



BSW053

Smart Watch

User Manual

Downloading and connecting of smart watch with Da Fit APP

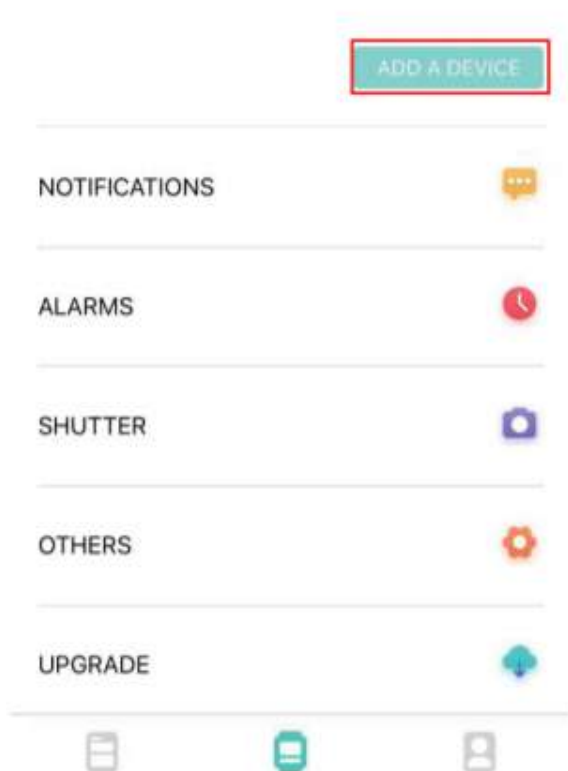
1. Download and install Da Fit APP
2. Scan QR code with mobile phone to download APP.
3. For IOS system, select APP Store, search for Da Fit App.



Android system, select Google Play to download and install Da Fit App. Or scan QR code to download

Note: your mobile phone must support Android 5.1 or IOS 9.0 or above, and Bluetooth 4.0 or above.

Connect smart watch with Da Fit APP



Click on "Add Device" to connect the smart watch

18:43

Bluetooth, HD, cellular, Wi-Fi, and battery status icons.



Add device



FB BSW053

F4:A5:70:08:4C:81

Click on your device in the device list scanned. Connect it directly to Android system.

FB BSW053

Connected

F4:A5:70:08:4C:81

38%

Remove Device



WATCH FACES

NOTIFICATIONS

ALARM

SHUTTER

OTHERS

UPGRADE

Bluetooth Pairing Request
"FB BSW053" would like to pair with your iPhone.

Cancel

Pair

The IOS system will show a Bluetooth pairing request and you can click on Bluetooth "Pairing" to confirm.

FB BSW053

Connected

F4:A5:70:08:4C:81

54% 

REMOVE



Successfully connected

Watch Faces



Notifications



Alarms



Shutter



Others



FB BSW053

Connected

F4:A5:70:08:4C:81

54% 

REMOVE

Watch Faces Notifications 

For both android & iOS click
on Notifications Tab in the
Dafit app

12:32



NOTIFICATIONS

Turn on the switch to synchronize related information to smart bracelet.



Phone



Messages



Facebook



Twitter



WhatsApp



WeChat



Instagram



Skype



KakaoTalk



Line



Enable all the notifications
for the ease of use

BLUETOOTH CALLING FUNCTION

This watch comes with a special feature of Bluetooth calling. The user can make calls without having to open the phone. You can also view the call history of the watch. You need to keep the connection between the watch and the phone stable when using the Phone Call function.

The watch also has a microphone and a speaker built in for the ease of talking through the watch and to hear music, phone calls, and other notifications

Follow the steps to activate the calling function and much more.

Part A - How to connect

- **Step 1:** After connecting the watch to the Da Fit App, you need to go the bluetooth settings of the phone and pair the watch there as shown below.

