Smart Watch User Manual

Welcome to use our high-performance wrist-band Smart Watch which creates thoughtful and health experience for you.

Device Maintenance

Please remember the following tips when you maintain your Smart Watch:
•Clean the Smart Watch regularly, especially its inner side, and keep it dry.
•Adjust the Smart Watch tightness to ensure air circulation.
•Excessive skincare product should not be used for the wrist wearing the Smart Watch.
•Please cease wearing the Smart Watch in case of skin allergy or any discomfort.

Schematic diagram of main body of the Smart Watch

Power-on

Long press the side button for 3 seconds or plug in the Magnetic charging cable to charge the Smart Watch.

Downloading and binding of Smart Watch APP

1.Download and install APP
Scan QR code with mobile phone to download APP.
For IOS system, select APP， storesearch Da Fit. Android system, select Google Play to download and install Da Fit.Or scan QR code to download

Da Fit

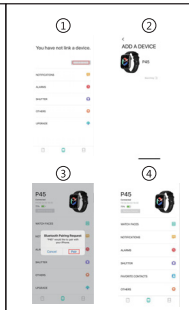
APP Store: Da Fit

Google Play: Da Fit

Note: your mobile phone must support Android 5.1 or IOS 8.0 or above, and Bluetooth 4.0 or above.

Bind Smart Watch with APP

1.Click on "Add Device" to bind the Smart Watch.
2. Click on your device in the device list scanned.
3.The IOS system will show a Bluetooth pairing request and you can click on Bluetooth "Pairing" to confirm. Connect it directly to Android system.
4. Successfully bound.



Blueooth call connect

Android: After the APP successfully connects to the watch's Bluetooth.
1. The phone will automatically pop up a "pairing" request, click "Allow".
2. For some brands of mobile phone models, there is no need to pop up the pairing confirmation permission. After connecting to Bluetooth, the call function is also directly connected. After the binding is successful, you can answer and make calls on the watch.

iPhone: Enter into Settings – Bluetooth, search device and connect pair (P45_PHONE). After pair successfully, you can make call/ answer incoming call.

Remove Bluetooth Call connection

Android：For the Android mobile phone, the device can be disconnected from your mobile phone by simply clicking on Remove device.

iPhone: firstly, users need dismiss pair, then enter into mobile phone Setting – Bluetooth, find P45_PHONE, click icon on the right, ignore device, watch and mobile phone are disconnection.

Introduction of Smart Watch functions

Power-on status
switch the menu interfaces of main screen, as the interfaces shown in the following;

1. Introduction of main interface functions
After the smart bracelet and APP are first paired, the time and date of the mobile phone will be synchronized.

2. Step counting, distance and calorie
The step-counting interface shows steps. Wear the smart bracelet on wrist, and the smart bracelet can automatically count steps, distance and calories.

3. Sleep monitoring
Wearing the smart bracelet at night to automatically judge whether you are in the sleep state, to record deep sleep and light sleep respectively, and to summarize the total sleep time to help you monitor your sleep quality. The sensor can measure your sleep quality according to the range and frequency of wrist movements when you sleep.

Note: Because user's sleep time and habits are different, the time of sleep monitoring is only for reference.

4. Heart rate measurement
Enter the heart rate test interface, the motor will vibrate once after "Start measurement" and "Stop", and the current measurement data will be displayed.

5.Exercise
Sports interface, including a variety of sports, walking, running, cycling, skipping rope, badminton, basketball, football and so on.

6.AI voice
Click on the voice, through the connection with the mobile phone, the user's spoken language is converted into text, intelligent dialogue and intelligent interaction of instant question and answer.

7. Phone
Turn on the Bluetooth function of your phone and smartwatch. The phone searches for the smartwatch's Bluetooth device and initiates pairing. When both parties confirm the pairing, there will be a prompt that the connection is successful. Click the dial pad of the watch to dial and answer the phone.

