

# Smart Bracelet User Manual



Please make a full charge before use it.

APP: Dafit

# Download APP

1.1 Long press home key to turn on.

1.2 Scan below QR code to install Dafit APP, Or download "Dafit" from App Store, Google Player then install it.



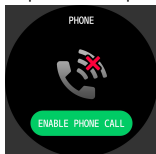
Compatible System: Android 4.4 and above ,  
iOS 8.0 and above

## BT Calling Version connecting

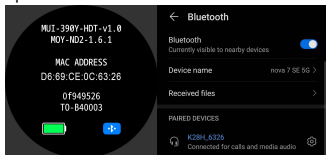
Step1: Turn on mobile phone Bluetooth

Step2: Open "Dafit" APP, Tap "Add a device" to connect .

Step3 : Turn on phone menu on the watch.



Step4: Check watch menu "about" MAC address last four number like "6326" , then go mobile phone "setting-bluetooth" to search the same bluetooth name with last 4 numbers "6326" to finish BT connection as below operation.



## Non-BT Calling connecting

1.3 Enter the APP to bind the searched device.

Step1: Turn on mobile phone Bluetooth  
Step2: Open "Dafit" APP, Tap "Add a device" to connect .

## **2.Smart bracelet Functions**

### **2.1.Time Interface**

**2.1.1 Power on :** Long press home key for 3 seconds.

**2.2.2 Power off:** On the time interface, press "Home" side button for 3 seconds, then click" √ " icon to turn off

**2.2.3 Switch watch face:** Long press the screen based on main watch face,4 interface options,and the 4<sup>th</sup> dial can manually replace user-defined pictures or photos on the APP

### **2.2.Functions menu**

**2.2.1.Activity records** (Step records)

**2.2.2.Sleep monitor**

Sleep monitor period: 20:00PM to 10:00AM

Pls make sure weared the bracelet device

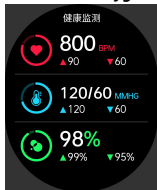
**2.2.3.Exercise**



**2.2.4.Heart Rate monitor**

**2.2.5.Blood Pressure Detection**

**2.2.6.Blood Oxygen Detection**



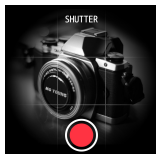
**2.2.7.Weather (Slide up screen can check this week weather information)**



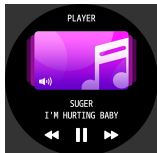
### 2.2.8.Shutter

**Android:** Turn on Dafit app, from smart bracelet enter “shutter” ,shake the bracelet or click to take photo.

**IOS:** Enter smart bracelet “shutter ” , make sure turn on mobile’ s camera,shake the bracelet or click icon.



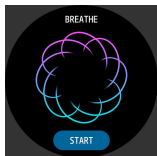
**2.2.9.Player** ( Enter BT music,click middle icon to pause or continue , tap left icon to play last song , tap right icon to play next song)



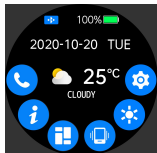
**2.2.10. Notifications push** (Turn on Dafit app" Notifications" social app like Facebook, Twitter, Skype etc,

**Pay attention on Android mobile phone setup:**  
Dafit app/Notification/Accessibility to turn on "Dafit"

### **2.2.11. Breathe**



**3. Pop-up menu** ( Slide down screen from main watch dial)



3.1. Phone

3.2. About

3.3. Menu view

3.4. Vibration or mute mode

3.5. Brightness adjustment

3.6 Setting

## 4.Functions on Dafit App

### 4.1.Data sync

All measured data from smart bracelet will be sync on mobile phone Dafit app eg: step,sleep monitor,heart rate,blood pressure,blood oxygen and other data as below Pic.

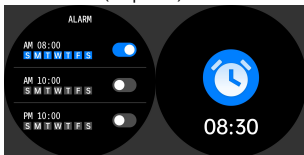
### 4.2.smart bracelet connection interface

**4.2.1 Watch Faces** ( users can manually replace user-defined pictures or photos)



**4.2.2 Notifications** (Turn on social apps message push like WeChat, Facebook, whats' app, Twitter etc)

**4.2.3.Alarms** (3 options)



**4.2.4.Shutter**

**4.2.5.Others** ( Find my smart bracelet, Time formats, Setting time of no disturbing, Sedentary reminder,Full-day hear-rate monitor , Quick View screen, Weather,Drink Water reminder,Physiological cycle reminder)

**A.** Power on "Find my bracelet" mode,the bracelet will vibrate when the bluetooth is connected successfully between mobile phone and smart bracelet.

**B.Time format** ( 2 options of 12&24hours system)

**C.Time format** ( 2 options of 12&24hours system)

**D.Setting mode of no disturbing**

**E.Sedentary reminder**(Valid period 10:00AM-22:00PM)

**F.Full day heart-rate monitor**( Turn on it can detect your whole day heart-rate )

**G. Quick view screen:** wake up screen (turn on it and choose valid time period)

**H.Drink Water Reminder**

**I.Weather** ( Turn on the weather,choose the city you want or automatic location , the band will show the located city' s weather )

**J.Physiological cycle reminder**

**(Notes: Please kindly note above functions are working based on activated and saved the related setup)**

## **5. Warm notes**

### **5.1 Connect Bluetooth:**

5.1.1 Please power on your phone bluetooth and turn on smart bracelet bluetooth before connecting;

5.1.2 Please ensure your smart bracelet didn' t connect with other phone before connecting ;

5.1.3 Please keep close to you smart bracelet when you are connecting.

**5.2** Please turn on mobile phone notifications and allow permissions to run in the background if your Mobile has installed " Mobile manager " or other similar Apps, otherwise you will not receive the messages.

**5.3 Battery Recharge:**Power adaptor : 5V  
0.5~1A

## **Disclaimer**

Warning: This product is not a medical device. The smart band and its applications should not be used in diagnosis, treatment or as a preventive treatment for diseases and sickness. Please consult medical professionals before changing exercise habit or sleep habit to avoid serious injuries. The manufacturer reserves the right to modify and improve any functions description in this user guide and continuous update of the new content without further notice. This user guide is for reference only, the smart band for selling is subject to the final product.

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.

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.ct.

The device has been evaluated to meet general RF exposure requirement.