## Introduction

ChoiceMMed S608 Lite VitalWatch Monitor is a multi-functional electronic device. The VitalWatch Monitor can not only be used for human blood pressure, SpO$_2$, ECG, heart rate and other vital signs monitoring, but also has a variety of functions such as sleep detection, exercise pedometer, find phone, set stopwatch, alarm clock, compass, barometric pressure, vibration intensity and so on. ChoiceMMed S608 Lite smartwatch can be prepared for the realization of user monitoring data for big data mining and analysis, and ultimately realize user health management.

Features include:

☆ Fashionable product design
☆ With sleep detection, ECG, HR, blood pressure, blood oxygen and many other functions
☆ Support for message sending (e.g., calls, WeChat, email, SMS, etc.)
☆ Many beautiful dial styles available

Product Appearance view:

- Wristbands
- Bottom Electrodes
- On/Off Button

- Side Electrodes
- Ceramic Bottom Case
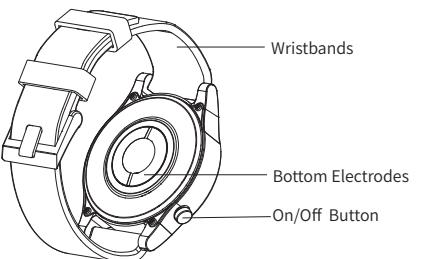
Measurement & Use

❶ Charging and powering on

Charging：Let the wireless charging base align with the charging area on the back of the device, then connect the charger to the other end and plug in the power until the charging level prompt appears on the screen. Power-up：Press the power button for seconds to turn on the device.

Notes：
- Please use the dedicated wireless charging base in the package to charge, please keep it dry for charging.
- The wireless charger consists of a charging cable and a wireless charging base. To ensure safe charging, please use the special charging equipment provided by the manufacturer for charging.
- The service life of the lithium battery is 5 years. Typically, a fully charged vitalwatch monitor can be used continuously for 12 hours.
- When not in use for a long period of time, it needs to be recharged every 6 months.

❷ How to Wear

1、When the user wears correctly, the vitalwatch monitor needs to be placed in the middle of the back of the wrist, the edge of the device is below the root of the ulnar styloid process, and the center of the dial is located about two finger widths from the wrist and the horizontal stripe of the palm.
2、Ensure that the back of the vitalwatch monitor is close to the skin, and do not be covered by other objects, and maintain a calm state.

Root of styloid process of ulna
styloid process of ulna
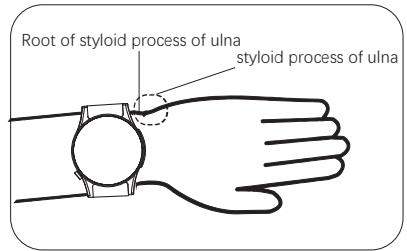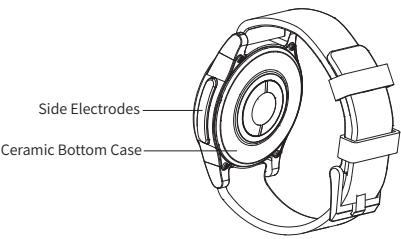
❸ How to Measure

1、 Press the power button for seconds to start up.
2、 After powering on, switch between different measurement interfaces by sliding left and right on the main interface for measurement.
3、 Click on "Measure" at the bottom of the measurement screen to start the measurement.
4、 During measurement, you can stop the measurement through switch the interface by right or left gesture operation.
5、 The measured parameter values are displayed on the screen.

Measurement

■ Blood pressure measurement

- Users shuld rest for at least 5 minutes before measuring and sit still.
- Wear the vitalwatch monitor tightly and avoid the wrist bones.
- Calibrate the blood pressure first for first measurement.
- When measuring, hold the dial with the index finger and thumb of the right hand at the same time, and touch the side electrode with the index finger.

■ Blood Pressure calibration

Before the first blood pressure measurement, the device needs to be calibrated.
Calibrate the device according to the following steps:
Step 1：Tap "Start Calibration" in the blood pressure measurement page.
Step 2：Keep your finger touching the electrodes when calibration starts, and wait at least 20 seconds, then you can move your finger away.
Step 3: Using a blood pressure monitor to measure left arm blood pressure.
Step 4: When finish measurement , input your SYS and DIA values, as well as your height, then tap "Finish".

Notes：
▶ Follow the instructions in this manual to use.
▶ Calibration is recommended every 6 months.
▶ Do not move or talk during measurement.
▶ The device must be calibrated for each individual whoever firstly uses it for blood pressure measurement.

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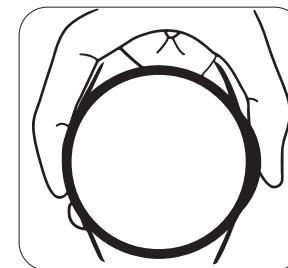
# User Manual
VitalWatch Monitor

S608
Lite

■ ECG measurement

- Wear the VitalWatch Monitor tightly and avoid the wrist bones.
- It is best to wash your hands and wet your fingers or wipe your hands with a damp towel before measurement.
- Keep your arms on the table and keep still during measurement.
- When measuring, hold the dial with the index finger and thumb of the right hand at the same time, and touch the side electrode with the index finger.
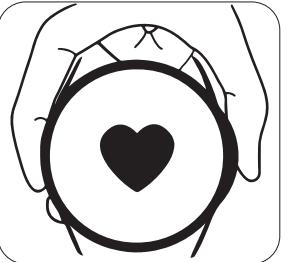
■ SpO₂ Measurement

- Wear the VitalWatch Monitor tightly and avoid the wrist bones.
- Please keep still during the measurement.
- Your finger does not need to touch the electrode when measuring.
- Record the measurement results.
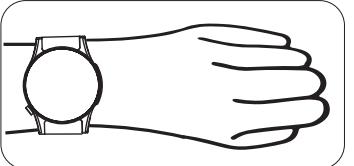
⚠ NOTES

1、When measuring, please wear the device correctly, avoid the wrist bone, do not be too loose to avoid shaking and affecting the measurement results.

