

# [Shenzhen Yulin Tiewei Technology Smart Watch User Manual](#)

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# Shenzhen Yulin Tiewei Technology Smart Watch User Manual

Shenzhen Yulin Tiewei Technology Smart Watch User Manual

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## Packing list

- Watch host (including strap)
- charging line
- product manual

## App download and connection

1. Scan QR code, download and install “HryFine ” APP
2. App connection method:

(1) After the watch is turned on, slide the right side bar of the dial page, click settings, and slide to the bottom of the setting interface. Click to view the Bluetooth address.



(Android 5.0 or IOS 9.0 and above)

(2) Open the Bluetooth of the mobile phone, enter the app and click Add device. After the search is completed, click the device to be connected to bind

(3) Connect audio Bluetooth: draw on the dial page and click the Bluetooth icon. When it is turned on, the Bluetooth icon will appear blue. Enter the mobile phone Bluetooth system and search the corresponding Bluetooth name of the bracelet for binding (after the connection is successful, the Bluetooth icon in the notification bar will be color).

## Function introduction



**Dial up:** connect the mobile phone and dial out with Bluetooth, and you can call at the watch end.



**Contact:** you can add a contact in the app. After the contact is successfully added, the watch phone book will be displayed synchronously. Click the contact in the phone book to make a call (Note: the watch needs to be connected to the mobile phone Bluetooth)



**Call record:** the call record at the watch end can be displayed. Click the phone number to dial.



**Information:** message push content can be displayed, such as SMS, QQ, wechat, etc. (SMS reminder will be blocked by default in systems above ios12).



**Sports:** 1 Enter the sports mode (running, walking, cycling, mountain climbing, indoor running) selection interface, and click again to start the corresponding sports mode data monitoring: sports time, distance, calories consumed and heart rate data 2. Record: record all motion data



**Pedometer:** count the step counting data of the day. Click left to view the step number record, clear the data at 00:00 a.m, or view it on app. App can set the step number of a day to reach the standard value. When the set step number is reached, the watch will be prompted to meet the standard



**Sleep monitoring:** enable sleep detection to monitor sleep quality during sleep, and view sleep duration, rapid eye movement, deep sleep, light sleep and other data



**Sedentary reminder:** set the sedentary time. When the time comes, the watch will have a vibration reminder, and the interface will have a prompt icon



**Heart rate:** stick the watch close to the wrist and the best wearing position is above the wrist bone and arm. The real-time heart rate value can be measured. The normal value of ordinary people is 60-100 times/min. slide left to view the heart rate record



**Blood pressure:** stick the watch close to the wrist. The best wearing position is above the wrist bone and arm. You can measure the real-time blood pressure. Adult diastolic blood pressure: 60 ~ 80 (mmHg) adult systolic blood pressure: 100 ~ 120 (mmHg). Slide left to view the blood pressure record



**Blood oxygen monitoring:** stick the watch close to the wrist and the best wearing position is above the wrist bone and arm. The real-time blood oxygen value can be measured. The normal range of value is generally 95% to 100%. Slide left to view the blood oxygen record



**Bluetooth photographing:** when the mobile phone is not in the locked screen state and the app interface is opened, the watch enters the Bluetooth photographing, the mobile phone enters the photographing interface, the watch clicks to take photos, the mobile phone will take photos and store the photos to the mobile phone



**Bluetooth Music:** it can control the music playing in the mobile phone, "+", "-" to adjust the volume



**Settings:** including time setting, profile, brightness, language setting, password lock, sidebar, restoring factory settings, about this machine



**Find a mobile phone:** when the watch is connected to the mobile phone, click the "start" button, the mobile phone will ring and pop up a prompt box



**Weather:** if the app is not connected, enter the weather display prompt, and the current weather temperature degree will be displayed after connecting the app



**Water drinking reminder:** set the water drinking reminder time. When the time is up, the watch will have an interface prompt icon



**Stopwatch:** start and end timing



**Calculator:** can perform numerical calculations

**Calendar:** View calendar



**Alarm:** you can customize the alarm clock. Long press to delete the alarm clock



**Style:** you can set or change the UI style



**Siri:** press and hold to realize remote control

## Matters needing attention

- Avoid wearing watch, hot shower, sauna and diving in daily use. When the water meter is stained with water, please wipe the surface water stains with a soft cloth before operation.

The measurement results of this product are for reference only, and the data provided by the product are not used for any medical purpose and basis.

If the power adapter is used for charging, the power adapter meeting the requirements of corresponding safety standards shall be used to avoid bursting or fire caused by fake and shoddy power adapter.

