


1. Calling

The watch supports calling function. After connecting to BT3.0, you can make, answer or reject calls on the watch, or check call records, call back, use the contacts and other functions on the watch. (Refer to the manual for connection method)

Note: when using this function, you need to keep: ① The phone's BT function turned on normally; ② The phone APP and the watch connected normally.

Operation instructions

(1) Dial: Short press the power button, select "Dial" in the APP list. Enter the phone number in the dialing interface, then press  to make a call.

(2) Contacts: After adding contact information to the phone APP, select "Dial" → "Contacts" in the watch APP list, then click the desired contact to make a call.

(3) Call Log: Short press the power button, select "Dial" → "Call Log" in the APP list, slide up or down to check the call log, and click any desired record to make a call.


2. Voice Assistant

The watch supports voice assistant control function. You can wake up the voice assistant on the phone with one button. It can realize real-time voice interaction to meet your daily needs.

Note: when using this function, you need to keep: ① The phone's BT function turned on normally; ② The phone APP and the watch connected normally.

Operation instructions

(1) Short press the power button, select "Voice Assistant" in the APP list.

(2) Click , then you can give commands to your watch, for example, "What's the weather like today?"

3. Message Notifications

The watch can synchronously receive calls, text messages, QQ & WeChat messages sent to the phone, as well as messages sent to application software of the phone, and prompt you by vibration.

Note: when using this function, you need to keep: ① The phone's BT function turned on normally; ② The phone APP and the watch connected normally.

Operation instructions

(1) Open SMART-TIME PRO APP, select "Device"→"Message Notifications" and turn on related push notifications.

(2) When there is a new message notification on the phone, the watch will prompt you by vibration. You can swipe up on the Home Page of the watch to enter the Unread Message Center and check the unread message.

4. Music Control

The watch supports music playback function. You can use the watch to sodcast music. You can also play/pause music, skip to previous/next song, adjust volume, etc. on the watch→Music APP.

Note: when using this function, you need to keep: ① The phone's BT function turned on normally; ② The phone APP and the watch connected normally.

Operation instructions

(1) Short press the power button, select "Music" in the APP list.

(2) Open the music APP on your phone and play music.

(3) Now you can control music playback by clicking the watch.

5. Stress Monitoring

Stress is calculated by the change of HRV values, which is used to measure the body status. The higher the value is, the higher the stress is. In case of high stress, you should take some rest to have your body recovered.

Operation instructions

(1) Short press the power button, select "Stress" in the APP list to check recent stress status.

(2) By default, the watch enables all-day stress monitoring. It automatically measures stress every 5 minutes, records the stress change of the whole day. You can check the daily, weekly, and monthly stress data in the SMART-TIME PRO APP of the phone.

6. Female Health Management

The female health monitoring function is used for female cycle tracking. When the menstrual period is coming, the watch will remind you by vibration.

Operation instructions

(1) Open SMART-TIME PRO APP on the phone, click "Device"→"Health Management". After health management is enabled, you can set menstrual period length, cycle time, menstrual period

reminder time, etc.

(2) Short press the power button of the watch, select "Female Health" in the APP list to check the menstrual cycle.

7. Stock Market Monitoring

Operation instructions

(1) Open SMART-TIME PRO APP on the phone, click "Device"→"Stock Market"→"Add", enter the stock code in the search bar, click "Search" and add.

(2) Short press the power button of the watch, select "Stock Market" in the APP list to check the stock information synchronously on the watch.

8. Stopwatch


The watch supports complete timing and segmented timing operation. For segmented timing, the watch can store up to 20 records.

Operation instructions

(1) Short press the power button, select "Stopwatch" in the APP list.

(2) Click ▶ to start counting.

(3) Click + to record time in segments.

(4) Click || to pause the stopwatch, and click  to reset it.


9. Timer

The watch supports specifying time length and customizing timer operation.

Operation instructions

(1) Short press the power button, select "Timer" in the APP list.

(2) Select time length as needed, click "√" to start the timer.

(3) Click || to pause the stopwatch, and click  to reset it.

10. Alarm

You can set an alarm on the watch, so that it can remind you by vibration at the set time.

Operation instructions

(1) Short press the power button, select "Alarm" in the APP list.

(2) After setting the time and repetition period, click "√".

(3) You can also set an alarm on the phone APP, "Device"→"Alarm".

11. Changing Theme Style

The watch has 3 built-in theme styles, you can change between them freely.

Operation instructions

- (1) Short press the power button, select "Settings"→"Theme" in the APP list.
- (2) Click the desired theme, then return to the APP list to see the current theme style.

12. Changing Watch Language

The watch supports 18 languages, including Chinese, English, German, Spanish, French, Italian, Turkish, Portuguese, Russian, Arabic, Polish, Czech, Hebrew, Thai, Vietnamese, Indian, Bengali, Dutch.

Operation instructions (watch)

- (1) Short press the power button, select "Settings"→"Language" in the APP list.
- (2) Swipe up or down to select the desired language, ✓ indicates the currently set language.

Note: This setting only changes the language on the watch. If you need to synchronize it to the phone, please conduct the following operation steps on the phone:

Operation instructions (phone)

- (1) Open Settings on the phone to change phone language.
- (2) Open SMART-TIME PRO APP on the phone, and make wireless connection

with the watch.

- (3) After connecting successfully, the watch language will automatically change with the phone system.

Note: If the phone APP and the watch are already connected, please open the SMART-TIME PRO APP and refresh it after the mobile phone switches languages.

13. Find My Phone

Click "Find My Phone" function on the watch. After finding the phone, the phone will prompt you by ringtone, so that you can find it.

14. Taking Pictures

The watch supports taking pictures. By operating on the watch, the phone can synchronously enter/exit the photographing interface.

Operation instructions

- (1) Wear the watch properly on your wrist.
- (2) Open SMART-TIME PRO APP.
- (3) Short press the power button, select "Take Pictures" in the APP list. Meanwhile, the mobile phone will synchronously enter the photographing interface.
- (4) Click the watch camera icon to take pictures.

15. Watch backlight time adjustment

The backlight time of the watch can be adjusted to 3 to 20 seconds via the SMART-TIME PRO APP of the mobile phone.

Operation instructions

- (1) Open SMART-TIME PRO APP on the phone, click "Device"→"Backlight".
- (2) Select the desired backlight time, click "Confirm".