

# K6 Smart band

## Operation Manual



Thank you for choosing this product, please read the operation manual carefully  
before use.

## Settings

Carry out settings via VeryFit app on your iOS or Android phone.

Note: The hardware and system requirements are:



iOS 9.0 or above



Android 6.0 or above

### 1. Downloading VeryFit app

Download and install the "VeryFit" app on the App Store, Google Play or by scanning the QR code below.



### 2. Product activation and installation

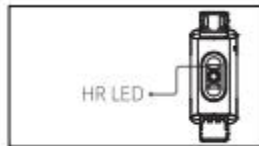
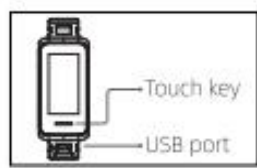
Note: Before first time use, make sure to charge the band to activate it:

- 1) Pull out the band strap and take out the main body.
- 2) Simply plug the chip end into a USB port to charge. (Note: do not reverse the polarity; charging output should be 5V/500mA)



## Your product

### Product overview



#### Touch button operation:

[Press the touch button]

- (1) to toggle through menus.
- (2) to wake the screen when it is off.

[Long press the touch button]

- (1) to enter the submenu.
- (2) to return to the previous menu.

### How to wear the band

Wear the band horizontally on the wrist. The band should rest about 2 cm' width below the wrist bone, as you would normally wear a watch.

### Operation

Press the touch button to toggle through menus below:



Time



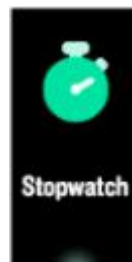
Data



Heart rate



Exercise



Stopwatch



Alarm

## Features

### 1. Time menu



You can change the watch face via the app:

Device > More.

[Press the touch button]

to go to the next menu: Data menu.

## 2. Data menu

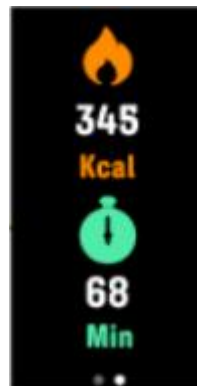


[Press the touch button]

to go to the next menu: Heart rate menu.

[Long press the touch button for 2 seconds]

to enter the submenu of Data menu.



[Press the touch button]

to go to the next submenu.

Note: To return to Data menu, long press the touch button when in submenu of Data menu.

## 3. Heart rate menu



Measuring heart rate...

Data detected


No data detected

### Heart rate measurement

To manually measure your heart rate more accurately, wear the device on the upper part of your wrist; wear it tighter during exercise.

### Heart rate monitoring throughout the day

This feature is enabled by default, heart rate will be automatically monitored throughout the day.

Note: Heart rate is measured 1 second after the Heart rate menu is entered. “” is displayed before a heart rate data is detected; when measurement is done, heart rate data is displayed.

[Press the touch button]

to go to the next menu: Exercise menu.

#### 4. Exercise menu



[Long press the touch button for 2 seconds]

to enter the submenu of Exercise menu.

[Press the touch button]

to go to the next submenu of Exercise menu.

Note: You can select the exercise types displayed on the band via the app (including 3 exercises which can be recorded and 11 other activities).

##### 4.1 Start an exercise



An exercise is started after the 3-2-1-GO countdown.

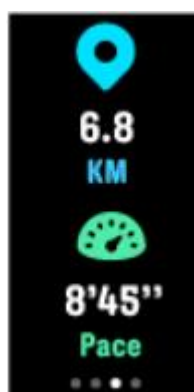
##### 4.2 In exercise mode



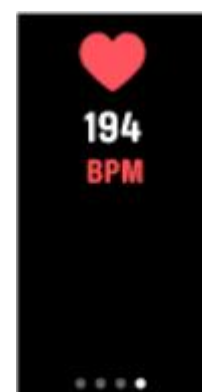
Main interface



Steps/Calories



Distance/Pace



Real-time heart rate

[Press the touch button]

to go to the next submenu.

[Long press the touch button for 2 seconds]

to exit the exercise mode.

Note: To display riding speed and distance, you need to pair the device with the app, and tap “Start” on the app when you start riding.

