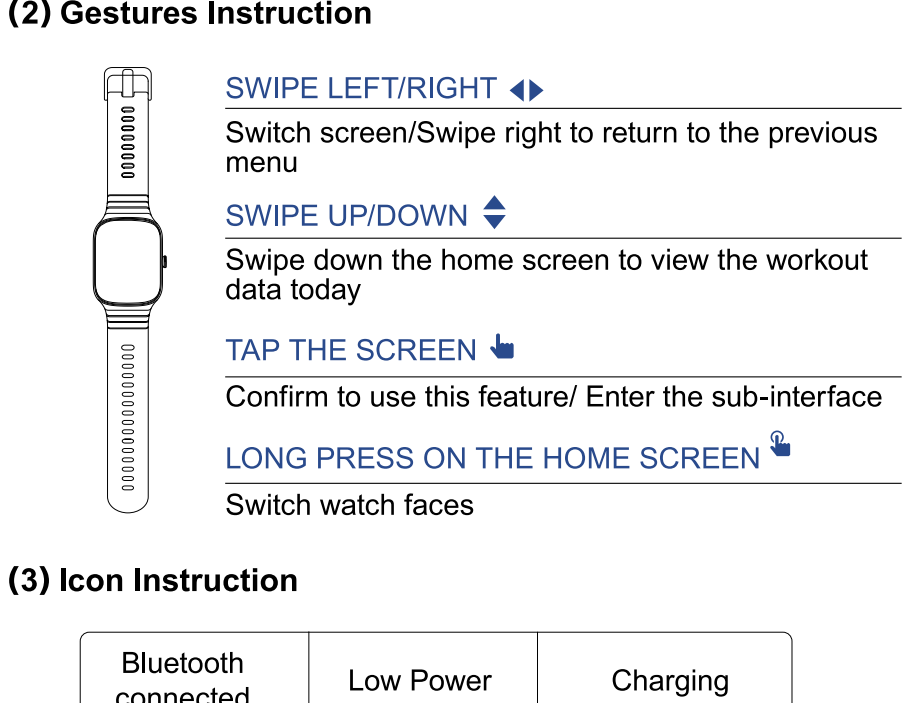


## Health & Fitness Smart Watch

#EnhanceYourLife

support@khai.africa

### 1.Package Contents



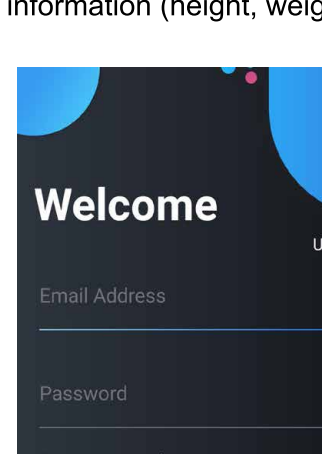
### 2.How to Operate

#### 2.1 Powering on Your Watch

Long press the power key to turn on your watch. Please make sure to fully charge the watch first if it Doesn't turn on.

#### 2.2 Charging Your Watch

Properly attach the magnetic charging base to the back of the watch, then plug the USB end into a USB port on the computer, charging dock or power bank for charging.

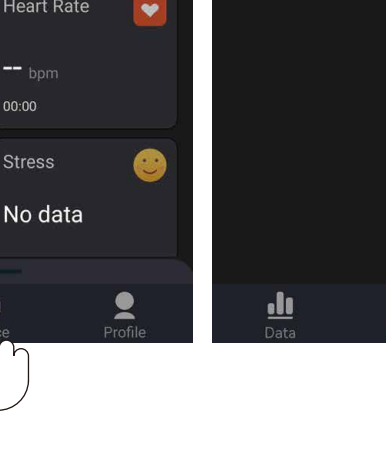


Input current: <0.3A  
Input voltage: DC5V  
Charging time: about 2 hours

**Note:**It is recommended to use the universal charger with certification mark on the market.

#### 2.3 Wearing Your Watch

- (1)For optimized tracking of the measured values, we recommend wearing the watch with one finger's width below your wrist bone.
- (2)Please make sure the watch is fairly snug against your skin and does not slide up or down your wrist during exercise.

