SMARTWATCH WITH TWS EARPHONES JM06

Product overview

1. Back key
2. Power key
3. Earphone
4. Earphone
5. Touch screen
6. Heart rate sensor
7. Charging port

Before using the watch for the first time, please recharge it. The input voltage of the watch is 5V, please do not use power supplies with different specifications.
If you want to charge the earphones, place them into the dedicated slot in the watch. The red light will be on while the earphones are being recharged. When the light goes off, the earphones are recharged.

App installation and download

In order to use all the watch functions please make sure that your device satisfies the following requirements:

Android 8.0+   iOS9.0+   BLE Bluetooth 4.0+

Scan the QR code below to download the iband App, or download it directly from Google Play or App Store.

You can also scan the QR code on the watch and download the app.
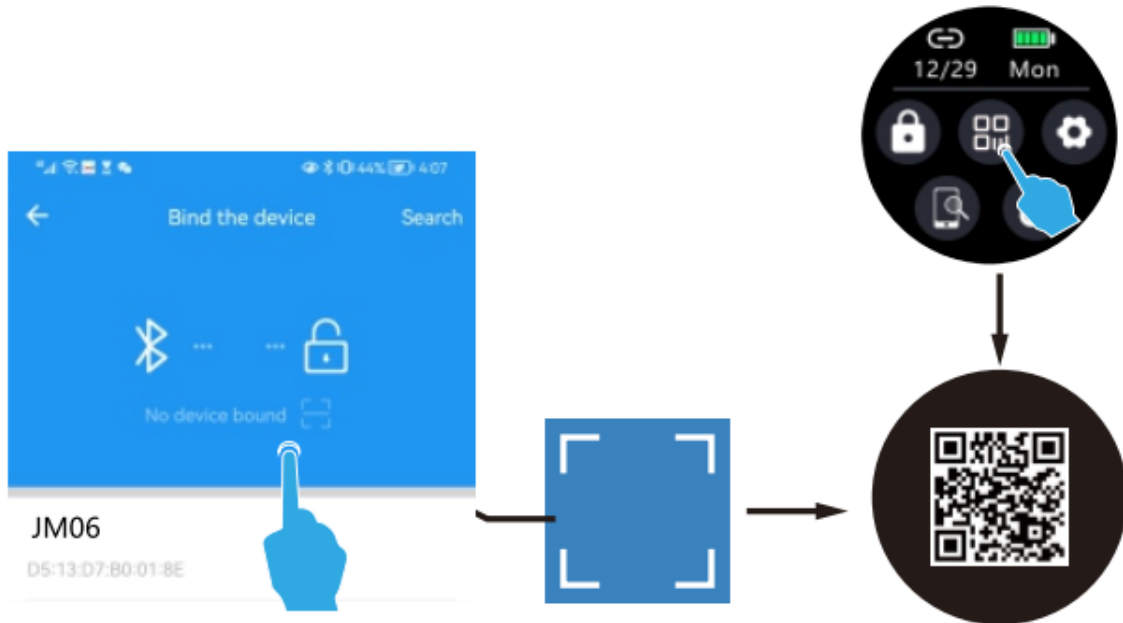
Pairing with your device

Method 1: open the app, search for device, and tap "Bind"

JM06

D5:13:D7:B0:01:8E

Method 2: scan the QR code on the watch.
1. Open the QR code from the watch menu
2. Open iband app, tap "Device bind" and tap QR code
3. Scan the QR code and pair the device

Operating instructions

Power on: Press and hold the side button for about 2 seconds to power on.
Power off: Press and hold the side button for about 2 seconds to power off.
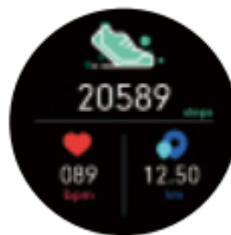
Main functions

Watch face: switch the watch when you long press this interface. Shake your hand to show the watch face when the screen is shut down.

Information: On this interface, you can view unread messages. You need to enable the notification feature in the app to use it.

Pedometer: On this interface, you can view real-time steps, heart rate, exercise distance, and more.

Heart rate: Staying on this interface allows you to measure your heart rate. You can enable the scheduled measurement feature in the app and set the interval for automatic measurements. (Note: Automatic measurements may result in high battery consumption.)
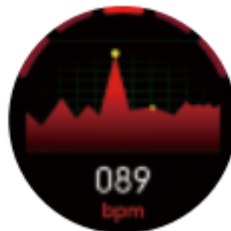
Sleep monitor: On this interface, you can view last night's sleep data, provided that you wore the smartwatch while sleeping.

Exercise: tap on this interface to enter the sub-menu where you can choose between different sport modes.

Dropdown list of functions

On the main interface, swipe down to display the function list.
Find phone: When connected to Bluetooth, clicking this icon will locate your phone, and it will vibrate and ring.

Countdown: You can choose a preset time or customize the time.

