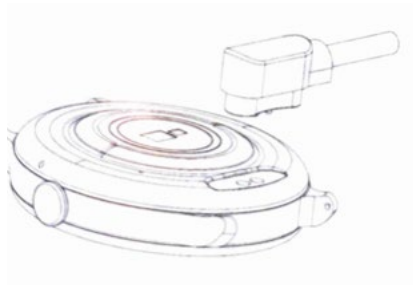# LISKA
IT'S ALL ABOUT TRENDS

Instructions SV-44HB

App Download

Scan the following QR code, download and install the App.

Turn on the Clock:

Charge your device to activate it before using it for the first time. To charge it, connect the charging cable to an adapter or to the USB port of your PC.
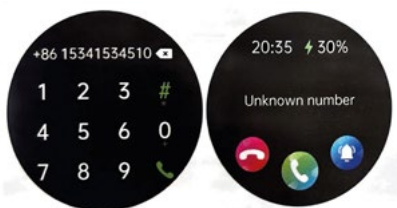
Pair the watch:

1. Open the app and set up your profile.

2. Go to "Device" and click "add device".

3. Choose your device from the scan list.

4. Finish.

Using the touch screen:

Control Center

Swipe Down | Swipe Up

Swipe Left | Swipe Left

Menu | Swipe Right | Swipe Right | Feature pages

Swipe Down | Swipe Up

Messages

Phone call:

Connect to the bracelet through the phone's Bluetooth to make and receive calls (**Note: Other functtlons must be connected to the bracelet vla APP(H Band) to use)

Points to note when using

1. If the bracelet has been connected by another mobile phone, please disconnect it from the original mobile first At the same time, the wristband end will restore the factory settings once in the settings.

2. Please note that the bluetooth name of the call connection is G98 ",(This device must not be connected to a Bluetooth device named ™G98 ",other wise it can not to make phone call play music). Please do not leave the bracelet more than 5 meters away form the phone during a call,o-therwise the call quality will be affected.

3.Please do not leave the bracelet more than 5 meters away from the phone during a call, otherwi-se the call quality will beaffected.

At Voice:
click the icon to wake up the phone smart assistant, and you can control the smart phone smart assistant through the watch voice.
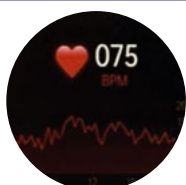
Heart rate:
The Smart Watch could record your heart rate all day.
You can also tap on the page to start measuring heart rate.

Sports:
The Smart Watch automatically tracks steps taken on the screen.
(Your movement stats reset to zero at midnight.)

Training:
Tap the training icon on the menu to start a new training measure recording, there are 123 sport modesto be chosen. The last training recording will be shown on the training page.

Blood pressure test:
Tap the blood pressure page to start measuring your blood pressure.
On the blood pressure page, it can show the blood pressure measured data of the last times.

Sp02 test:
Touch the Sp02 page to start measuring your Sp02.
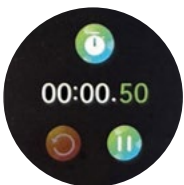On the Sp02 page, you can see the measured data of Sp02 last times.

Music:
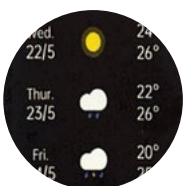After connecting the device, you can remotely control the music player on your phone.

Sleep:
If you keep wearing Smart Watch in your sleep, it can provide the hours slept and quality of sleep stats on both the screen and the APP. Sleep starts reset to zero at 8:00pm.
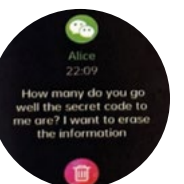
Stop Watch:
Tap the start button on stopwatch page to start timing, and tap the stop button to stop timing.

Weather:
It could show the weather info of current and tomorrow on the weather page. Weather info is synced after con necting with the APP, it will not be updated after a long disconnected.
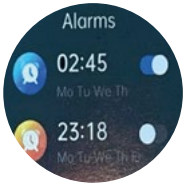
Message reminder:
You can sync incoming notifications from Twitter, Facebook, Whatsapp, Instagram, etc. to receive them on your watch. Recently 5 messages can be stored.
(You can enable/disable incoming app notifications.)

	Camera: After connecting the device, you can remotely control your phone's camera.

	Silent Alarms: Set up the alarm on the APP, the device will vibrate to remind on time.

	Blood glucose: Click the blood glucose interface to measure the current blood sugar value. More detailed analysis and data logging are available View it on the client.
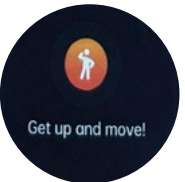
	Reminder to move: The device will vibrate to remind you to move after sitting for 1 hour. (You can turn the feature on/off in the app.)

Warranty:

We do not advise immersion of watches and we do not accept their return as a guarantee, since we consider them only **IMPERMEABLE.**

We also do not recommend having a shower with it, as the hot water vapor can affect both the battery and the clock module. Also avoid sudden changes in temperature.