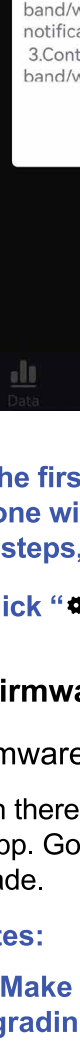


#### 2.4 Navigating Your Watch

##### (1) Key Instruction

<b>Long Press</b>	1 Power on/off	
	2 To end/pause the exercise from activity interface	
<b>Short Press</b>	1 Return to the previous menu	

##### (2) Gestures Instruction



- SWIPE LEFT/RIGHT** ◀▶  
Switch screen/Swipe right to return to the previous menu
- SWIPE UP/DOWN** ▲▼  
Swipe down the home screen to view the workout data today
- TAP THE SCREEN** 👆  
Confirm to use this feature/ Enter the sub-interface
- LONG PRESS ON THE HOME SCREEN** 👆  
Switch watch faces

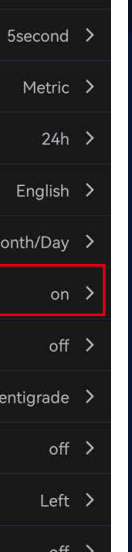
##### (3) Icon Instruction

Bluetooth connected	Low Power	Charging
Fully Charged	End of Workout	Continue Workout

#### 2.5 APP

##### (1) Downloading

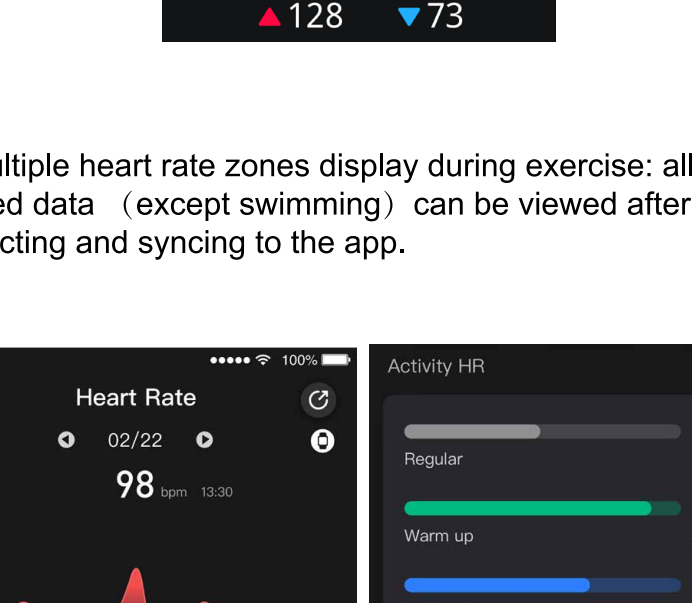
Download the "Zeroner" app from the App Store or Google Play Store, or scan the QR code below to download.



