用户手册
型号: Z30

MANUAL LANGUAGES

感谢您选择Z30!

拥有Rogbid Z30 智能手表,即可享受个人数字助理的便利。该手表采用双芯片架构,实现了与智能手机和健身追踪器相媲美的功能。通过插入NANO-SIM卡,您可以像使用安卓手机一样拨打电话和上网。此外,手表还能记录心率、步数、锻炼情况和卡路里消耗等数据。无论您希望跟踪活动进度,还是只需一个便携的腕上电话,Rogbid Z30 都能助您轻松享受健康的生活方式。

Thanks for choosing Z30!

With the Rogbid Z30 smartwatch, you can enjoy the convenience of a personal digital assistant. This smartwatch utilizes a dual-chip architecture, providing functionalities comparable to smartphones and fitness trackers. By inserting a NANO-SIM card, you can make phone calls and browse the internet, just like with an Android phone. Additionally, the watch can track your heart rate, steps, exercise activities, and calorie consumption. Whether you want to monitor your fitness progress or simply have a portable wrist-based phone, the Rogbid Z30 enables you to effortlessly embrace a healthy lifestyle.

双芯片
4G智能通话手表

型号: Z30

结构说明

前置摄像头
SiM卡槽
屏幕 (支持上下左右滑动,长按可以切换表盘)

扬声器
侧面按钮 (长按3秒开机或关机/重启/模式切换/最近任务"菜单、长按10秒重启手表。短按可亮屏熄屏或屏幕返回上一级菜单)
MIC

侧边摄像头
绿灯和红灯传感器
4Pin磁吸充电线 (支持数据传输)

充电注意事项

1. 第一次用完电源后再给手表充电。
2. 请使用产品附带的充电线,在手表背面的充电触点处为产品充电。
3. 将USB插头插入USB端口或适配器(官方配件不含此项)。

提示: 将USB连接电脑,可以像USB闪存盘一样传输文件或音乐

初次开机

1. 第一次启动时,需要几分钟时间来检测所有的应用程序。
2. 开机后需要先设置语言。
3. 然后可以下载应用程序并与您的手机连接(可以跳过这一步)。
4. 切换语言方法: 通过进入设置→系统→语言和输入法。

插入SIM卡

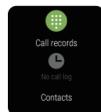1. 插入SIM卡时,请关闭手表。
2. 请使用官方工具卸下螺丝。
3. 插入SIM卡时,金属面朝上,凹槽面朝里,如下图所示。

提示: 该手表仅支持NANO-SIM卡

交互方式

显示时间、日期、月份、电池和其他信息
快捷界面
系统切换快捷键
一键清理

上划

左划　　右划

下划

通知界面　　应用列表

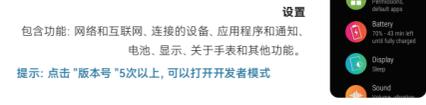计步器　　音乐　　天气

手表功能介绍

电话
显示通话记录,点击顶部键盘,可以像智能手机一样拨打电话。
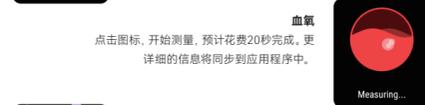
联系人
添加、导入和删除联系人。

短信
阅读、创建、回复和删除信息。

设置
包含功能: 网络和互联网、连接的设备、应用程序和通知、电池、显示、关于手表和其他功能。
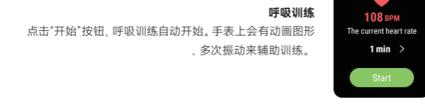
提示: 点击"版本号"5次以上,可以打开开发者模式

心率
完成测量花费约20秒时间,更详细的信息将被同步到应用程序中。

血氧
点击图标,开始测量,预计花费20秒完成。更详细的信息将同步到应用程序中。

睡眠
智能手表自动记录并显示睡眠时长、深度和浅度睡眠数据,更详细的信息将被同步到应用程序中。

呼吸训练
点击"开始"按钮,呼吸训练自动开始,手表上会有动画图形,多次振动来辅助训练。

桌面设置
切换表盘,改变菜单样式。

浏览器
通过WIFI或4G LTE快速浏览互联网。

照相机
拍摄照片或拍摄视频,当使用相机功能时,可将亮度调高,以获取最好的视觉效果。
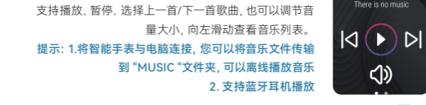
图库
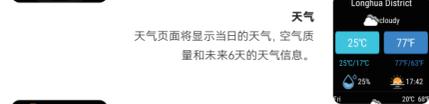在图库中,您可以查看,删除照片或视频。

