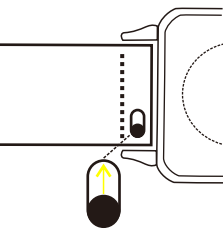# Smart watch
User Guide

Thanksgiving, I met you in the years like songs. Thank you for choosing this smart watch. This watch will provide higher help and enjoyment for your exercise and health. For your convenience, please read the instructions carefully and follow the steps in the instructions.
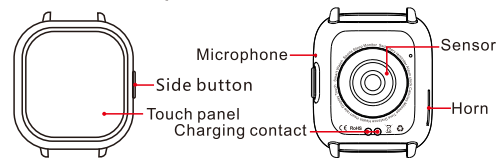
Machine Description

- Microphone
- Sensor
- Side button
- Touch panel
- Charging contact
- Horn

Note: Press and hold the side button to turn on and off the device

Finger operated ear switch, used for assembling or replacing watch straps

Quick instructions for using the watch

Watch Charging and Activation

Before using the watch for the first time, it needs to be charged and activated. Use the equipped magnetic charging cable to attach it to the metal point on the back of the watch, and connect the other end of the charging cable to a USB charging head or computer USB interface.

Install the watch app and bind it

Method 1: Scan the QR code on the right to download and install the "Da Fit" app.
Method 2: Search, download, and install the "Da Fit" app on Android phones in app markets such as Google Chrome.
Download and install the "Da Fit" app directly from the "App Store" on your iPhone.
Mobile version requirements:
Android 5.0 or iOS 9.0 and above versions, supporting Bluetooth 4.0.
Note: During the installation process, click 'Allow' for the relevant permissions prompted.

Connect the watch

This watch is a dual Bluetooth call watch, which can be connected to the APP to connect to both Bluetooth (APP Bluetooth and mobile phone (audio) Bluetooth)

Open the app and click on "Devices" to find the watch that needs to be connected. Click on the Bluetooth name of the watch to connect. If a prompt bar pops up, click on "Pairing" or "Permission Allow" to connect normally. The connection was successful as shown in the figure:
After the watch is successfully bound, every time the client is opened in the future, the watch will automatically connect to the phone, and the phone's time and date will be synchronized to the watch. You can synchronize data on the client data page.

Introduction to Call Function

When the watch is connected to a mobile phone, it can be used to dial and control the phone for calls; You can also answer calls from your phone on your watch. At the same time, you can also view the call history information of the watch.
Note: When using the call function, it is necessary to ensure hat the connection status between the watch and the phone is stable.

Introduction to watch functions
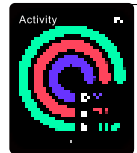
Activity Center
Check the number of steps taken, distance traveled, and calories burned at any time throughout the day. Can be synchronized to the app in a timely manner to view sports data.

Heart rate
Switch to the heart rate testing interface to enter real-time heart rate monitoring, and the measurement data can be synchronized to the APP in a timely manner.

Blood oxygen
Switch to the blood oxygen testing interface to enter real-time blood oxygen detection, and the test results will be directly displayed on the watch interface.

Sleep
A watch can record and display the total duration of your sleep last night, as well as the duration of deep and light sleep. More detailed information analysis and data records can be viewed in the client.
Note: Wearing a watch to fall asleep will result in sleep data.
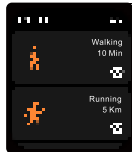
Physical exercise
Press the sports shortcut key or click the exercise icon on the main interface to enter the sports mode, with multiple sports modes to choose from.
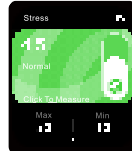
Stress testing
Switch to the stress test interface to enter the stress test, and the test results will be directly displayed on the watch interface.

Weather information
The weather page will display current weather and air quality information, as well as tomorrow's conditions. The weather information can only be obtained after connecting to the client. If the connection is disconnected for a long time, the weather information will not be updated.
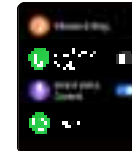
Offline voice
After connecting to the app, turn on this switch to enter the command: "Turn on heart rate", and the watch will turn on the heart rate test.
Note: This language system only supports Chinese and English, and can only recognize Chinese in Chinese mode. Other languages can only recognize English.

AI Watchface
Watch and: It can create dials with corresponding backgrounds through voice input commands;
APP end: In the device binding interface, click on "AI dial", enter the command, and the phone will create the corresponding background dial, which can be applied to the watch.

AI voice
Switch to the AI voice interface to enable the AI voice function and start AI conversations.

Off screen clock
Switch to the off screen clock interface to enable pointer clock or digital dial selection, or disable the off screen clock.
Note: Turning it on will significantly increase power consumption and shorten battery life. If not needed, please turn it off.

Basic parameters:
Connection method: Bluetooth connection.
Input: 5V, 500mA-2A.
Device requirements: Android 5.0 or iOS 9.0 or above.

Matters needing attention:
1. It is prohibited to use adapters with charging voltage greater than 5V and charging current greater than 2A, and the charging time should be 2-3 hours.
2. It is prohibited to charge in the presence of water stains.
3. The outer shell of this product cannot be disassembled without authorization, as the product will be damaged and lose its warranty qualification.
4. Off screen clock: Enabling it will significantly increase power consumption and shorten battery life. If not needed, please turn it off.
5. It is necessary to regularly clean the watch, especially the inside and charging position, to keep it clean.

Special note:
1. This product is not a medical device, and the measurement results are for reference only and should not be used for any medical purposes or basis. Please follow the doctor's guidance and do not self diagnose or treat based on the test results.
2. This manual is based on existing information and follows the principle of continuous improvement and development. The company reserves the right to make changes to product specifications and functions, as well as to modify and improve any products described in this manual.

Common problem

Why is there no sleep data when wearing a watch to sleep?
1. Excessive physical activity during sleep results in poor sleep quality, and the wristband identifies it as a non sleeping state.
2. Sleep will only be recorded between 8pm and 10am when falling asleep.

Why doesn't the watch light up when flipped over?
Firstly, open the app and confirm if the flip wrist screen switch is turned on. If it still cannot be used after being turned on, please remove the straps on both sides of the watch, place them flat on the desktop, open the app, click on other settings, and click on calibration. Also, please note that you are in a sleep state and flipping your wrist to turn on the screen is not allowed. The default effective time is 7:00-22:00. You can set the time according to your own needs.

Why can't the watch receive message notifications?
Android phone settings:
1. Confirm that the message push switch is enabled on the APP.
2. Confirm whether the message can be displayed normally in the notification bar of the mobile phone. The wristband message push is done by reading the message in the notification bar of the mobile phone; If there is no message in the notification bar of the phone, the wristband cannot receive push notifications. (You need to find the notification and status bar in your phone settings, and enable phone calls, text messages, etc.)
3. Open the app - click on other settings - click on accessibility - open the app.
Apple phone settings:
1. Confirm that the message push switch is enabled on the APP.
2. Open your phone settings - click on notifications - click on SMS, phone - enable notifications and display them in the "Notification Center".

FCC Warning 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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

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