For iOS

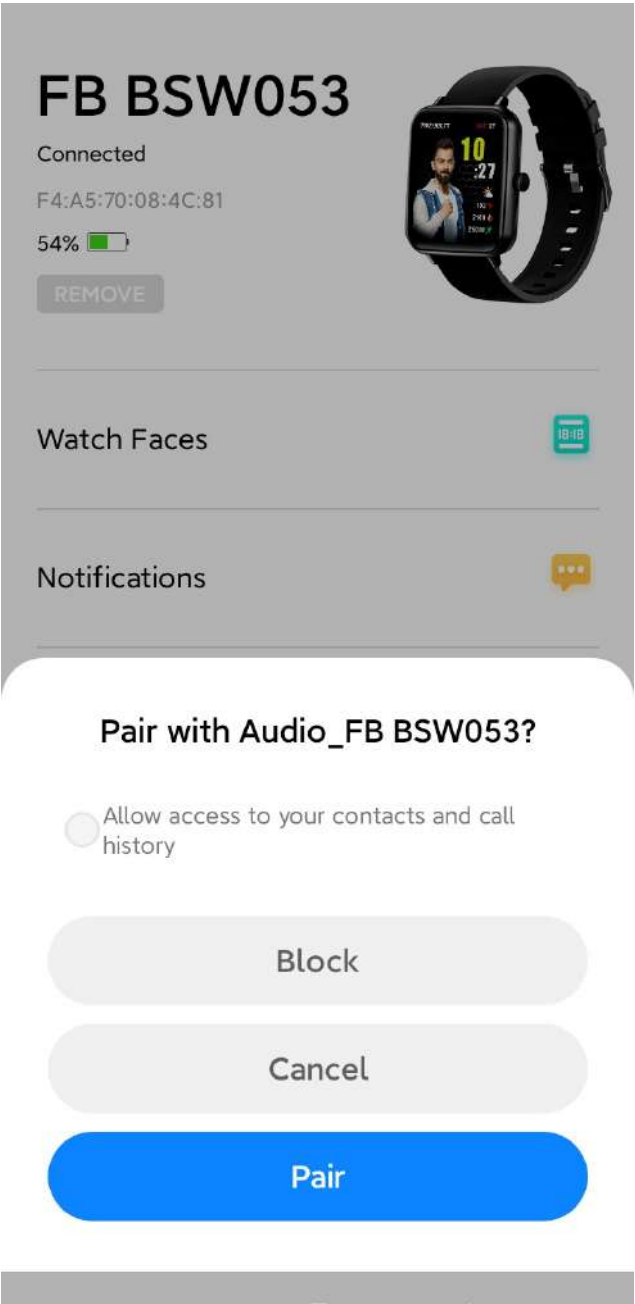


Switch on the bluetooth in the phone bluetooth settings and you shall see the available device as **"Audio_FB BSW053"**



It shall show Connected

For Android



Accept the Bluetooth Pairing Request



Bluetooth

Bluetooth



Device name

Redmi 9A >



Audio_FB BSW053 SBC

Connected | Active



Once accepted you can see the following screens saying – "**Connected for calls**"

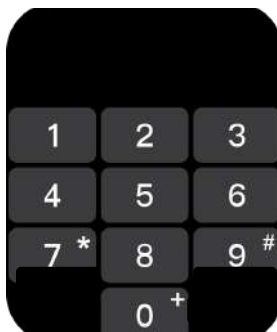
- **Step 2:** Go to the watch and swipe left to the features page and locate the phone function



- After successfully connecting the bluetooth you will get this screen.



- Upon clicking on the Recent Call you can see the recent calls of your device



- When you click on the dial pad you shall get this screen on your watch.



- Once you dial the number the call button on the right corner shall appear.



- You click the dial button, you can see that the number is dialling

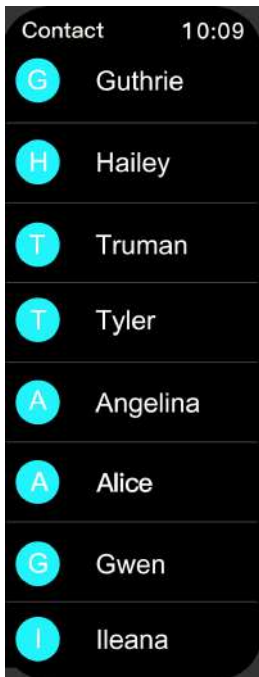


- Through the microphone available in the watch **you can talk through the watch and adjust the speaker volume by the + & - sign on the watch and disconnect the call.**

Part B - How to disconnect

To disconnect the bluetooth calling the user simply has to go to the phone's bluetooth setting and "unpair" the Audio_FB BSW053 device

Part C - Add contacts



- You can add upto 8 contacts – Add the contacts from the Dafit App. Go to "Favourite Contacts" and add contacts. The selected contacts will get synced to your watch.

