

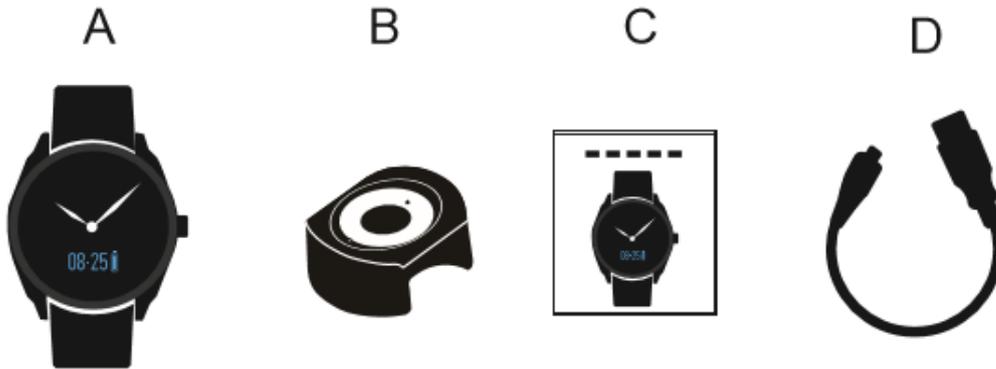
**W06X**  
**PRODUCT USER MANUAL**



# Menu

|   |           |
|---|-----------|
| <b>1. Package.....</b>                  | <b>1</b>  |
| <b>2. Charging .....</b>                | <b>1</b>  |
| <b>3. Watch activation.....</b>         | <b>2</b>  |
| <b>4. Install the APP.....</b>          | <b>2</b>  |
| <b>5. Pair watch with APP .....</b>     | <b>3</b>  |
| <b>7. Watch Menu .....</b>              | <b>4</b>  |
| <b>8. Watch Date Pages.....</b>         | <b>5</b>  |
| <b>17. Goals .....</b>                  | <b>8</b>  |
| <b>18. Memory Full Reminder.....</b>    | <b>9</b>  |
| <b>19. Firmware update .....</b>        | <b>9</b>  |
| <b>20. Remarks.....</b>                 | <b>9</b>  |
| <b>21. Product specifications .....</b> | <b>10</b> |

## 1. Package



A : Watch

B : Charging Base

C : User Manual

D : USB Charging Cable

## 2. Charging

a) Put the watch on the charging base and insert the Micro-USB port into the base.

c) Connect the USB Cable with the power supply. When it's connect successfully, the

screen will appear a power charging icon as , When it's full charged, the

icon will be as .

c) Normally the watch will take one and half an hour to get watch full charged.

when it's on low-battery status, the screen will appears a icon as .



### 3.Watch activation

The watch is in the inactive state for the first time usage (low power consumption) , device screen displays ,and the hands are stopped. Long press button for 3s to activate the watch, the screen will enter main menu .The watch is now activated, and hands will start running. (Notice: The hands of watch are not calibrated in this time).



### 4.Install the APP

Please scan below QR-Code or search APP name "InClock" from IOS APP Store or Android APP Store to Download & Install APP in your Mobile Devices.

The APP compatible with Bluetooth 4.0, Android 5.0+, IOS 8+.

(排版时切换正式的二维码)

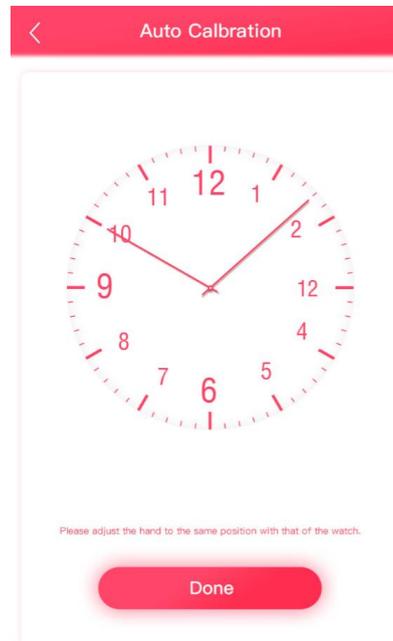


## 5. Pair watch with APP

1. Turn on Bluetooth and keep the mobile device can connect network.
2. Enter the APP "InClock" on your mobile device. New users are required to register before pairing.
3. Long-press your watch to get its Serial No., for example # 42425. Put your watch close to your mobile device and find this Serial No. to connect.
4. When connecting the correct serial no., your watch will appears a pair request as . please press the watch's button to accept the request.
5. After paired successfully, it will appears a icon on your watch as , and your mobile device will get a paired notification as well. If it's filed to pair, please enter APP "Setting" and click "Unpair" as refresh, and do again above steps. The APP could only pair one watch, you have to unpaired your present one firstly to connect new watch devices.

