

Instruction Manual

1.Watch

2.Charging Cable

3.Quick Start Manual

Display screen

Power button

Press and hold the power button
1.Power on 2.Power off

Short press the power button
1.Screen On/Off 2.Return

APP Downloading

01 You can search and download "Dafu" App in many App markets such as APP Store, Myapp, Google Play and so on.

02 Open the watch APP downloading interface, scan to download or scan the QR-code to download.

Connection

After it is downloaded, please open the APP and fill in your real personal information (height, weight, and birth date). Click the watch icon in the middle, click the equipment binding, and then click the equipment to complete the connection.

Note:

1. To successfully pair your watch and mobile phone, you need to turn on Bluetooth of your mobile phone for connection to the device.

2. If you are using Android mobile APPs you must give location permission and enable the mobile system location function, otherwise you may not be able to find the device.

3. When you connect to the APP for the first time, the date, time and language on your phone will be synced to the watch. All data in the watch including steps, weather, etc. will be cleared out before connection.

Firmware Upgrade

The APP will prompt for a new firmware version, and users can choose to upgrade firmware in the APP device interface.

Important Notice for Upgrade:

1. Upgrade can only be conducted when the battery power of watch is 50% or more.

2. During the upgrade process, the progress bar will be prompted. Please do not operate anything on the bracelet until the mobile phone prompts the upgrade is successful and the bracelet is automatically restarted.

Description of Waterproofing

Waterproof rating: IP68

This product is not permanently waterproof and may be weakened over time. It supports short-time use such as hand washing and raining, but does not support using in hot showers, scuba diving, diving, surfing and so on. The watch is not waterproof against the erosive liquids such as seawater, acidic or alkaline solutions, chemical reagents, etc. In case of accidental contact, please rinse with clean water and dry it. Any abuse or incorrect use causing damage is not at the range of warranty.

Note: It is not recommended to wear the watch while taking a hot shower. Water vapor will be produced when you are taking a hot shower. The small molecule is easy to seep through the gap in the watch case. When the temperature goes down, it will gradually condense into water droplets, thus damaging the circuit board and further damaging the watch.

Battery Charging

Attach the magnetic charging base in the box to the back of the watch correctly and plug the USB end into your computer, charging dock or power bank for charging.

Note: It is recommended to use the charger with the certification mark which is commonly used in the market.

Daily Wearing Method

1. To measure the values more accurately, wear the watch one finger away from the carpal.

2. Please wear the watch close to your skin and make sure the watch will not move during exercise.

If you need to replace the watchband, please choose one with a width of 20mm.

Functions

1. Switch with the main interface
Press and hold the main interface, and slide left and right to select when the dial plate is zoomed out; click the current interface, then the current dial plate will be displayed.

2. Message
Slide to the right on the main interface to enter the message interface, and then you can view the current messages. You can click the "Clear All" button at the bottom to clear the current messages received.

Slide down the main interface to enter the control center, you can select the shortcut interfaces, including: Brightness, Do Not Disturb, Weather Forecast, Flashlight, Stopwatch, Settings, etc. Click one of the above shortcut interfaces to quickly operate this interface.

4. Data Center
Slide to the left on the main interface to enter the Data Center, which includes current step count data, last sleep data, last heart rate data, last blood pressure data and weather. Slide to the data interface to view the current status data. To measure the blood pressure, slide to the corresponding interface, and click "Click to Measure".

5. Step Count
Slide up on the main interface to enter the main menu, and click on the number of steps to view walking and calorie data, etc.

6. Sleeping Data
Slide into the main menu on the main interface and click Sleep Information to refer to the last sleep data.

Note: The sleeping period is from 10 pm to 8 am next day.

7. Heart rate
Slide up on the main interface to enter the main menu, click on the Heart Rate to check the data of last heart rate. Tap on "Click to Measure", and two "-" will be displayed on the bracelet interface to indicate that the measurement is on the progress; when it is completed, the bracelet will vibrate to give feedback, and the current test value of heart rate will be shown in the heart rate interface.

8. Blood Pressure
Slide up on the main interface to enter the main menu, and click on Blood Pressure to check the last blood pressure data. Tap on "Click to Measure", and "-" will be displayed on the blood pressure interface to indicate that the measurement is on the progress; when it is completed, the bracelet will vibrate to give feedback, and the current measured blood pressure test value will be shown in the blood pressure interface.

