Ulefone Watch
Operating Instructions

English Version — 01
日本語バージョン — 16
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iOS 8.2 version or above | Android 4.4 system or above | Support Bluetooth 4.2

Please read the instructions carefully and keep it safe.

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Bind Watch

1. Download and Install App

You can set up the watch through the VeryFitPro app for iOS or Android devices. The steps are shown as follows: Notes: The hardware platform of the equipment system shall meet requirements.

Correct operation to scan the QR code below or download VeryFitPro APP through the mobile APP store to pair with the watch.

Wrong operation: Pair the watch directly with the Bluetooth in your mobile phone's settings.

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2. Bind process

① Turn on the Bluetooth and GPS on your mobile phone ② Find the binding request prompt in the notification bar or home page of the APP

Click on "Bind" to complete binding.

Select product model B20HL

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Synchronous Data

In daily wear, the watch can detect all kinds of product data. The user needs to connect the watch with Bluetooth on the APP to synchronize data. The specific operations are shown as follows:

Open the mobile APP> swipe down the page> sync prompt appears

Notes!
• Please synchronize the data at least once within 7 days to avoid data loss at the watch end.
• The Apple phone also needs to be connected to the paired watch in the Bluetooth setting interface of the mobile phone, so that the watch can be alerted. The steps are shown as follows: Open the IOS phone > set > bluetooth > search and click pair!

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Instruction for Use

1. Charging schematic

Connect and charge the watch according to the picture. It needs to be charged to activate the watch when it is started for the first time.

2. Wearing

Wear the device a finger's distance from the wrist bone and adjust the tightness of the wristband to a comfortable position.

Replace the strap

Flip the watch and take out the wristband

Tip: Wearing too loosely may affect the accuracy of heart rate data.

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Operating Instructions

1. Definition of key function

Short press the right key: Return to previous interface

Long press the right key: start

2. Watch dial switch

Replacing the dial interface will appear after long pressing the dial.

Notes: For more functions (sleeping) and operation, please check the APP software on your mobile phone.

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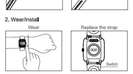
3. Main interface operation

Swipe the screen to enter different interfaces (interactive interface file diagram)



Notice bar | Status bar | Dial interface | Function interface | Data bar

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Function Introduction

1. Icon function introduction

Enter the sports mode, you can choose outdoor sports, indoor sports, fitness modes, Change the sports mode etc.

Perform a heart rate test, view the heart rate data for the day.

Help you regulate your breathing and improve your mood.

Check the weather forecast for the next few days.

Control music playback on your mobile phone (select special music mode)

View the time and countdown function.

Record recent sports.

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2. Start sports

① Enter sports
Click the sports icon to select the sports type > enter the sports countdown automatically
② Sports pause
Pause sports: short press the right key
Restore sports: short press the right key
③ End sports
End sports: long press the right key> select the end sports option

3. Women's health tracking

Display location: in the data bar

Women's health tracking function, which is used for recording menstrual cycle, ovulation, fertile period, menstrual cycle and predicts ovulation (it needs to be enabled on the APP).

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Product Parameters

Model	Ulefone Watch	Screen type	1.3inch
Battery capacity	210mAh	Charging voltage	5V±0.2V
Charging time	about 2.5 hours	Battery life	5-10days
Waterproof level (IP68 / IP67 / IP65 / IP54 / IP53 / IP52 / IP51 / IP50 / IP49 / IP48 / IP47 / IP46 / IP45 / IP44 / IP43 / IP42 / IP41 / IP40 / IP39 / IP38 / IP37 / IP36 / IP35 / IP34 / IP33 / IP32 / IP31 / IP30 / IP29 / IP28 / IP27 / IP26 / IP25 / IP24 / IP23 / IP22 / IP21 / IP20 / IP19 / IP18 / IP17 / IP16 / IP15 / IP14 / IP13 / IP12 / IP11 / IP10 / IP9 / IP8 / IP7 / IP6 / IP5 / IP4 / IP3 / IP2 / IP1 / IP0)	IP68	Weight of product	35g
Working temperature	-10°C~+45°C	Bluetooth version	BLE 4.2
Bluetooth frequency	2402-2480MHz	Size, transmission distance, communication mode	0.75dBm

Range of charging temperature:10℃-45℃
Standby time: Standby time is about 5-10 days, depending on usage and other factors.
Waterproof: Not suitable for diving, swimming in the sea, or sauna. Daily use, accidental splashes or swimming pool or in shower (cold water) and shallow travel.

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It is recommended to wear and maintain according to the following three points:
① Keep the product clean;
② Keep the product dry;
③ Do not wear it too tight.
• Do not use household deterrent to clean the watch, but use the soap free detergent.
• It is recommended to use alcohol to scrub stains that are not easy to remove.

Frequently Asked Questions

1. Mobile APP cannot find the watch failed
① It is recommended to update VeryFitPro to the latest version.
② It is recommended to close all programs, restart the mobile phone and then search.
③ Confirm whether the mobile phone system meets Android 4.4 or IOS 8.0 or above.