#### 4.3 Pause an exercise



[Long press the touch button for 2 seconds]

to exit the exercise mode.

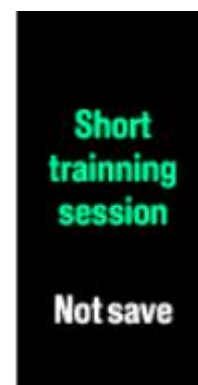
Note: This feature is available only when the exercise is started from the app. For an exercise started from the app, you can pause, start or exit it on the app, while you can only exit it using the band.

#### 4.4 Exit an exercise

- 1) If an exercise lasts for less than 1 minute, a reminder asking you not to save the data will be shown.

[Press the touch button]

to go to the Exercise menu. (The exercise data will not be recorded)



- 2) If an exercise lasts for longer than 1 minute, an “end of exercise” reminder will be shown.

[Press the touch button]

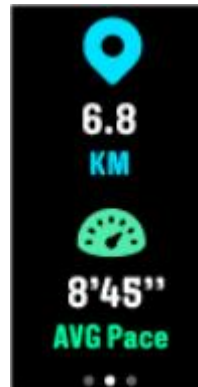
to display the exercise data.



#### 4.5 Data display when an exercise ends



Steps/Calories



Distance/Average pace



Average heart rate/Exercise duration

[Press the touch button] to view the next data page; long press the touch button to return to the first submenu of Exercise menu.

#### 4.6 Event reminders in exercise mode

1) Exercise exits when no movement is detected.

[Press the touch button]

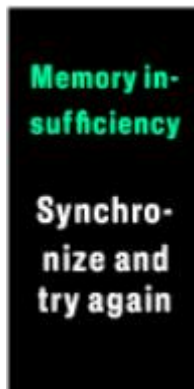
to exit the reminder and return to exercise mode.



Notes:

- (1) If no movement is detected in 15 minutes, a reminder will be shown 15 seconds before the exercise is ended automatically.
- (2) If movement is detected during the 15-second countdown, the reminder will be exited.
- (3) If still no movement is detected during the 15-second countdown, the exercise mode will be exited.

- 2) Exercise is compulsorily exited when memory is full

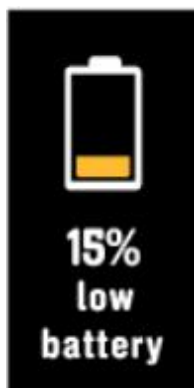


[Press the touch button]

to exit the exercise.

Note: When the band's memory is full, the user will be reminded to exit the exercise mode.

- 3) Exercise is compulsorily exited when battery is low.

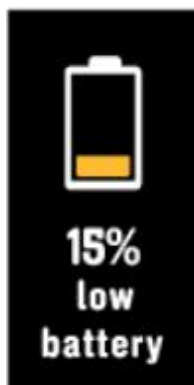


[Press the touch button]

to exit the exercise.

Note: During an exercise, when the battery is low, the exercise will be paused and the user will be reminded to exit the exercise mode.

- 4) Cannot start an exercise when battery is low



[Press the touch button]

to exit the exercise mode.

Note: This reminder will pop up when a user tries to start an exercise in case battery is low.



## 5) Abnormal operation during an exercise

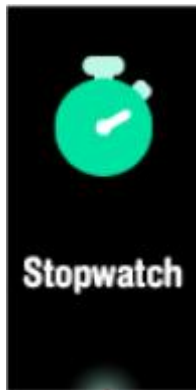


[Press the touch button]  
to exit the reminder.

Note: For an exercise started from the app, this reminder will pop up when the Bluetooth connection between the band and the app is disconnected.

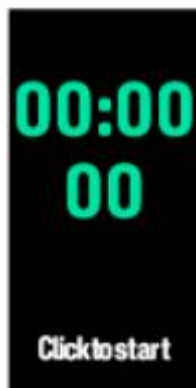
A reminder will pop up.

## 5. Stopwatch menu



[Long press the touch button for 2 seconds]  
to enter the Stopwatch menu.

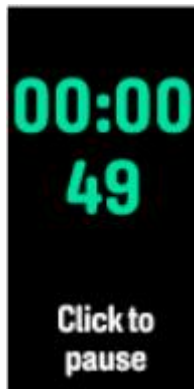
### 5.1 Start the stopwatch



[Press the touch button]  
to start counting time.

