

# 智能手表

## 说明书



### 适应平台要求:

Android 5.0及以上手机  
IOS 9.0及以上手机  
支持蓝牙BT5.0

### APP下载方式:

- IOS/安卓手机用户: 扫描上叙二维码下载安装应用
- 安卓: 通过软件应用商店搜索“laxasfit”下载安装应用
- 苹果: 通过Appstore搜索“laxasfit”下载安装应用



### 初次使用事项

- 为确保手表正常使用, 请先进行充电
- 已连接电源的无线充电磁吸对准手表背部无线充电



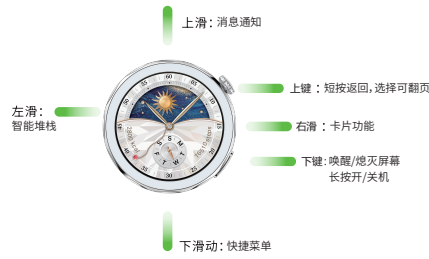
### 手表与APP的连接

- APP安装过程中的权限全同意, 手表跟手机要连接APP和手机蓝牙才能实现所有功能。
- APP连接方法:  
打开APP和手机蓝牙, APP提醒启用通知确定。点击添加设备, 搜索设备名称点击连接会连接手表设备
- 手机蓝牙连接:  
须在手表端打开蓝牙, 进入手机蓝牙, 搜索机型名称的蓝牙设备点击连接配对。
- 蓝牙常见问题简单处理方法: 由于各个手机品牌的蓝牙协议没有统一性, 有时会出现手机跟手表蓝牙连接不稳定的情况, 可将手机蓝牙关闭了在重新连接一次, 或将手表恢复出厂设置, 如手表出现死机状态, 可以长按开关键10秒让手表重启。

- 5.如何鉴定蓝牙连接成功: 主菜单左上角蓝牙图标是椭圆形就表示蓝牙连接成功, 使用手表点击查找手机或者进入APP查找手表, 有震动就表示APP连接成功, 手表进入拨号盘拨打电话成功就证明语音蓝牙连接成功。
- 6.手表如果来电, QQ微信没有通知提醒, 需要手机设置-通知设置, 打开对应的应用将通知应用打开, 才能接收到信息通知。

### 手表操作说明:

- 1.电源键: 上键: 短按返回, 选择可翻页, 下键: 唤醒/熄灭屏幕, 长按开/关机。
- 2.时钟界面: 左右滑动卡片功能或智能堆栈, 上下滑动直接进入快捷菜单或消息通知。



### 手表功能介绍

待机界面	进入待机界面
拨号盘	连接手机蓝牙拨出, 可以在手表端实现通话
联系人	手环与APP成功连接后, 可以在APP中添加联系人, 联系人添加成功后手机电话本会同步显示, 手环点击电话本中的联系人可以拨打电话 (备注: 手环需要连接手机蓝牙)
通话记录	可显示手环端通话记录, 点击电话号码可拨号
信息	可显示消息推送内容, 如: QQ、微信等 (ios12以上系统会默认屏蔽短信提醒)
运动	1.进入运动模式 (跑步、跳绳、骑行、爬山) 选择界面, 再次点击启动对应运动模式数据监测: 运动时间、距离, 消耗卡路里和心率数据;
运动记录	记录所有运动数据
计步器	统计您当天的计步数据, 凌晨00:00时清除数据, 可在APP查看
睡眠监测	开启睡眠检测能在睡觉时监测睡眠质量
久坐提醒	设置久坐时间, 到时间时手环会有震动提醒, 并界面上有提示标显示
心率	将手表贴紧手腕, 最佳佩戴位置在手腕骨靠手臂上方, 可测出实时的心率值, 一般人正常值为60-100次/分
风格	可以设置更换UI风格
关于	显示本设备的MAC地址, 蓝牙名称, 及版本号
亮度	可设置亮度大小和背光关闭时间
二维码	手机APP下载的二维码

