

Smart Watch

User Manual

Please refer to this manual before using the product

V1.0

Notes:

1.1 The company reserves the right to modify the contents of this manual without any further notification. It is normal that some functions may vary in certain versions of software.

1.2 Please charge this product with the configured charger for no less than 2 hours before using it.

1.3 It is prohibited to push buttons, slide the screen of the watch under water.

1.4 This product supports IP68 rank waterproof, not suitable for deep sea diving. Hot water, tea and other corrosive liquids are destructive to the watch, and will not be able to enjoy the product warranty and free maintenance services.

I. Models can be paired with:

Android phones: support OS 5.0 and above

iPhone: Support OS 9.0 and above

II. Mobile Phone APP Download

In the watch display dial interface, sliding from right to left to enter the function menu. Click APP Download (Figure 1), and scan the QR code in the watch with your phone(Figure 2), or search “LinkTo” on App store or Google play store and download it.



(Figure 1)




(Figure 2)

Link to App:

1. Connect with iPhone


1.1 On the watch, please open the Bluetooth connection QR code on Settings—Link to APP—iOS

1.2 On your phone, please open LinkTo App, click  to select your device then enter QR code scanning page, please scan the QR code in watch to pair.

1.3 On your phone, after paired, please click “Go settings” to enter Settings—Bluetooth, search your device name and click it to connect. (Figure 3)

2. Connect with Android Phone

2.1 On the watch, please open the Bluetooth connection QR code on Settings—Link to APP—Android

2.2 On your phone, please open LinkTo App, click  to select your device then enter QR code scanning page, please scan the QR code in watch to connect.

Note: When Bluetooth connection is fully completed, the Bluetooth icon on the watch is in half blue and half green(Figure 4).

Please allow LinkTo to access the contacts, call logs, messages, notifications and location in your smartphone, and please register/login in with your mailbox (or log in with a third-party App) and keep the App running in background.

Almost finish

Please go to your Bluetooth settings page to connect your device, this step will help you synchronize the call function (if you connect the watch model is FS08, you can directly click on the next step)

[Go setting>>](#)



















< Next

(Figure 3)



(Figure 4)

III. Main Functions

- | | |
|---|---|
|  Dialer |  Drink |
|  Phonebook |  Remote Camera |
|  Call history |  BT music |
|  Messaging |  Anti-lost |
|  Heart rate |  Alarm |
|  Pedometer |  Calculator |
|  Sleep Monitor |  Calendar |
|  Sedentary |  Stopwatch |

1. Function Introduction:



1.1. Calling function:

- 1.1.1. Dial: When your watch is connected with your phone, make Bluetooth calls from your watch.
- 1.1.2. Phonebook: When your watch is connected with your phone, contacts in your phone can be synced to your watch.
- 1.1.3. Call history: When your watch is connected with your phone, call history in your phone can be synced to your watch.
- 1.1.4. Messaging: When your watch is connected with your Android phone, messages in your phone will be automatically synced to your watch (Only for Android OS smartphone).
- 1.1.5. Answering/Rejecting calls: Swipe vertically to adjust the call volume.



1.2. Health

The goal of the **Health** feature is to sit less, move more and get a healthy life style.

1.2.1. Heart rate

On the **Health** menu, select **Heart rate**. Touch the heart icon to start measuring your heart rate.

On the heart rate measuring screen, swipe down from the top to open **Options**. You can set **Mode**, view **History** and **Help** here.

While measuring your heart rate, ensure that the watch is level and that the heart rate sensor is in contact with your wrist. You might need to press down on the watch slightly to ensure a good contact. To achieve a reliable reading, make sure that you keep your wrist level.

Note: Heart rate detecting should not be used for medical purposes.

1.2.2. Pedometer

Power on and wear your watch, it will automatically record your steps and calculate distance and calories burned. Your intraday fitness data will be cleared at 00:00.

On the fitness data display screen, swipe up from the bottom to

open **Options**, you can set the **Status, Goal, Gender, Height, Weight** and view **History** here.

When your watch is connected with your phone, your fitness data will real-time sync to the LinkTo app in your phone, or you can pull down the Data page on LinkTo app to sync fitness data from your watch to your phone.

❖ Reset your watch: Settings > Reset

1.2.3. Sleep Monitor

From 22:00PM to 08:00AM, sleep monitor will automatically run and monitor your sleep quality and hours.

On the sleep data display screen, swipe up from the bottom to open **Options**. You can set **Status**, view **History** and **Help** here.

When your watch is connected with your phone, please pull down the Date page on LinkTo app to sync sleep data from your watch to your phone.

1.2.4. Sedentary

Set a sedentary duration (at intervals of 30 minutes, 0min--300mins for options), your watch will vibrate and ring to remind you when you have been seated for a sedentary duration.

1.2.5. Drink

Turn on the drink feature, everyday from 09:00AM to 21:00PM, your watch will remind you to drink water every 1 hour until you drink a total of 2.5L water.



1.3. Remote

1.3.1. Remote Camera

When your watch is connected with your phone, open the camera of your phone, tap **Capture** on your watch to remote control taking photo. Photo saved in your phone.

To function as a camera remote, your watch needs to be within normal Bluetooth range of your phone(about 33 feet or 10 meters).

