



用户手册
Version 1.1

前言

欢迎使用 R16，这是一块智能运动手表，可帮助您实现运动目标。

包装内容：

- R16 智能手表 × 1
- 说明书 × 1
- 充电线 × 1

初始配置

首先，创建一个 SMART-TIME PRO 账号，便于将手表数据传输到手机 APP。在 APP 上，您可以查看手表全天的运动数据，设置运动目标等许多有趣的内容。

通过手机连接手表

SMART-TIME PRO APP 支持 iOS 11.0 以及 Android 5.3 以上操作系统以及蓝牙 5.3 和 3.0，适配超过 150 多款智能手机。

1. 打开手机蓝牙；
2. 下载 APP: SMART-TIME PRO；



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3. 安装 APP，注册登录进入首页；
4. 将手表与 APP 进行配对，配对时，请确保手表和 APP 可以相互通信（同步数据）；
打开 APP > 设备 > 添加新设备 > 选择 R16
5. 在搜索出的绑定列表中，选择信号最强的 R16，按手机提示点击手表屏幕上出现配对按钮 确认配对。这时在手表上的蓝牙图标颜色为蓝色，表示您已连上蓝牙 5.3。

6. 蓝牙 3.0 连接方式：
iPhone 用户支持蓝牙 5.3 蓝牙一键链接（匹配时按照系统提示框操作）
Android 用户第一次需要在蓝牙配对提示界面中“**通话服务配对选项**”点击“**去绑定**”然后按照界面操作提示即可完成蓝牙 5.3 的配对



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更换表带

R16 智能手表包含两个部分（手表主体和腕带），不同的腕带可单独购买，根据您的喜好随时自由更换。

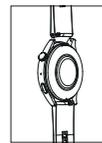


图1

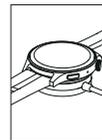


图2

充电说明

充电：将手表底部金属触点对准充电座，手表屏幕 5S 内会出现充电电量指示。手表充满电需要 2 小时左右，充满时屏幕上的电池标识会显示为满状态。

注：充电前，请先擦干充电口，以免汗液残留导致金属触点腐蚀或出现其它风险。

* 若想获得最大的充电电流和磁力，请参考图二的充电摆放角度。（即充电线一端对准手表按键一边的中线）

功能介绍

更换表盘：

手表表盘页面长按，左右滑动浏览表盘，点击即可完成更换。更多表盘请前往手机 APP 表盘专区下载。



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运动：

R16 手表支持多达 100+ 运动模式，健身类、休闲类、竞技类、球类、舞蹈类，包括：跑步、健走、跑步机、登山、骑行、动感单车、瑜伽、篮球、足球、羽毛球等运动。R16 手表支持运动自定义，可以在 100 多种运动模式中定义自己喜欢的运动。