Stopwatch: You can start, pause, take split times, reset, and view records.

Weather: You can view the weather for the past three days. The data is updated by the app, so make sure to connect to the app to update it in a timely manner.

Blood pressure: Staying on this interface for about 2 seconds will automatically measure blood pressure. Long press to stop, and long press again to re-measure.

Blood oxygen: Staying on this interface for about 2 seconds will automatically measure blood oxygen. Long press to stop, and long press again to re-measure.

Settings: Click to enter the sub-interface, where you can perform more functions and operations.

- Product Information: View device firmware information, including model, ID, firmware version, MAC address, and more.
- Download App: Scan the QR code to download the app.
- Dial replacement: Select different built-in dials, swipe left or right to switch, and click to choose.
- Screen orientation: Modify the watch's display orientation according to your preference (convenient for adjusting how the watch is worn).
- Brightness adjustment: Click the '+'/'-' icons to adjust the screen brightness.
- Notification text: You can adjust the font size of message notifications for easier reading.
- Clear data: Clear all data on the device; after clearing, the device will return to the default language.
- Restart device: Turn off the device and restart it.
- Power off: You can power off the device using this function, or you can long-press the side button to shut it down.

Quick menu

Swipe down on the main interface to access the quick menu. Here, you can view the date, Bluetooth status, and battery level. Click on the icons to access sub-interfaces.

Screen lock: This function locks the screen on the main interface to prevent accidental touches. Long-press the side button to unlock.

QR code: You can quickly access the QR code for device binding. (The QR code is not displayed if the device is already connected.)

Find phone: When connected via Bluetooth, clicking this icon will locate your phone, causing your phone to vibrate and ring.

Music Control: You can control your phone's music playback, including play, pause, adjust volume, skip to the previous or next track. (This function is not available when Bluetooth is disconnected.)

Settings: Shortcut icon for accessing setting functions.

APP

After opening the app, you can set more functions, including:

Sedentary reminders: You can set reminder intervals and "do not disturb" times.

Camera control: You can use the app to access this function and control your phone's camera.

Alarms: You can set multiple alarms in the app, with the ability to edit alarm content.

Anti-Loss reminder: When the Bluetooth connection is lost for a period of time, the smartwatch will vibrate as a reminder. (This feature is usually turned off by default.)

Find wristband: When connected via Bluetooth, you can use the app to locate the smartwatch. The smartwatch will flash and vibrate.

Call notifications: Enable phone call notifications in the app, and your smartwatch will display the caller's information when you receive a call. You can also mute the phone call or silence your phone.

Custom Watch Faces: You can choose photos from your phone or take pictures to use as a watch face background. Additionally, you can customise the display content and its position on the watch face.

Earphones

1. Take the headphones out of the watch and put them into your ears
2. Turn on the Bluetooth on your smartphone, find the earphones' name JM06, and tap to pair.
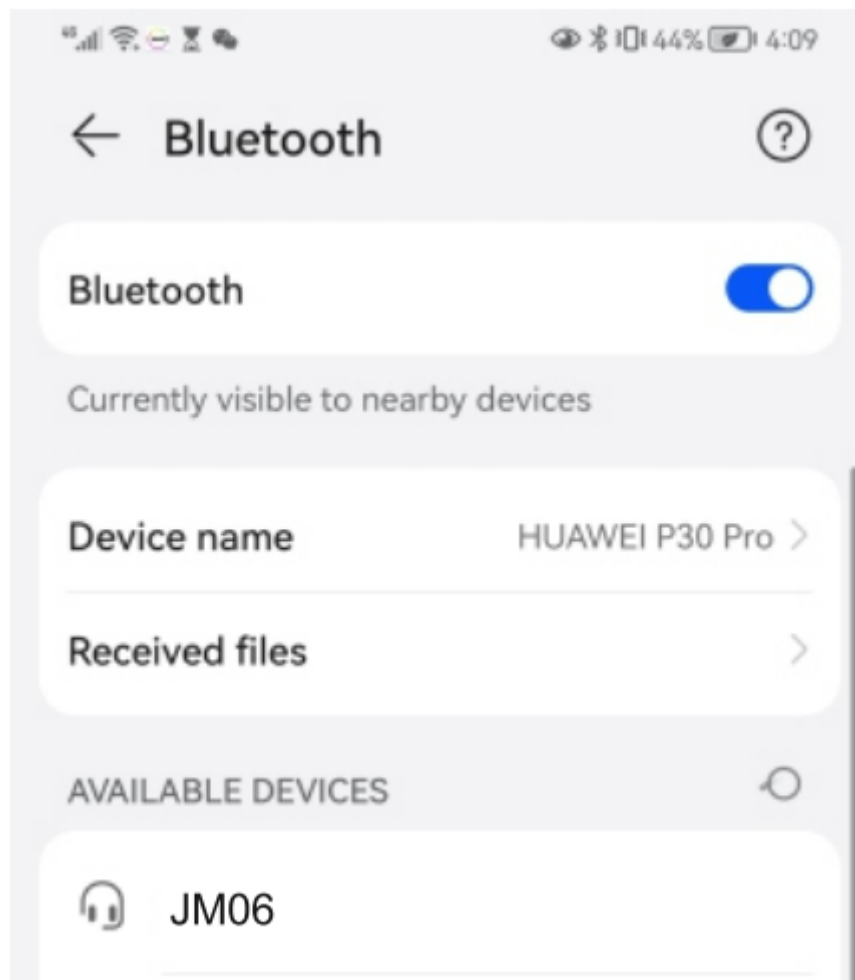
Touch feature