[Long press the touch button for 2 seconds]  
to return to the Stopwatch menu.

## 5.2 Pause the stopwatch



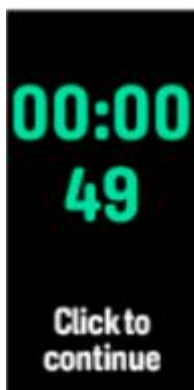
[Press the touch button]

to pause.

[Long press the touch button for 2 seconds]

to return to the Stopwatch menu.

## 5.3 Restart the stopwatch



[Press the touch button]

to continue counting time.

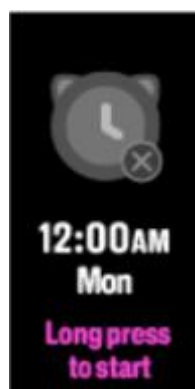
[Long press the touch button for 2 seconds]

to return to the Stopwatch menu.

## 6. Alarm menu



Turn on



Turn off

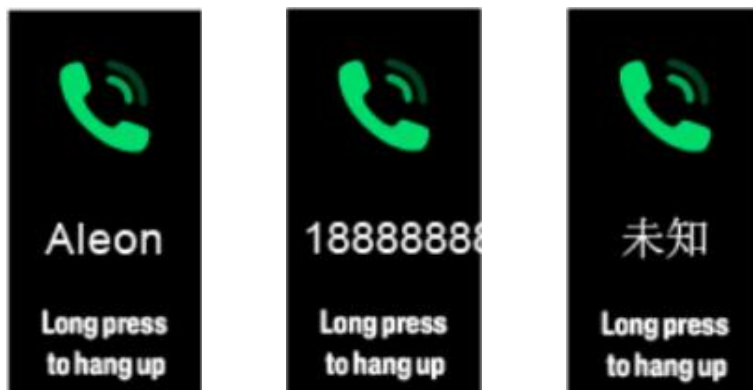
[Press the touch button] to return Time menu.

[Long press the touch button for 2 seconds] to turn on/off the alarm.

Note: Relevant setting needs to be finished on the app.

## 7. Reminder menu

### 1) Call reminder

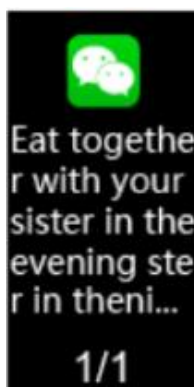


[Press the touch button] to exit the reminder and answer the call.

[Long press the touch button for 2 seconds] to hang up.

Note: Call reminder has to be turned on on the app.

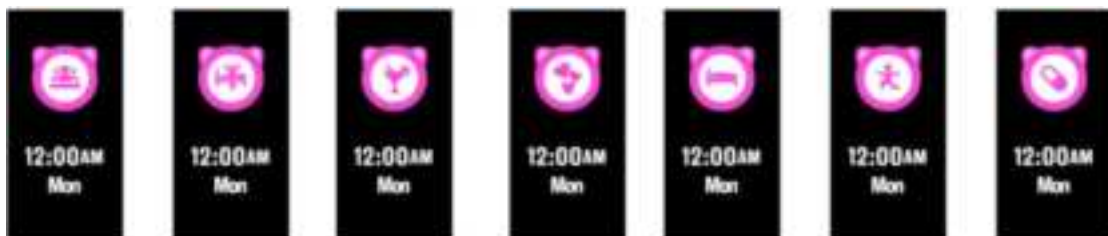
### 2) Message reminder



On the Message interface, press the touch button to read the whole message.

Note: Relevant setting needs to be finished on the app.

### 3) Alarm reminder



Meeting      Get up      Gathering      Dating      Sleep      Exercise      Take medicine

Note: Relevant setting needs to be finished on the app.

#### 4) Hydration reminder



[Press the touch button]

to turn off the reminder.

Note: Relevant setting needs to be finished on the app.

#### 5) Reminder to move around



[Press the touch button]

to turn off the reminder.

Note: Relevant setting needs to be finished on the app.

