

HAMMER Stroke



- Calls
- BP Monitoring
- Heart rate Monitoring
- Notifications

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Download Jyou Pro APP



Basic Parameters

Device type	Smartwatch	Battery type	Lithium Polymer
Vibrating Motor	Support	Synchronization mode	Bluetooth version 5.1
Working Temperature	-10°C ~ 50°C	Sensor	Low power accelerometer
System Requirement	Android 5.0/ iOS 9.0 & above	Runs upto 2 Days with BT Calling	

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Long press for 5 seconds
To turn on / turn off

User Tips

After installing the app, it will prompt to request for the following phone permissions. Bluetooth Notifications Local Network

"Jyou Pro" Would like to use Bluetooth Need to connect the watch through bluetooth	Don't Allow OK	"Jyou Pro" Would like to send you notifications Notifications may include alerts, sound and icon badges. These can be configured in icon settings.	Don't Allow Allow	"Jyou Pro" Would like to find and connect to device on your local network Need to connect the watch through bluetooth.	Don't Allow OK
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Connecting Stroke smart watch

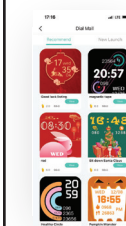
1. Switch the watch on: Long press the side button for 3-5 seconds.
2. Please turn on the phone's bluetooth and location service. Make sure the watch is not binded with other devices. Open the "JyouPro" APP on your mobile phone. Set your personal information and enter the device interface. Click on "Scan for Device". View the MAC address from the settings of the smartwatch. You can also view the MAC address from the device list to determine your device name and the corresponding MAC address. Device is successfully connected.

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Tips for first time use

1. Please make sure the battery is fully charged. Open the box, use the Hammer Stroke charging cable, insert USB to your laptop or any USB port with 5V to charge the smartwatch before first use. Ensure that the watch is fully charged. The approximate charging time is 2 hours. Please ensure that the charging contact points are clean. There should not be any dirt, liquid, impurity or oxidation on the charging contact points. When charging, the screen will display the charging symbol.
2. How to start the device: Long press the Hammer Stroke smartwatch's side button for 5 seconds and it will start.
3. When Hammer Stroke is first paired with "Jyou Pro" app. It will synchronize the time, date, battery level and will display the symbol of success for the successful bluetooth connection.
4. After connecting the device, make sure to turn on: Incoming notification, SMS notification, Message notification.
5. How to shut down the device: At the watch face page, long press the Stroke smartwatch's side button for 5 seconds, then select shut down. The smartwatch will be turned off with a vibration.

App Functions and Settings



Main Interface/ Watch Face

Switch the customized watchface through the APP (As shown in the picture on the left)

Discover more watch face through App

App device page - Dial Market - click on the watch face picture you like - click on redeem and use now. Please do not leave the download page during downloading.

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Personal Profile

Set your personal information when you login. Fill in your Name, Age, Gender, Height and Weight.

Bluetooth Calling

Stroke supports the function of Bluetooth calling. With one touch, you can accept/reject calls. It also has a dialpad for easy calling.

Notifications

When connected, if this function is enabled in the smartwatch, it will vibrate whenever there are notifications from Facebook, Twitter and so on. (Give the App access to system permissions).

- Alarm** Set the alarm.
- Upgrade** Upgrade the watch software when necessary.

Favourite contacts You can add upto 50 contacts of your mobile phone to your smartwatch.

Camera This function will control your mobile phone to take photos from watch.

Others Find my phone feature, sleep monitor, stress monitor, DND, menstrual cycle tracker, theatre mode, low power mode etc.

Notes :

- 1: The data of steps, sleeping, heart rate, blood pressure, and blood oxygen saturation of the watch will be synchronized to the app. The relevant data can be synchronized by pulling down the corresponding page. More detailed information analysis and data recording can be viewed from the App.
- 2: Each time you open the app, the watch will automatically connect to the phone. After right slide of the main interface of watch to enter the MAC address interface, the bluetooth icon will appear, indicating that bluetooth is connected. If there is no bluetooth icon, bluetooth is not connected.