9. Blood Oxygen
Slide up on the main interface to enter the main menu, click on Blood Oxygen to check the data of last blood oxygen. Tap on "Click to Measure" and "-" will be displayed on the blood oxygen interface to indicate that the measurement is on the progress; the measurement will last for about 35 seconds, then the bracelet will vibrate to give feedback, and the current test value of blood oxygen will be shown in the bracelet interface.

10. Sports
Slide up on the main interface to enter the main menu, and click Exercise to select walking, running, cycling, rope skipping, badminton, basketball, football or swimming. Select any sport to start recording the sport data.

11. Weather
Slide up on the main interface to enter the main menu, click on the Weather to view the current weather status, the maximum temperature and the minimum temperature; slide up to view the weather status, the maximum temperature and the minimum temperature in the upcoming four days.

12. Camera Control
Slide up on the main interface to enter the main menu, click Camera Control, and then the bracelet will access the camera of your mobile phone and enter the camera preview interface; click the photo icon, and the mobile phone will automatically take photos after counting down in 3 seconds.

13. Music Control
Slide up on the main interface to enter the main menu, and click Music Control, it includes switching to the previous song/ pause or play/ switching to the next song. You can click based on your own needs.

14. Stopwatch
Slide up on the main interface to enter the main menu, click Stopwatch and click Start Timing, and press the Pause button to end it. To refresh the interface, click Refresh to refresh the duration of the current record.

15. Brightness Adjustment
Slide up on the main interface to enter the main menu, click Other and click Brightness, and drag up and down in the rectangle to adjust the brightness of the screen.

16. Vibration
Slide up on the main interface to enter the main menu, click Other and click Vibration to turn on vibration, and click again to turn it off.

17. Do Not Disturb
Slide up on the main interface to enter the main menu, click Other and click Do Not Disturb to block phone calls and message push. Tap again to turn off this mode.

18. Restore Factory Settings
Slide up on the main interface to enter the main menu, click Other and click Restore Factory Settings, and the watch will show whether to restore factory settings. Click OK to enter the factory reset, and click Cancel to exit the interface.

Note: After restoring the factory settings, all data of the bracelet will be cleared.

Specification Parameters

Dimension of smart watch	Battery capacity	Screen size
42mm/46mm	400mAh/380mAh (typical)	1.39 inches
Weight	Screen resolution	Operating temperature
42g	240x240 pixels	0-40°C

Cautions

1. Avoid using sharp objects to clean the device.

2. Exposure to organic solvents, chemical cleaning products, or insect repellents may damage plastic parts of the device.

3. After contacting with chlorine, salt water, suntan oil, cosmetics, alcohol or other chemicals, please clean the device thoroughly with a cleaning rag, so as not to damage it.

4. Avoid pressing keys in water.

5. Avoid force impact or violent use, so as not to reduce the service life of the product.

6. Avoid prolonged exposure to any extreme temperatures, so as to avoid permanent damage.

7. Please wipe up the watch with a cleaning rag after a sweaty training session.

8. Make sure to wear the bracelet tightly when measuring the heart rate. The watch calculates your heart rate by adopting the principle of light reflection. It collects the signal reflected to the sensor after the light source propagates to the skin. If the bracelet is not worn tightly, the ambient light will enter the sensor, which will affect the measurement accuracy.

Note: Even a small amount of sweat or moisture can cause corrosion on the charging end while the device is charging. This will result in data transmission being obstructed and thus affect charging.

Common Troubleshooting

If there are any problems in the use of watch, please try to troubleshoot by referring to the following items.

1. The watch cannot be started

A: The time for pressing the power-on key is too short. Please press it for more than 3 seconds.

B: The battery is too low. Please connect it to a charger. (It is better to charge with 5V2A current, and it may take more than 30 minutes when charging via a computer)

2. The watch will be turned off automatically

A: The battery is too low. Please connect the watch with a charger to charge.

3. The watch can only be used for a short time

A: The battery is not fully charged. Please make sure there is enough charging time (minimum of 2 hours).

4. Data cannot be synchronized

A: The sports data cannot be stored in the background when you are not logged in. Please register and log in.

B: The Bluetooth is not connected in both ways. Please refer to the connection instruction.

C: The signal is unstable. Please disconnect Bluetooth and reconnect it, and try to upload data again.

FCC Caution:

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.

Note: 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.