18:43

4G

FB BSW053

Connected

F4:A5:70:08:4C:81

54%

REMOVE



WATCH FACES



NOTIFICATIONS



ALARMS



SHUTTER



FAVORITE CONTACTS



OTHERS

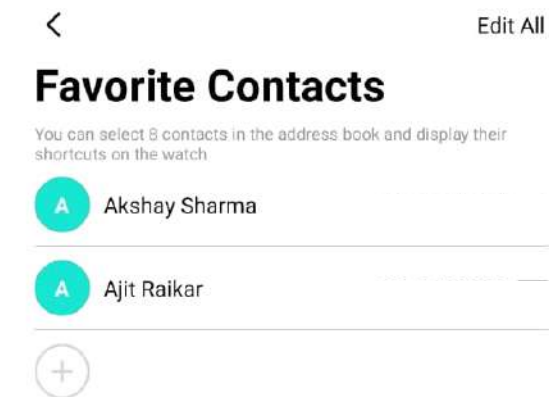


Click on Favorite Contact to add the contacts





Select the contacts you want to add

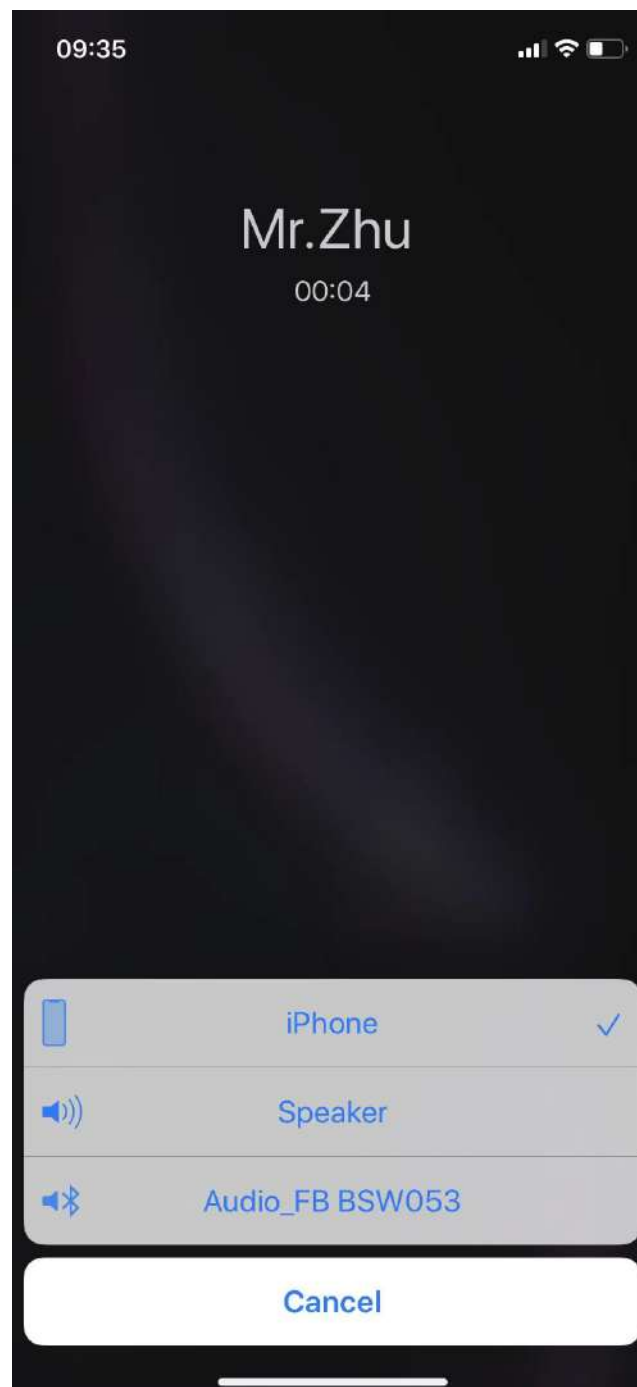


The contacts will get added.

It takes a while to upload contact data

Part D - Switch between Phone / Watch

Switch Between Watch / Phone During an Active Call : If your watch is connected to the Phone via Bluetooth, all calls will come on the watch by default. If you want to change the call to the phone, during an active call, simply click on **Handset earpiece** icon to select it. The call will then come on your phone.



Part E – Battery Advisory.

Battery_

- The battery lasts for 2 to 3 days with bluetooth calling mode enabled.
- On standby the battery can stay for as long as 5-7days.
- Advisory– To conserve battery, It is advised to turn off the bluetooth when not in use.

Functions Navigation

The screen can be navigated by sliding left/right or sliding up/down



Control Center

Swipe Down   Swipe UP



Smart Menu

Swipe Left   Swipe Right

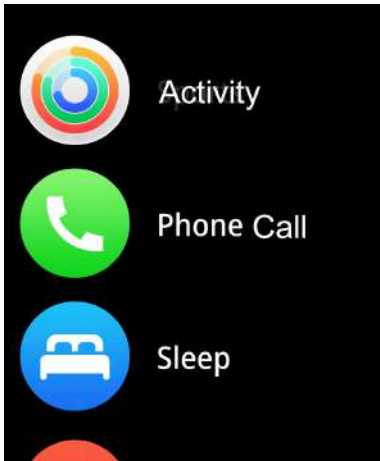


Swipe Left   Swipe Right



Smart Component Page

Swipe Down   Swipe UP



List Menu

Watch Face Functions Navigation and Button Instructions

The watch features a full touch control screen with a reflective display and one button

Functions Navigation

The screen can be navigated by sliding left/right or sliding up/down

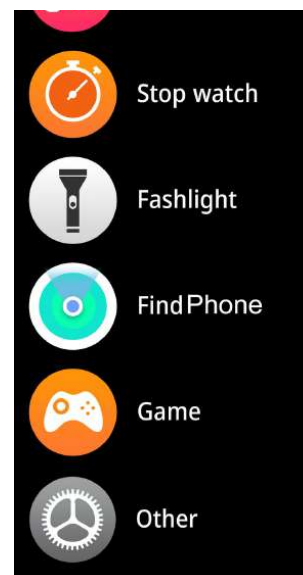
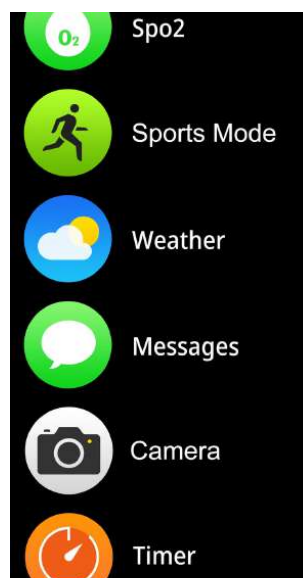
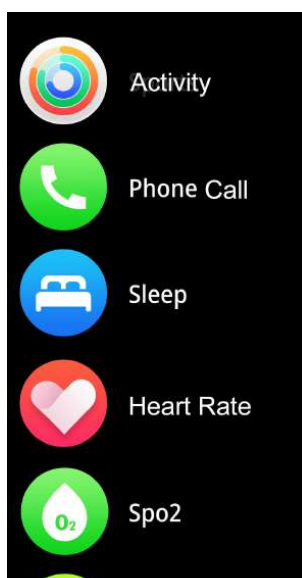
By default, the watch face page displays, and on the watch face page, you can:

- Slide down to view watch settings.

