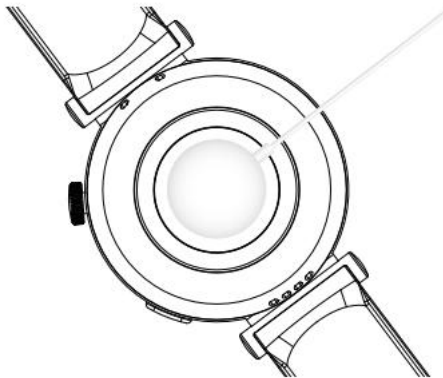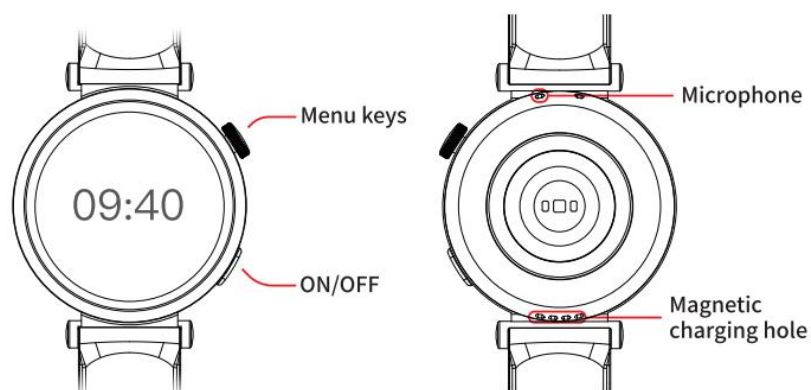# CARNEO®

USER MANUAL
Venus HR+

EN

WATCH CHAAGING AND ACTIVATION

Align and fit the wireless charger with the back of the watch until the charging prompt appears on the watch screen.When the watch is low,charge.The devices an all-in-one machine

After receiving the watch, if it is not turned on, please charge it for more than 10 minutes before activating the watch.

