

DAS.4

SG24 | User Manual



Thank you for choosing our product!

To have a comprehensive understanding and of how to use using this device and to know all the features and simple operation method, please read this manual first.

The functions on the user manual may be a little different with from the physical product.

The typing errors and discrepancies in this manual will be timely updated. If we have updates, this manual will be subject to change without notice. Our company reserves the right of final interpretation.

Package: One gift box, one user manual, one smart band unit.

Remark: The product is waterproof (IP68),. You can wear it while washing hands, in the rain, sea water is prohibited.

Do not use the product when having a hot shower. The steam will penetrate the waterproofing and will cause the circuit to burn. All these are beyond the scope of the warranty

Buttons Instruction:

Top button: Press the button to light the screen from the standby mode. When the screen is off on, press the button again to enter the “sports mode function.

Bottom button: Long press the switch button to power on the device, then short press the button to lighten the screen.

Touch screen instructions: swipe down to enter quick settings: swipe right to enter the notification center: swipe left to enter the main menu., swipe up to enter the weather. menu
Changeable band: A small switch push it in the middle, then can change the band.



Charging instruction: this product is using magnetic force charging. Supports 5V mobile

phone charger and computer USB interface. Put the charging cable to the back of the device's charging pins, it will charge automatically. It usually takes 2 hours to fully charge and the device's standby time up to 30 days, 5-10 days for working. Do not use the watch when charging.

⚠ Caution: You should place the magnetic charger correctly at the pins. If the charger is not properly aligned with the pins, it will cause the circuit to burn.



The watch can connect with your phone by downloading the application “Youth Health” using one of the methods below.

1) Android / IOS: Scan the QR code using any scanner, to download the app “Youth Health



2)Android: search and download “Youth health” app from Google Play;
iOS: search and download Youth health” app from the App Store;

After installation, turn on cellphone Bluetooth and Youth health App, confirm the notifications and all others permission Youth health asks are enabled, and fill up personal information. Tap “Add device”, search “L11XXX” device (turn on the GPS in the smart phone before binding) and tap connect.

Firmware upgrade: When Bluetooth is connected, in same interface of “Youth health”, click “More- “Updates”, if there is new firmware available, click to update to the latest watch firmware version.

Notice: If it is unsuccessful, please reconnect the Bluetooth and try to upgrade again.

Because different smartphones have different bluetooth versions, the connection sometimes can be unstable. If you are having difficulties, please restart the bluetooth service and connect to the watch again.

Main Features:

Language/Time/Date

These settings will be synchronized when you successfully connect the watch with your smartphone.

Standby interface: You can change the watch face by pressing on the screen for 2 seconds and then selecting the watch face you want.

Status bar: enter the standby interface with Bluetooth status, QR code (scan with mobile phone and download "Youth health"), brightness adjustment and battery. percentage

Message When connected, all the incoming notification from the mobile phone, will be displayed to the watch. You can change what notifications you want to receive from the app.

Pedometer- Distance- Calorie: Display the steps, mileage, calories, Every night at 12 o'clock, the data will be saved and reset to 0. Click to enter the historical record and check it.

Sports:

Click to enter the multiple sports, mode choose a sport to start, swipe right to enter the pause screen. For each exercise, there are data such as exercise time, calorie consumption, heart rate etc.

Health

Heart rate: Take a single measurement of your heart rate. You should see a green light being emitted from the bottom of the watch. The normal heart rate is between 60 to 90 bpm. When exercising or after an intense workout, the heart rate can reach up to 180 bpm.

Blood pressure: When monitoring, please put your hands flat on a surface. the data will come out after a few seconds. Blood pressure tends to increase with age, and women have lower blood pressure than men.

ECG: The combination of optical heart rate and electrocardiogram technology takes about a few seconds to produce the data. When the measurement is completed, the "To APP" interface will appear. The electrocardiogram is saved on the mobile phone app "Youth health", which can be Shared with others for reference.

Blood Oxygen: SPO2H, it is the percent of oxygen in blood, normal rate is 94 95-99%.

Sleep monitor: The smart watch will turn on it turn the function on automatically from 9p.m to 9a.m. You can check the details of sleep quality by connecting the App.

Stopwatch: Press the start and pause icons accordingly, press pause again to exit

Remote control music: use your smartwatch to play music through your mobile phone

About: Tap to enter, check device model, firm-ware version, Bluetooth address etc.

Reset: Restores factory settings.

Alarm: Set several alarm clocks through the App in the phone.

Sedentary Reminder: You can. Enable the function to remind yourself to stand up and avoid sitting for too long.

Find your phone: Tap it and phone makes a ringtone alert.

Wrist bright screen: Activate it in the App, Drains the battery faster when it is on

Units Setup: Metric or imperial system

Data transmission: All the data will be saved in the device. No matter the measurement

(pedometer, heart rate, sleep quality, and multi-sport mode), the data. Can be synchronized with your mobile phone through the APP.

IP68 – Only dustproof and only accidental contact with fresh water – hand washing.

