Swagtek Life 10 Smart Watch User Manual

Manualsum, simplified manuals

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O55-LIFE10

Product specification

Thank you for choosing our smart watch. You can fully understand the functions and operation methods of the equipment by reading this manual. This equipment is not amedical instrument, and the measured data and results are for reference only, not as a basis for diagnosis and treatment. Our company reserves the right to modify the contents of this manual without prior notice.

Product configuration: a packing box, a manual and a host. This product supports IP68 waterproof, supports wearing in the rain and washing hands, and can't be worn in hot shower or sauna, which can't prevent water vapor. If water enters the water due to not following the instructions, the company will not make free warranty.

Key description: Turn the upper key: you can zoom in and out the smart style menu and switch the dial up and down. Click to enter the main menu, and then double-click to switch the menu style.

Lower key: long press the switch on and off, then short press the off screen, and short press the on screen when off screen.

Touch Description: Click to enter, and swipe right to return. In the standby interface, swipe down to enter the status bar, swipe up to enter the message notification, swipe right to enter the main menu, swipe left to enter the common functions, and click enter to select the common functions and set the sequence.

Charging instructions: this product uses a wireless charger, which supports the USB interface between the mobile phone charger and the computer within 5V. Putting the watch on the concave side of the charging seat will automatically adsorb and charge, and it takes about 3 hours to fully charge. Connection between the watch and the mobile phone: First, the mobile phone should download the APP "MActivePro "to the mobile phone and install it. There are two ways. Mobile browser scans the QR code below to download, or searches for "MActivePro" on the application market to download.

During the installation process, you will be prompted to agree to the permission, and all points agree. After the completion, open "MActivePro" and turn on the Bluetooth of the mobile phone, click the device-add the device at the top, search for "Life 10" and click the link. Some mobile phones need to turn on the GPS to search for the Bluetooth name of the watch.

How to set up letter notification: Open "Mactive Pro"-Equipment-Message Reminder, select the corresponding software, and select Open.

What should i do if i don't receive the notice?

1. First of all, the notification function of the watch is only to synchronize the notification function of the mobile phone, such as incoming calls and QQ WeChat letters. If your mobile phone doesn't receive the notification, it won't be received either. You should set the notification function in the mobile phone, find the corresponding APP and turn on the notification permission.
2. Return the watch to the factory settings, enter the Bluetooth settings of the mobile phone, and see if there is "Life 10" in the connected device. If there is, please cancel the pairing, turn off the Bluetooth of the mobile phone, then turn it on and reconnect it.
3. Delete "MActivePro" and download it again. Remember that you are prompted to agreeto all permissions during installation, and then reconnect.

- Firmware upgrade: When Bluetooth is connected normally, enter "MActivePro" and enter Device-Firmware Upgrade-Update. If the upgrade fails, just re-operate it. If it is not turned on, please charge and activate it to use it normally.

Introduction of main functions:

- **Call:** Click the Bluetooth 3.0 icon in the drop-down menu, and the phone will enter Settings-Bluetooth-Search for "watch call" pairing. Bluetooth 3.0 can be turned off to enter low power consumption mode, which can prolong the use time.
- **Phone book:** After connecting the mobile phone App, you can add 100 common contacts to the watch phone book from the App side.
- Language, time and date: When the watch is connected to the mobile APP, it will synchronize the time and date of the mobile phone. Please select the language of the watch for the first time.
- **Standby interface:** There are multiple standby interfaces to choose from. In the standby interface, press and hold the screen for 3 seconds to switch the interface. You can download the dial through the APP, or set your favorite photos or pictures as the dial background.
- **Message:** In the standby interface, you can synchronize the notification functions of the mobile phone, such as QQ WeChat and other letters. If the details of the information are displayed, you should set the notification function of QQ WeChat on the mobile phone to display details, so that the latest message notification can be displayed.

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- Step counting, mileage and calorie: display the number of steps, mileage and calorie consumption of the day. The data will be saved at 12 o'clock every night and reset to 0.
- **Movement:** Click to enter the multi-movement mode, select a mode, click to enter the start, and right-click to enter the pause interface. Each exercise data includes exercise time, calorie consumption and heart rate.
- **Health:** Heart rate: start monitoring as soon as you enter, and get the heart rate value by scanning the changes of capillaries on the surface of the skin with green light. Draw right to exit. Normal people's heart rate is generally 60-90 beats/min, professional athletes will be lower than 60, and the highest heart rate of ordinary people is 220- years. Long-term exercise can enhance the cardiopulmonary function. **Blood pressure:** Go to the homepage of the APP, enter the calibration value in the upper right corner of the blood pressure interface point, and start monitoring immediately after entering. When monitoring, please put your hand flat, and the data will come out in about tens of seconds. Generally, the older you get, the higher your blood pressure is, and women are a little lower than men. **Electrocardiogram:** monitoring begins as soon as you enter. It takes about tens of seconds to get the data by using the technology of combining optical heart rate with electrocardiogram. After the measurement is completed, the electrocardiogram is saved on the mobile phone "MActivePro". **Blood oxygen:** monitoring is started as soon as you enter, that is, the blood oxygen concentration, which is an important physiological parameter of respiratory cycle, and the normal arterial blood oxygen saturation is 95-100%. **Women's health:** manage your own physiological cycle and predict reminders in advance.
- **Sleep monitoring:** This function will be automatically turned on in the background from 22.00 every night to 8: 00 the next morning. You can view the detailed data of sleep quality by connecting the mobile APP.
- **Password lock:** the password lock will take effect after the screen is turned off for 5 seconds. Entering a 4-digit password will automatically turn on the password function. In case of unlocking, turn off the switch and you can enter a new password. If you forget the original password, enter 1819 to unlock it directly.
- **Stopwatch:** Click the lower right corner to start, and then click Pause. Click on the lower left corner to segment the timing, click in the middle to view the segment timing details, and right stroke to return.
- **Music control:** turn on the mobile phone music player first, and then synchronize the operation with the watch.
- **About:** Click to enter to view the watch model, version number and Bluetooth address.
- **Return to factory:** Click Reset, and the data will be cleared.
- **Alarm clock:** An alarm clock reminder can be set through the mobile APP.
- **Sedentary reminder:** Sedentary reminder can be set through the mobile APP.
- **Looking for a mobile phone:** Clicking on the connected mobile phone will ring.

- **Raise the hand to brighten the screen:** the mobile APP opens the hand to brighten the screen. When the wrist is lifted to automatically brighten the screen, this function is more power-consuming.

Warranty statement

1. When this product is in normal use, if there are product quality problems caused by manufacturing, materials, design and other reasons, the motherboard will be guaranteed free of charge for one year and the battery and charger will be guaranteed for half a year from the date of purchase.
2. Failures caused by the user's personal reasons do not provide free warranty, as follows:

  - 1) Failure caused by unauthorized disassembly and modification of watches.
  - 2) Failures caused by careless falling during use.
  - 3) All the damages caused by human factors or the negligence or misuse of a third party (e.g., water entering into the main engine, external force cracking, scratch damage of peripheral components, etc.) are not covered by the warranty.
  - 4) All the functions of the product are mainly in kind.

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