WATCH APPEARANCE

Menu keys

ON/OFF
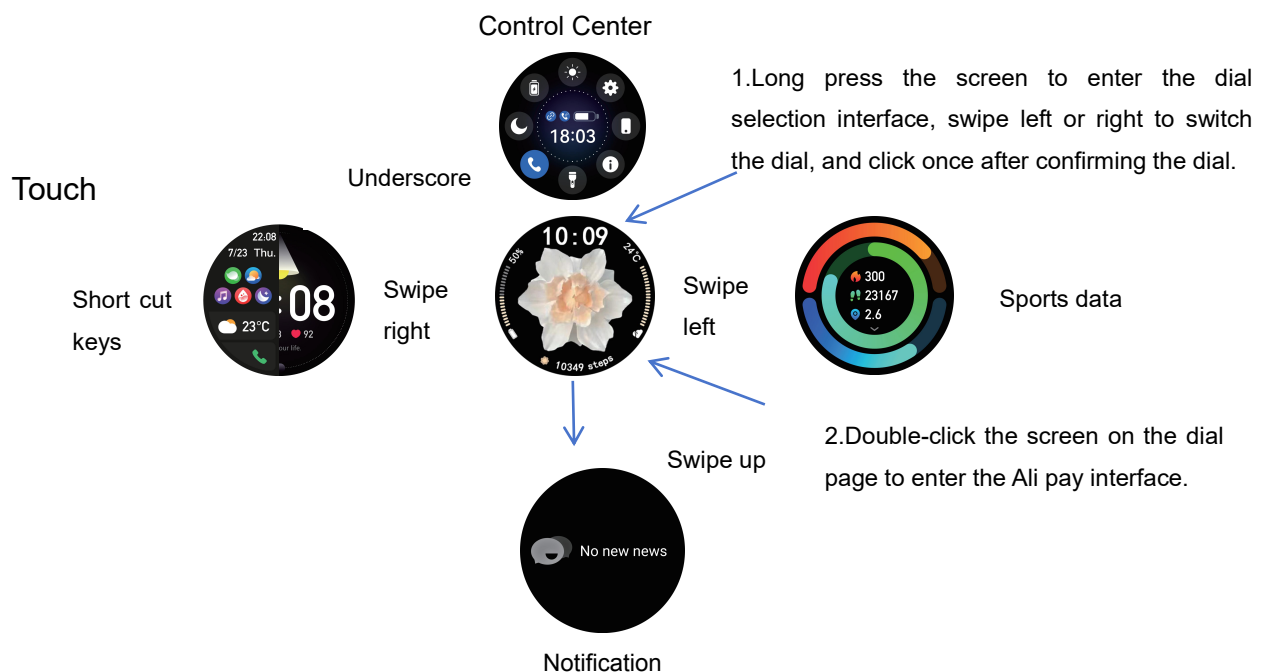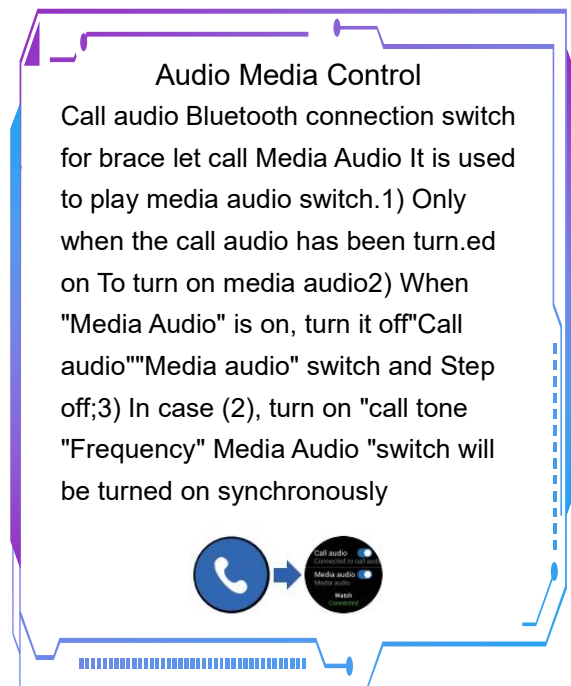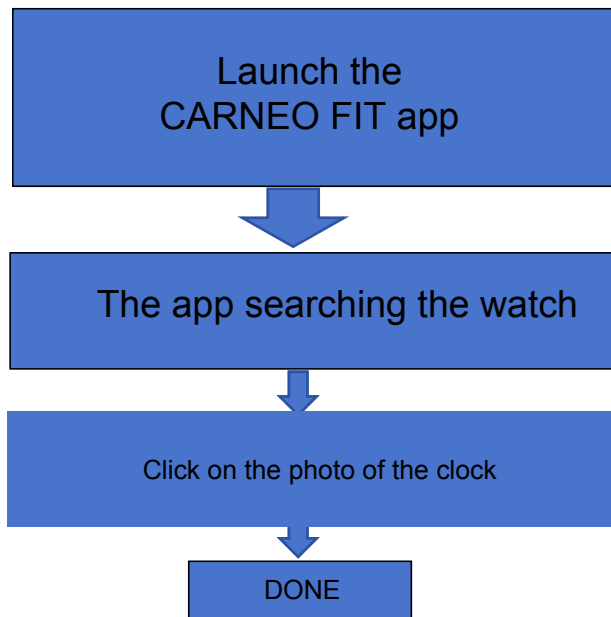
Microphone

Magnetic charging hole

MOBILEPHONE CLIENT DOWNLOAD

Scan the OR code below to download and install the mobile phone client

Scan QR Code and Download

Connect the smart watch

Launch the
CARNEO FIT app

↓

The app searching the watch

↓

Click on the photo of the clock

↓

DONE

Audio Media Control
Call audio Bluetooth connection switch for brace let call Media Audio It is used to play media audio switch.1) Only when the call audio has been turn.ed on To turn on media audio2) When "Media Audio" is on, turn it off"Call audio""Media audio" switch and Step off;3) In case (2), turn on "call tone "Frequency" Media Audio "switch will be turned on synchronously

Control Center

Touch

Underscore

1.Long press the screen to enter the dial selection interface, swipe left or right to switch the dial, and click once after confirming the dial.

