Thank you for purchasing our products. This manual addresses the safety guidelines, warranty, and operating instructions. Please review this manual thoroughly before operating your device. If you have more questions, please contact us. (Email: gaod_service@163.com)
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1. Getting Started
1.1 What's in the box

① Smart watch (H30 with bands)
② Charging cable
③ User manual

1.2 What's in the document

This manual gets you started quickly with setting up your watch. Setup ensures that your watch can synchronize its data with the Gloryfit app, where you can get detailed information on your stats, view sports data, status etc. As soon as setup is complete, you’re ready to start moving. The remainder of the manual walks you through every function.

2. Setting up Your Watch

2.1 Charging your watch

*Please fully charging your watch before initial use.*

① Please use the product-specific magnetic charging into the USB port on your computer or a UL-certified USB wall charger. (not exceeding 5V/1A)
② Hold the other end of the charging cable near the port on the back of the watch until it attaches magnetically.
③ Make sure the pins on the charging cable lock securely with the port. The connection is secure when the watch vibrates and the battery icon with percent charged appears on the screen. Operate in strict accordance with the following figures.

2.2 Precautions

① No charging with water stains.
② This product is an electronic monitoring product, not for medical use, and the measurement data is for reference only.
③ It is not recommended to wear in hot water baths and longtime swimming.
④ Please charge with the matching charging cable.

3. Wearing Your Watch
3.1 All-day wear and exercise

① For all-day wear when you’re not exercising, wear the device on your wrist horizontally, a finger’s width below your wrist bone and lying flat, the same way you would put on a watch.

② For optimized heart rate tracking, keep these tips in mind.
③ Experiment with wearing the watch higher on your wrist during exercise. Because the blood flow in your arm increases the farther up you go, moving the watch up a couple of inches can improve the heart rate signal. Also, many exercises such as bike riding or weight lifting require you to bend your wrist frequently, which is more likely to interfere with the heart rate signal if the watch is lower on your wrist.

④ Do not wear your watch too tight. A tight band restricts blood flow, potentially affecting the heart rate signal. This being said, the watch should also be slightly tighter (snug but not constricting) during exercise than during all-day wear.

4. Using Your Watch

4.1 App Installation

① Use the watch with our customized Gloryfit app. You can download Gloryfit from Apple Store/Google Play or scan the QR codes below to download.

4.2 Compatibilities

① The Gloryfit app is only compatible with smartphones, not tablets or PCs.
② Smartphone operating system should be iOS 9.0 / Android 5.0 or higher; Bluetooth version should be 4.0 or higher.

4.3 Pairing the Watch with Your Phone

① Please pair the watch with your phone in the Gloryfit app.
② NOT in the Bluetooth settings of your phone.
③ Enable the Bluetooth of your smartphone.
④ Before using the APP, please turn on the mobile phone Bluetooth and mobile phone GPS positioning to obtain the mobile phone positioning permission.

⑤ Open the Gloryfit app on your smartphone and go to the “Device” page, tap “Bind Device”, then your smartphone starts searching devices. After the connection is successful, it will prompt “To pair with: H30”, please select pairing. (If your phone failed to find H30, please search the watch on your smartphone again.)

⑥ Please see the connection operates as follows:

![Diagram]

**Notes:**

① Once the watch is connected to your app, the watch will automatically search and reconnect itself if the connection is lost or when Bluetooth is restarted after manual disconnection.

② If the watch is unbound from the app, the information on the watch will be reset, and the information on the app will be cleared. Please do not unbind the connection unless there is an issue that will require a reset.

③ The watch can only pair with one smartphone at a time. When pairing, please ensure the watch and your smartphone is within 0.5 meters distance.

### 4.4 Introduction to Watch Function

#### 4.4.1 Buttons
4.4.2 Main interface

Display the current time, date, steps, and other information of the watch; press the main interface for a long time to switch the main dial left and right, and click to confirm.

4.4.3 Call function

Click the call switch. Open the phone settings – Bluetooth - search connection Bluetooth H30-xxxx to play mobile music or make/ receive calls
4.4.4 Steps

Display current steps, distance, and calories of the watch.

4.4.5 Heart rate

Slide to this page and keep a while and automatically measure the current real-time dynamic heart rate. Connect to APP to set real-time monitoring and view data records.

4.4.6 Blood pressure

Slide to this page and keep a while and auto measure the current blood pressure data and vibrate to indicate the result. Connect to APP to view the watch offline measurement data or online measurement synchronously.