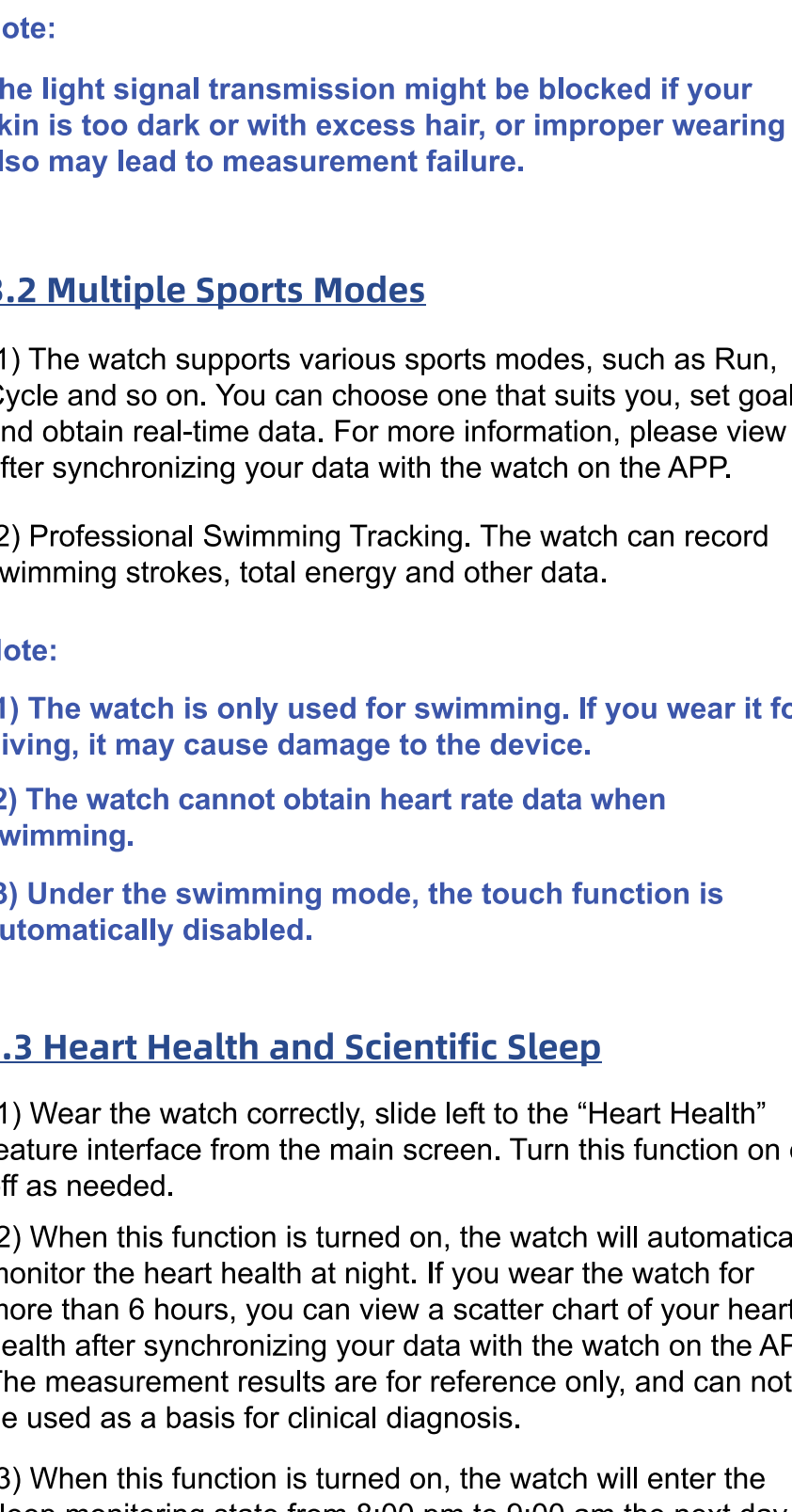
##### (2) Pairing Your Watch with Your Phone

After downloading the APP, please follow the following operating instructions to complete the connection between the watch and the mobile phone:

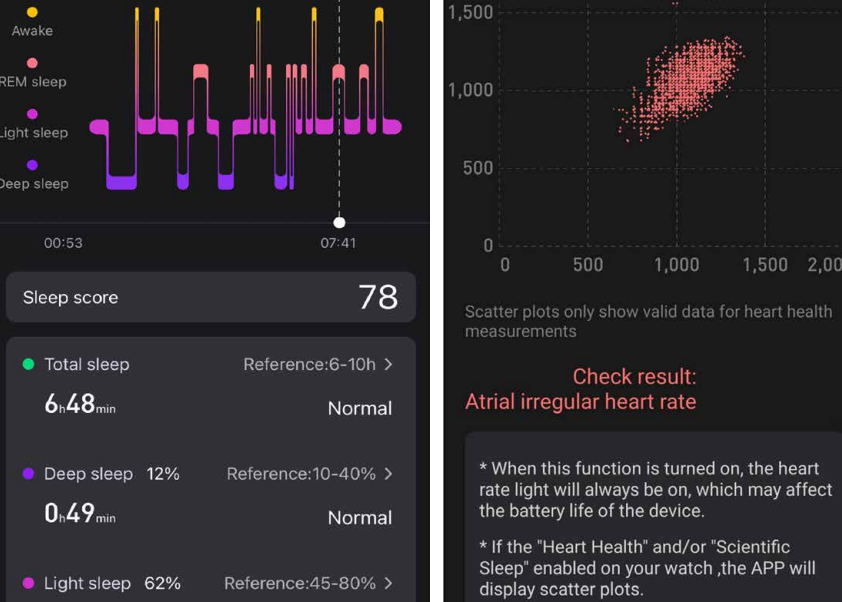
- 1.To successfully pair your watch and mobile phone, you need to turn on Bluetooth of your mobile phone;