Short cut keys

Swipe right

Swipe left

Sports data

Swipe up

2.Double-click the screen on the dial page to enter the Ali pay interface.

Notification

FUNCTION LNTRODUCTION

Dial switch

Long press for 2s on the home screen to enter the dial switch interface.Slide right and left to switch the dial for selection and click to select the dial

Control center

Function overview: Do not disturb mode, power saving mode, brightness adjustment, settings, find phone, system information, flashlight, call Bluetooth

Movement data

Display the number of steps, distance, and calories recorded on the day, and the number of steps in the last seven days. You can set the target number of steps, distance, and calories in the APP

Sports

Options for sport patterns: 8+1 types, (walking, running, mountaineering, cycling, skipping rope,basketball, badminton, football, yoga (as a push replacement exercise)), click the icon to start exercising,support 110+ on the APP side sports push

FUNCTIONLNTRODUCTION

Sport record

The interface saves the recent 10 pieces of historical sport records.You can view the sport duration,heart rate and calories during the sport

Heart rate

When entering the heart rate measurement interface, the bottom green light lights up to start the measurement, and there will be a vibration reminder when the measurement is completed in about45 seconds. It can display the user's current heart rate zone and 24-hour heart rate curve.

sleep

Displays the sleep monitoring status of the current day & the last seven days, the data is updated every day, and the data can be saved synchronously when the APP is connected, and

the device will recalculate the data information of the new day.Sleep monitoring time period: 21:30-12:00

Blood pressure

When entering the blood pressure measurement interface, the bottom green light lights up to start the measurement, and there will be a vibration reminder when the measurement is completed in about 45 seconds. This measurement is a measurement based on PPG technology.The last seven blood pressure values of the user can be displayed.

FUNCTIONLNTRODUCTION

Blood oxyen

When entering the blood oxygen measurement interface, the red light at the bottom lights up to start the measurement, and there will be a vibration reminder when the measurement is completed in about 45 seconds. This measurement is a measurement based on PPG technology. It can display the user's current blood oxygen interval and the last seven blood oxygen values.

Female Health

Keep the watch connected to the APP, you can open the female health reminder on the App. you can view the female health reminder information on the watch

Music

Keep the watch connected to the APP, You can control the pause and start of the mobile phone music player, volume adjustment, and song switching

Weather

After you connect your watch with the APP and open the location permission,the weather interface will display the real-time temperature and weather type

FUNCTION LNTRODUCTION

Alarm clock

Keep the watch connected to the AAP, you can set a single alarm clock or a cyclic alarm clock .You can set up to 5 alarm clocks

Stop watch

Click the start button for the timing of the start.Click the pause button to timing the pause.Click the reset button to time to zero.It can save up to 99 pieces of data

Timer

As for the timer function ,the user may start quick timing through the system press time or click

the user-defined button to set the time.Click the Start button for the timing of the start.Click the pause button to timing the pause Click the reset button to time to zero

Information

Open information push on the App and the watch can receive the corresponding message. It can save up to the last 15 pieces of messages

FUNCTION LNTRODUCTION

Find my phone

Keep the watch connected to the App and click "Find my phone"The bell rings on your mobile phone and the watch shows that you have successfully found your mobile phone:If the watch is not connected to the APP, the watch will indicate that it is not connected

Settings

Setting functions include screen display (dial switch,duration of screen brightening brightness control,duration of screen brightening through palming),language,vibration strength,menu style battery,QR code and system setting

Ali pay

Scan the code with mobile Ali pay binding click "consent agreement and binding 'after successful binding.double-click the Ali pay payment code display after the home screen, can also unbinding(Note:This function is only available in both Chinese and English languages)

Breath training

During breath training,there were 1 min 2 min options.The user clicks the corresponding duration for breathing training.After clicking to start,follow the icon to zoom in and inhale,shrink and exhale

FUNCTIONLNTRODUCTION

Drinking reminder

You can open this function through [device>drinking reminder Jon the APP After it is opened, you can set the start time,end time and reminder interval