日历
查看日期和星期。

闹钟
支持设置多个闹钟(无数量限制)。

录音
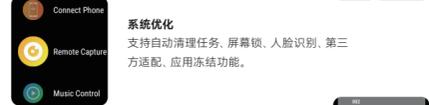支持录音功能,向左滑动找到音频列表,可以播放或删除录音。

音乐
支持播放、暂停,选择上一首/下一首歌曲,也可以调节音量大小,向左滑动查看音乐列表。

提示: 1.将智能手表与电脑连接,您可以将音乐文件传输到"MUSIC"文件夹,可以离线播放音乐 2.支持蓝牙耳机播放

文件管理
显示可用的内存和文件列表,支持查看、编辑或创建的文件/文件夹。
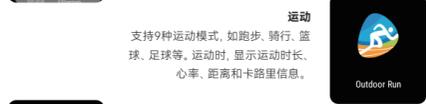
天气
天气页面将显示当日的天气,空气质量和未来6天的天气信息。

系统优化
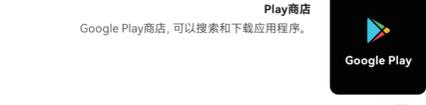支持自动清理任务,屏幕锁、人脸识别,第三方适配、应用冻结功能。

表盘市场
多款表盘可供下载。

应用市场
连接4G网络、或者WiFi,一些优化的小工具和软件将在这里显示。

运动
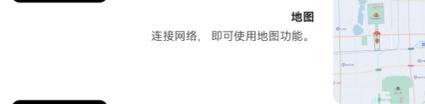支持9种运动模式,如跑步、骑行、篮球、足球等。运动时,显示运动时长、心率、距离和卡路里信息。

手机助手
当智能手表连接到手机时,可以用手表来协助手机拍照,控制音乐播放以及查找手机。
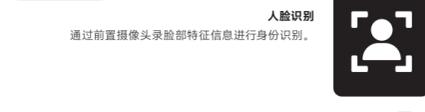
Play商店
Google Play商店,可以搜索和下载应用程序。

录音
打开录音应用程序,点击录音按钮,即可开始录音。

地图
连接网络,即可使用地图功能。

Google
连接网络,即可进入google App。

人脸识别
通过前置摄像头录脸部特征信息进行身份识别。

APP安装

本产品建议以单独使用,不需要与手机连接。
应用程序中包含少量功能如心率、步数、体重、睡眠、血氧、表盘商店和通知设置等功能。

手表配对

打开GAOFIT,设置个人信息 ▶ 点击"添加设备"

完成配对 ◀ 扫描手表上的专属连接码

提示: 手机助手-连接手机- 出现专属连接码。

APP操作说明

1. 进入应用程序,按"添加设备",扫描手表上的二维码,完成连接。连接后下拉刷新屏幕,健康数据就会刷新。

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2. 点击心率、步数和其他功能,测量后的数据将显示在这里。点击"市场",可以选择或下载您喜欢的表盘。

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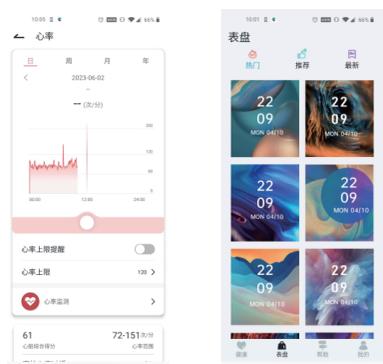
3. 点击"我的"可以设置通知权限、抬手亮屏、运动目标等。

⚠ 注意事项

1. 如果设备上有水渍或已损坏,请不要充电。
2. 本产品非医疗器械,测量数据和结果仅供参考,不作为诊疗依据。
3. 本产品不适用于热水淋浴、温泉、桑拿。
4. 本装置不适用于身体、感官或精神能力不足的人(包括儿童),若对本产品缺乏了解,请在监护人陪同下使用本产品。
5. 不要在任何动态的表面或接近明火等设备,如煤气、电炉、加热的烤箱。
6. 不要试图修理或拆卸本设备。如果设备不工作或工作不正常,请联系客服。

🔵 常见问题

1. 无法收到推送信息
确认信息可以在手机上正常显示,并确保手表能够获得通知的权限。

2. 通过APP两不是蓝牙连接到智能手表
请不要通过蓝牙直接连接手表,要么通过APP连接。
如有必要,请重新启动手机或蓝牙。

我们迫切期待您的意见和反馈

Rogbid的产品始终以用户的声音为中心,因为我们明白,倾听用户的反馈是不可或缺的。
我们承诺,无论用户的反馈大小,我们都将会认真倾听并采取行动。
我们持续的改进和创新来回应用户的期望,不断提升产品的质量和性能。我们相信,通过与用户紧密合作,我们能够共同打造出更加出色、贴心的产品,满足用户的需求,让用户的声音在我们的产品中得到充分的体验。
感谢每一位用户对Rogbid产品的支持和信任,我们将一如既往地倾听您的声音,不断追求卓越,为您提供更好的产品和服务体验。

其他问题?