4.4.7 Blood oxygen

Slide to this page and keep a while and automatically measure the current blood oxygen data and vibrate to indicate the result.

4.4.8 Exercise

Click on the icon on this page to access the multiple sport modes option. Select a sport mode, click the icon to start, and slide right to pause or stop the sport.
4.4.9 Sleep

The bracelet can record and display your sleeping time last night, and the time of deep sleep and light sleep. More detailed data can be viewed synchronously in the APP.

4.4.10 Weather:

Display the local weather conditions. Connect the synchronization APP for normal use, and open the phone GPS to ensure that the APP gets the positioning permission function and network connection.

4.4.11 Message

The watch can receive cell phone calls, SMS, Facebook, Wechat, QQ, Twitter and other notification alerts, which can be set according to the message alert and turn on the corresponding push switch on the APP. This page can store up to 8 message records. This function needs to stay connected with the phone and make sure the APP gets the corresponding permission.

4.4.12 Music

After connection the APP, the watch can control the mobile phone player to play/pause/switch to the previous song and the next song. This function must be opened on the mobile phone player before it can be controlled on the watch. This function requires staying connected to your phone and turning on the notification push permission.
4.4.13 Stopwatch

Click on the icon to start the function, and click start for timing, pause or reset. Slide right to leave.

4.4.14 Search

Click this icon, your phone will beep to indicate the orientation of your phone, this function requires your phone to stay connected with the watch APP. No alert on the phone in silent mode.

4.4.15 Setting:

Click on the icon to start the function, switch left and right to set the brightness adjustment, factory data reset, turn off the watch and view the watch information.

5. FAQ (Frequently asked questions)

5.1 What application do I need to download & install?

1. **Step 1:** Turn on the phone's Bluetooth
2. **Step 2:** Search “Gloryfit” in the Google play or App store or Scan QR code to download the APP

   ![QR Code]

3. **Step 3:** Open the “Gloryfit” App, and click the “Device” icon on the bottom, then follow the wizard to set up
Note:
① In the watch, there is a QR code, it only uses for downloading the APP, NOT for device pairing!!
② Do not connect the watch directly in Bluetooth list.

5.2 How to receive the messages/reminder on the watch?

① If you have allowed all permissions when installing the app, please open the app GloryFit - > Device - > App Reminder - > Turn on the app you want to receive notifications. You will receive message notifications.

② If you did not allow all usage permissions when installing the app, there are 2 settings that you can follow to receive the messages:
The 1st way:
Please uninstall and reinstall the app, and allow all usage permissions, click Device
App Reminder - > Turn on the app you want to receive notifications, and you will receive message notifications.

The 2nd way:

For **Android phone users**, you need to allow the app to run in the background firstly, and follow the below steps, then repeat the above steps to ensure that you can receive messages.

For **iPhones users**, you need to turn on Share System Notifications in the iPhone’s Bluetooth, and follow the below steps, then repeat the above steps to ensure that you can receive messages.

**Note:**

The watch only can display the message content displayed in the mobile phone message notification bar. Please make sure you set the message preview on your phone so that you can view the messages on your phone.

Moreover, there are other reasons:

① Check if the device turns on the “Do Not Disturb” mode (some devices feature this function).
For the Android device, please check if the app has been added to the whitelist; open the backend permissions (in terms of some mobile phones, you need to enable the following settings, such as “allow self-starting”, “auto-start management”, “allow back-end activities”, “lock a drop down at the back-end”, “unlimited use time”, “auto start apps”, “allow system to wake up”, “close frozen apps”.

5.3 Why the watch cannot be searched in the APP?

① Make sure your phone’s Bluetooth and phone GPS positioning are turned on before using it for the first time.
② Users need to open the APP to obtain positioning permission (Phone Settings -> Applications).
③ If the watch has already been paired with a Bluetooth connection in the phone, please cancel the pairing first and then search for the connection in the APP.
④ If the watch is not used for a long time, the Bluetooth will go into a dormant state. Please turn off the Bluetooth of the watch and the phone, reopen it after about 1 minute, and try to search connection in the APP again.
⑤ The watch must be connected to the APP, otherwise, the steps, sleep, time, and other function will not work properly.

