

Dial style



3. Shortcut set

Swipe down on the main time interface to enter the shortcut interface. The specific functions are as follows:

Do not disturb/Awake/About device/Set (Bright, Awake, DND, QR code, About, Reset, Off--Swipe right to return to the upper level)



4. Pedometer, calories & distance ①

Steps, calorie burnt and distance will be shown on this interface.

5. Blood pressure monitoring ②

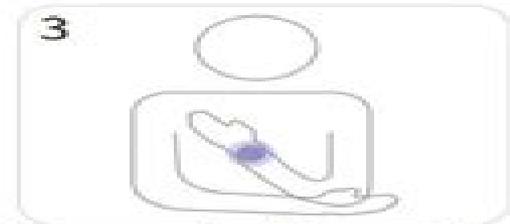
(1) Accurate measurement: blood pressure been measured through the air bag pressurization, means blood pressure value can be obtained more accurately. The specific steps are as follows: (Note: When the measurement fails, please wait 3 minutes and then measure again)



1 Install the watch completely



2 Wear the watch on your wrist



3 please make the watch at the same height as the heart



4 Airbag pressurization



5 follow the prompts to complete the measurement.

Fmd Watch User Guide

SA Dillow



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