如果您遇到任何疑难问题,请联系我们。我们的工作时间为周一至周五09:00-17:00(+8 GTM),可使用普通话或英语。

✉ after-sales@rogbid.com

🌐 https://www.rogbid.com

📍 深圳市龙华区观澜大道35号理想科网科技双创基地1栋1楼1110-1112

USER MANUAL
MODEL NAME: Z30

INSTRUCTIONS

Front camera

Speakers

Side button (press and hold for 3 seconds to turn on the watch or enter the "Power off/restart/mode switch/recent task" menu, press and hold for 10 seconds to restart the watch. Short press to turn on or off the screen or return to the previous menu)

SIM card slot

Screen (supports sliding up and down, left and right, long press to switch dials)

MIC

Side camera

Green and red light sensors

4Pin magnetic charging cable (supports data transfer)

CHARGING

1. Please charge the watch after the power is used up for the first time.
2. Please use the charging cable provided with the product to charge the product at the charging contacts on the back of the watch.
3. Plug the USB into a USB port or adapter(not included).
TIPS: Plug the USB into a computer to transfer files or music just like a USB flash drive.

FIRST BOOTING

1. It takes a few minutes to detect all applications for first time booting.
2. You need to set the language first.
3. Then you can download the app and pair it with your phone, or you can skip this step.
TIPS: Reset language by going to Settings→System→Language and Input Method.
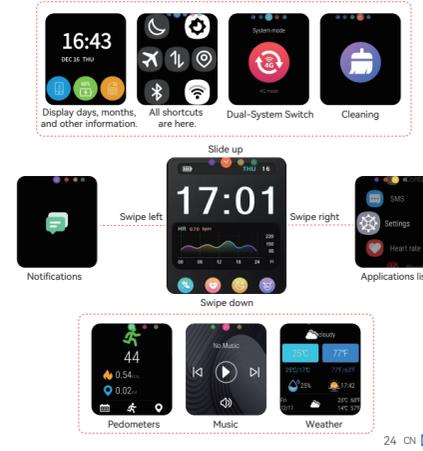
INSERT SIM CARD

1. Turn off the watch when you insert the SIM card.
2. Please use official tools to remove the screws.
3. Insert the SIM card with the metal side upward and notch side inward as picture shows below.

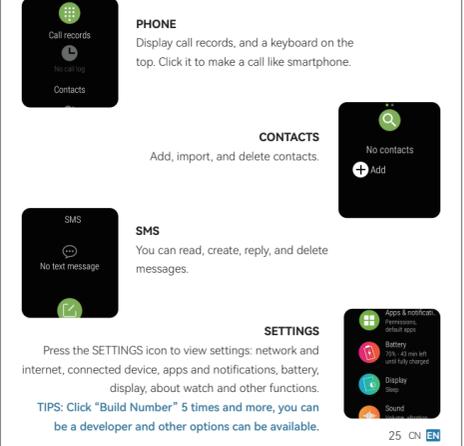TIPS: The watch supports NANO-SIM card.

WATCHFACE AND INTERACTIONS

16:43
DEC 16 THU

Display days, months, and other information.

All shortcuts are here.

Dual-System Switch

Cleaning

Slide up

Swipe left

17:01

Swipe right

SMS

Heart rate

Notifications

Slide down

Applications list

44

Pedometers

Music

Weather

SMARTWATCH FUNCTIONS

PHONE
Display call records, and a keyboard on the top. Click it to make a call like smartphone.

CONTACTS
Add, import, and delete contacts.

SMS
You can read, create, reply, and delete messages.

SETTINGS
Press the SETTINGS icon to view settings: network and internet, connected device, apps and notifications, battery, display, about watch and other functions.
TIPS: Click "Build Number" 5 times and more, you can be a developer and other options can be available.

HEART RATE
The measurement is finished about 20 seconds. More detailed information will be synchronized to the app.

BLOOD OXYGEN
Click the icon to start the measurement. It will finish about 20 seconds. More detailed information will be synchronized to the app.

SLEEP
The smartwatch records and shows the total sleep time, and when you were in a deep and/or light sleep. More detailed information will be synchronized to the app.

BREATH TRAINING
After clicking START icon, the breathing training started automatically. There will be animated graphics on the smartwatch and multiple vibrations indicate to assist with training.

DESKTOP SETTINGS
You can change watch faces and menu display style here.

BROWSER
Quickly surf the internet via WIFI or 4G LTE.

CAMERA
Touch the icon to take photos and/or shoot videos. It will be better to adjust the brightness to the higher when you're using camera function.