5.4 Why cannot synchronize with date & time of the phone?

Please see FAQ 5.2 & 5.3

5.5 Why Facebook, Whatsapp, Instagram have no notifications?

Please see FAQ 5.2 & 5.3

5.6 Why there is no incoming call alert?

Please see FAQ 5.2 & 5.3

5.7 How to control & play music MP3 on the watch?

① Please make sure the Bluetooth connection is OK.
② Open the music app on your phone.
③ Click Music application on the watch, you can switch songs and adjust volume directly with the watch.
④ You can also choose or change the playback device (Enter the phone Settings -> Bluetooth -> H30 -> Turn off/on Media audio.)

5.8 How to sync phone contacts to watch?

Please refer to the steps below:

① Step 1: Open your mobile phone’s Settings, enter “Bluetooth”
② Step 2: Find the connected device, click the right corner icon.
5.9 What is the size of the watch band for replacement?

① The size between the two lugs : 22mm.

5.10 How to set to right time/date?

① After the watch is connected to Bluetooth & paired successfully, it will auto-sync with your mobile phone’s time/date.

5.11 How to disconnect then re-connect the watch?

① Open the “Gloryfit” APP.
② Enter “Device” menu, scroll down, then click “Unpair”
③ For iPhone, try to ignore the device in the Bluetooth settings.
   Setting path : System settings -> Bluetooth -> Tap the icon on the right
   - > Ignore this device.
④ If your iPhone is bound with too many Bluetooth devices, please ignore a few devices in the system Bluetooth settings.

**Note:**
If the problem can’t be resolved through the above troubleshooting steps, it is recommended to restart your mobile phone.

**5.12 When does the smart device start counting steps?**

① In order to identify daily behavior and improve the accuracy of step count, real-time steps can only be counted when you walk more than 10 consecutive steps (20 steps at night).

**5.13 How to switch the watch language?**

① Open the GloryFit app, click Device → More settings → Device language → select the language you want.

**5.14 Why my android phone no reminder & message (unstable)?**

**Android can't run in the background for a long time**

① Restricted by Android system, the incoming call alert, notifications and GPS sports functions may not work normally when current app is running in background. It is required to enable the system permission of power consumption protection and auturun.

② Power consumption protection setting
For Android 6.0 has updated its mode of power management, when user has no interaction with current app, the system will determine whether current app is non-active and judge whether to clean current app to extend battery-life. If you want to use current app for a long time without being cleaned up, you should set up power consumption protection.

③ Take OPPO HUAWEI SAMSUNG for example.
(OPPO) – Setting- > Battery -> Power consumption protection -> current app - > Allow running in background.
(HUAWEI) – Setting - > Battery - > Clean application when locking screen - > current app - > Not clean.
(SAMSUNG) – Setting - > General - > Battery management – Unmonitored applications - > Add current app.

4) Autorun settings

If there are too many applications running in the same time period on mobile phone, they will occupy more and more resources, thus causing system breakdown. To save memory and ensure the fluidity of system, Android system will clean up the current app. If you want to use current app for a long time without being cleaned up, you should set up autorun.

5) Take OPPO HUAWEI SAMSUNG for example.

(OPPO) – Setting - > Application management - > current app - > allow running in background - > Enable.
(HUAWEI) – Setting - > Application management - > current app - > Permission - > Set up individual permission - > Application autorun.
(SAMSUNG) – Setting - > Battery - > Intelligent Manager - > Autorun application – > Management autorun - > current app ….

Please see more setup steps

For Android System phones

① In Settings - > Apps
② Enter Battery usage details
For iPhone System phones

1. In Settings -> Apps
5.15 Android’s phone Bluetooth often disconnects or has no message alert after a period of connection?

Please see FAQ 5.14

5.16 Do I need to keep the phone Bluetooth on all the time when wearing the smart device?

① You don’t need to keep the Bluetooth on in the following functions: steps, sleep monitoring, heart rate detection, stopwatch, alarm clock, sedentary reminder. Just wear a device when doing workout, and open the app after you complete the workout. The smart device and the mobile phone will be automatically connected, and you can view the data after sync is finished.

② Regarding the functions of call reminders, app notifications, find mobile phones, find smart device, etc., it is required to keep connected with the device, and leave the phone Bluetooth turned on all the time.
5.17 How to sync data?

① When the Bluetooth on the phone is turned on, it will automatically connect to the smart device for data synchronization when the app is opened, and you can manually sync the data in the drop-down list of app main interface.

② If the connection fails during synchronization, please try to follow the methods:
   Firstly, you can pull down the main interface to perform manual synchronization. If failed, please kill or force quit the app in the back-end, and restart the app.

