

**User's Guide
for
L02 GPS Tracking Watch**

Preparation before Using

In order to better use the watch, please read the following instructions carefully and operate the watch accordingly.

- Please check if the model number is correct and if accessories are complete or not.
- Please choose a SIM card which supports GSM/LTE and power off the watch before installing the SIM card.
- Please make sure that the SIM card is activated has data traffic and caller ID function.
- You need a smart phone to install mobile App.

In the package, there are:

- L02 Watch x 1
- Magnetic charger x 1
- User manual x 1
- QR code bar x 1

Note: the QR code bar is normally pasted on the gift box.

Product Details



Mic: Do not cover it when calling.

Speaker: listen to call

SIM card: The place to insert a nano SIM card.

Red-button: 1、 Long-press it will power on

2、 Press the button once to return to the main interface and display the clock.

Press the button once to turn off the screen

3、 SOS button. Press the button for 3 seconds to dial out an emergency number in case of emergency

4、 When the screen is on, press the red button briefly once to display the function interface.

Magnetic charge pin:charge

Heart rate sensor: To measure heart rate.

Main Parameters

Product name: Lone Worker Smart Watch

Model no.: L02

Bluetooth version: BLE5.0

WIFI chip: W037

GPS chip: W037

Sensor module: GH3011

Sensor hub: BLE5515

3D accelerator: Bosch BMI 270 or TBD

DDR: 1G+1G

Support system: Thread X

SIM card: Nano PUSH sim or ESIM

Motor: Yes

Shell material: PC + ABS

Charging port: Magnetic 4 pin

Speaker: 0609 stereo speaker

Screen Display: 1.32 inch 466*466 AMOLED

Battery: 650mAh

Dimension: D43mm*T13.2mm

Main Functions:

The main functions of this watch are:

- 1、Durable Build:** Designed for outdoor workers and athletes, ensuring reliability in challenging environments.
- 2、Real-time Health Monitoring:** Includes heart rate, blood pressure, oxygen saturation, and temperature tracking.
- 3、Emergency Ready:** SOS button and geo-fencing for safety and alerts.
- 4、Global Compatibility:** Adaptable for both European and American frequency bands.
- 5、Multi-platform Support:** Compatible with Android, iOS, and web platforms.
- 6、Background Message send:** Back-office managers can send commands to the watch users.



How to Use the Main Button



Power on: Long press the blue button to power on the device.

Power off: Touch “...”

-Setting-System -Power off.

SOS: Long press the red bottom 3 seconds for SOS calling, the device will call preset SOS numbers one by one till answered. You can press the blue bottom to cancel SOS call. Need to add emergency contact in the app first.

Watch interface

Get to work: Touch screen get to work 3 seconds

In working setting, system will send GPS every 1 minute, will send heartbeat every 5 minutes

Get off work: Touch screen get off work 3 seconds

In get off working setting, system will stop send GPS and heartbeat

Calling: If you have a SIM card in the watch, you can touch the "..."-calling. If you have setting contacts in the app, you can click Contacts to calling

Step: The 5-digit number beside the step is the number of steps. It clears at 0 o'clock every day.



Health Measuring: Click “...”-HR can measuring to measure health data : heart rate/body temperature/blood oxygen

SMS: Touch “...”-SMS can check content

SIM Card Operation Guide and charging

Plug-in SIM card: Please make sure that the device is off before installing SIM card. Remove the strap of the watch , Pull out the SIM card cover, insert the SIM card into the card sleeve as instructed, then push it into the watch, and turn it on.

After plugged-in SIM card, wait for one minute to see if the GSM/LTE signal is shown on the display screen.



Standard -SIM card		25mm×15mm	
Micro-SIM card		15mmx12mm	SIM1
Nano-SIM card		12mm x 9mm	SIM2

Please check:

- 1) If the device time is synchronized with the current time.
- 2) If you can call the watch with your phone.

If you have any problem, please contact your local dealer for help

Magnetic charging pin: Connect the watch with power input to charge it.

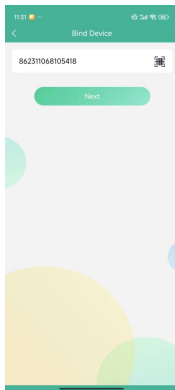
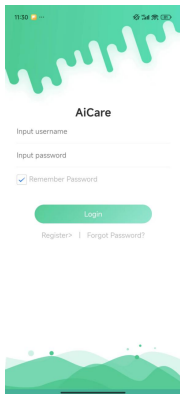
App Installation

After the watch is activated with SIM card, please install the watch APP on your mobile phone before using the watch. Below are two ways to install app :

- 1) a. Scan below QR code;
- b. Search “ai care” on GooglePlay or iOS store to download the watch APP.



2) After App installation, please create a new account and enter basic information like user name, password, mail box, etc. Then enter the login page, input the phone number or mail box and password while registration, and finally press “sign in” to enter.

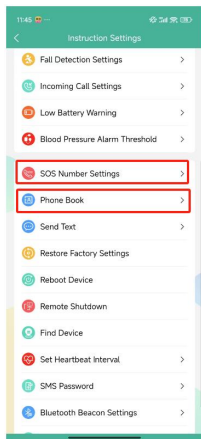


3) If it's the first time you login the account, you will be

requested to bind the watch and the App with the device's IMEI code.