GALLERY
On the gallery page you can view, delete photos or videos.

CALENDER
View the date and week.

ALARM CLOCK
Press the icon to set multiple alarm.

RECORDER
The smartwatch can record audio. You can find the audio list by swift left and play or delete the audio.

MUSIC
You can play, pause, select previous/next song and other functions. Swipe left to view the music list.
TIPS: 1. Connecting the smartwatch with computer via cable, you can transfer music files into "MUSIC" folder
2. Supporting playback via Bluetooth headphones.

FILE MANAGER
Display available memory, files list and You can view, edit them or create new files or folderes.

WEATHER
The weather page will display current weather, air quality and conditions for next 6 days.

OPTIMIZATION
Press the icon to view functions: Clean task, Screen lock, Face unlock, Third-party apps adapter, App freeze.

WATCHFACE STORE
Various dials available for download.

APPLICATION MARKET
Connected to a 4G network, or WiFi, some optimized gadgets and software will be displayed here.

PLAY STORE
Here is the "Google Play". You can download apps as you wish.

MOBILE PHONE ASSISTANT
When the smartwatch is connected to a phone, it can be used to help the phone take pictures, control music playback and find the phone.

FITNESS
The smartwatch shows the latest exercise time, heartrate, distance and calorie information. Press the FITNESS icon to access the multifunctional exercise modes. You can choose the exercise you're going to do.

RECORDING
Open the recording, click the recording button to start recording。

MAP
Connect to the network, you can use the map function。

Google
Connect to the network, you can enter the google App。

FACE RECOGNITION
Use the front camera to record facial feature information for identification。

SMARTWATCH APP INSTALLATION

This product is a phone-free device, and no need to be connected to app. You can only access very few functions in the app, such as heartrate, steps, weight, sleep, SpO2, store and remainder function.

CONNECTION SMARTWATCH

Open GAOFIT and set personal information

Click on "Add Device"

Complete pairing

Scan the connection QR code on the watch

Reminder: Assistant - Connect mobilephone - exclusive connection code appears.

APP OPERATION INSTUCTIONS

1. Enter the app and press "Add device" to connect with smartwatch. Pull down to refresh your screen and then Health data will refresh.

Health

Add device

Health

Model_X

HeartRate

Step

Weight

HeartRate

Step

Calories

Distance

Weight

Sleep

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2. Clicking on Heart Rate, Step and the other functions, your previous data will be displayed here. By pressing Store, you can download watch faces as you wish.

HeartRate

Dial

85

Heart rate limit reminder

Upper limit of heart rate

heart rate monitoring

60   72-151

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3. Pressing My device icon, many functions are displayed here, such as Notice, Display, Sport target and others.

Mine

My device

Model_X   Battery99%

Notice

Silent mode

Notice

Display

Brighten screen

Settings

Sport target   6000

Auto measurement of HR   5Min

Auto measurement of SPO2   1Hour

Auxiliary input

⚠️ ATTENTION

1. Do not charge the device if it has water stains or is damaged.

2. This product is not a medical device; measurement data and results are for reference only and should not be used for medical diagnosis.

3. This product is not suitable for use in hot showers, hot springs, or saunas.

4. This device is not intended for use by individuals with impaired physical, sensory, or mental abilities (including children). If you are unfamiliar with the product, please use it under the supervision of a guardian.

5. Do not operate the device on or near any excessively hot surfaces, such as gas stoves, electric stoves, or heated ovens.

6. Do not attempt to repair or dismantle the device. If the device is not functioning or working properly, please contact customer service.

❓ FAQ

1. The smartwatch is not receiving reminders
Confirm messages can be displayed on the notification bar of your phone, and if the push notifications of the smartwatch can be read.
Make sure that the smartwatch gets access to notifications.

2. Connect to smartwatch via APP not Bluetooth
Please do not connect directly to the smartwatch. Download the app first and then add device via the app.

TIPS: Restart your phone or Bluetooth if necessary.

We eagerly look forward to your feedback and input.

At Rogbid, our products are always centered around the voice of our users, as we understand the indispensable value of listening to their feedback. We promise that regardless of the size of the feedback, we will attentively listen and take action.

We are committed to continuous improvement and innovation, aiming to meet and exceed user expectations while enhancing the quality and performance of our products. We firmly believe that through close collaboration with our users, we can jointly create outstanding and user-centric products that fully embody their needs and preferences.

We express our gratitude to every user for their support and trust in Rogbid products. We will remain dedicated to listening to your voices, relentlessly pursuing excellence, and providing you with even better product and service experiences.

ANY PROBLEMS?

If you encounter any specific problems, please contact us. We are available on Monday-Friday 09:00–17:00 (+8 GTM) in English or Mandarin.

✉ after-sales@rogbid.com

🌐 https://www.rogbid.com

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Made in China