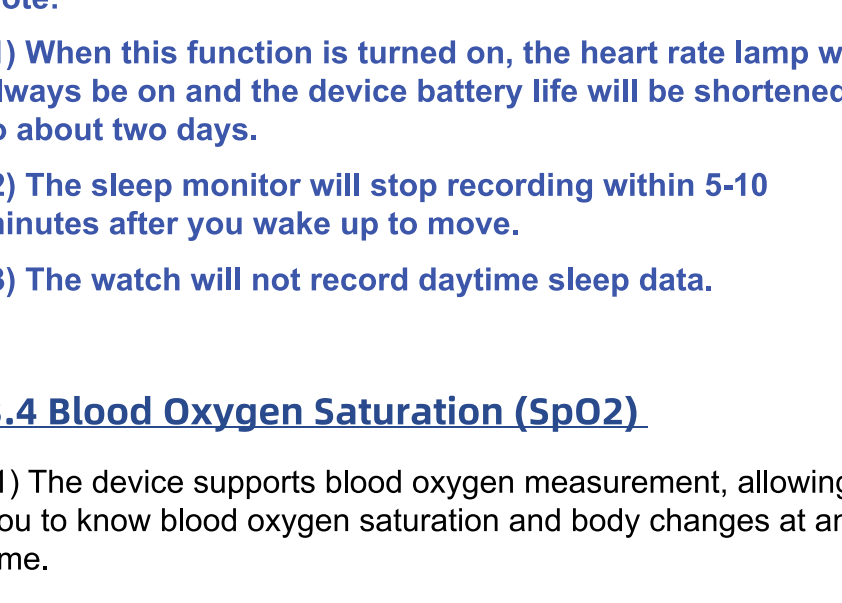
- 2.Open APP, register an account, and truthfully fill in your personal information (height, weight, date of birth);



- 3.Click "Device" > "Watch" > "Afriwatch1-XXXX" (Watch Model) > Connected successfully.

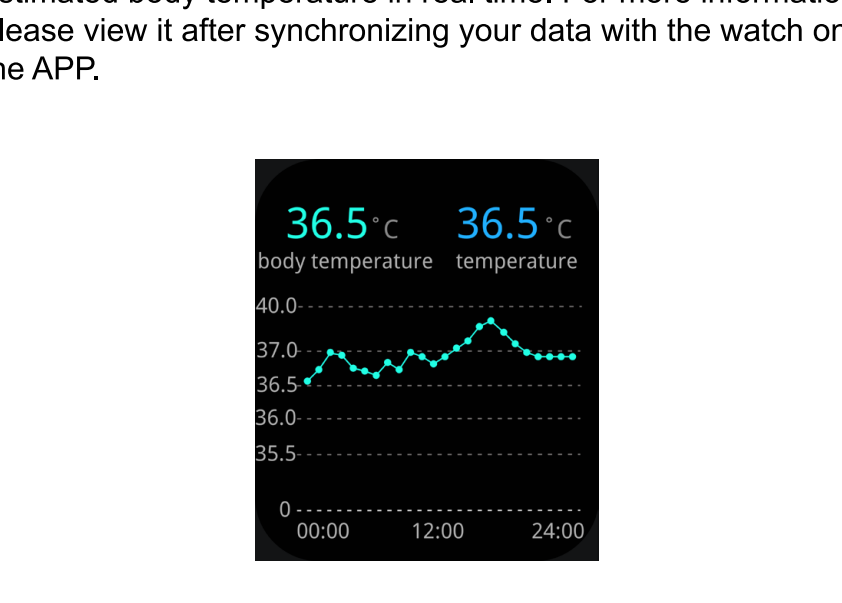


##### (3) Device Search



#### Notes:

- 1.The app needs permission to access your location if you are using an Android phone, so you need to ALLOW LOCATION ACCESS in System Settings in order to connect successfully.