③ If you still can’t sync data, please turn off your mobile phone Bluetooth or restart your phone.

5.18 How long can the data be kept on the smart device when I don’t carry the phone around?

① The smart device can save data separately, so you don’t have to carry your phone while you run. When you need to sync data, just turn on Bluetooth on your phone, open the app and get close to the device to make it automatically connect.

② The smart device can retain up to the last days of data.

5.19 Why is there no weather data appearing or updating on the smart device?

Some devices support weather forecast function.

① The device itself does not automatically update the weather data. After connecting the device to the app, the app will automatically sync the weather data. You can update it by following the steps below:

② Adjust your app permission settings: allow app location and internet connection.

③ You can manually pull down the sync data on the app homepage. When the data synchronization is completed, the weather data can be synced to the smart device. (Tap the weather interface to check if weather data is available)

5.20 What should I do if the smart device upgrade fails?

① Make sure that the battery level is higher than 50% when upgrading the smart device. If the battery level is below 50%, the smart device can’t be upgraded.

② If the smart device upgrade fails, the app will automatically reconnect. If the automatically connection does not work, you can pull down on the homepage to perform manual synchronization. It will automatically reconnect the smart device.

③ For some devices, there will be two minutes of wait time (the smart device has no response during this period). But it will automatically reconnect later.

5.21 The smart device cannot be charged.

① Firstly, make sure that the USB interface (PC or other power supply) is powered properly.

② Check if the USB connector is plugged in backwards.
③ Whether there is any dirt or corrosion on the charging port. Make sure the USB connector is securely connected to the power adapter.
④ When the power of the device is extremely low, it takes about 2 minutes to display the charging status or respond.

5.22 Can the smart device be charged with power bank?

① Not applicable.
② Since the power bank is mainly designed for charging mobile phone, its charging current is about 1A. When the mobile phone is fully charged, it enters a trickle charging state, and the charging current will become very small. At this time, some power banks will automatically shut off to save the power.
③ The charging current of smart device is relatively small, which may cause a mistaken detection by the power bank that mobile phone is fully charged. Thus, it turns off the output and the smart device cannot be charged.

5.23 Disassembling / assembling Your Watch

If you want to replace other watchband with 22mm width

Disassembly
① To remove the wristbands, turn over the watch and find the quick-release lever.
② While pressing the quick-release lever inward, gently pull the wristband away from the watch to release it.
③ Repeat on the other side.

Assembly
① To reattach the wristbands, slide the pin (the side opposite the quick-release lever) into the notch on the watch. Attach the wristband with the clasp to the top of the watch.
② While pressing the quick-release lever inward, slide the other end of the wristband into place.
③ When both ends of the pin are inserted, release the quick-release lever.

5.24 How to use Bluetooth calling function in the watch?

Make sure the watch connected with the app & Bluetooth.
① Swipe right on the homepage of the watch and click the Call function - > click Switch to turn on/off the Bluetooth call function at any time.
② Click Device - > Bluetooth Call - > Sync Contacts - > Open in the app, you can sync your contacts to your watch.
③ You can click Dials directly on the watch, or you can directly tap the Call log or synchronized Contacts on the watch to make calls.

5.25 How to switch the watch dial faces?
① Please long press the watch’s home screen, swipe right/left to choose the watch face you like.
② Swipe right on the watch’s home screen, click Setting - > Watch face - > you can choose the watch face you like.
③ In the Gloryfit APP, click Device - > Watch faces - > you can download and set the watch faces you like.
④ Moreover, you can click the image in Custom dial to custom your watch face.

5.26 The watch cannot measure, or the data is not accurate?
① Sit down before the measurement and put your body in a relaxed state with your arms level with your chest position.
② Adjust the tightness of the watch. The back of the watch should be close to the skin to prevent light leakage from the photoelectric sensor.
③ Keep your body calm during the measurement. Talking/coughing/sneezing and other movements will affect the accuracy of the measurement results.

5.27 How to set a weather display?
① Please make sure the Gloryfit can access your location.
② Swipe right on the watch’s home screen, click Weather, you can view the weather for the day, then swipe up and you can view the weather for the next six days.

5.28 How to check the sleep data?
① First, need to fill in the gender, age, height, and weight information in the App.
② Wear the watch two fingers away from the wrist bone when you sleep.
③ You can view your deep sleep, light sleep on the watch.
④ You can click Sleep in the app to view the sleep data of the day, week, month.