Sedentary reminder

You can open this function through [device>sedentary reminder] on the App After it is opened,you can set the start time, end time and the period for Do Not Disturb

Calculator

The numerical input is in the upper limit of 7 digits (input of negative numbers is not processed), and the result of the calculation is within the upper limit of 8 digits, if the result exceeds the calculated value, it will be displayed with "-----" that cannot be calculated

Calendar

Display the current year, month and day, slide down to display the calendar

Frequent contacts

Frequent Contacts: You need to add them in the frequently used contacts column on the app side.The frequently set contacts will be automatically synced to the device, and up to 10 contacts can be added.

Frequently Asked Questions and Trouble Shooting

Fail to start the watch
Press the power switch for more than 3s Maybe the battery level is too low.Please charge the battery timely

The Bluetooth is not connected or cannot be connected

1,The bluethooth is not connected or cannot be connected
2,Please restart the mobile phone bluetooth and connect again
3,Do not connect your mobile phone to other blueooth device at the same time

The measurement of heart rate/blood oxygen/Ecg is

inaccurate

1,General, it is caused by poor contact between the watch sensor and human body
2,Please ensure that the sensor contacts the wrist well during
3,Please keep your body still and the watch attached to your wrist tightly during measurement

Frequently Asked Questions and Trouble Shooting

Sleep data is not accurate enough
1,Sleep monitoring simulates the status of natural sleep andgetting up of human,and you should wear it as usual
2,If you sleep too late or you do not wear the watch until you go to sleep,there may be some error
3,It does not monitor the sleep data during daytime.The default time for sleep montioringfrom 9:30 in the evening tol2:00 at noon on the next day

For more frequently asked questions ,please view[My >FAQ] on the App

Bluetooth data transmission

When connected to a mobile phone, the device will synchronize some data with the mobile phone through Bluetooth in time, including weather, notification messages, sports health data, etc. This data will not be synced when the connection is dropped or Bluetooth is turned off.
Notice:
1) Do not charge in a humid and watery environment.
2) Please regularly clean the back of the watch and the surface of the wireless charger with a

clean flannel to ensure The watch and the wireless charger surface are in full contact to ensure normal charging.

3) This product is not equipped with a power adapter. In order to ensure the safety of family members and property, you can use the computer USB interface or choose a power adapter with an output of no more than 5V =1A when charging. Please buy power adapters through regular channels, and avoid using low-quality, fake power adapters to avoid bursting or fire.

Precautions

1. The measurement results of this product are only for maternity examinations, and are not used for any medical purpose or basis, Please follow the doctor's instructions. Do not self-diagnose and treat with this measurement result.

2. The waterproof level of this product is IP68, and it cannot be used for diving swimming or soaking in water for a long time; in addition, this product can-not be used in hot water/sauna environment, because water vapor will cause damage to the equipment.

3. The company reserves the right to modify the contents of this manual with.out prior notice. Some functions are different in the corresponding software version, which is normal.

Declaration of conformity:
This fy. TRUST system s.r.o., ID No.: 36249343, Jiráskova 19, 91702 Trnava declares that the type of radio equipment CARNEO Venus HR+ complies with Directive 2014/53/EU, 2014/30/EU, 2014/35/EU and 2011/65/EU.

Specification:

Application	CARNEO FIT
CPU	BT8959T5
Compatible systems	Android 5.0 and later; IOS 13.0 and later
Flash memory	892KB: RISC-V p364KB HIFI 4-528KB
Screen type	AMOLED
Screen size	1.3 inches
Resolution	360*360
Touchscreen IC/Type	CST816D
Bluetooth call	BT8959T5
Bluetooth call	BLE5.3
Acceleration gsensors	STK8321
pulse rate	LC09A
Battery type	Lithium polymer battery
Quantitative (scientific)	3.7 V/200 mAh-501628
Charging method	wireless charging
Waterproof	IP68
Charging time	3H
Operating time	max 7 days
Standby power consumption Supply	Minimum 70uA
voltage	DC 5V