1.3.2. BT Music

You can use your watch to control music playing if it is connected with your phone. This includes adjusting volume, toggling Play/Pause,

skipping forward or back, Music only plays on your phone.

1.3.3. Anti-lost

When your watch is connected with your phone, touch **anti-lost** on your watch, your phone will get an alert.



1.4. Tool

1.4.1. Alarm

Turn on the alarm feature, set alarm time, repeat time, alarm tone and alert type. On the last alarm display screen, swipe up from the bottom, tap **+** to add new alarm. In an alarm that you have set, firmly press to delete it.

1.4.2. Calculator

Enter data on the keypad to calculate.

1.4.3. Calendar

View the date, week, month and year.

1.4.4. Stopwatch

Time events with accuracy and ease.



1.5. Notifier

Pair your watch with your phone and get notifications from the apps of your phone. Notifications are displayed on your watch as soon as they arrive, you will not miss what you matter.

Note: On your phone, go to settings > Notifications to specify which apps and events generate notifications.

1.6. Bluetooth

Search and pair your watch with other mobile devices.

1.7. App

Scan the QR code to install LinkTo App.

1.8. Settings

1.8.1. Bluetooth Settings

On unpaired status, tap **BT settings** to turn on/off Bluetooth and set visibility. On connected status, release the connection before turning off Bluetooth.

1.8.2. Link to App

Scan the QR code to connect with LinkTo App.

1.8.3. Clock

Set the clock type, the clock type that you have selected will be displayed as your watch face.

Turn on the **Time sync**, when your watch is connected with your phone, time and date will be real-time synced from your phone to your watch. Turn off the **Time sync**, you can manually set the time and time format.

1.8.4. Sound

Set alert type: Ring, Vibrate, Ring and Vibrate, Ring then Vibrate and Mute. Select ringtone and select notification tone here.

1.8.5. Volume

Set the volume of Multimedia, Ring, Notification tone.

1.8.6. Display

Set the Main menu style, Brightness and Screen time out.

1.8.7. International

Turn off **Auto Sync**, you can select a language which different from your connected phone. Turn on **Auto Sync**, the language of your watch will sync with your phone(the premise is that your watch has the language of your phone).

1.8.8. Motion

Turn on/off flip to mute incoming call.

Turn on/off flip to mute alarm.

Turn on/off wake-up gesture.

Turn on/off shake to answer the call.

1.8.9. Reset

Go to settings > Reset in your watch, your watch will erase all data and restart.

1.8.10. About

View the Device address, LE address, Connected service, LE connected status, Version and Release time here.

2. Notes

2.1 Some Android phones may be unable to install the LinkTo App, please set the phone's "Security" as "unknown source" to properly install the APP.

2.2 Bluetooth of the Watch / phone must be turned on and allowed to be searched by the surrounding Bluetooth devices. The watch's Bluetooth is off by default and needs to be turned on manually for first use.

2.3 When the phone requests to have the permission of reading SMS records, taking pictures and videos, and obtaining the position, please click "Allow" to facilitate your message synchronization, notification receiving, scanning QR code, remote camera, recording motion track and other functions.

2.4 Only one synchronization software can be installed on the phone, and the synchronization software requires log in or register before use. Ensure the network is working.

2.5 When there is a problem with using the software, you can find the use method in the personal center as follows to know the correct use of each function:

Personal Center ----- Settings ----- Help

2.6 Watch language switch, if you need to switch to other languages, please turn off the automatic language synchronization function (it is ON by default).

2.7 The use of notification synchronization requires:

2.7.1 The watch's Bluetooth and the mobile phone's Bluetooth (LinkTo) have been connected successfully, and the Bluetooth icon above the watch is blue and green.

2.7.2 Phone Settings - Notification (allow the app message to show notification on the phone).

2.7.3 Allow the message display in the mobile phone notification bar.

2.8 Some Android smartphones may shut down the synchronization software by cleaning up the applications, and please keep the synchronization software running in the background. Android phone set background running method: open the phone settings - application management - to find synchronization software - rights management - background management - choose to allow the APP to run in the background (different phones, versions, the setting method may be different).

If the synchronization APP still doesn't work, please restart your watch and your phone, and repeat the above steps.

IV. Solutions of Troubles

In case there's a problem during the using of the watch, please solve it accordingly by the following ways. If the problem still exists, please contact the seller or designated maintenance personnel.

1. The watch cannot be turned on

1.1. Press the power button for a longer time

1.2. Make sure there is enough battery

1.3. Please recharge the watch and start it again.

2. The watch shut down automatically

2.1. It is possible that the battery is used up. Please recharge the watch and start it again.

3. Short battery performance

3.1. Make sure the battery has been completely charged. (At least two hours)

3.2. Turn off the needless functions which are high-power consumption such as GPS, wake-up gesture etc.

4. Watch cannot be charged

4.1. Check if the battery can be used. The performance of battery may be reduced after several years.

4.2. Check if the charger is working properly, (both the adapter and cable), if not, try another one.

4.3. Check the connection of watch and cable during charging.

V. FCC Warning

Any Changes or modifications 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.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

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.

Warranty Certificate			
Client Info			
Product Type		Vendor	(Stamp)
Client Name		Contact Info	
Vendor's Contact		Purchase Date	
Product IMEI Code			
Client's Address			
Vendor's Address			
Warranty Record			
Date	Problems	Diagnosis	More Info