8.Blood pressure
Enter the blood pressure test interface, the motor will vibrate once after "Start measurement" and "Stop", and the current measurement data will be displayed.
The environment for measuring blood pressure should be quiet with an appropriate temperature. The user should rest for at least 5 minutes, and avoid tension, anxiety and emotional excitement before measurement. Repeatedly measure blood pressure for three times at the interval of 2 minutes. Record the average of three readings.

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9.Blood oxygen
Enter the blood oxygen test interface, the motor will vibrate once after "Start measurement" and "Stop", and the current measurement data will be displayed.
Blood oxygen saturation (SpO2) is the percentage of the volume of oxyhemoglobin (HbO2) combined by oxygen in the blood to the volume of all (Hb,hemoglobin) which can be combined, i.e. the concentration of blood oxygen in the blood.

Note: the data measured for blood pressure and blood oxygen are for reference only, and cannot be used as the basis of relevant medical purposes.

10.Weather
The weather page will display the current weather today, and swipe up to display the weather forecast for the next 6 days.
For weather information, it needs to connect with the client end before data can be obtained. If the disconnection time is long, the weather information cannot be updated.

11. Messages
You can view the content pushed by the message in the information interface. At most five messages can be saved. After five messages are saved, the messages displayed before will be replaced by new messages one by one.

12.Shutter
After connecting with the mobile phone, the smart bracelet can be used as a remote controller for the mobile phone camera. Open "Photo control" in APP to "Shake" the smart bracelet and click on the icon to take a photo.

13. Music control
After connecting with the mobile phone, the smart bracelet can control the music player of the mobile phone. When the mobile phone plays music, you can use the smart bracelet to control the mobile phone for playing/pausing, the previous song and the next song.

14.Flashlight
After opening, the screen will be adjusted to the maximum brightness and always on, and you can exit the interface after swiping left.

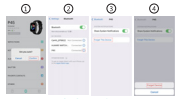
15.Game
Three built-in games Bird, 2048 and Whack-a-Mole can help you relieve stress

16.Setting
Click the "Settings" icon to enter the function list, which includes display (brightness, screen time, watch face, menu view, turning the wrist to brighten the screen,) sound and vibration, do not disturb, phone: off, save mode, call reset, System (restart, shutdown, factory reset), about (version, APP download)

17.Drainage
Pull down the shortcut menu on the dial interface, enter the drainage system function, enter the drainage interface and wait for 3 seconds, the wristband will make a drainage sound, turn the speaker outlet down, and the wristband will automatically drain water, you can also shake the wristband to speed up the water droplets from Flare discharge.

Remove Device

For the Android mobile phone, the device can be disconnected from your mobile phone by simply clicking on Remove device.
For Apple mobile phone after binding removal, you need to click on the symbol on the right in Setting– Bluetooth, and choose to ignore the device. As shown below:



Frequently Asked Questions (FAQs)

1. Why does the Smart Watch automatically disconnect Bluetooth when the Android screen goes out?
1> Lock background APP. When the Da Fit process is cleared, the Smart Watch will be disconnected from the mobile phone.
2 > Set APP self-startup
3 > Unrestricted background operation. The Android mobile phone installed with APP intelligently restricts the background operation by default, and App should be set manually without any restriction.

2. Why cannot the Smart Watch receive message push?
1> Please confirm that you have turned on the switch for message push at the mobile phone client.
2 > Please confirm that messages can be displayed normally in the mobile phone notification bar. The message push on the Smart Watch is completed by reading the message from the mobile phone notification bar. The Smart Watch will not receive the message push if there is no message in the mobile phone notification bar. (You need to find notification settings in the mobile phone settings, and turn on the notification switch of WeChat, QQ, call, SMS and mobile phone client).
3 > Turn on the mobile phone ⟶ Settings. Enter "Notification use right" on the top search box, re-open Da Fit.

