

Product instruction manual



Thank you for choosing our smart watch. By reading this manual, you can fully understand the functions and operation methods of the device. The device is not a medical device, and the measurement data and results are for reference only, not as the basis of diagnosis and treatment. The company reserves the right to modify the contents of this manual without any prior notice.

Product configuration: a packaging box, a manual, a host.

This product supports IP68 waterproof, support rain, wash hands to wear. Hot shower, swimming, sauna should not be worn, can not prevent steam. If not according to the instructions caused by the use of water, the company does not provide free warranty.

Key description:

Button: long press switch machine, rotation can switch dial with up and down scrolling menu and other functions.

Touch instructions: Click to enter, right - swipe back. On the standby screen, slide to the status bar, slide up to enter the message notification, slide left to enter the common functions, and slide right to enter the main menu.

Dial switch: long press standby dial to enter, slide left or right to select.

Charging instructions: This product uses a wireless charger, supporting the mobile phone charger within 5V and COMPUTER USB interface, put the watch on the concave side of the charging seat will automatically absorb the charge, a full charge will take about 4 hours. The charge icon is not fully charged until it stops.



The connection between the watch and the mobile phone: first, the mobile phone should download the APP "Da Fit" on the mobile phone and install it

Scan the qr code below in your mobile browser to download, or search "Da Fit" in the app market to download.



Search "DaFit" in the App Store of "App Treasure" for Android phones and "DaFit" in the App Store for Apple phones.

After completion, open "Da Fit" and turn on bluetooth of mobile phone, fill in personal information, click top to add device, search "A01" and click Connect. Some mobile phones need to turn on GPS to search bluetooth name of watch.

How to set up email notification: open "Da Fit" - Device - Message alert, select the corresponding software, select Open.

What if I don't receive notification?

1, first of all, the notice function of the watch is only synchronous mobile phone notification function, such as email, QQ wechat letter reminder, if your mobile phone did not receive a notice, the watch end is also not received, to set up in the mobile phone - notification function, find the corresponding APP, open the notification.

2. Return the watch to factory Settings, enter the bluetooth Settings of the mobile phone, cancel pairing of "A02", turn off the bluetooth of the mobile phone, and connect again.

3. Delete "Da Fit" and download it again. Remember to click "Agree permission" and connect again.

Main functions:

- Firmware upgrade: When bluetooth is normally connected, enter "Da Fit" and enter device-firmware upgrade-update. If the upgrade fails, you can operate again. If you do not start the machine, please charge and activate it, it can be used normally.

- Language time and date: When the watch is connected to the phone APP, it will synchronize the language time and date of the phone.

- Standby interface: there are multiple standby interfaces to choose from. In the standby interface, long press the screen for 3 seconds to switch the interface, you can download the dial through the APP, or set your favorite photo or picture as the dial background.

- Status bar: Slide into the standby interface to display bluetooth, battery status, APP TWO-DIMENSIONAL code, menu style and other shortcut functions.

- Message: standby interface slide into the message notice, slide out, can be synchronized mobile phone notification function, such as QQ wechat and other letters, if the display of detailed information, to the mobile phone QQ wechat notification function set to display details, can display the latest message notice, when the incoming letter will vibrate prompt.

- Counting steps, mileage and calories: display the number of steps, mileage and calories consumed on the day. The data will be saved at twelve o'clock every night and returned to zero again.

- Exercise: Click to enter the multi-exercise mode, select a mode, click to enter the start, each exercise data has exercise time, calorie consumption and heart rate, right slide or button to enter the pause interface.

Low heart rate: with wrist watches, the best position of wear in hand over carpal bone on the arm, and click start monitoring, through the green light to scan the change of skin blood capillary flow, and it is concluded that the heart rate value, right, heart rate normal person is generally 60-90 times/min, professional athletes will be less than 60, maximum heart rate is $220 - \text{age} = \text{maximum heart rate}$. Long-term exercise can strengthen the heart and lung.

- Blood oxygen: blood oxygen concentration in the blood, which is an important physiological parameter of respiratory circulation. Normal arterial oxygen saturation is 95-100%.

- Sleep monitoring: From 20 o'clock every night to 10 o'clock the next morning, the background will automatically open this function. You can check the detailed data of sleep quality by connecting to the mobile APP.

- Stopwatch: Click start in the lower right corner, then click pause.

- Music control: first turn on the mobile phone music player, and then use the watch to synchronize operation.

- About: Click enter to view the watch model, version number and Bluetooth address.

- Restore factory: click reset, data will clear 0.

- Alarm clock: Alarm clock can be set through the mobile APP.

- Sitting reminder: Sitting reminder can be set through the mobile APP.

- Lift the hand to light up the screen: When the APP on the mobile phone is opened, lift the hand to light up the screen. When the wrist is lifted, the screen will light up automatically. This function consumes power when opened.

Warranty that

1. This product in normal use, if there is a product quality problem caused by manufacturing, materials, design and other reasons, since the date of purchase, the motherboard within one year free warranty, battery, charger warranty for half a year.

2. Free warranty is not provided for faults caused by personal reasons of users, as follows:

1). Unauthorized disassembly, modification of the watch caused by the fault.

2). Fault caused by accidental drop in the process of use.

3). All artificial XUN bad or due to third party fault, misuse (such as: host water, external shock crack, scratch damage of peripheral components, etc.), not within the scope of warranty.

4. All functions of the product are based on physical objects.

Name:

Contact number: the phone number must be the same as that of the order

Platform store:

Return address:

FCC Statement

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.

To assure continued compliance, any changes or modifications not expressly approved by the party.

Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).

This equipment 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.

RF warning statement:

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.