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3. When using GPS under sports mode, please turn on location services for phone and device. If the watch does not have GPS function, you can open the GPS function in the app.

Watch Function interface

1. Watch face: It has 10+ in-built watchfaces, it can be changed to other watch face with date and time.
2. From the watch face page, swipe up to access notification.
3. From the watch face page, swipe down to open main menu. Call function: you can turn on/off call function, contact, dialer, call history, clear history. Pedometer: show the step counts Sleep: show the sleep status, like sleep time, deep sleep time etc. Stress Monitor: monitors the stress level when worn on the wrist. Camera: this function will control your mobile phone to take photos from watch Player: music control, play or pause, last music or next music Health Tracker: measure your heart rate, blood pressure, blood oxygen Exercise information: record various exercise information and data Weather: show weather status Siri: Choose siri from the watch menu Notification and vibration: turn off/soft/strong. Voice assistant: access the voice assistant from your smart watch. Others: alarm, stopwatch, calculator, torch, notifications, theatre mode, calculator, find my phone.
3. In the settings option, you can set the following: Do not disturb: you can turn on or off do not disturb function Style: you can choose grid style for your smartwatch Password: you can create, change and turn on or off password protection Others: Brightness, vibration, language, low power mode, reboot, shut down, 4. Customized watch face: Go to "Jyou Pro" App - Device - Dial market you can choose the recommended dial / default dial / album custom dial to synchronize to the smartwatch.

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Adjust Brightness/ Smartwatch reset/ Control centre

1. You can adjust the brightness from the watch settings.
2. If you need to use the watch with another phone, you need to reset the watch. Click reset button from the watch menu, the watch will be restored to the initial state and restart automatically. At this time, all the data on the smartwatch is cleared.
3. When sliding down, the bluetooth icon will appear indicating that bluetooth is connected. If there is no bluetooth icon, bluetooth is not connected.

Why the watch can't receive the message notification?

Since Android mobile phone's background automatically cleans up the apps which are not commonly used, it will cause the watch connection to drop and no longer push the message.

1. Make sure you turn on the message push in JYOYPRO app settings.
2. Make sure you turn on the "JYOYPRO" notification in mobile phone's notification setting. Message notification is pushed by reading the phone's notification bar. The watch can't get notification if the message push is turned off in mobile phone settings.

Note : Find notification settings in phone settings. Turn on Whatsapp, Facebook, Twitter, Phone, SMS, etc.

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Getting to know your device

It is advisable not to throw the smartwatch into the fire in order to avoid explosion. The battery life varies according to the environment and usage mode. **Warning :** This product is not a medical device. The smartwatch and its applications should not be used for diagnosis, treatment, or prevention of diseases and illnesses. Please consult a qualified doctor first if you want to change your habits such as exercises and sleep to avoid causing serious casualties.

Why does blood pressure data differ from sphygmomanometer?

The difference between the smartwatch data and sphygmomanometer is determined by a variety of factors. The measurement site of the sphygmomanometer is in the radial artery and the measurement site of the watch is in the two main branches of the arteriole. Normally the difference value between aortic blood pressure measurement is between 3 to 40 because the blood flows in the artery in the direction of the centrifuge. If you use the smartwatch and sphygmomanometer to measure at the same time, the sphygmomanometer band will put your elbow under pressure. The blood pressure cannot flow smoothly to the lower branch of the artery and will increase vascular tension, which will make the difference larger.

Why can't I wear the smartwatch to bath, hot springs, sauna or shower?

The bath water temperature is relatively high. It will produce a lot of water vapor, and the water vapor is gas phase. Its molecular radius is small, it is easy to infiltrate from the shell gap of the watch, and when the temperature drops, it will recondense into a liquid phase. Water drops can easily cause a short circuit inside the watch, damage the circuit board and damage the watch itself.

Special attention: For other issues of watch usage, you can get detailed answers in the app suggestion feedback.

For customer queries contact us on

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