4) Enter into device "User information", and input the requested information, such as profile picture, nickname, birthday, height, weight, etc.

Two way call



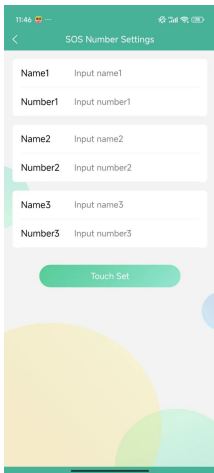
Enter into Watch Setting on the front page of the App, you can add contact phone number for your watch.

In the app, you can set 10 phone books.

1. Swipe to select a contact, click to dial

The calling can input numbers to make phone calls

SOS Call



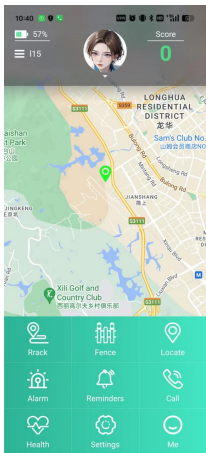
App main page - Function – SOS Number, input maximum 3 numbers and confirm setting to synchronize it to the watch. Press the watch main button over 3 seconds, it will call the SOS numbers one by one, at the same time, an alarm will be sent back to server.

On the app you set the incoming call restriction switch to on, then you can only receive calls from the white list.

GPS Positioning

On the App “Home Page”, press “Location” to enter into sitemap and check device location.

There are 3 types of working modes:



1. Default mode, the watch opens Wifi + LBS, send the location to the server every 15 minutes.

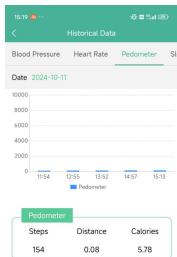
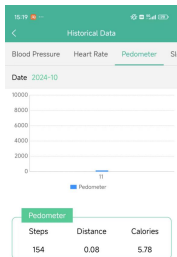
2. Emergency mode, the watch opens GPS + Wifi + LBS, send the location to the server every minute.

3. Energy saving mode, the watch opens Wife + LBS, send the location to the server every 60 minutes.

Note: There might be position deviation or App update failure due to signal weakness sometimes.

Pedometer

On the watch's home screen, the 5-digit number below the step is the number of steps. It clears at 0 o'clock every day. You can also view more detailed exercise information on health page in the App, such as steps, distance, calories,etc.



View by Day

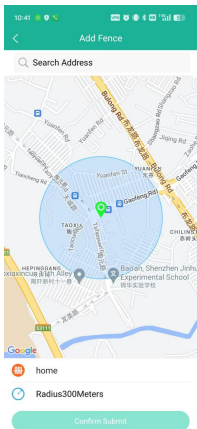
View by Month

View by Day

View by Month

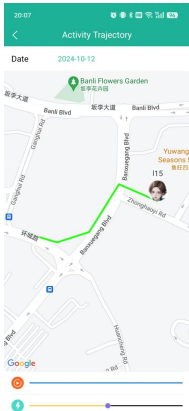
Security Fence

In the Electronic Fence interface, you can set up a secure fence area. select its range,confirm to save it. You can repeat it to add several secure fence areas. You can also modify it or remove the security fence you set up earlier.



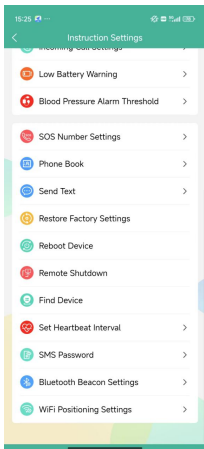
Trajectory History

Trajectory tracking interface, you can check the latest trajectory history. Enter trajectory tracking page, the above setting button you can choose to load lbs / Wi-Fi data or not. Below you can select the date to view the historical track



Other Functions

For other function Settings , see the left demonstration picture. You can set it on the function page.



Safety Warning

- Recommend use original accessories, the manufacturer is not responsible for problems caused by the use of non-original accessories.
- Don't try to repair it by yourself. The modification of the product will affect its security.
- Avoid using the watch in the following environment: places with excessive temperature fluctuations, places with the temperature higher than 60°C or lower than 0°C, places with high pressure, dust or electrostatic interference.
- Avoid touching with corrosive cleaning agents and chemicals. Please use a soft, dry cloth to clean the watch.
- It is prohibited to use the watch at the gas stations, restricted chemical plants or near the oil depots, for the use of the watch in the above environment may raise the risk of explosion.
- When you travel by airplane, please take the watch in the baggage, and try not to put it in the handbag while going through the checkpoint. The manufacturer is not responsible for the damage caused by such radiation.

About

There will be continuous upgrades and updates to this product, thus the content will be different with the final operating steps which are subject to change without prior notice.

The illustrations in the User's Guide are only for your reference. The manufacturer reserves the right of final explanation of the User's Guide.

This tracker is not a medical device, and the measured health data is for reference only. Cannot be used for medical diagnosis.