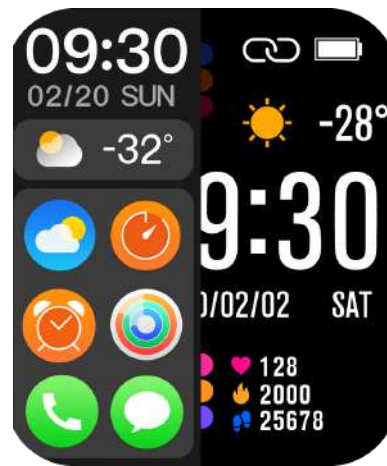


- Sleep
- Brightness
- Timer
- Camera
- Phone Call
- Settings

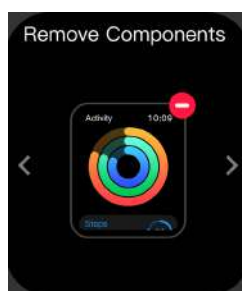
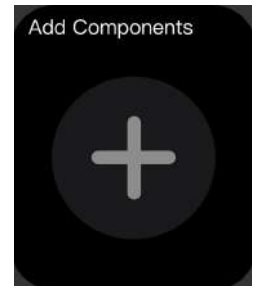
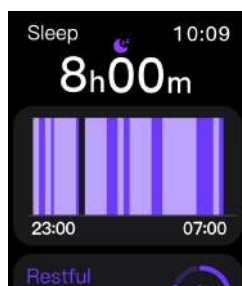
- Slide up to view List Menu



- Slide right to view Smart Menu



- Slide left to view Smart Components. User can Add, Remove Component of their choice. User can add 10 components



Touch Button Operations

Short press from the side button

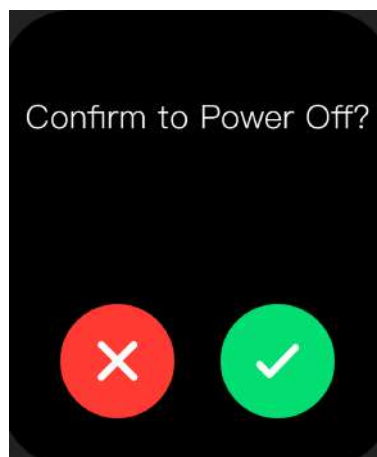
To unlock the screen in the lock screen status

To return to the watch face page from the first-level menu entry in the unlocked status



Long press from the side button

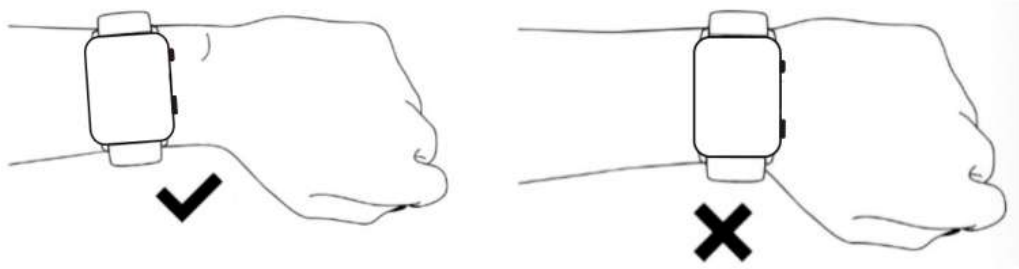
To turn on the watch in the power off status



Watch Wearing and Charging

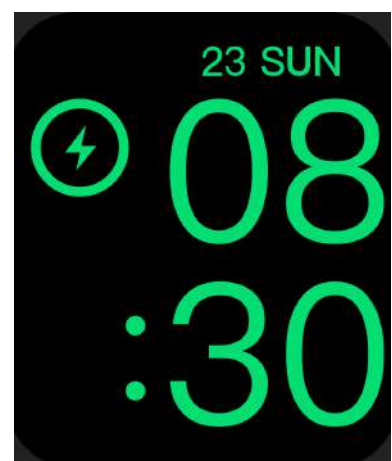
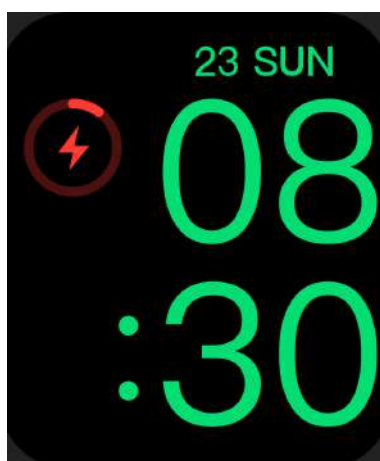
It is recommended to wear the watch with a moderate tightness at a distance two fingers far from your wrist to ensure that the optical heart rate monitor works properly

Tip - Please wear the device a bit little tighter when using the heart rate monitor & SpO2 feature



Charging

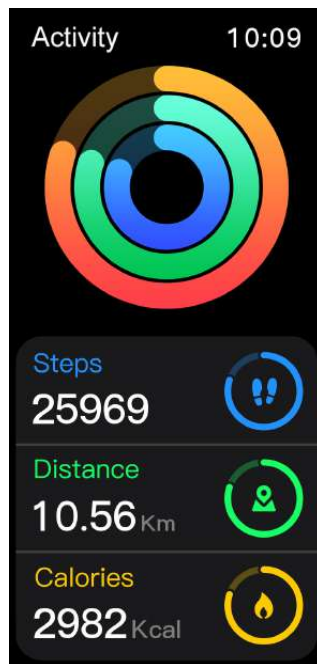
- Plug the charger's USB port into a mobile phone charger or a computer USB port to charge the watch.
- Attach the charging pin to charge the smart watch.
- The charging icon will appear on the screen, indicating that the watch is being charged.
- It is recommended to use computer USB ports or brand mobile phone chargers to charge the watch.
- Note: If smart watch can not be powered on after being left unused for long time, please clean up the charging metal pins to make sure connecting well



