QUICK GUIDE

1. **Download the App**

   Scan the QR code below or search **MedRPM** on Apple App store or Google Play store to download our app.

   http://onelink.to/kg8bnh

2. **Sign up with MedRPM (if you don't have one) to create a profile.**

3. **Add New Watch**

   Make sure your device's Bluetooth is ON before you begin.

   - Scroll to the bottom of the main dashboard. "**Select Add new smart watch**"

   - Find your watch in the "**Select nearby watch**". For this model 2051, the device name starts with "**J2051E**".

   - Select that then Rename the watch (or just select "rename my watch". That's it.

   - For the first time, it may take a few seconds to sync existing data on the watch to your profile.
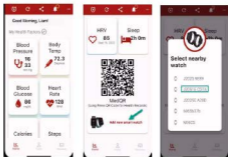
Note: By default, the time on your watch is set to different time zone. It will be sync with the time on your phone once you added the watch.

MedRPM(™) Smart Health Tracker

Model: 2051

AMOLED Smart Health Watch

ECG / Blood Oxygen / Heart Health Monitor / 10+ Days Battery Life
Heart Rate, Body Temperature, HRV, Stress, Sleep Monitor, Multiple Sports Modes and Activity Tracking

── User Manual ──

Introduction

2051E is a smart health watch which can monitor multiple body vital signs under different activity modes.

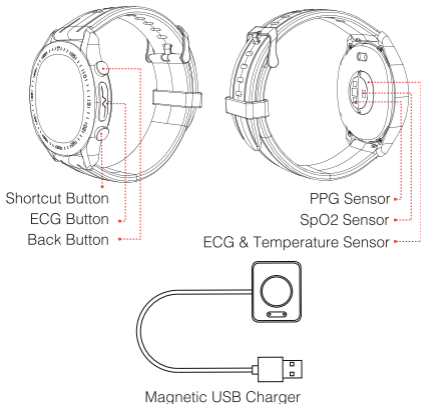|		
24/7 Heart Rate Monitor	ECG	SpO2
Blood Pressure	HRV	Stress
Temperature	Breath Training	Multi-Sport Mode
SOS	Call & SMS	Sleep Tracking
Find Phone	Waterproof 5 ATM	Activity Tracking

Note: the watch is not a medical device. The test results and suggestions are for reference only.

What's Included in the Box

(1) Watch with detachable strap
(2) Magnetic USB charger
(3) User manual
(4) Gift box

Shortcut Button
ECG Button
Back Button

PPG Sensor
SpO2 Sensor
ECG & Temperature Sensor

Magnetic USB Charger

1. Download the APP

○ Scan the QR code below or search **MedRPM** on Google Play or
iOS App Store to download our MedRPM
○ Make sure the Bluetooth of your mobile device is on.
○ Choose device identified in App and connect to your
smart watch.

http://onelink.to/kg8bnh

🔍 MedRPM

Note: Please ensure that your
Android version is 4.3 or above,
iOS version is 11.0 or above. The
watch supports Bluetooth 5.1
connection.

2. Charge the Battery

Your device is powered by a rechargeable battery.

If the battery is less than 5%, the low battery icon will appear to remind you to charge the device. Please use the magnetic USB charger to recharge the device. The display will light on for 10 seconds during charging, then turns off automatically. It takes about 1.5 hours to be fully charged.

Magnetic
Charging Pins

Low Battery

Fully Charged
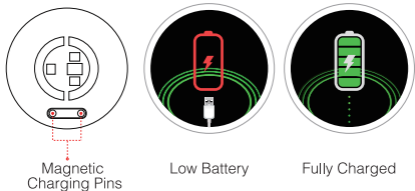
Note:
1. Please prevent the USB charger port from coming into contact with conductive materials, such as liquids, dust, metal powders and pencil leads.
2. The other functions will not working during charging.If you want to use the watch, please stop charging first.