Call handling: Single tap to answer an incoming call. Long press for about 2 seconds to reject the call.
During a call: Single tap to hang up the call.
Music control:
- Double-tap the left button for the previous track.
- Single tap on the left or right button to pause/play.
- Long press for 2 seconds to decrease the volume.
- Long press for over 10 seconds to power off.
- Long press for 2 seconds to increase the volume.
Voice Assistant Function: Triple-tap on either the left or right headphone to activate the voice assistant.

Operating instructions

Power on: take the earphones out of the watch and they will turn on automatically. When the earphones are turned off, long press one earphone to turn them on.

Power off: Long press the touch area for 5 seconds to shut down.
The earphone will automatically shut down if the Bluetooth is disconnected for 5 minutes.
The earphones will automatically shut down when the battery voltage drops to 3.2V.
The earphones will automatically shut down when you put them into charging slots.

Pairing:
- Single Earbud Individual Pairing: Open the phone's Bluetooth settings and search for the device named "JM06." Tap on the device name to enter Bluetooth pairing.
- Automatic pairing for left and right earbuds (TWS mode): The left and right earbud will automatically pair with each other in TWS mode. After successful TWS mode pairing, open the phone's Bluetooth settings and search for the device named "JM06." Tap on the device name to enter Bluetooth pairing.

Reconnection: After taking the earbuds out of the charging slots, they will automatically reconnect to the last paired device. If they haven't reconnected to the last paired phone within 15 seconds, they will enter pairing mode. At this point, they can be discovered by a new mobile phone, which can then connect to them through Bluetooth. If they are still not connected to a mobile phone after 2 minutes, they will automatically power off.

Low Battery: When the battery is running low, the red light will flash slowly (once every 10 seconds), and there will be an audio prompt saying "Battery low" (audio reminder every 2 minutes).

FAQ

1. iPhone can't find the device, QR code doesn't appear:
On your iPhone, go to "Settings" > "Bluetooth" > "My Devices." Select the previously paired smartwatch or device from the list, then choose to "Forget This Device."
Attempt to rebind or re-pair the device with your iPhone as if it were a new pairing. This may involve scanning for the device again and initiating the pairing process.

2. Android can't find the device or can't reconnect after Bluetooth disconnects
Ensure that your phone's "Location" feature is turned on in the system settings. Some Android devices require this feature to be enabled for Bluetooth device discovery.
If you continue to experience connectivity issues, you can try forgetting the device in your phone's Bluetooth settings and then attempt to rebind or re-pair the device as if it were a new connection.

3. You are experiencing issues with phone calls, messages, or notifications on your smartwatch
iPhone: Ensure that your smartwatch is paired with your iPhone.
Try turning off the notification function on the smartwatch, then turn it back on or restart your iPhone's Bluetooth.
Android: Open the iBand app on your Android device.
Go to "Settings" > "About" > "Help" to check if the relevant functions are enabled. Make sure that notifications and permissions for the app are properly configured in your Android settings.

Please note: If the smartphone and computer application are opened at the same time, or if the notification permission for the application is turned off on the smartphone, the watch cannot receive notifications.

Precautions

Charging: When the battery is low, please charge it in a timely manner to effectively protect the battery's lifespan.

Do not charge the device in an environment exceeding 50°C to prevent the device from overheating and causing accidents.

This device uses a built-in battery. Disassembling it is prohibited to avoid damaging the device.

Please do not subject this device to severe impacts, punctures, or crushing to prevent damage or battery rupture. In case of a battery rupture, avoid contact with eyes and skin. Do not rub the affected area if such a situation occurs; instead, immediately rinse with clean water and seek medical attention.

The data measured by this device are for reference only and should not be used as medical equipment.

When the phone is placed in the watch, it will automatically shut down and charge; it will automatically power on and connect to the network when the phone is removed.

The red light remains on during charging and turns off when the charging is complete.

When the watch's battery is below 10%, it will not supply power to the phone. The phone will automatically power on and connect to the network, and the phone will display the connection status. Please charge the watch promptly in such cases.

Friendly reminder: After using the watch, please clean it before placing it in the storage compartment. Make sure both the watch and the charging area in the storage compartment are clean and free of water stains, sweat, and dirt. This helps prevent charging issues or oxidation, which can lead to product damage and affect usability.