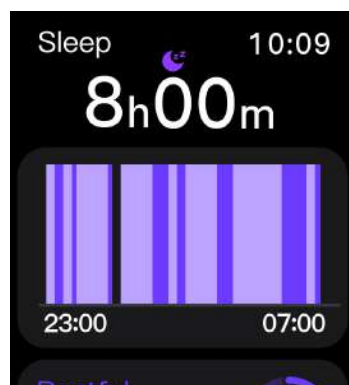
Use of Functions

The watch has a lot of functions, these can be accessed by **swiping up** to the menu. A short brief of the functions are as below:

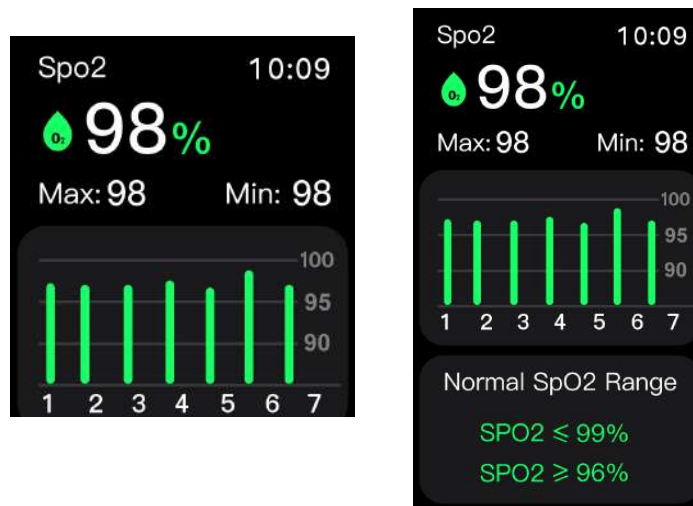
- Steps– The watch automatically tracks the step taken on the screen. **Note: Your movement stats reset to 0 at midnight.**



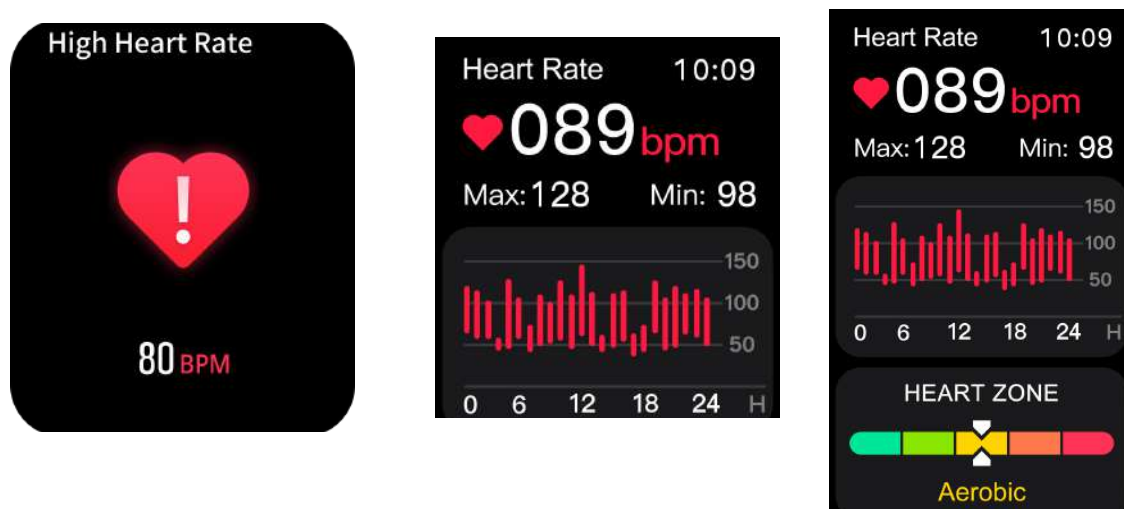
- Sleep – You need to wear the watch while sleeping, it will provide the hours slept and quality of sleep stats.
- **Note: Sleep Detection starts from 8pm to 10 am the next day**



- Oxygen Tracking (SPO2) – Tap the SPO2 page to start measuring. On the SPO2 page you can see the previous data. **The value is only for reference, not for medical use**



- Heart Rate – The watch will record your heart rate all day. You can also tap on the page to start measuring



- Phone – The watch supports bluetooth calling i.e it enables you to make calls from the watch and even talk through the watch