### 手表功能介绍

复位	让您的设备重置并清除数据 如计步睡眠等
闹铃	可以APP端设置自定义闹铃, 闹钟手表会震动提醒
天气	显示当前天气温度度数
语言	连接APP后, 可在APP端进行语言设置, 设置好后语言可以同步至手表; 或在手表端进行语言切换, 即也会同步至APP端
表盘推送	进入APP端表盘功能, 可查看我的表盘及本地表盘; 也可推送DIY表盘、表盘商城至手表端
息屏时钟	打开息屏时钟后, 屏幕弹出熄灭时钟
休闲游戏	赛车游戏
血压	将手表贴紧手腕, 最佳佩戴位置在手腕骨靠手臂上方, 可测出实时的血压值, 成人舒张压: 60-80 (mmHg) 成人收缩压: 100-120 (mmHg)
血氧监测	将手表贴紧手腕, 最佳佩戴位置在手腕骨靠手臂上方, 可测出实时的血氧值, 数值正常范围一般在95%到100%
蓝牙拍照	手机不锁屏状态下, 在打开APP界面的状态下, 手表进入蓝牙拍照, 手机会自动弹出拍照界面, 摇晃手表拍照, 手机会拍照并将照片存储到手机端; 或打开APP, 进入遥控自拍, 手机会弹出拍照界面, 再晃动手表也会进行拍照
蓝牙音乐	可控播放手机中的音乐
秒表	开始秒表计时和结束计时
设置	可以设置开启或者关闭震动以及调节音量

### 使用注意事项:

- 1.洗澡和游泳时不宜佩戴。
- 2.同步数据时请连接手表。
- 3.使用自带的充电线充电。
- 4.不要把手表长时间暴露在高分较高、温度极高或极低的地方。

### 手表保养:

- 1.不要划伤传感器, 保护它避免受损
- 2.可用湿布擦拭手表表面, 用温和的肥皂水去油污或灰尘
- 3.请勿将手表暴露在有强烈化学物质的环境中, 如汽油, 清洁剂、丙醇、酒精或驱虫剂, 化学物质会损坏手表的密封性和外壳表面
- 4.避免你的手表遭受强烈的撞击、极高温度的暴晒
- 5.本产品不支持IP68级防水, 不支持淋浴、洗手、游泳洗澡或桑拿等不能佩戴, 防不住水蒸气, 如因不按指示使用导致手表进水损坏, 本公司不作免费保修。

### 常见问题:

- 1.无法搜到手表?  
答: 因为手表的蓝牙广播没有被手机搜索到, 请确保手表处于有电和激活状态, 且没有被其他手机连接上  
将手表靠近手机重新搜索, 如果仍然无效, 关闭手机蓝牙20秒后重新开启蓝牙再次搜索。
- 2.蓝牙连接要一直开着吗? 关了的话还会有数据?  
答: 没有同步数据前, 运动和睡眠数据会保留在手表主机上。当手机和手表蓝牙成功连接时, 手表会自动上传数据到手机端, 但手表存储的数据有限, 大约只能存储一周的蓝牙数据, 空间满后会覆盖最早的数据来产生最新数据, 请及时将手表同步到手机上。  
备注: 如果开启了来电、短信提醒功能则需要保持蓝牙处于连接状态, 闹钟提醒支持离线。
- 3.手表出现不能充电怎么办?  
a.请确认充电的方向是否正确, 充电器与手表接触是否良好。  
b.当手表电量低于3.6V时, 会有一段时间的电池充电时间  
备注: 支持插上充电器后立马进入充电状态, 如果没有显示则需要充3-5分钟就可以进入充电状态
- 4.手表长期不用会不会对人体造成伤害?  
答: 设备辐射远低于美国的FCC标准, 基本可以忽略不计, 长期佩戴不会对人体造成辐射伤害

# Smart watch

## manual



### Adapt to platform requirements:

Android 5.0 and above mobile phones  
IOS 9.0 and above mobile phones  
Support Bluetooth BT 5.0

### APP download method:

- 1.IOS/Android phone users: scan the above QR code to download and install the application.
- 2.Android: Search for "laxasfit" through the software application store to download and install the application.
- 3.Apple: Search for "laxasfit" through the App Store to download and install the app.