#### 6) Goal achieved reminder

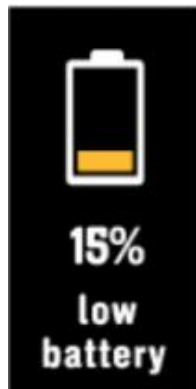


When a goal is achieved, the band will vibrate and a goal achieved reminder will be displayed.

[Press the touch button]

to turn off the reminder.

7) Low battery reminder



[Press the touch button]  
to turn off the reminder.

8) Ultra-low battery reminder



The screen will stay on this interface, and the user cannot enter other modes.

9) Device error reminder



Error code:

-01 indicates an error of acceleration sensor

-02 indicates an error of heart rate sensor

-03 indicates an error of touch button IC

-04 indicates an error of flashlight

Note: When a device error is detected, the error will be displayed on the corresponding interface every time the device is turned on.

## Technical data

Model No.: K6

Battery capacity: 90 mAh

Charging time: 2h

IP rating: IP68

Operating temperature: 0-60 °C

Frequency range: 2402-2480 MHz

Screen type: 0.96" color screen

Charging voltage: 5V±0.2V

Standby time: 6 days

Weight: 19.2g

Bluetooth version: BLE 4.2

Max. transmission power consumption: 0dBm

## Care and maintenance

Three suggestions for use and maintenance:

- 1) Keep the product clean.
- 2) Keep the product dry.
- 3) Do not wear the product too tight.

\* Do not use household cleansers when cleaning the product. Use soap-free cleansers instead.

\* For stubborn stains, it is recommended to remove by scrubbing with alcohol.

Waterproof: Not suitable for use while diving, swimming in the sea, or in a sauna.

Suitable for use in swimming pools, showers (cold water) and shallows.

## Safety instructions

- Do not place the product and its accessories at extreme temperatures, otherwise it may cause hazards such as product failure, fire or explosion.
- Protect the product from strong impacts or jolts, so as not to damage the product and its accessories, thus avoiding product failures.
- Do not disassemble or modify the product and its accessories by yourself. Contact us for after-sales service when the product fails.

## FAQs

### ● Why can't I find the device when pairing?

- (1) Ensure that your smartphone's Bluetooth is turned on, and the operating system of your phone is Android 6.0 or above, or iOS 9.0 or above.
- (2) Ensure that the distance between your phone and the device is less than 0.5 meter when pairing. After pairing is completed, ensure that the device is within normal Bluetooth communication distance (within 7 meters).
- (3) Ensure that the device has sufficient power. Please contact us, if the problem remains after the device is fully charged.

### ● Why do I fail to connect to Bluetooth occasionally?

- (1) Restart the band's Bluetooth.
- (2) Restart your phone or your phone's Bluetooth.

### ● How to restore to factory settings?

Ensure that the device is paired with your phone. Turn on the app, select "Delete device" in "Device settings".



The device meets the EU ROHS criterion.  
Please refer to IEC 62321, EU ROHS  
Directive 2011/65/EU and revised directive.

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.

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 frequency energy 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.

#### CAUTION

- Risk of explosion if the battery is replaced by an incorrect type;
- Disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can result in an explosion;
- Leaving a battery in an extremely high temperature surrounding environment that can result in an explosion or the leakage of flammable liquid or gas;
- A battery subjected to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas.



Old electrical appliances must not be disposed of together with the residual waste, but have to be disposed of separately. The disposal at the communal collecting point via private persons is for free. The owner of old appliances is responsible to bring the appliances to these collecting points or to similar collection points. With this little personal effort, you contribute to recycle valuable raw materials and the treatment of toxic substances.

If you experience discomfort or skin irritation when wearing your smart watch, then we recommend you try cleaning your device. Sometimes residue or foreign materials build up around your device and may aggravate your skin. It's also possible that you are not wearing the watch correctly. We recommend making sure to clean and adjust your watch regularly for a more comfortable fit.

#### Caution:

- If you experience skin irritation when wearing your watch, please refrain from wearing, and wait two to three days to see if your symptoms ease. If symptoms persist or worsen, please consult a physician.
- If you have eczema, allergies or asthma, you may be more likely to experience a skin irritation or allergy from a wearable device.