运动自定义：APP “运动” - “自定义” - “添加” 跳转运动类别页面，点击运动名称添加。



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心率：

正确佩戴手表，在手表应用中打开“心率”应用，进入后自动测量心率。



压力：

正确佩戴手表后，在手表应用中打开“压力”应用；查看自己的心理压力有多大。



血压：

正确佩戴手表后，在手表应用中打开“血压”应用；需要进行手动测量血压。



活动：

正确佩戴手表后，在手表应用中打开“计步”应用；显示当天运动的步数、卡路里、距离等参数。



血氧：

正确佩戴手表后，在手表应用中打开“血氧”应用；需要进行手动测量血氧。



睡眠：

正确佩戴手表后，在手表应用中打开“睡眠”应用；记录整晚睡眠质量。



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电话：

R16 智能手表支持蓝牙通话，用户可以直接在手表上拨打，接听，拒接电话。



通知：

可查看手机中的短信及推送到手表的实时信息。



音乐：

在手表应用中打开“音乐控制”应用；可控制手机的音乐播放器播放音乐，支持上一首、播放 / 暂停、下一首、音量调节等操作。



拍照：

控制手机上的摄像头进行远程拍照，使用时，请在 APP 上点击“设备 -- 拍照”，开启相机。



找手机：

手表与 APP 连接的情况下，点击后，手机会发出声音。



股市：

APP “设备” - “股市” - “添加” 跳转搜索页面，点击右上方搜索图标输入股票代码搜索添加。



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天气：

连接 APP 同步实时天气显示在手表上。



设置：

调整亮度，勿扰设置，语言切换，待机表盘，系统菜单（关机、恢复出厂设置、重启），关于手表。



快捷菜单：

1. 勿扰模式
2. 亮度调节
3. 设置
4. 屏幕常亮
5. 震动
6. 闹钟



规格参数

表带长度	256mm
表带宽度	22mm
重量	56g
电池	300毫安聚合物电池
防水	IP68

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故障排除

心率信号丢失

R16 智能手表在运动时或日常生活中都持续关注你的心率数据，偶尔可能会出现手表未获取到合适的心率信号，此时丢失的心率数据处会出现虚线。如果未能得到心率信号，首先确认佩戴手表的姿势是否正确，调整一下，避免在手腕上过高或者过低，过紧或者过松。调整后，启动实时心率监测，即可获得心率数据。如果依然没有心率数据，请检查 SMART-TIME PRO APP 上的监测功能是否已打开。

其他问题

如果手机无法配对手表，在 **设置 -- 蓝牙** 中查看是否有 R16 信号，如果有，则表示蓝牙信号没有问题，请检查手表是否已经配对到其他手机，并解除绑定。IOS 系统用户，还需要在手机设置 - 蓝牙 - 忽略此设备，然后再进行配对。

豁免条款

1. 通过 R16 智能手表获取的心率、压力、血氧和温度数据仅供参考，不可作为医疗和诊断依据；
2. 自我诊断和治疗是很危险的，只有专业的医生才能诊断和治疗高血压和心脏病等相关疾病，建议联系医生获取更专业的诊断意见；
3. 由于环境信号干扰，佩戴姿势，气候环境的变化以及人的体质状况等因素的影响，R16 智能手表提供的心率，血氧

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等数据可能不会完全精确；
4. 切勿私自根据 R16 提供的监测数据进行药物和治疗调整，在需要服用药物和治疗之时，应遵照医嘱执行；我司不对监测数据的不准确性及滥用监测数据与信息导致的后果法律责任。

保障条款

我司奉行“为客户创造价值”的服务理念。
R16 智能手表质量保证期为一年，如果在正常使用过程中有损坏或者故障，经技术人员确认后将为免费提供保修服务。以下情况不在保修范围内：
A. 意外或人为损坏
B. 未经授权的情况下对本产品进行测试维修或拆卸
C. 因为人为原因导致产品脏污
D. 与本产品不适配的设备进行连接导致的产品损坏
E. 产品的自然老化
F. 不可抗力造成的损坏



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User Manual Version 1.1

Introduction

Thank you for choosing our product R16. R16 is a smart sport watch. It can help you to achieve your sport goals.

Content in box:

- R16 smart watch x 1
- User manual x 1
- Charging dock x 1

Setting Up Your R16

The first step is to download and install the APP SMARTTIME PRO indicated on the color box and shown up on the watch. Enter the APP and create an account for info sync. The app allows you to check data analysis every day and to personalize some functionalities, such as setting sedentary, calls notification, exercise goals and so on.

Connect R16 to your smartphone

SMART-TIME PRO APP supports the operating system of IOS 11.0 and Android 5.3 or above, and BT 5.3. It is available for more than 150 mobile devices.

1. Turn on Bluetooth on the mobile;
2. Download APP: SMART-TIME PRO;



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4. How to pair the watch for iOS users:

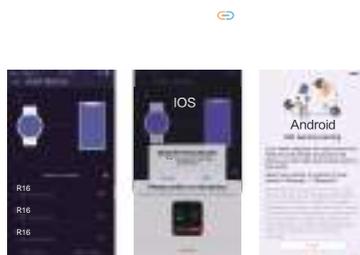
First step: **Open APP>device>add new device> choose R16**

5. In the search list, select the R16 with the strongest signal and confirm the pairing by clicking the pairing button on the watch screen as prompted by your phone. The Bluetooth icon on the watch will be blue in color, indicating that you are connected to Bluetooth 5.3.

* Bluetooth 3.0 connection:

iPhone users support Bluetooth 5.3 dual Bluetooth one-key link (match according to the system prompts box operation)

Android users need to first time in the Bluetooth pairing interface in the "call service pairing options" click "to bind" and then follow the interface operation prompts to complete the Bluetooth 5.3 pairing.



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Quick Fit Strap

R16 contains two parts(watch body and wristband), you can purchase separately strap and switch as your preference.

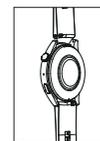


photo 1

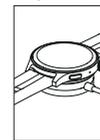


photo 2

Charging Instructions

Charging: Turn the watch over, align and attach the charging pins to the magnet gold prongs. You will see the charging icon on the watch screen within 5s. Charging fully may take 2 hours. You will see the battery icon is full if the watch have been fully charged. Please clean the charge interface before charging for fear that the remaining sweat erode gold metal contact or other risks.

