

# 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.

### FCC Warning

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.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

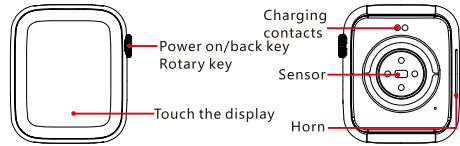
This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio 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.The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

### Instructions for the quick use of the watch

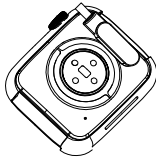
#### Description of the whole machine



Note: long press the power button to turn on the watch

#### The watch is charged and activated

Charge activation is required before using the watch for the first time, using the equipped magnetic suction charging cable to attach to the metal point on the back of the watch, the other end of the charging cable can be connected to the USB charging head or computer USB port.



#### Install the watch APP

Scan the QR code below or enter the major app markets to download and install "Da Fit"



Device requirements: ios 10.0 and above; Android 5.0 and above; support Bluetooth 5.0.

#### Connect the watch

This watch is a dual Bluetooth call watch, if you want to use the watch properly need to connect two Bluetooth (APP-side Bluetooth and mobile phone end (audio) Bluetooth)

1) English

#### 1.APP-end connection (for data transfer)

Open the APP and click "Binding Watch" to find the watch you need to connect to. If more than one device is nearby, please filter according to the MAC address of the watch, the connection is successful as shown in the figure:



#### 2: Mobile phone connection (for calls)

1) Turn on the watch's audio switch: Swipe down on the watch's main interface, enter the control center, tap the audio switch icon, turn on the audio status As shown: Note: When the watch is low, the audio cannot be turned on.



2) Go to the mobile Phone Bluetooth search page, search and connect the hand table, the connection is successful as shown:



After the watch is successfully bound, each time the client is opened in the future, the watch will automatically connect to the phone and the data can be synchronized by pulling down on the client data page.

#### Introduction to the call function

When the watch is connected to the mobile phone, you can use the watch to dial-control the phone to make communication; You can also answer calls from your phone on your watch. You can also view your watch's call history.

Note: When using the call function, you need to make sure that your watch is connected to your phone in a stable state.



2) English

### Introduction to the function of the watch



#### Motion information

The watch records and displays the number of steps you walk each day, the calories burned, and mileage information. More detailed analysis and data records can be viewed in the client.



#### Sleep

Your watch can record and show the total length of your sleep last night and the length of your deep and light sleep. More detailed analysis and data records can be viewed in the client.



#### Heart rate

The watch can record and display a heart rate of 24h throughout the day. Click on the heart rate interface to measure the current heart rate. More detailed analysis and data records can be viewed in the client.

3) English



#### Blood pressure

Click on the blood pressure interface to measure the current blood pressure value. More detailed analysis and data records can be viewed in the client.



#### Blood oxygen

Click on the oxygen interface to measure the current oxygen value. More detailed analysis and data records can be viewed in the client.



#### Weather information

The weather page shows the current weather, air quality information, and tomorrow's conditions. Weather information needs to be connected to the client before data can be obtained, and weather information cannot be updated if disconnected for a long time.

4) English



#### Add components

Swipe right to the last interface, click the plus sign and select the function icon to add it to the interface.



#### Set up shortcut interface

Swipe down on the main dial interface to enter, including "audio Bluetooth switch, brightness adjustment, menu style selection, QR code package, about, setting interface".

#### Basic parameters:

Connection method: Bluetooth connection

Input: 5V/100mA Battery:DC 3.7V 240mAh 0.88Wh

Device Requirements: Android 5.0 or iOS 10.0 and above

#### Precautions:

1. It is forbidden to use an adapter with a charging voltage greater than 5V and a charging current greater than 2A, and the charging time is 2-3 hours.
2. It is forbidden to charge with water stains.
3. Do not disassemble the casing of this product without authorization, the product will be damaged and the warranty will be lost.

#### Special note:

1. This product is not a medical device, the measurement results are for reference only, not as anyMedical Use and Rationale. Please follow the doctor's instructions, do not rely on this test resultSelf-diagnosis and treatment.
2. This manual is produced based on the existing information, in line with continuous improvement and continuous developmentThe company reserves the product specification and function changes, and the description of this manualthe right to make modifications and improvements to any product described.

5) English