

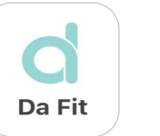
USER MANUAL

SMART WATCH

Instructions

Open client download

Scan the QR code below, download and install it on your mobile phone client.

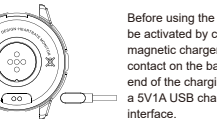


Brief introduction of watches

Full-screen touch: slide down to enter the status setting bar, slide up to view the notification, slide left to enter the main function interface, and slide right to enter the split-screen menu;
Power key: Wake screen/Access menu/Return to watch face/Turn on/Turn off.
Sport key: Wake screen/Short press to enter sports mode/Long press to access voice assistant.

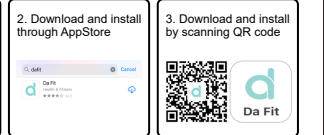


Charging guide

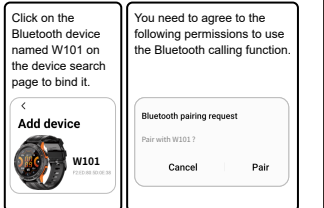


Before using the watch for the first time, it can be activated by charging, and the equipped magnetic charger can be attached to the metal contact on the back of the watch, and the other end of the charging cable can be connected to a 5V1A USB charging head or a computer USB interface.

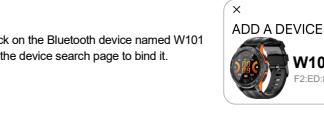
Download the app



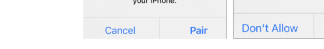
Binding device



2. Use the iOS mobile phone to bind the device.
Use the iOS system mobile phone to bind the device, open the DaFit application, enter the device page and click bind the device.



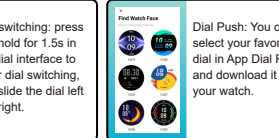
You need to agree to the following permissions to make the watch function work normally and the Bluetooth calling function work.



Audio setting

Open the watch Bluetooth call function and play mobile media audio function

Dial setting



Sleep

Support to record deep sleep, shallow sleep, rapid eye movement and waking state every day.

Weather

After the watch is connected to the APP, this weather interface will display real-time weather temperature and weather status
Support to view the weather data of the next week

Blood oxygen monitoring

Before blood oxygen monitoring, make sure that the watch is correctly worn on the wrist (the best position is one finger wide above the wrist bone). Blood oxygen monitoring requires that the watch be worn tightly to avoid light leakage and cannot be effectively detected, and then enter the blood oxygen testing, and the wrist is required to remain stationary during the testing process. When entering the blood oxygen measurement interface, the green light at the bottom will light up and there will be a vibration reminder when the measurement is completed for 30-60 seconds. This measurement is based on PPG technology.
Support the measurement of current blood oxygen data
Support to view the historical data of blood oxygen for nearly seven times.

Heart rate monitoring

Before heart rate monitoring, make sure that the watch is properly worn on the wrist (the best position is one finger wide above the wrist bone). Heart rate monitoring requires that the watch be worn tightly to avoid light leakage, so that it cannot be effectively detected. Then, the wrist is required to remain stationary during the heart rate monitoring. When entering the heart rate measurement interface, the green light at the bottom lights up to start measuring, and there will be a vibration reminder when the measurement is completed.
Support the measurement of current heart rate data
Support 24-hour detection

Music control

After the watch is connected to the APP, it can control the pause and start, volume adjustment and song switching of the mobile phone music player;
When the mobile phone plays music, you can use the watch-controlled mobile phone to play/pause, play the previous song and play the next song.

Bluetooth call

Bluetooth calling function can be realized by connecting with mobile App, and the calling scene is more convenient.

Other functions

Common contacts, phone records, voice assistants, exercise records, physiological calendar, blood pressure monitoring, stress detection, relaxation, calendar, calculator, electronic business card, drainage, stopwatch, timer, alarm clock, message push and other functions.

FAQ

1. Why are QQ, WeChat and other information notified and reminded, but the bracelet is not reminded?

1.1 Confirm whether the message can be displayed normally in the notification bar of the mobile phone, and push the device message by reading the message in the notification bar of the mobile phone; If there is no message in the notification bar of the mobile phone, the device will not receive the push. (You need to find the notification and status bar in the mobile phone settings, and turn on the phone, SMS, etc.).
1.2 open the APP, enter the APP device bar-click the message reminder-and open the application switch button corresponding to the message push you want to receive.
1.3 The device is always connected with the Bluetooth of the mobile phone.

2. How does the device unbind from the mobile phone?

Android mobile phone
On the "Devices" page of the APP, click the "Unbind" button and select OK to unbind.
iPhone
2.1 On the "My"->"Device Information" page of the APP, click the "Unbind" button;
2.2 Under Settings-Bluetooth-My Device of Apple's mobile phone, select the bracelet to be unbound, and click the blue "i" Logo, and then click "Ignore this device".
Note: If Apple mobile phone does not ignore the device, it will not be able to search for the device when it is bound again, and it will still receive a reminder notice when there are reminders such as information and phone calls.

3. Why is it easy for Android phones to disconnect?

The APP must be running in the background, so that Bluetooth will not be automatically disconnected. However, the memory management of Android mobile phone system will forcibly turn off the APP, which requires us to manually turn off the power-saving mode of the mobile phone system or add the APP to the green background of system management, and the APP will not be forcibly turned off.