3. Why can't take a hot bath with the Smart Watch?
Answer: the bath water has a relatively high temperature, and generates a lot of vapor which is in the gas phase with small molecular radius and can easily infiltrate into the Smart Watch from the shell gap. When the temperature drops down, the vapor will condensate into liquid-phase droplets which will easily cause the short circuit inside the Smart Watch and damage the circuit board and then damage the Smart Watch

Warning:
Please consult your doctor before you take a new sport. The Smart Watch should not be used for any medical purpose though it may dynamically monitor the heart rate at real time.

智能手表用户手册

欢迎使用智能手表，高性能胸带智能手表为您打造贴心健身体验。

设备保养

在保养您的手表时，请记住以下提示：
•定期清洁手表，特别是手表内侧，使其保持干爽。
•调整手表松紧度，确保空气流通。
•佩戴手表的手腕不宜使用过量护肤品。
•如出现皮肤过敏或不适情况，请停止佩戴。

手表主机示意图

开机

长按侧键3秒或插上磁吸充电线充电开机。

手表APP下载及绑定

1.下载安装APP
使用手机扫描二维码，下载APP。
IOS系统选择 App store,搜索下载 Da Fit
Android系统可选择应用宝来下载安装Da Fit，或者扫描二维码下载。

Da Fit

APP下载：Da Fit

安卓下载：Da Fi

注意：手机须支持安卓5.1 或 IOS 8.0系统以上，蓝牙4.0版本以上。

APP绑定手表

1.点击“添加设备”绑定手表。
2.在扫描到的设备列表点击你的设备。
3.IOS系统会出现蓝牙配对请求，点击蓝牙“配对”确认即可。Android系统直接连接。
4.绑定成功。

蓝牙通话连接

Android：APP成功连接手表蓝牙后。
1.手机会自动弹出“配对”请求点击“允许”。
2.部分品牌的手机型号，无需弹出配对确认权限，连接蓝牙后通话功能是直接连接，绑定成功后，可以在手表上接听和拨打电话。

IPhone：在手机上需依次打开手机设置—蓝牙，在搜索到表中找到点击连接配对（P45_PHONE）。绑定成功后，可以在手表上接听和拨打电话。

手表通话解除连接

Android：安卓手机只需点击移除设备，即可与手机断开。

IPhone：苹果手机解除绑定后，还需要在手机设置——蓝牙，找到P45_PHONE，点击右边的符号，选择忽略此设备，即可与手机断开。

手表功能简介

开机状态：
主屏菜单界面切换，如下所示的界面等；

1.主界面功能
当手环和APP首次配对连接好以后会同步手机的时间，日期。

2、计步、距离、卡路里
计步界面显示计步，稍手环佩戴在手腕上，手环自动记录步数，行走距离和卡路里消耗等数据。

3.睡眠监测
晚上佩戴手环能够自动判断是否进入睡眠状态，分别记录深睡及浅睡并汇总睡眠时间，帮助用户监测自己的睡眠质量。通过传感器在你睡眠的时候，根据手腕的动作幅度和频率来衡量睡眠的质量。

注：由于每个人的睡眠时间及习惯都不一样，睡眠监测功能仅供参考。

4.心率测量
心率测试界面，“开始测量”及“停止”后马达会振动一次，同时显示当前的测量数据。

5.锻炼
运动界面，包含有多种运动，走路、跑步、骑行、跳绳、羽毛球、篮球、足球等等。

6.语音助手
点击语音，通过与手机的连接，把用户的口语转化成文字，智能对话与即时回答的智能交互。

7.电话
打开手机内智能手表的蓝牙功能。手机搜索智能手表的蓝牙设备并发起配对，双方确认配对 会有提示连接成功连接，点击手表的拨号键盘，实现与手机拨打和来电接听。

8.血压
血压测试界面，“开始测量”及“停止”后马达会振动一次，同时显示当前的测量数据。
测量血压的环境应安静，温度适当。测量前至少休息5分钟。避免紧张、焦虑、情绪激动。在重复测3次，每次间隔2分钟。取3次读数的平均值记录。

