



① Watch Client Download

Scan the QR code below to download and install it to the watch client.

Sliding Direction

Jiugongge Menu Style

Horizontal Line Menu Style

Honeycomb Menu Style

Full Touch

Slide down to enter the control center, slide up to view messages, slide left to enter the main function interface, slide right to enter the shortcut center.

Button POWER key

Short press: turn on/off/return to the dial interface. Long press: on/off.

SPORT key

Press short: light up the screen/enter the main menu/return to the previous interface. Press: enter sports mode.

② Watch Charging And Activation

It can be activated by charging before using the watch for the first time. The magnetic charger used is attached to the metal contact on the back of the watch, and the other end of the charging cable can be connected to the 5V1A USB charging head or a computer USB port.

Connect The Watch

Open the mobile client to set personal information

Switch to the device page and click (Bind device)

Click your device in the list of scanned devices

Binding completed

Enter the watch-settings-above,check the MAC address of the bracelet,and you can determine your device by the MAC address in the device list.After the watch is successfully bound,every time you open the client in the future,the watch will be automatically connected to the phone,and the data can be synchronized by pulling down the data page in the client.

③Phone Call

After connecting the smart Watch to the phone,you can use the watch to dial to control the phone for making calls and answering the phone calls.

You can also view the call history of the watch.

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You need to keep the connection between the watch and the phone stable when using the Phone Call function.

④Dial Settings

Press and hold the dial interface for 1.5 seconds to switch the dials of different styles in the watch.After successful Bluetooth connection,you can enter APP--dial selection--custom dials.

After successful Bluetooth connection,you can go to APP--dial selection--more dials.

Daily Data

You can record the total number of steps for the day and the number of steps,calories,exercise time and other data for each period of the day.

More detailed data can be viewed in the mobile APP.

Sleep Monitoring

It can record and display the total duration of sleep as well as the duration of deep sleep and light sleep.

More detailed information analysis data records can be viewed on the mobile APP.

⑤Heart Rate Monitoring

Before monitoring the heart rate, make sure the watch is correctly worn on the wrist (the best position is one finger wide above the wrist bone), heart rate detection requires wearing a tight fit to avoid light leakage for effective detection, and then enter the heart rate detection, which requires the wrist to remain stationary during the detection

process and displays the dynamic heart rate value after a few seconds. Enter the heart rate icon interface to measure the current heart rate value. Display the current count value of the heart rate interface and the heart rate status of each time of the day. More detailed analysis and data records can be viewed on the APP.

Take Exercise

Click "Exercise" to enter the sports interface, supporting walking, running, cycling, skipping, badminton, basketball, football, swimming, climbing, tennis, rugby, golf, yoga, fitness, dancing, baseball, elliptical, indoor cycling, free training, rowing machine, etc. A total of 123 sports modes are supported, starting sports will display time, steps, heart rate, distance and other data. You can also set the exercise goal before the exercise starts.

More detailed analysis and data records can be viewed on the mobile APP.

⑥Blood Pressure

Before blood pressure monitoring, first confirm that the watch is correctly worn on the wrist (the best position is one finger width above the wrist bone), blood pressure detection requires wearing a tight bias to avoid leakage of light can not be effectively detected, and then enter the blood pressure detection, the detection process requires the wrist to remain stationary, waiting for the display of blood pressure values. Enter the blood pressure icon interface to measure the current blood pressure value with the last seven measurements.

More detailed information analysis as well as data records can be viewed in the APP.

Blood Oxygen

Before blood oxygen monitoring, confirm that the watch is correctly worn on the wrist (the best position is one finger width above the wrist bone), blood oxygen detection requires wearing tight to avoid leakage of light cannot be effectively detected, then enter the blood oxygen detection, the detection process

requires the wrist to remain stationary, waiting for the display of blood oxygen values. Enter the blood oxygen icon interface to measure the current blood oxygen value. Display the current value and the last seven measurements in the blood oxygen interface. More detailed analysis and data records can be viewed in the APP.

⑦Weather

The weather interface will display the current weather temperature and slide up to display the weather information of the next six days.

The weather information needs to be connected to the APP to get data. If the connection is opened for a long time, the weather information will not be updated.

Camera

After connecting the mobile APP, the watch can control the mobile phone camera to take pictures.

After opening the camera on the phone, long press on the watch camera control page to trigger the phone camera shutter.

Music Control

After connecting the mobile APP, the watch can control the music player of the mobile phone. When the phone is playing music, you can use the watch to control the phone to play/pause, previous song, next song and adjust the volume.

Alarm Clock

You can set the alarm of the watch on the APP and on the watch, and you can set up to 8:30 alarms.

When the set time arrives, the watch will display the alarm icon and vibrate.

⑧Message Push

The watch can receive and display the

notification and incoming call reminders on the mobile phone, and can refuse the call. The push option switch is set in the APP. The watch message page can store the last 5 message records.

Other Functions

Other functions of the watch include: Breathing exercise, pressure detection, stopwatch, alarm clock, timer, don't disturb mode, power-saving mode, brightness, vibration, factory settings, restart, shutdown, APP download QR code, etc.

Sedentary Reminder

Turn on the sedentary reminder after connecting the APP.

The watch will prompt you to get up and walk after 1 hour of sedentary.

Relax

You can choose the mode of "Stressed" and "Falling Asleep", and follow the UI animation to adjust your breathing rate to achieve the effect of relief and sleep aid.

⑨ Frequently Asked Questions And Answers

Why can't you wear a watch to take a hot bath?

When bathing, the temperature is relatively high, which will produce a lot of water vapor, which can damage your watch.

Why can't the smart watch receive the message push?

Android phone settings:

1. Make sure the switch of message pushing is turned on in the cell phone

APP.

2. Make sure the message can be displayed normally on the notification bar of your phone, the watch message is pushed by getting the phone notification bar message, if there is no message on the phone notification bar, the watch will not receive the push.

(You need to find the notification settings in the phone settings and turn on the notification switch of Facebook, Twitter, phone, SMS and other mobile clients).

Apple mobile phone set

1. Confirm that the message push switch is turned on in the cell phone client.
2. Confirm that the phone messages can be displayed normally in the notification bar.
(You need to find the notification settings in the phone settings and turn on the notification switch of Facebook, Twitter, phone, SMS and other cellphone clients).

If you do not know how to use this smartwatch, you can find in Da Fit: "Me" - "Background Run Protection Guide", follow the steps inside, it will help you solve many problems, if you still do not know how to use it, you can contact our customer service through Amazon, thank you!

FCC Warning Statement

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.

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.

NOTE: This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.