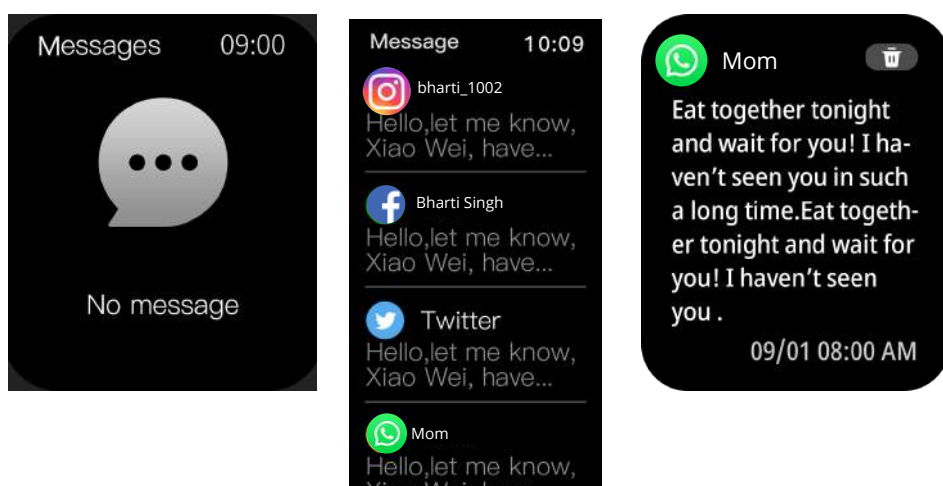
- Exercise – This feature comprises of 100+ exercise modes. Track your fitness goals in a tap. You can view the following activities: Walking, Running, Cycling, Skipping, Badminton, Basketball, Football, Kabbadi, Cricket etc



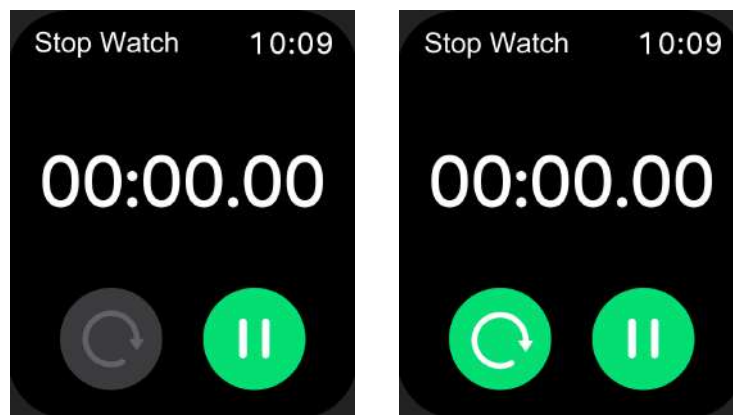
- Breathe – This function helps you to focus on your breathing activity



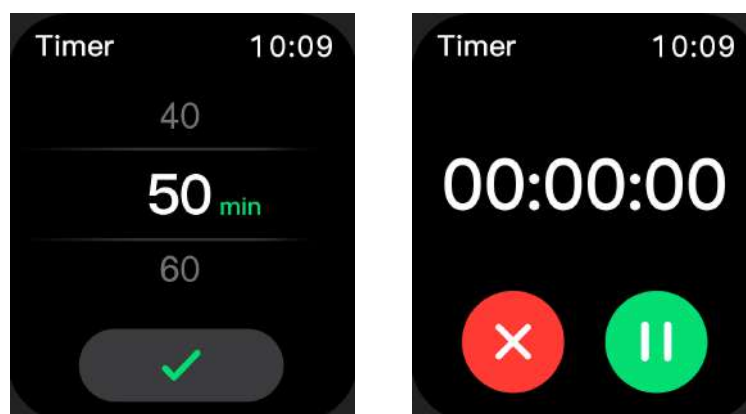
- Messages – This function helps you to check all notifications and messages



- Stopwatch- You can begin and close any time line and stop the watch.



- Timer - A countdown timer lets you count the time forward and allows the user to set goals and finish a particular event on time.



- Alarm - You can set 3 Alarm Clocks on the Da Fit App under the home screen, you can open and close it on the watch



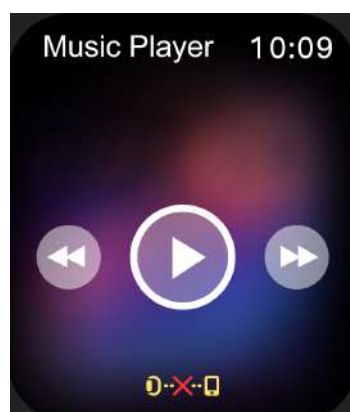
- Weather – You can know the current weather and the forecast for next 6 days, this information is synced from your app. Scroll Up to see the forecast weather. It will not be updated if the phone is disconnected for a long time.



- Shutter – You can remote control the camera of your phone once the watch is connected with your device.



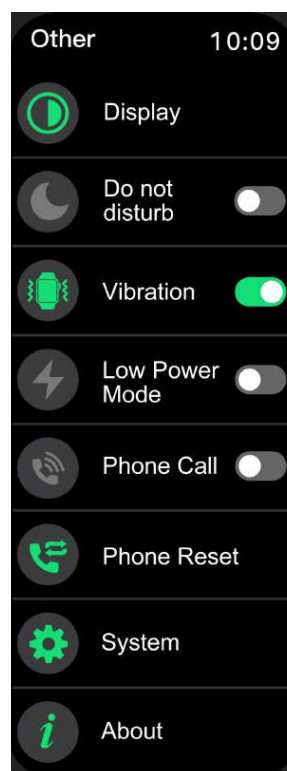
- Player – You can remote control the music player of your phone once the watch is connected to the device



- Flashlight – Make way through the darkness by using the inbuilt flashlight function



- Setting – Check out other features through this tab.

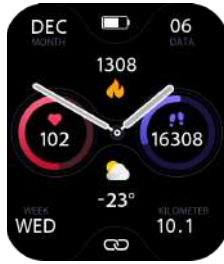


Other Settings

Watch Face

Replace the Watch Face on the Watch:

Come on the home screen and long press the screen to find available watch faces, land on the face u want and touch the scree to set it.