### Initial use

1. To ensure that the watch is used normally, please charge it first
2. The wireless charging magnetic suction cup with the power connected is aligned to the back of the watch.



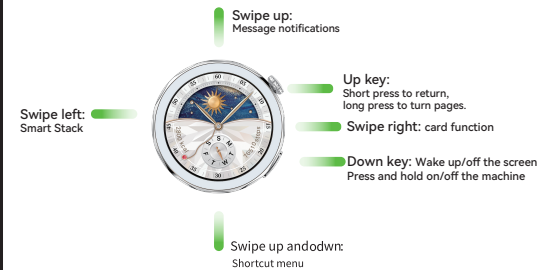
### Connection between watch and APP

- 1.All permissions during the APP installation process are agreed.You must connect the APP and the mobile phone to your phone to your phone to achieve all functions.
- 2.APP connection method:  
Open the APP and mobile phone Bluetooth, and the APP reminds you to enable notification point to confirm. Click Add Device, search the device name and click Connect to connect to the watch device
- 3.Mobile Bluetooth connection:  
You must turn on Bluetooth on the watch, enter the Bluetooth phone, and search for the Bluetooth device with the model name to click Connect to pair.
4. Simple way to deal with common Bluetooth problems: Since the Bluetooth protocols of various mobile phone brands are not unified, sometimes the connection between the mobile phone and the Bluetooth watch is unstable. You can turn off the Bluetooth phone and reconnect it once, or restore the watch to factory settings. If the watch crashes, you can hold the key to turn on for 10 seconds to restart the watch.

5. How to identify the successful Bluetooth connection: The Bluetooth icon in the upper left corner of the main lane is an oval, which means the Bluetooth connection is successful. Click to find the phone with the watch or enter the APP to find the watch. If there is a vibration, it means the APP connection is successful. If the watch enters the dial pad and makes a call, it means that the voice Bluetooth connection is successful.
6. If the watch is called, QQ WeChat does not have notification reminders. You need to set the phone - notification settings. Open the corresponding application and open the notification application before you can receive information notifications.

### Watch operating instructions:

1. Power button: Pressing the up key briefly returns to the previous page; when selecting, it can turn pages. Pressing the down key wakes up or turns off the screen; holding it for a long time turns the device on or off.
2. Click interface: Slide left or right to switch between card functions or smart stacks; slide up or down to directly enter the quick menu or message notifications.



### Watch function introduction

Standby interface	enter the standby inter face.
Dial pad	connect to the mobile phone to dial out via Bluetooth, and you can make a call on the watch side.
Contact	After the bracelet is successfully connected to the APP, you can add a contact in the APP. After the contact is successfully added, the phone book on the bracelet will be displayed synchronously. Click the contact in the phone book on the bracelet to make a call (Note: The bracelet needs Connect mobile phone Bluetooth).
Call record	can display the call record on the wristband, click the phone number to dial.
Information	The content of the message push can be displayed, such as: QQ, WeChat, etc. (The system above IOS12 will block SMS reminders by default).
movement	Enter the sports mode (running, rope skipping, cycling, mountain climbing) selection interface, click again to start the data monitoring of the corresponding sports mode: exercise time, distance, calories burned and heart rate data;
sports record	record all exercise data
Pedometer	Calculate your step count data for the day, clear the data at 00:00 in the morning, and view it in the APP.
Sleep monitoring	Turn on sleep detection to monitor the quality of sleep while sleeping.
Sedentary reminder	Set the sedentary time, the bracelet will vibrate when the time is up, and the interface will display a reminder.
Heart rate	Put the watch close to your wrist, and the best place to wear it is on the upper arm of the wrist bone. The real-time heart rate can be measured. The normal value of the average person is 60-100 beats/min.
Style	You can set and change the UI style.
Brightness	Display the MAC serial code, Bluetooth name, and version number of this device. can set the brightness size and backlight off time.
QR code	QR code downloaded by mobile APP.

