



WATCH
INITIAL QUICK
SETUP
INSTRUCTIONS



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Legend


	press side button		touch icon on watch
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Initial Setup


The following instructions will guide you to setup your watch: -

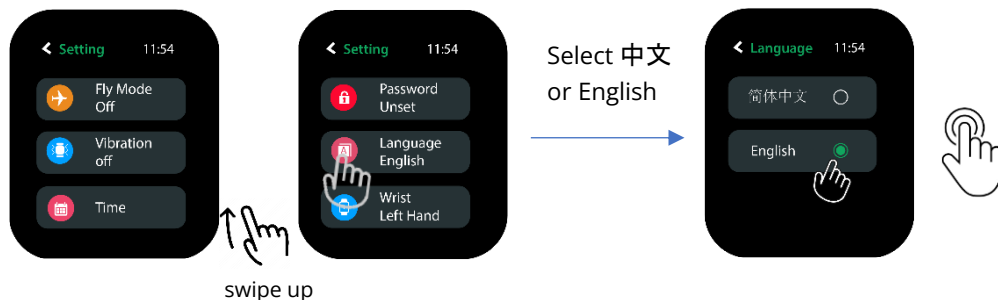
1. Language
2. Wrist
3. Wi-Fi

1. Press [Side Button] to turn on watch.
2. Watch will show the [Home Screen]
3. Swipe left twice till you reach the [Setup & SOS] screen.
4. Touch the {Setup}  icon to begin setup.




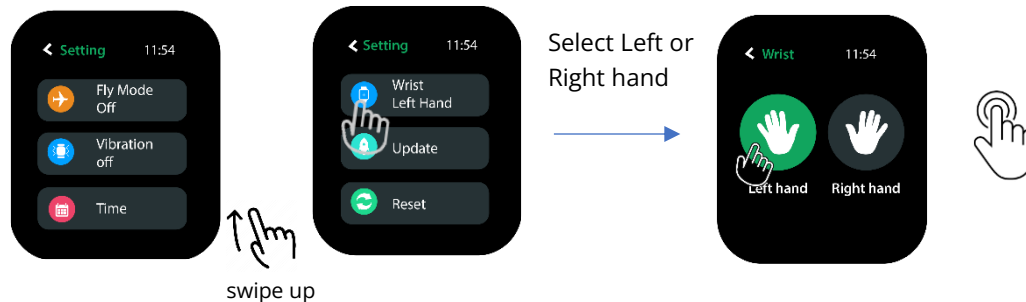
Initial Setup - Language


1. Swipe up till you see {Language}.
2. Touch the {Language}  icon.
3. Select 中文 or English.
4. Press the [Side Button] to exit.



Initial Setup – Wrist


1. Swipe up till you see {Wrist}.
2. Touch the {Wrist}  icon.
3. Select Left or Right Hand.
4. Press the [Side Button] to exit.