注：血压、血氧测试的数据仅供参考，不可作为医学相关用途的依据。

9.血氧
血氧测试界面，“开始测量”及“停止”后马达会振动一次，同时显示当前的测量数据。
血氧饱和度(SpO2)是血液中被氧结合的氧合血红蛋白(HbO2)的容量，占全部可 结合的血红蛋白(Hb,hemoglobin)容量的百分比，即血液中血氧的浓度。

注：血压、血氧测试的数据仅供参考，不可作为医学相关用途的依据。

10.天气
天气页面会显示当前的今日天气天气，向上滑动，可以显示未来6天的天气预报。
天气信息需要连接客户端后才可以获取数据,如果长时间断开连接天气信息将无法更新。

11. 信息
信息界面，可以查看消息推送的内容，信息条数最最多可以存储5条，信息数量满5条后，会逐条替换之前显示的信息。

12.拍钥
连接手机后，手环可以作为手机拍照遥控器。APP打开“拍照控制”，可“摇晃”手环及点击屏拍拍照。

13.音乐控制
连接手机后，手环可以控制手机的音乐播放器。手机在播放音乐时，可以使用手环控制手机进行播放/暂停、上一曲、下一曲操作。

14.手电筒
打开后，屏幕会调整到最大亮度一直常亮，左滑后可以退出界面。

15.游戏
内置了三个游戏小鸟、2048和打地鼠可帮助你缓解压力。

16.设置
“设置”图标点击进入功能列表，分别有显示（亮度、亮屏时间、表盘、菜单视图、翻腕亮屏、）声音和震动、请勿打扰、电话：关闭、省点模式、通话重置、系统（重启、关机、恢复出厂）、关于（版本、APP下载）。

17.排水功能
表盘界面下拉快捷菜单，进入排水系统功能，进入排水界面静等3秒钟，手环会发出的声音，将喇叭出音向下，手环会自动排水，你还可以甩甩手环加快水滴从喇叭口排出。

解除绑定

安卓手机只需点击移除设备，即可与手机断开。
苹果手机解除绑定后，还需要在设置—蓝牙，点击右边的符号，选择忽略此设备。如下图

常见问题

1.安卓手机屏幕熄灭后，手表为什么会自动断开蓝牙连接？
1> 锁定后台APP。Da Fit进程清除后，会导致手表与手机断开。
2> 设置APP自启动。
3> 后台运行无限制。安卓手机安装APP，默认是智能限制后台运行，需手动设置APP不采取任何限制措施。

2.为什么手表接收不到消息推送？
1> 确认在手机客户端开启了消息推送的开关。
2> 确认消息在手机通知栏都可以正常显示,手表消息推送是通过读取手机通知栏消息进行推送,若手机通知栏没有消息显示,手表将无法接收推送。(需要在手机设置中找到通知设置,开启微信、QQ、电话、短信、手机客户端的通知开关）。
3 >打开手机—设置，最上面的搜索框，输入“通知使用权”，重新打开Da Fit。

3.为什么不能洗澡不戴着手环洗澡？
答：洗澡水的温度比较高,会产生很多的水蒸气,而且水蒸气是气相的,其分子半径小,容易从手表的壳体空隙渗进去,当温度降下来后又会重新凝结成液相的水滴,容易造成手表内部线路短路,损伤手表电路板,进而损坏手表。

警告:
新的运动项目之前请咨询你的医生，智能手表尽管可以连续实时动态心率，但并不能用作任何医疗用途。

Federal Communications Commission (FCC) Statement. This device complies with part 15 of the FCC Rules. Operation is subject to the following twoconditions:

(1) This device may not cause harmful interference, and

(2) this device must accept any interference received,

including interference that may cause undesired operation. 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 ormore 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.

Warning: Changes or modifications made to this device not expressly approved by START TECHNOLOGY(SHENZHEN)CO LIMITED may void the FCC authorization to operate this device.Note: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

RF exposure statement:

The transmitter must not be colocated or operated in conjunction with any other antenna or transmitter. This equipment complies with the FCC RF radiation exposure limits set forth for an uncontrolled environment. The installation and use of this product are not restricted.