## 6. Auto time-calibration

Please adjust the watch hands in APP page in same position as your watch and then click "Done", your watch will calibrate time same as your Mobile devices automatically.



(排版时候 app 效果图配上原来位置 (虚框) 和左右拨动痕迹)

## 7.Watch Menu

Press watch button to switch the screen interface.



## 8. Watch Date Pages

Date, Week, Battery



Watch' s Date, Week and Battery will sync automatically with your mobile device when connection with APP. You can set the main menu display content by APP.

## 9. Step, Calorie, Distance Pages

The watch will record walking steps and distance for whole-day and count the Calories data.



Steps



calorie

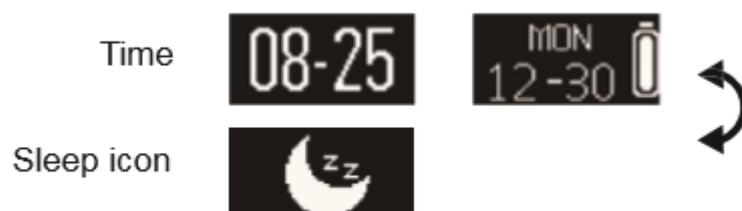


distance

You can tracking your progress status anytime in APP home page, and check details of daily, weekly, monthly data by click and enter that function.

## 10. Sleep Monitoring

You need to active and set Sleep Monitoring Function in APP for first time usage.

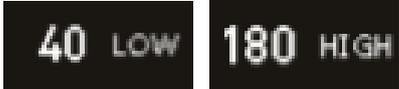


## 11. Heart rates monitoring

Proper wearing watch and press the button to enter heart rates monitoring

page , Long-press for 3s to start test, it will last for around 15s for testing and during this period, the watch will keep test page . After 1 min it will get result with vibration and exist automatically.

When the user' s heart rates out of range of the APP setting, it will show the

high or low icon .

If you want to exist in advance, please long-press for 3s to close .

## 12. Blood Pressure Monitoring

Proper wearing watch and press button to Blood pressure monitoring page.

, long-press for 3s to start test.

It will last for around 45s, during this period, please sit and keep the proper posture, do not speak and stay quiet, after test finished, it will get result with vibration.



## 14. Battery

You can check battery of watch on Home page and the date icon in watch can be choose from APP.



In order to keep a optimal usage, when the power reach to 30%, the watch will close smart functions automatically and the rest battery only for quartz movement running.

## 15. Notification

Enter the app, click "setup > notice" , and select the "Notice" you required to used in watch. If you want to remove some "notice", please slide the radio button to the left and click the watch screen to neglect the notice, otherwise, the notice will show up again next time when the screen is activated.



Message Reminding



Email reminding



Social message reminding



Calendar reminding



Missed call reminding



Anti-lost reminding

nding

## 16. Event Reminder

Click the “remind” option of the APP to add daily reminding. You can set 6 kinds of daily reminder for the most, and you may select the provision type, preference time and date. Your watch will vibrate slightly and display the corresponding reminder icon to remind you. Click the watch to neglect the reminder.



Sport



Sleep



Wake up



Medicine



Eat



Customized

## 17. Goals

Click the “Goal” option in App to set your goals of daily walking step, walking distance, calories and sleep hours. When the goal is reached, your watch will vibrate slightly and display the Goals-achieved icon as below.



## 18. Memory Full Reminder

When the memory lack of storage, it will appear a reminder with vibration, please log in the APP and upload data to make synchronize.



## 19. Firmware update

You can update the firmware of your watch by APP.

Enter APP-Device Manage, click Upgrade device.

Click Upgrade to enter the update interface, APP will automatically detect the latest firmware. If not the newest firmware, it will appear update button. The latest firmware will appear the firmware version only.



The watch will appear update icon  when enter upgrading, and return to main menu after upgrading completed. If fails, please try again until success.

## 20. Remarks

a) Please charging in time when watch in low-battery status with standard

battery charging device, and follow the charging instructions.

b) Please charging under cool, ventilated environmental. High temperature charging conditions may cause device overheating, deformation, fume, fire and even explosion.

c) The device is built in battery, please do not disassemble by yourself, please avoid drop, collision, extrusion, puncture or cutting issues.

d) Please do not put device close to fire or throw it to fire, it's easy to cause explosion.

e) Please put the device in the place that kids cannot reach.

f) Please do not use damaged or aging batteries. Avoid touch with eyes and skin when the battery is broken or leaking. When it's happen, please rinse with water immediately or go to the hospital. Warm Tips: please dispose of the battery in accordance with the local laws and regulations, the battery cannot be deal with as ordinary garbage.

## **21. Product specifications**

Display screen: OLED

Sensor: three-axis acceleration sensor

Vibration motor: support

Bluetooth: Bluetooth 4.0 BLE

Battery: 85mAh

Standby time: 60 days

Time display: RTC+ time synchronization

Waterproof rate: 3ATM