Replace the Watch Face on the App:

Tap the Watch face settings entry in the "Profile" -> "FB BSW053" page, and then download and sync watch faces on the Watch Face Store. After that, the replacement is done

18:43

Bluetooth, 4G, and battery status icons.

FB BSW053

Connected

F4:A5:70:08:4C:81

54% battery icon

REMOVE button



Watch Faces

18:48

Notifications

Enable Notifications

During use, you need to enable the corresponding "App alerts" on the Da Fit App, and keep the watch and the mobile phone connected.

If you are using an iOS device, you need to pair the watch with the Bluetooth of the mobile phone before use.

If you are using an Android device, you need to include the App into the whitelist or self-starting list of the mobile phone in background settings and keep the App running in the background to protect it from being detected and killed by the mobile phone's background processes. Such background processes could disconnect the watch and the App, and as a result no reminder will be received. See "Profile" -> "FB BSW053" -> "Run in background" settings for different mobile phone systems

View Notifications

When the watch receives a notification alert, it will vibrate to remind you and automatically display the notification content. If you do not view the notification immediately, you may slide up in the watch face page to go to messages and check the notification

Exercise

Sliding Up from the list menu in the watch face page can make the Activity app items visible. For more information, see the "Introduction to the Exercise Function" section below

Weather

In the weather page, you can view the weather for the day and the weather information for the next 6 days. You can change location in the app.

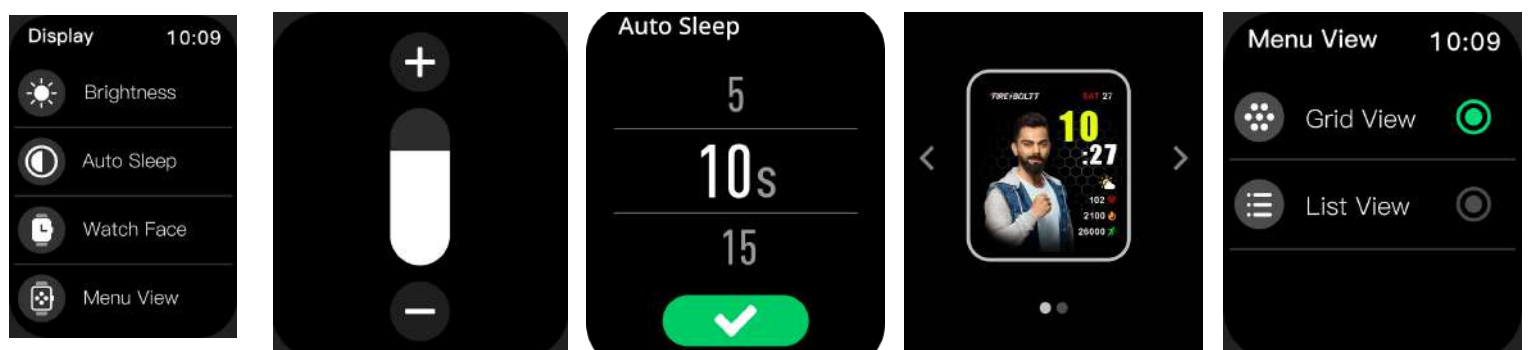
The weather displayed by the watch comes from the server. Therefore, you need to keep the Bluetooth of your mobile phone on and connect it with the watch to keep abreast of the latest weather information changes.

In addition, when a weather alert is received, the watch will receive the alert as well. You may toggle on the weather alert switch in the "Profile" -> "FB BSW053" -> "Others" -> "Weather" page on the Da Fit App

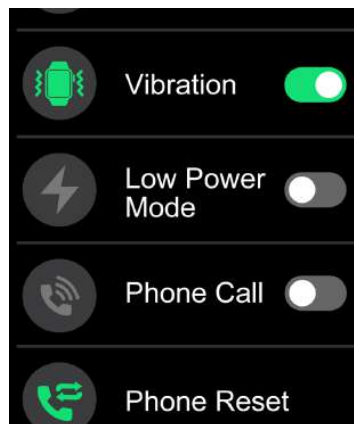
Settings

In the settings page, the settings items of Display, DND, Vibration, Low Power Mode, Phone Call, Phone Reset, System, About are provided.

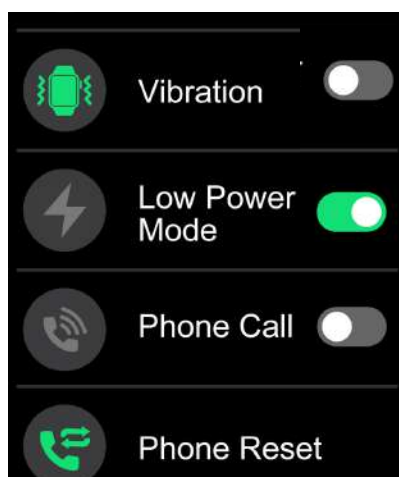
Display: Choose from the various display features like brightness, auto sleep, watch face, menu view, quick view



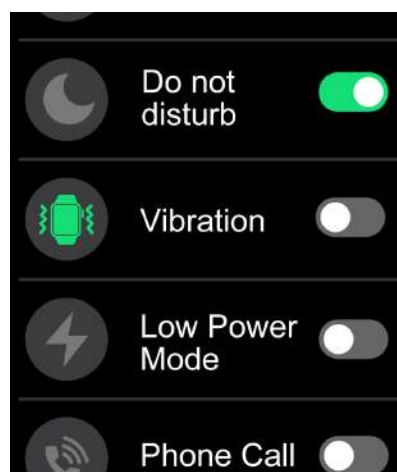
Vibration: Select if you want the watch to vibrate for notifications