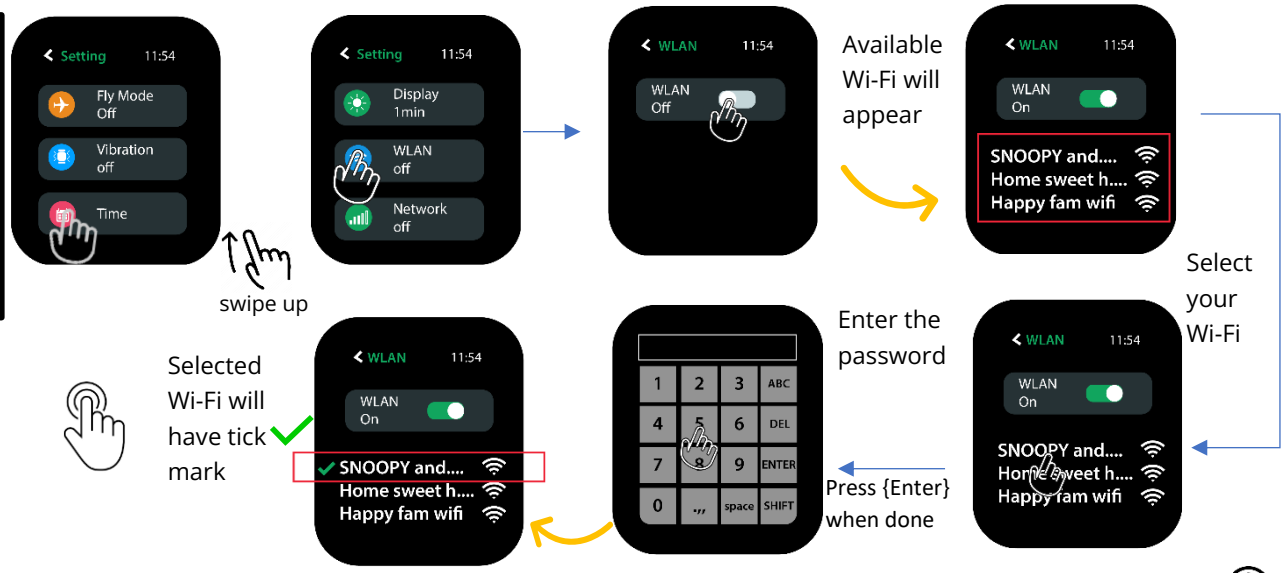




 **IMPORTANT:** You must wear the watch on the same wrist as the one set during the watch setup.

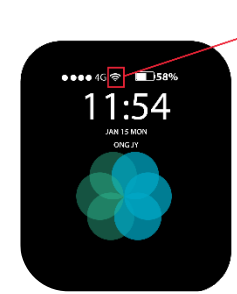


Initial Setup – Wi-Fi

1. Swipe up till you see {WLAN}.
2. Touch the {WLAN}  icon.
3. Touch {WLAN} to turn on the Wi-Fi.
4. Select your Wi-Fi and enter the password. Touch {enter} when done.
5. Press the [Side Button] to exit.




 **IMPORTANT:** The watch must be connected to Wi-Fi network or hotspot in order for the data to be transmitted to the cloud for processing. Please ensure that the Wi-Fi icon  is visible on the [Home Screen] when in use.





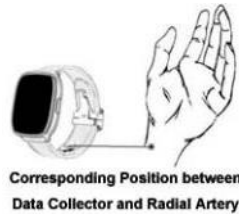
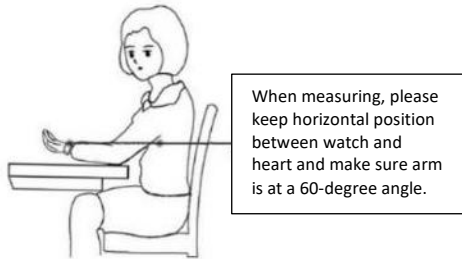
INSTRUCTIONS: How to measure your data daily.

IMPORTANT: After the initial Watch setup, please setup the mApp. The mApp is used to view your health data and measurements. You must proceed with the Initial Modelling, before performing your first measurement. This is to establish your health data baseline.

IMPORTANT: The watch must be connected to Wi-Fi network or hotspot in order for the data to be transmitted to the cloud for processing. Please ensure that the Wi-Fi icon  is visible on the [Home Screen] when in use.

IMPORTANT: During the measurement, you must wear the watch on the same wrist as the one set during the watch setup. You must remain seated, be at rest, stay still and wait for the measurement to be completed.

NOTE: Refer to the seating and watch wearing illustrations.



6. Swipe left once to the [Measurement] screen.
7. Touch the {Measure} icon.
8. Touch the {Start} icon.
9. Wait until the measurement is done.
10. Press the [Side Button] to exit.



! Repeat measurement. Take note of the IMPORTANT notices above.