

Shenzhen Hongsheng Wang Technology Smart Watch User Manual

Manualsum, simplified manuals

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FCC id: [2BD94-TF16PRO](#)



install APP

First

Before using this device, please download the app on your phone for installation. 105 can be downloaded by searching for 'liu heath in the APP Store;

Using Android phones from Huawei, Xiaomi, OPPO, and VIVO, you can search for "ek heat" and download it in the application market;

You can also search for links in the browser or scan the following, QR code, select the corresponding operating system of the phone, and then jump to download (IOS 9.0 or Android 5.0 or above)

If the watch software or app is not the final version, it may affect the use of the watch or app. Please upgrade the app and watch software to the current latest version first.

Watch software version upgrade: APP-Device-Firmware upgrade-Firmware update
Mobile APP version upgrade: APP-My- About Detect updates

Connect watch

(1) Scan Code Connection

After the watch is turned on, open Settings QR code, click on the QR code to view and download the APP QR code and Bluetooth connection QR code. Click "Scan" in the upper right corner of the app to scan the watch QR code and directly connect and bind the device.

(2) Manual connection:

Open Settings - About, display the device name, click Add Device on the APP, scan to the corresponding device, and click to connect directly

Note: When the 105 end needs to change the phone connection, after deleting the current device in the APP, disconnect and ignore the device in the phone settings - Bluetooth - Device [right symbol] - to reconnect the device.

Connection status

After completing the above operation, side on the device dial interface and you will see the "Bluetooth" icon lit up, indicating successful connection.

Connect Bluetooth

1. The watch is not connected to classic Bluetooth for a long time, while classic Bluetooth is turned off. After connecting the app to the watch, Classic Bluetooth will automatically open and connect; When classic Bluetooth is not connected the call function and music playback function cannot be used.
2. When the watch is connected to the APP, the watch data will be synchronized with the APP through BLE Bluetooth such as messages, weather, contacts, step counting, sleep, etc. After disconnecting or unbinding, data will not be synchronized.

Function Introduction

Dial

1. Built-in dial: With multiple built-in dials, long press the device dial page to enter the switch dial style function. Swipe left and right to preview different dial styles. Click on the dial preview image to replace it.
2. Dial Market: The "dial market" in the APP will give you more choices. When you connect to a watch using the app, you can download more styles of dials in the "Dial Market" of the app, and you can also replace and delete the dials.
3. Also provides the function of customizing the dial. You can customize the dial in the "dial warehouse" function of the APP,

Basic functions

1. Menu page: On the dial page, press the up button to enter the menu page. After entering the menu page, double-click the button to switch menu styles. Press the side button to return to the main dial page.
2. Message reminder: Slide up at the bottom of the dial interface to view the received notification message. Click on the corresponding message to view it; The mobile push message content can be synchronized, and synchronization needs to be enabled on the app.
3. Settings: QR code, card settings, brightness adjustment, screen rest time, constant on time, ringtone size, mute mode, do not disturb mode, restart, shutdown, factory reset, language selection, vibration settings, interface style, and more.
4. Side up menu: Side up at the top of the dial interface to side out the menu; Provide Do Not Disturb mode, always on time, settings, search for phone, interface style, and access to flashlight quick functions; And provide display of date, week, Bluetooth connection status, and battery level
5. Sidebar: Swipe to the right on the left side of the dial interface to pull out the sidebar, providing quick access to functions such as phone, weather, sleep, settings, heart rate, and exercise, as well as displaying date, time, and week.
6. Language: The equipment supports multiple languages, including simplified Chinese, English, French, German, Polish, Russian, Turkish, Thai, Arabic, Vietnamese Hindi and Persian.

Sports

1. Sports: Includes multiple sports modes, including running, walking, cycling, mountaineering, basketball, football, badminton, table tennis, walking, hula hoop, dumbbells, fitness, volleyball, mixed fitness, yoga, indoor walking, indoor running, indoor cycling and hiking.
2. Exercise Data: Record the exercise data for the day, including step count, activity time, and calories
3. Motion recording. Record the motion records generated after turning on motion mode.

Health

1. Sleep: Check the duration and quality of your sleep every night to help you better adjust your rest time and improve sleep quality. In the sleep function interface, query relevant data about sleep function,
2. Heart rate: Place the watch tightly against the wrist, with the best wearing position above the wrist bone and arm, to measure real-time heart rate values;
3. Blood oxygen: Place the watch tightly against the wrist, with the best wearing position above the wrist bone and arm, to measure the blood oxygen value.

Daily Tools

1. Dialing: Connect to classic Bluetooth on your phone and enable calls on your watch,
2. Contact person: After connecting to the APP, you can add a contact person to synchronize with the watch on the APP. Clicking on the contact person can make a phone call.
3. Call Record: The call record made on the watch will be displayed here, and clicking on the record can make a call
4. Music: After connecting to the app, you can control the playback of mobile music
5. Weather: After connecting to the app, the weather situation of the day can be updated in realtime.
6. Stopwatch: Supports stopwatch timing and counting functions.
7. Alarm clock: supports setting alarms on watches and apps.
8. Calculator: Can perform simple calculations.
9. Calendar: Easy to view calendar information
10. Message: After connecting to the APP, start synchronization; You can synchronize the content of mobile push messages, and click on the corresponding, message to view the details.
11. Flashlights Maximum brightness white screen to illuminate the display.
12. Photography: When the watch opens the camera function, the app will automatically turn on the camera, and after 2 seconds, it will automatically take photos to achieve remote photography,
13. Bluetooth: Bluetooth switch can be controlled.
14. Find Phone: When the device is connected to the phone, click this function to search for the phone,
15. Aircraft: Aircraft mini game
16. Voice Assistant: After connecting to the APP, the voice assistant function on the watch can be used to all up the phone voice assistant matters needing attention

The measurement results of this product are for reference only and are not intended for any medical use or basis. Please follow the doctor's guidance and avoid self diagnosis and treatment by measuring the results at once.

2. This product cannot be used for deep diving or prolonged immersion in water. In addition, this product is not resistant to hot water, as water vapor can have an impact on the watch,

3. Our company reserves the right to modify the content of this manual without prior notice. Some functions may differ in the corresponding software versions, which is normal.

Pay attention to the danger

1. Do not charge in a damp and watery environment.
2. Please ensure that the back of the watch is clean and in complete contact with the surface of the wireless charger when charging
3. Due to the presence of magnets inside the charging base, it is inevitable to adsorb metal and other foreign objects. Please regularly clean the back of the watch and the surface of the wireless charger with a clean

cloth to ensure complete contact between the watch and the surface of the wireless charger to ensure normal charging; Prohibit prolonged exposure of the charging base to high temperatures, which may cause demagnetization and other abnormalities of the charging base.

4. This product is not equipped with a power adapter, When charging with a power adapter, a charging base and adapter that comply with national/regional regulations and international and regional safety standards should be used to charge the device. Other chargers and mobile power supplies (power banks) may not meet applicable safety standards, resulting in slow charging and heating issues. Please use them with caution.
5. Batteries (or battery packs) should not be exposed to high temperature environments for use.

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