### Watch function introduction

Reset	Let your device reset and clear data, such as pedometer sleep, etc.
Alarm bell	You can set a custom alarm clock on the APP, and the watch will vibrate to remind you at the point.
Weather	Display the current weather temperature in degrees.
Language	After connecting to the APP, you can set the language on the APP side, and the language can be synchronized to the watch after setting; or switch the language on the watch side that is it will also be synchronized to the APP side
Dial push	enter the APP and dial function, you can view my dial and local dial; you can also push DFI dials and dial mails to the watch end
rest-screen clock	After turning on the rest clock, the screen pops up with the off clock
Racing Games	Racing Games
Blood pressure	Put the watch close to your wrist, the best place to wear it is the wrist bone above the arm, you can measure the real-time blood pressure; adult diastolic blood pressure: 60-80 (mmHg) adult systolic blood pressure: 100-120 (mmHg).
Blood oxygen monitoring	The watch is tightly attached to the wrist, and the best wearing position is on the wrist bone and above the arm. The real-time blood oxygen value can be measured. The normal range of the value is generally 95% to 100%.
Bluetooth camera	When the phone is not locked, when the app interface is opened, the watch enters the Bluetooth camera, the phone will automatically pop up the camera interface, shake the phone to take a photo, the phone will take a photo and store the photo on the phone. Or open the APP, enter the remote control selfie, the phone will pop up the camera interface, and then shake the watch will take pictures. According to
Bluetooth music	control to play music in the phone.
Stopwatch	start stopwatch timing and end timing.
Settings	You can set to turn on or off the vibration and raise the wrist to brighten the screen.

### Notes on using:

1. It is not suitable to wear it when bathing or swimming.
2. Please connect the watch when synchronizing data.
3. Use the included charging cable to charge.
4. Do not expose the watch to places with high moisture, extremely high temperature or extremely low for a long time.

### Watch maintenance:

1. Do not scratch the sensor and protect it from damage
  2. Use a wet cloth to wipe the surface of the watch and use gentle soapy water to remove oil or dust
  3. Do not expose the watch to an environment with strong chemicals, such as gasoline, cleaning solvents, propanol, alcohol or insect repellents. Chemicals will damage the sealing and shell surface of the watch
  4. Avoid your watch suffering from strong impacts and extremely high temperature exposure to the sun
  5. This product does not support IP68-level waterproofing, and does not support wearing rain, washing hands, swimming, or wearing hot showers or saunas, and cannot prevent water vapor.
- If the watch is damaged due to failure to use as directed, the company does not provide a free warranty.

### Frequently Asked Questions:

1. Can't find the watch?  
Answer: Because the Bluetooth radio of the watch has not been searched by the mobile phone, please make sure that the watch is in power and activated state and is not connected by other mobile phones to close the watch and search again. If it is still invalid, turn off the Bluetooth phone for 20 seconds and turn on Bluetooth again.
2. Do you have to keep turning on the Bluetooth connection? Will there be data if it is turned off?  
Answer: Before synchronized data, the exercise and sleep data will be retained on the watch host. When the mobile phone and the watch Bluetooth are successfully connected, the watch will automatically upload data to the mobile phone, but the data stored by the watch is limited and can only store Bluetooth data for about one week. After the space is full, the earliest data will be automatically overwritten to generate the latest data. Therefore, please synchronize the watch to the mobile phone in time. Note: If the call or SMS reminder function is enabled, the Bluetooth needs to be kept connected, and the alarm clock reminder supports offline.
3. What should I do if the watch cannot be charged?  
a. Please confirm whether the direction of the charger is correct and whether the charger contacts the watch are in good condition. b. When the power of the watch is less than 3.6V, there will be a period of pre-charge time for a battery. Note: It will immediately enter the charging state after plugging in the charger. If there is no display, it will take 3-5 minutes to enter the charging state.
4. Will long-term wear of the watch cause harm to the human body? Answer: The radiation of the device is much lower than the FCC standard in the United States, and it can be basically negligible. Long-term wearing will not cause radiation damage to the human body.