- 2.The first time you connect to the app, the date & time on your phone will be synchronized to the watch, and previous data for steps, distance & calories on the watch will be cleared.
- 3.Click "➔" > "About" > "Bluetooth", Check Watch Model.

#### (3) Firmware Upgrade

##### 1.Firmware Upgrade

When there is an new firmware version, there will be a notification in the app. Go to the "Device" interface of the app and select firmware upgrade.

#### Notes:

- 1) Make sure that the battery level is more than 50% before upgrading.
- 2) The first time you connect to the app, the date & time on your phone will be synchronized to the watch, and previous data for steps, distance & calories on the watch will be cleared.

##### 2.Upgrade Failed

Please unbind if upgrade fails. Then reconnect your watch to the app for upgrading again.

#### Notes:

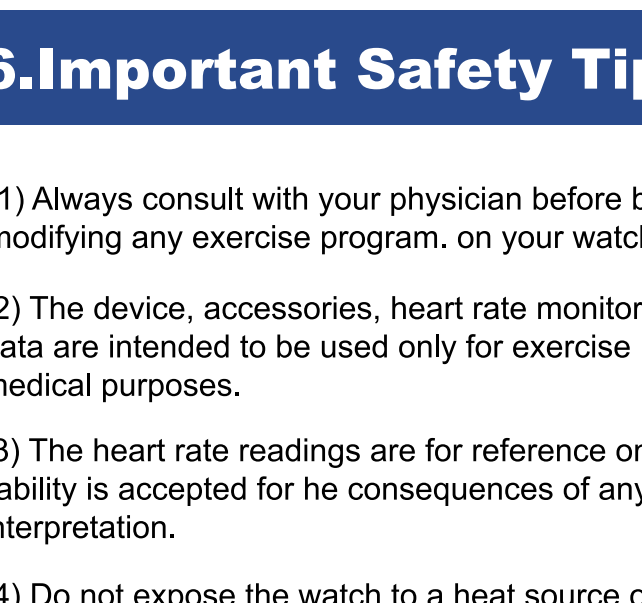
allow the following conditions to ensure a successful upgrade.

- 1) The Bluetooth of the mobile phone and that of the watch are connected;
- 2) Smooth access to the network;
- 3) The APP has been granted the location permission;
- 4) The APP has been granted the storage permission.

#### 2.6 Replacing the Strap

Please choose the strap with a width of 20mm if you want to replace it.

- (1) Remove the strap from the watch by sliding the snap lock on the strap.
- (2) Align the new strap with the watch and buckle the strap in.



### 3.Main Features

#### 3.1 Heart Rate Monitoring

(1) The watch can monitor 24-hour real-time heart rate, resting heart rate and heart rate zones during exercise, you can choose to enable or disable this function on the APP.



(2) Real-time heart rate measurement: Wear the watch correctly, and slide the watch from the home screen to the interface of heart rate measurement. Please wait for a few seconds with the watch screen upward, and wait for additional a few seconds after obtaining the value to make the result more accurate.



(3) Multiple heart rate zones display during exercise: all detailed data (except swimming) can be viewed after connecting and syncing to the app.



#### Note:

The light signal transmission might be blocked if your skin is too dark or with excess hair, or improper wearing also may lead to measurement failure.

#### 3.2 Multiple Sports Modes

(1) The watch supports various sports modes, such as Run, Cycle and so on. You can choose one that suits you, set goals and obtain real-time data. For more information, please view if after synchronizing your data with the watch on the APP.

(2) Professional Swimming Tracking. The watch can record swimming strokes, total energy and other data.

#### Note:

- (1) The watch is only used for swimming. If you wear it for diving, it may cause damage to the device.
- (2) The watch cannot obtain heart rate data when swimming.
- (3) Under the swimming mode, the touch function is automatically disabled.