* To get the maximum charging current and magnetic attraction, please refer to photo 2 for the right charging angle (the charging dock is aligned with the center line of the button on the watch)

Functions

Change watch face:

Long press the screen, swipe to choose, click to confirm. Download more from APP, Open APP--Device--Watch Face, you can choose Online Dial or Custom Dial with your phone picture.



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Sports:

R16 watch supports up to 100+ sports modes, fitness, leisure, competition Classes, ball games, dance classes, including: running, walking, treadmill, mountaineering, cycling, Spinning bike, yoga, basketball, football, badminton and other sports. R16 watch supports sports customization, which can be customized in more than 100 sports modes favorite sport.



Sports customization: APP "sports" - "custom" - "add" to jump to sports category page, click the sport name to add.



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Heart rate:

Wearing R16 correctly, not too tight or loose, make sure no green light leak, open the "Heart Rate" application in the watch application, automatically measure the heart rate after entering the application.



Stress:

After wearing the watch correctly, open the "stress" in the watch; check how much psychological pressure you are feeling.



Blood pressure:

Wear the watch in a right way, and open the menu--blood pressure, measure it manual.



Step counting:

After wearing the watch correctly, open the "step counting" in the watch; display the number of steps, calories, distance and other parameters of the day's exercise.



SpO2:

After wearing the watch correctly, open the "SpO2" in the watch; manual blood oxygen measurement is required.



Sleep:

After wearing the watch correctly, open the "Sleep" in the watch; record the sleep status throughout the night.



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Call mode:

The R16 smart watch supports Bluetooth calls, and users can make, answer, and reject calls directly on the watch.



Message notification:

You can view the text messages in the mobile phone and the real-time information pushed to the watch.



Music control:

Control the music player of mobile phone to play the music, as well as song switching and volume adjustment.



Remote capture:

Control the camera on the mobile phone to take pictures remotely. When using it, please click "Device-Take Picture" on the APP to turn on the camera.



Find phone:

When the watch is connected to the APP, the phone will make a sound after tapping it.



Stock market

APP "device" - "stock market" - "add" jump search On the page, click the search icon at the top right to enter the stock name to search add.



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Weather:

Weather forecast.



Alarm clock:

Set the alarms in APP and sync to watch, maximum 5 alarms.



Settings:

Adjust brightness, Do not disturb settings, Language switching, Standby dial, System menu (Power off, Restore factory settings, Restart), About the watch.



Shortcut menu:

1. Do not disturb mode
2. Brightness adjustment
3. set up
4. screen is always on
5. shock
6. Alarm clock



Specification

Wristband length	256mm
Wristband width	22mm
Weight	56g
Battery	300 mAh Poly-Li
Waterproof	IP68

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Troubleshooting

Heart-rate signal missing

The R16 smart watch keeps paying attention to your heart rate data during your exercise and your daily life. Sometimes the watch may not get a suitable heart rate signal. At this time, the missing heart rate data will appear at the dotted line.

If you can't get the heart rate signal, first you should confirm that you wear the watch correctly, adjust it to avoid being too high or too low, neither too tight nor too loose on your wrist. After adjustment, turn on real-time heart rate monitoring to get the data.

If there is still no heart rate data, check if the heart rate monitoring function is turned on at SMART-TIME PRO APP.

Other problems

If your mobile cannot pair the watch, click Settings Bluetooth in your mobile and check if there is signal of R16. If yes, it means there is no problem with the Bluetooth signal. Please check if the watch is paired with other phones, please unbind it. IOS device users should click Setting - Bluetooth - ignore this device and then pair it.

Exemption Clause

1. The Heart Rate, Pressure, Blood Oxygen and Blood Pressure data output by R16 are not intended to be a medical or diagnostic basis.
2. Self-diagnosis and self-treatment are dangerous. Only qualified physicians are allowed to diagnose and treat high

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Warranty Clause

Our company always pursues the service concept of "creating value for customers".

We offer 1 year warranty period for R16 smart watch. If there is any damage or malfunction during normal use, the warranty service will be provided to the customer for free after confirmation by our technician. The following conditions are not covered by the warranty:

- A. Accident or human damage
- B. Testing, repairing or disassembling without authorization
- C. Contamination due to human reasons
- D. Damage caused by connection with equipment which is not compatible
- E. Natural aging
- F. Damage caused by Force majeure



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This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

RF warning for Portable device: The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.