2、During the measurement, please keep your body still, keep your arms on the table or knees, and relax.

3、Do not release the electrode with your finger during the measurement, and the contact force with the electrode is moderate, so as to avoid excessive pressure or insufficient contact with too light.

4、If the skin is too dry, please moisten your finger with a small amount of water water before measuring, and keep the surface of the device dry, if there are any water stains, wipe dry before measuring.

5、Try to wear loose-fitting clothing, your arms should not feel tightened by clothing, and the device should not be worn outside or pressed by clothing.

6、Do not hold the strap with your other hand, as this will cause false detection.

7、Keep your shoulders naturally, don't shrug or slump.

■ Screen Display

In the device main menu interface, you can browse the menu items by swiping the screen up and down, the function settings are as following:

- **Screen Display:** Tap "Screen Display" to change the watch face display mode, set the screen brightness, screen off time, and display settings

   Dial Change: User can choose dial freely according to preference.
   Brightness: Slide the brightness bar to set the brightness.
   Rest time: Can be set to 10s, 20s, 30s, etc.
   Settings: Can be added to the blood pressure, ECG, sleep, steps and other display parameters

- **Vibration Intensity:** Can set the intensity to strong, weak, none
- **Do not disturb mode:** Can set on or off
- **Language switching:** Set Chinese or English
- **Connection management:** When the device is successfully paired with the phone, you can cancel the pairing operation.
- **About VitalWatch Mnitor:** Displays device name, model , version
- **Restore Factory:** Select "×" or "√" to confirm that restoring the factory settings will clear the personal data.

Specifications

[Product Name]: VitalWatch Monitor

[Model]: S608 Lite

[Weight]: Main Unit 63±3g; Wrist bands 20±3g

[Size]: φ45*13.5±2mm

[Power Supply]: Lithium-ion battery (3.8V/240mA)

[Heart Rate]: Measurement range: 30~250bpm

[Blood Pressure]: Measurement range:30mmHg～280mmHg

[Oxygen Saturation]:

   SpO2: Measurement range: 70%～100%

   PR: Measurement range:30～250bpm

   Accuracy: 30~99bpm, ±2bpm; 100~250bpm, ±2%

   Resolution: 1bpm

   PI: Measurement range: 0.3~20.0%

   RR: Measurement range: 4~45rpm

[Environment Requirement]:

   Operating temperature: 5℃~40℃

   Ambient Humidity: 15~93% no condensation

   Storage/transport temperature: -25℃~+70℃,

   Ambient Humidity: ≤93%no condensation

   Atmospheric pressure: 70kPa~106kPa

[Classification]:

   Type of protection: Internally powered equipment

   Degree of protection: BF type

   According to the degree of protection against ingress of water: IP68

[Package]:

VitalWatch Monitor (Including Wrist bands)	X1
Charging base (with power cable)	X1
User Manual	X1
Quick User Guide	X1

Data Storage

All of the following measurement results can be uploaded to the iChoice APP.

Blood Oxygen: Spot-checking, can measure SpO2, PR, PI and RR, and 20 measurement records can be stored.

Blood Pressure: Spot-checking, DIA and SYS can be measured, and 20 measurement records can be stored.

Heart Rate: Continuous measurement, display real-time HR values and trend graph.

ECG: waveform display and storage, HR display, support short-range measurement for 30 seconds, can store 20 measurement records. Sleep monitoring: continuous SpO₂, PR, RR measurement, up to 72 hours of data storage; Show sleep duration,and show deep sleep, light sleep, and awake time.

Reminder: Enter the memo information and time on the APP, and the vitalwatch monitor will vibrate to remind you when the time is up, and display the reminder content.

Steps/calories: Set the target number of steps on the APP, and the measurement data can be uploaded to the APP.

Maintenance

To ensure proper operation and prolong the service life of the equipment, please pay attention to cleaning and maintenance of the equipment in general.

● Cleaning

If there is dirt on the strap or dial, please use a dry soft cotton cloth to wipe, if the dirt is not easy to remove.

If the dirt is not easy to remove, use a cloth moistened with water or 75% medical alcohol, wring it out well and wipe it, then dry it with a dry cloth. Please note that the strap cannot be washed in a washing machine or dishwasher.

● Maintenance

Do not subject the instrument to strong shocks or vibrations.

Do not allow any liquid to enter the instrument.

● Storage

The instrument should be stored and transported at an ambient temperature of -25°C to +70°C and a relative humidity of no more than 93%.

Do not store the product in a place where it is exposed to direct sunlight, full of water vapor, high temperature, humidity, dusty, corrosive gases. place for storage. The instrument must be kept dry at all times, humid surroundings may affect the life of the product or even cause damage. The instrument must be kept dry at all times, as humid surroundings may affect the life of the product or even cause damage.

Warranty Policy

⊙ The warranty period for this product is 12 months from the date of purchase.

⊙ The battery is not covered under warranty.

Non-Warranty Principles:

⊙ Improper usage or storage;

⊙ Damage caused by exceeding the usage conditions specified by our company;

⊙ Malfunctions and damages caused by unauthorized disassembly or repair, and other human factors;

⊙ Damage caused by force majeure events;

⊙ Repairs that are not covered under warranty will incur repair and shipping costs.

FCC Declaration:

FCC ID: WWIS608

Please take attention that changes or modification not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.