**Step 1:** Get a new SIM card

1) Get a new Nano SIM card.
2) Activate the SIM card’s Cellular data plan and Caller ID display function.

**Step 2:** SIM card installation and power on

1) Please make sure the watch is powered off before inserting SIM card;
2) Use screwdriver among accessories to install SIM card;
3) Lock the SIM card and fasten the plastic cover with screw to avoid getting water inside;
4) Please use the magnet charging cable for battery recharge.

**Step 3:** Power on the watch

After SIM card installation, press the small button on the watch right side for about 3 seconds. Screen lit up and power on.

**Step 4:** Get familiar and start to use the watch.

**Step 5:** Install APP by wearer’s Guardian

Download and install GPS tracking APP in guardian’s smartphone via scan QR code in watch or user manual.

**Step 6:** Log in APP

Log in the APP with the 10 digits ID No. and default password 12356. (If possess more than one GPS watch, please contact the after-sale service for an account to monitor all your watches under it.)

**Step 7:** Set SOS numbers in APP

Find the menu of “Settings”, and set SOS number for urgent calls; Other numbers can be set in “Phone book” settings for daily calls.

More APP settings can be found in “FAQ” section of the APP. All settings shall be done when the watch powers on with GSM signal and data available.

**Step 8:** SOS urgent calls

Press SOS button (the bigger one) for 3-5 seconds to make calls to the three numbers preset.
Press short for talking-clock function.

Step 9: Daily phone calls function
Make calls to guardian: Set the screen and fetch phone button interface, click the number you need to dial to make a call or the phone button to pick up a coming call with ringtone and vibration notifications; Reject a call by clicking the red hang up button.

Step 10: Check location in APP
1) Visit your device online, please make sure signal and data status display right;
2) Guardian can check wearer’s

status by reading wearer’s heart beats and blood pressure records via APP remotely.

Step 12: Power on
Press 5 times shortly to power off the watch.

FAQ:
The watch has no signal after sim card installation.
1) Please check the SIM card’s plan data has been activated;
2) After SIM installation, the watch's GPS function provides elderly people a reference value of heart beat and blood pressure.
3) To get an ideal result, please follow the instruction above to keep the arm horizontal with heart level;
4) Make sure the watch bottom contacts wearer’s wrist and wear for 40 seconds;
5) Guardian can check relevant health

settings when calling wearer’s heart beats and blood pressure records via APP remotely.

Device is "Offline" when saying telephone numbers online, please check the SIM card online or call. I was told “The number you dial is busy now” when calling the GPS watch. 1) Please make sure the number is set before. (To ensure the safety of wearer, only make calls to the phone number. User can make calls to the phone number.
2) Make sure SIM can’t Caller ID display has been activated.

Notes: Sometimes the watch locations are not accurate.
1) Please take the watch outdoors near urban areas under the open sky and hit the phone button;
2) Guardian can enter ‘real-time tracking’ or ‘history tracking’ by clicking the refresh button.
3) Change the "interval time" into 1 minute in urgent situation.
In audio calls, sometimes I got echo, noise or even screen.

To ensure performance, the watch microphone and speaker are covered by Nano materials which may cause echo. Please lower the volume or speaker volume to reduce echo.

Device Description: