

Smart Bracelet User Manual

Welcome to use our high-performance wrist-band smart bracelet which creates thoughtful and health experience for you.

Device maintenance

Please remember the following tips when you maintain your smart bracelet:

- Clean the smart bracelet regularly, especially its inner side, and keep it dry.
- Adjust the smart bracelet tightness to ensure air circulation.
- Excessive skincare product should not be used for the wrist wearing the smart bracelet.
- Please cease wearing the smart bracelet in case of skin allergy or any discomfort.

Schematic diagram of main body of the smart bracelet



Power-on

Long press on the middle area for 5 seconds or plug the smart bracelet into the base to charge to power on.



Downloading and binding of smart bracelet APP

1. Download and install APP
1. Scan QR code with mobile phone to download APP.
2. For IOS system, select APP store; and for Android system, select Application Treasure to download and install Da Fit.



Note: your mobile phone must support Android 5.1 or IOS 8.0 or above, and Bluetooth 4.0 or above.

2. Check mac address

Long presses the screen for two seconds on the main interface to get the bracelet MAC. MAC address is used to indicate the hardware address of smart bracelet and is the only sign of the smart bracelet and cannot be modified. If you check the smart bracelet with a mobile phone, you can find the corresponding smart bracelet by checking the MAC number.

The MAC address is used to quickly identify the smart bracelet and the connected mobile phone.

The lower left corner shows the battery symbol, and the right shows the Bluetooth symbol. After connecting to the mobile phone, the icon will be displayed.



3. Bind smart bracelet with APP

1. Click on "Add Device" to bind the smart bracelet. 2. Click on your device in the device list scanned. 3. The IOS system will show a Bluetooth pairing request and you can click on Bluetooth "Pairing" to confirm. Connect it directly to Android system. 4. Successfully bound.



4.Remove device

For the Android mobile phone, the device can be disconnected from your mobile phone by simply clicking on Remove device.

For Apple mobile phone after binding removal, you need to click on the symbol on the right in Setting- Bluetooth, and choose to ignore the device. As shown below:



Introduction of smart bracelet functions

Power-on status

symbol to switch the menu interfaces of main screen, as the interfaces shown in the following;



1. Introduction of main interface functions

After the smart bracelet and APP are first paired, the time and date of the mobile phone will be synchronized.

2. Step counting, distance and calorie

The step-counting interface shows steps. Wear the smart bracelet on wrist, and the smart bracelet can automatically count steps, distance and calories.

3. Messages

You can view the content pushed by the message in the information interface. At most three messages can be saved. After three messages are saved, the messages displayed before will be replaced by new messages one by one.

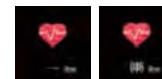
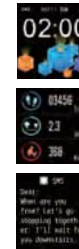
Note: Enter the information content interface and press and hold the display area for 2 seconds to delete the current single message content.

4. Sleep monitoring

Wearing the smart bracelet at night to automatically judge whether you are in the sleep state, to record deep sleep and light sleep respectively, and to summarize the total sleep time to help you monitor your sleep quality. The sensor can measure your sleep quality according to the range and frequency of wrist movements when you sleep.

5. Heart rate measurement

Enter the heart rate test interface, the motor will vibrate once after "Start measurement" and "Stop", and the current measurement data will be displayed.



5.1 Correctly wear the smart bracelet on wrist at 2cm of the inner side of the ulna joint to more accurately measure the heart rate data, as shown in the right figure.



5.2 Closely attach the heart rate sensor to the skin with well contact in measurement of heart rate. The sensor light will expose if the smart bracelet is too loose, which will cause inaccurate measurement values. DO NOT directly look at the green light of the sensor in case that your eyes feel uncomfortable.

5.3 Although the product dynamically detects the heart rate at real time, the user has to keep sitting still when the device is used for measuring heart rate; otherwise, the time for measurement of heart rate will be delayed or no data can be measured. The user should not move until the smart bracelet measures the value and then the data of real-time dynamic heart rate can be checked.

5.4 It is necessary to measure again after a rest if there is a big difference in measured data. The average value obtained through five times of consecutive measurement is more accurate.

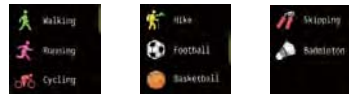
5.5 The product dynamically measures the heart rate at real time, so the heart rate is varied in different conditions, such as speaking, dining and drinking. It should be subject to the actual case.