2. The watch received no alerts, text messages or phone calls
① You need to turn on the watch reminder function and the call reminder switch in the APP, and synchronize to the watch.
② Turn on the Bluetooth switch of your mobile phone (Bluetooth). Please check the software ("Synchronous Data" for details)
③ You need to keep your watch connected to Bluetooth.

3. Bluetooth is often disconnected
① If the distance between the watch and the mobile phone is too far, the connection effect of more than 7m Bluetooth is obviously weakened.

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② Whether there is a shield between the watch and the mobile phone, the human body wearing metal jewelry etc., will interfere with the bluetooth connection signal.
③ Whether the bluetooth function of the mobile phone is abnormal.

4. About data backup
The data of the watch is synchronized at least once every 7 days to the mobile phone (the watch and only keeps the data of the last 7 days).

5. How to restart and restore factory settings
Shutdown operation: Watch > Set > shutdown(right-key restart
Restore factory settings: connect watch to APP > open APP > device model > more settings

6. Do I need to keep my Bluetooth on when I wear my watch?
① For the three functions, i.e. counting steps, sleeping and alarm clock, you do not need to connect the watch to the mobile phone and pair it. If you only need to wear a watch when you exercise, you can connect the watch and your mobile phone to view data synchronously after the exercise.
② For the functions of call alert, message alert, find the phone, you need to turn on the mobile phone's Bluetooth, and maintain the connection with the mobile phone.

7. More detailed questions can be answered with help and feedback in the APP.
Operation steps:VeryFitPro > help and feedback

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Safety and Product Information Notes

Warning

Battery warning
Do not disassemble, bore or damage the battery, Do not disassemble the button batteries of non-replaceable battery devices, Do not use sharp objects to remove the battery.

Health Warning
If you are wearing a pacemaker or other implanted electronic medical devices, consult your doctor before using the heart rate monitoring strap.
The watch's optical heart rate sensor gives green and blue light. If you suffer from epilepsy or are sensitive to blinking light sources, please consult your physician if you can wear this product.
The device tracks your daily activities through sensors, These are intended to tell you about your daily activities, such as steps, sleep, distance, heart rate and calories, but may not be accurate or complete.
The device accessories, heart rate sensors and other relevant data are designed for entertainment and fitness, not for medical purposes, They are not applicable to the diagnosis, monitoring, treatment or prevention of any diseases or ailments, The heart rate data is for reference only, We are not responsible for any consequences caused by any data deviation.

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Cycling Warning
Please maintain good judgment at all times and ride in a safe manner, Make sure your bike and hardware are properly maintained, and all components are properly installed.

Matters Needing Attention
• Watch data needs to be kept once every 7 days to avoid data loss.
• The watch has no waterproof effect on seawater, acidic and alkaline solutions, chemical reagents and other environments, Swim, sauna and can radon radio frequency or improper use are not covered by the warranty.
• Sports mode supports up to 8 hours of exercise at a time.
• The watch has a waterproof level of 5ATM and supports shallow water swimming and shower use.
• Avoid wearing the watch too tight in daily use, Please keep the parts of the watch touching the skin dry.
• When your heart rate is measured, keep your arm still during the test.

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

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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.

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CAUTION
RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE
DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS

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.

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取扱い説明書

iOS 8.0以上のバージョン | Android 4.4以上のOSとのシステム | Bluetooth 2.0に対応できます

正しい操作方法: QRコードをスキャンするか、モバイルアプリストアからVeryFitPro APPをダウンロードしてウォッチとペアリングします。

誤った操作: 携帯電話の設定からBluetoothをペアリングします。

取扱い説明書を注意深くお読みになり、適切に保管してください。

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ウォッチのバインド

1.Appをダウンロードしてインストールします

iOSまたはAndroidデバイスからVeryFitProアプリケーションを設定することができます。その手順は以下のとおりです。
注: ハードウェアシステムのハードウェアプラットフォームは要件を満たす必要があります。

正しい操作方法: QRコードをスキャンするか、アプリストアからVeryFitPro APPをダウンロードしてウォッチとペアリングします。

誤った操作: 携帯電話の設定からBluetoothをペアリングします。

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2.バインド手順

① Bluetooth とGPSをオンにします。② 携帯電話の通知バーまたはアプリのホームページでバインドリクエストを探します。

製品のモデルはB20HLを選択します。

バインドが完了するまでクリックします。

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データの同期

ウォッチは日常の着用時に様々な製品データを検出できます。ユーザーはウォッチをBluetoothでAPPに接続してデータを同期する必要があります。
具体的な操作方法は以下のとおりです。

携帯電話のAppを開く>ページを下へスワイプする>同期プロンプトが表示されます

注意!
• ウォッチのデータ一般失を防ぐため、データの同期は少なくとも7日に1回行うべきです。
• ウォッチもAppページ>ステータスバーをクリックするまで通知を受信するように設定されます。
• Appの携帯電話のインターフェイスに表示されます。携帯電話のBluetoothにおいてペアリングする必要があります。

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取扱いに関する知識

1. 充電
充電のケーブルを充電器に接続して充電します。初めて使用する前に充電する必要があります。

2.着用/取付

着用

ストラップの交換

バックルを外す

ストップ

ストップ

ストップ