High — careful

3. Activate the Device

When out of the factory, the watch is set into hibernation mode to save the battery. Before use, please charge to activate your watch. After activation, the watch will start charging. Please use your watch only after it is fully charged.

4. Start to use the Smart Watch

Swipe up: Different social notifications.

Swipe down: Quick setting, can set time format, silent . mode, brightness level, lift wrist, music control, find phone, checking battery level, etc.

Swipe right: Check detail daily activity data, sleep data, weather status.

Swipe left: Check detail operation for different functions, e.g. real-time Heart Rate Monitor, SpO2 Monitor, ECG Monitor, HRV/Stress/ Monitor.

Back button: Return to the main screen with one click, or return to the previous screen.

ECG button: Touch the ECG button after Start to test your ECG data

Shortcut button: Press the button to start system selected mode : Exercise/HR/SpO2/ECG/

5. Function Operation

5.1 Heart Rate Monitor

Swipe right to left in home screen to find the Heart Rate screen. The device will automatically start heart rate monitor. Please wear tightly for accurate heart rate monitoring, otherwise the device will gently vibrate to remind you to wear tightly.

5.2 SpO2 Monitor

Swipe right to left in home screen to find the SpO2 measuring screen. Tap to start SpO2 monitoring. Please wear tightly for accurate SpO2 monitoring, otherwise the device will gently vibrate to remind you to wear tightly. Please keep still while measuring.
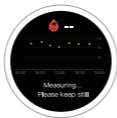
5.3 ECG Monitor

Swipe right to left in home screen to find the ECG icon. Tap to start ECG monitoring. Please wear tightly for accurate ECG monitoring, otherwise the device will gently vibrate to remind you to wear tightly. Please keep still and **make sure your fingers touch the ECG button of the device** during ECG measurement. After measurement, you can check the ECG report on the APP.

You can also start ECG measurement on APP for real time ECG monitoring.

5.4 Stress & HRV,Blood pressure Monitor

Swipe right from home screen to find the Vitals icon. Tap it to measure blood pressure, HRV and stress level. Please keep still while measuring. After the measurement, you can slide to check the report.

How to measure blood oxygen level (SpO2), HR, ECG and other vital signs correctly?

① For better accuracy, do keep your arm still, fasten the strap tightly, and make sure the screen is facing up. Please make sure the watch is worn on the correct position of the wrist, which is at least one-index-finger-width away from the carpal bone.

② If you are not wearing your band, or wearing it incorrectly, an error message will be displayed. Please read the onscreen instructions for how to wear it correctly and touch Retry to restart the measurement.

③ During the measurement, keep the screen facing up and your body still. The SpO2 measurement will be paused if you move your arm and the screen will show "Don't Move". Please always keep still to get accurate measurement. Each measurement lasts for about 1 minute, and the displayed SpO2 is updated every second.

④ The SpO2 measurement will be interrupted while receivinga notification for an incoming call or alarm.

⑤ Make sure the sensor area on the back of the watch is clean, dry and free from foreign objects.

⑥ In case in low temperature environment (such as high altitude, winter and other low temperature scenes), please take off the watch, try to rub the wrist to stimulate blood circulation, and then wear the watch again for measurement.

⑦ Thick hair, tattoos might affect the measurement of SpO2/Vital Signs, please try to avoid wearing the watch on those areas.

⑧ In order to make the measurement more accurate, it is recommended that you wear it for 3-5min before measuring SpO2/Vital Signs.

⑨ The watch supports oxygen saturation measurements in the range of 70% to 100%.

5.5 Body Temperature Monitor

There are two measurement methods for body temperature:

1 Wear on wrist to get 24H real-time temperature monitoring: wear the smart watch normally and keep the back pressed against your wrist. It can automatically measure your 24H real-time wrist temperature trend.