5.6 Be sure that there is no dirt at the bottom of the heart rate sensor during measurement. Skin color, hair density, tattoo and scar may affect the accuracy of the measured results, in which cases it is necessary to re-measure the heart rate.

[6. Exercise](#)

There are seven kinds of sports in the sports interface, including walking,

Mountaineering , running, cycling, rope skipping, badminton, basketball and football .



7. Stopwatch

Enter the stopwatch page, click on the icon "Start" below to start timing, then singly click on the icon "Pause" to pause timing, and the icon in the Bottom right corner is for one-key resetting.



8.Weather

The weather page displays the current weather and tomorrow's weather.

For weather information, it needs to connect with the client end before data can be obtained. If the disconnection time is long, the weather information cannot be updated.



9. Brightness regulation

Click the icon to select screen brightness, slide to the right to exit and save the record.



10. Camera

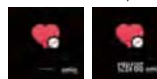
After connecting with the mobile phone, the smart bracelet can be used as a remote controller for the mobile phone camera. Open "Photo control" in APP to "Shake" the smart bracelet and click on the icon to take a photo.



11. Blood pressure

Enter the blood pressure test interface, the motor will vibrate once after "Start measurement" and "Stop", and the current measurement data will be displayed.

The environment for measuring blood pressure should be quiet with an appropriate temperature. The user should rest for at least 5 minutes, and avoid tension, anxiety and emotional excitement before measurement. Repeatedly measure blood pressure for three times at the interval of 2 minutes. Record the average of three readings.



12. Blood oxygen

Enter the blood oxygen test interface, the motor will vibrate once after "Start measurement" and "Stop", and the current measurement data will be displayed.

Blood oxygen saturation (SpO_2) is the percentage of the volume of oxyhemoglobin (HbO_2) combined by oxygen in the blood to the volume of all (Hb , hemoglobin) which can be combined, i.e., the concentration of blood oxygen in the blood.



Note: the data measured for blood pressure and blood oxygen are for reference only, and cannot be used as the basis of relevant medical purposes.

12.1 More

Click the "More" icon to enter the function interface.



12.2 Restore factory settings

Click on "Confirm" to clear all data in the smart bracelet, and to restore factory settings.

12.3 Power-off

Click on "Confirm" to turn off the smart bracelet and the smart bracelet is in a sleep state.

12.4 About

This interface allows you to view the Bluetooth name, software version number, Bluetooth address, battery icon, and more.

Frequently Asked Questions (FAQs)

1. Why does the smart bracelet automatically disconnect Bluetooth when the Android screen goes out?

1> Lock background APP. When the Da Fit process is cleared, the smart bracelet will be disconnected from the mobile phone.

2 > Set APP self-startup

3 > Unrestricted background operation. The Android mobile phone installed with APP intelligently restricts the background operation by default, and App should be set manually without any restriction.

2. Why cannot the smart bracelet receive message push?

1> Please confirm that you have turned on the switch for message push at the mobile phone client.

2 > Please confirm that messages can be displayed normally in the mobile phone notification bar. The message push on the smart bracelet is completed by reading the message from the mobile phone notification bar. The smart bracelet will not receive the message push if there is no message in the mobile phone notification bar. (You need to find



notification settings in the mobile phone settings, and turn on the notification switch of WeChat, QQ, call, SMS and mobile phone client).
3 > Turn on the mobile phone --- Settings. Enter "Notification use right" on the top search box, re-open Da Fit.

3. Why can't take a hot bath with the smart bracelet?

Answer: the bath water has a relatively high temperature, and generates a lot of vapor which is in the gas phase with small molecular radius and can easily infiltrate into the smart bracelet from the shell gap. When the temperature drops down, the vapor will condensate into liquid-phase droplets which will easily cause the short circuit inside the smart bracelet and damage the circuit board and then damage the smart bracelet.

Note: for more FAQs, please refer to Da Fit APP feedback.



Warning:

Please consult your doctor before you take a new sport. The smart bracelet should not be used for any medical purpose though it may dynamically monitor the heart rate at real time.

Federal Communications Commission (FCC) Statement

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.

Note: 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.

Warning: Changes or modifications made to this device not expressly approved by Shenzhen Yawell Intelligent Technology Co.,Ltd may void the FCC authorization to operate this device.

Note: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.