP settings:

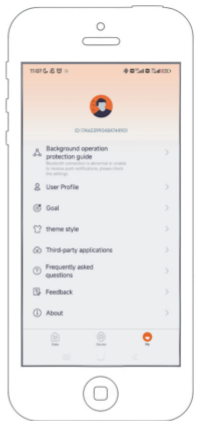
User Profile,

Login/Register, Theme style,

Goal,

Third-party apps, Feedback,

About, and etc.



## Goal Setting

Customize your daily goals for steps, distance, calories, and sleep time.

## **Fault Resolution**

If the device cannot be paired with your phone:

1. Make sure your device is powered on.
2. Check your phone to make sure Bluetooth is on.
3. Check the app and make sure the Bluetooth permission is turned on.
4. Restart the APP and enter the Device page of the APP.
5. The battery level should be displayed on the APP Device page.

If the device drains too quickly:

1. Charge for at least three hours to calibrate the battery.
2. Then continue to use your device as usual.

## **Safety Tips**

Failure to follow safety instructions may result in fire, electric shock, injury, or damage to the equipment or other property. Read all safety information below before using the device.

## **Smart bracelet is not a medical device**

This device is not a medical device and should not be used as a substitute for professional medical judgment. For example: it is not intended to diagnose, cure, mitigate, treat, or prevent disease or condition. Consult your healthcare professional before making any decision related to your health.

## **Device Handling**

Handle this device with care as it contains sensitive electronic components that may be damaged if dropped, burned, punctured or crushed.

Do not use damaged wearable sports bracelets as this may cause injury.

Avoid heavy exposure to dust and sand.

Children must not use this device unsupervised.

## **Battery Disposal**

Do not attempt to replace the device' s battery yourself, as this may damage the battery and cause it to overheat as well as be damaged.

The lithium-ion battery in the device should only be repaired by the manufacturer or an authorised service

provider.

The battery must be recycled or disposed of separately from household waste. Do not incinerate the battery. Do not dispose of the device in household waste.

## **Operating Temperature**

This device is designed to operate in ambient temperatures between 32°F and 113°F (0°C and 45°C) and to be stored between -4°F and 158°F (-20°C and 70°C). Storage or operation outside of these temperature ranges may damage the unit or shorten battery life.

Avoid exposing the device to extreme changes in temperature or humidity.

## **Avoid prolonged exposure to high temperatures**

Do not expose the device to temperature extremes or extreme temperature fluctuations.

Protect the device from direct sunlight.

Do not sleep on or place the device under a blanket, pillow, or under your body while it is charging or with the power plug inserted.

Take special care if you have a medical condition that prevents you from feeling heat outside your body.