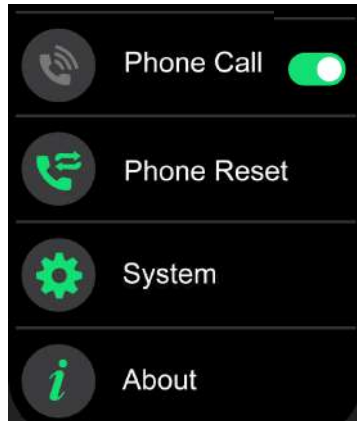
Low Power Mode: This will help to keep the watch with a less power consumption mode



DND: This feature lets you turn off vibrations and turns down the brightness



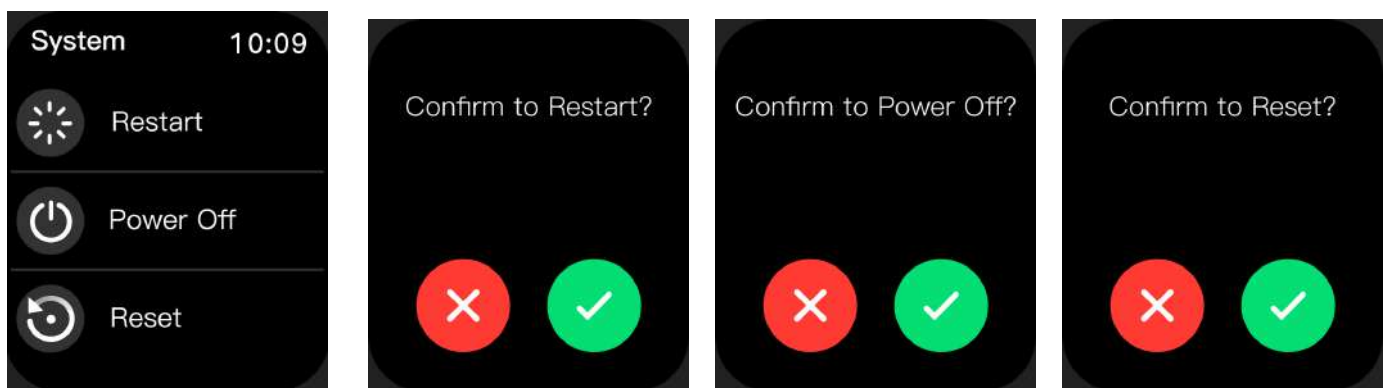
Phone Call: This enable you to one click activate bluetooth calling mode



Phone Reset: This will help to reset the bluetooth calling function



System Menu: This helps to Restart, Power Off, Reset



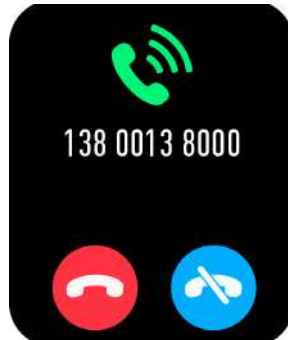
About: This helps to know the device firmware



Watch Status Reminder

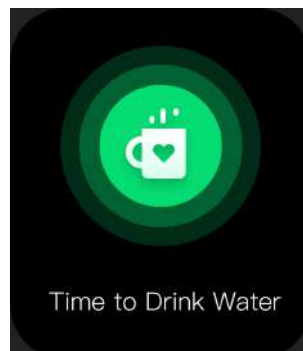
Incoming Call

When the watch receives incoming calls in no bluetooth calling mode, it will ring and vibrate to remind you, also you can silent or reject the call.



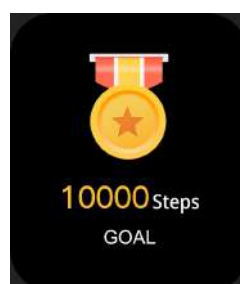
Idle alerts

When you are sitting for a long time, the watch will vibrate to remind you to get up for a while. Before using this function, you need to enable Idle alerts by tapping "Profile" -> "Others"-> "Reminder to Move" and setting time for Sedentary alerts on the Da Fit App



Goal Notifications

When the number of steps reaches the set goal, the watch will vibrate to remind you. Before using this function, you need to enable Goal notifications by tapping "Profile" -> "Goal Setting" and set your goal on the Da Fit App



Watch Alarm Alert

When the alarm on the mobile phone rings, the watch will vibrate and brighten to remind you that the alarm is ringing. Before using this function, you need to enable Watch alarm alert by tapping "Profile" -> "Alarm" and setting the alarm fix time on the Da Fit App

Exercise

Under the exercise tab, you get an option to choose and add all the available exercise modes. To go to the exercise function swipe right from the main screen and locate exercise/activity.



Introduction to the Exercise Function

Start Exercise

There is one approach to starting a sport:

- Select a exercise type in the Activity entry and enable it;

The watch currently supports following 100+ kinds workout modes: Walking, Running, Cycling, Skipping, Badminton, Basketball, Football, Tennis, Climbing, Rugby, Golf, Yoga, Workout, Dancing, Baseball, Elliptical Machine, Indoor Cycling, Free, Rowing, Trail Running, Skiing, Bowling, Dumbbells, Sit-Ups, Hiking, Indoor Walking, Indoor Running, Cricket and Kabaddi