#### 3.3 Heart Health and Scientific Sleep

(1) Wear the watch correctly, slide left to the "Heart Health" feature interface from the main screen. Turn this function on or off as needed.

(2) When this function is turned on, the watch will automatically monitor the heart health at night. If you wear the watch for more than 6 hours, you can view a scatter chart of your heart health after synchronizing your data with the watch on the APP. The measurement results are for reference only, and can not be used as a basis for clinical diagnosis.

(3) When this function is turned on, the watch will enter the sleep monitoring state from 8:00 pm to 9:00 am the next day. You can check REM sleep and other sleep data after synchronizing your data with the watch on the APP, so as to know about your sleep status.



#### Note:

- (1) When this function is turned on, the heart rate lamp will always be on and the device battery life will be shortened to about two days.
- (2) The sleep monitor will stop recording within 5-10 minutes after you wake up to move.
- (3) The watch will not record daytime sleep data.

#### 3.4 Blood Oxygen Saturation (SpO2)

(1) The device supports blood oxygen measurement, allowing you to know blood oxygen saturation and body changes at any time.

(2) The following people are recommended to pay more attention SpO2: high-intensity mental workers, the aged, and people suffering from Hyposia in mountain or plateau environment.

#### 3.5 Temperature

(1) Wear the watch correctly, slide to the "Body Temp" feature interface from the main screen, and click the icon to view the data. Wait for a few seconds after getting the value, so that the result will be more accurate.

(2) The watch will display the skin temperature and the estimated body temperature in real time. For more information, please view it after synchronizing your data with the watch on the APP.



#### Note:

When you just start to wear the watch or after a drastic change in the ambient temperature, please wait until the contact temperature between the watch and the skin returns to the normal state before the temperature measurement.

### 4.More Information

#### 4.1 Water Resistance Instruction

The water resistance rating: IP68

The water resistance performance of the device is not permanently valid, it may diminish as time passes. The device can be used during washing hands, rain or swimming in the shallow water, but not support hot water shower, diving, surfing, sauna, etc.



#### 4.2 Specification Parameter

Physical size	44*34*10.8mm
Adjustable strap	150mm-240mm
Display size	1.65 inch TFT color square display
Working temperature	-10°C-45°C
Weight	About 18g
Screen resolution	240*280 pixels
Battery capacity	170mAh Li-Polymer battery
Battery Life	10-15days (Actual use time may vary depending on your usage habits) .

### 5.Device maintenance

#### 5.1 Device Care

- (1) Do not use any sharp objects to clean the device.
- (2) Do not press the key on the device while it is under water.
- (3) Do not use solvents, chemical cleaners or insect repellents that might damage plastic components of the device.
- (4) Avoid extreme shock and harsh treatment of the device, as it may reduce the product life.
- (5) Do not expose the device to extreme temperatures that are either too cold or too hot for a long time, which may cause permanent damage.
- (6) After each training session, please rinse the device with clean water.
- (7) Thoroughly rinse the device with clean water after exposure to chlorine, salt water, cosmetics, alcohol or other harsh chemicals to avoid damage to the device.

The damage caused by abuse or improper use is not covered by the warranty.

#### 5.2 Cleaning the Device

- (1) Gently wipe the device by using a cotton cloth with a mild neutral detergent. Be sure that your wrist is dry before you put on your watch.
- (2) Please allow the device to dry completely after cleaning. After washing or sweating, dry it thoroughly before putting it back on your wrist.

#### Note:

Even the faintest prolonged exposure to sweat or moisture may cause corrosion of the charging terminal when charging the device, which will also hinder the transmission of data and affect the charging.

### 6.Important Safety Tips

- (1) Always consult with your physician before beginning or modifying any exercise program. on your watch.
- (2) The device, accessories, heart rate monitor and related data are intended to be used only for exercise monitoring not medical purposes.
- (3) The heart rate readings are for reference only, and no liability is accepted for the consequences of any wrong interpretation.
- (4) Do not expose the watch to a heat source or in a high-temperature location, for example, in an unattended vehicle in the sun.
- (5) If you want to store the watch for an extended time period, please store it within the temperature ranges specified in this manual.