2 Wear under armpit to get highly accurate temperature measurement: Swipe right from the home screen to find the More icon, tap it and slide down to find the Temp icon. Then press the Temp icon to start armpit temperature monitoring. After removing the strap, press the smart watch (sensor side) under your armpit, then clamp it for 4-5 minutes for accurate measurement.
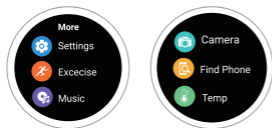
5.6 Breath Training

Swipe left from home screen to find the Exercise icon, slide down to find Relaxation icon. Tap to start breath training.

5.7 Multi-Activity Mode

Press back button in home screen to find the Exercise you can choose Walk, Run, Workout, Cycle, Relaxation, Cricket, Yoga, Climb, Aerobics, Basketball, Badminton, Soccer, Dance, Table Tennis, Rope Jump, Sit-ups, Volleyball or Tennis to take exercises, it can record your exercise data, such as exercise time, steps, distance, speed, heart rate, calories, etc. Detailed exercise report can be checked on the APP.

5.8 More Functions

Press Back button in home screen to check more functions : system settings/Exercise mode/Music control/stopwatch/timer/alarm/camera control/find phone/body temperature

More
- Settings
- Excecise
- Music

- Stopwatch
- Timer
- Alarm

- Camera
- Find Phone
- Temp

- Language

Note: For SOS Help function, first you need to set Emergency Contact (Name & Phone Number) in Personal Info page on APP, up to 3 contacts can be set. The SOS Help function can be triggered effectively only when the Bluetooth of the watch and the APP are connected, a SOS message will be sent to the emergency contact person, including your name & GPS location.

5.9 Settings

There are two ways to find the Settings icon:

Swipe up to down in home screen to find the Settings icon; or press back button in home screen to go more functions find settings

Click the Settings icon, you can set Wallpaper, Screen Time, shortcut key settings Power Off and Reset, as well as view more about Battery status and About (Device Info).

Note: You can change different wallpapers on the watch and APP both, or customize your home screen wallpaper via the APP.

6. Specifications

Warranty: 12 Months
Main Body Size: 44.5*37.5*10.5mm
Weight: approx. 46g
Display: 1.39 inch AMOLED Display
Battery: 230 mAh Lithium Polymer Battery
Data Memory: 30 Days
Waterproof: 5ATM

7. Precautions for Use

(1) Warning! Children swallowing risk! Children are not allowed to play with the device. Keep children away from the device.

(2) Warning! Risk of fire / explosion or chemical burns! This product contains a lithium-ion battery. Do not remove, disassemble, throw into fire or short the battery.

(3) Caution! Possible property damage! Do not drop the device and protect it from impact.

(4) Do not expose the device to extreme temperatures or extr-

eme temperature fluctuations. Protect the device from direct sunlight and dust.

(5) When cleaning, do not use any strong chemical, abrasive or foam cleaning materials. Protect the display from hard objects.

(6) Do not dispose off the device in domestic waste! If you have any questions, please contact your municipal waste disposal authority. Do not dispose off used batteries in domestic waste. Instead, take them to a special waste disposal site or a retailer's battery collection point. Packaging is recyclable or can be recycled into raw materials.

8. FCC Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequencyenergy and, if not installed and used in accordance

with the instructions, may cause harmful interference to radio-communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

-- Reorient or relocate the receiving antenna.

-- Increase the separation between the equipment and receiver.

-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

-- Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions:

(1) this device may not cause harmful interference, and

(2) this device must accept any interference received, including

interference that may cause undesired operation.

9. IC Statement

This device contains license-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's license-exempt RSS(s). Operation is subject to the following two conditions:
(1) This device may not cause interference; and
(2) This device must accept any interference, including interference that may cause undesired operation of the device.

The term "IC:" before the certification/registration number only signifies that the Industry Canada technical specifications were met. This product meets the applicable Industry Canada technical specifications.

Cet appareil contient des émetteurs / récepteurs exemptés de licence conformes aux RSS (RSS) d'Innovation, Sciences et Développement économique Canada. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.