Smart Watch

User Manual

Hereby, Shenzhen FreeYond Technology Co.,Ltd.
Declares that this Smart Watch is in compliance with the
requirements and other relevant provisions of directive 20

CAUTION：

1. Risk of explosion if battery is replaced by an incorrect type,
used batteries according to the instructions.
– disposal of a battery into fire or a hot oven, or mechanically
cutting of a battery, that can result in an explosion;
– leaving a battery in an extremely high temperature s
environment that can result in an explosion or the leakage of
liquid or gas;
– a battery subjected to extremely low air pressure that may
explosion or the leakage of flammable liquid or gas.

2. EUT Temperature: -5°C～+55°C(Standalone).

Frequency Range(RF):
BT: 2400-2480MHz (TX/RX);

FCC ID: 2A8FE-WF1

PRODUCT NAME: SMART WATCH
MODEL: 2303007W
COLOR: CLASSIC BLACK
INPUT: 5V⎓0.2A
MONTH AND YEAR OF MANUFACTURE: MARCH-2023
RECHARGEABLE LI-ION POLYMER BATTERY: 0.26Ah/3.7V

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essential
014/53/EU.

, dispose of

crushing or

urrounding
flammable

result in an

FCC 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.

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.

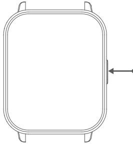
-Increase the separation between the equipment and receiver.

-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.

Description of Appea



Note: Please consult
avoid allergies to th
encounter skin discor
consult a doctor

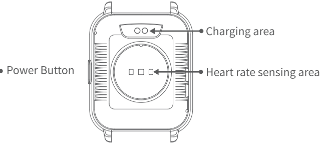
Download the APP a

Note: The mobile pho
above, and Bluetooth

(1)Download the APP
Scan the QR code and

(2)Connect smart wat
After turning on the w
the phone through th

rance



the product material in detail before purchase to
e material. Due to individual differences, if you
mfort when wearing it, please stop wearing it and

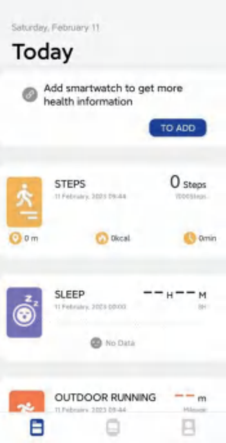
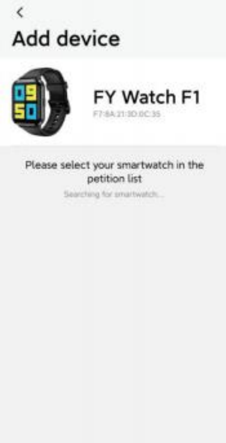
nd bind the watch

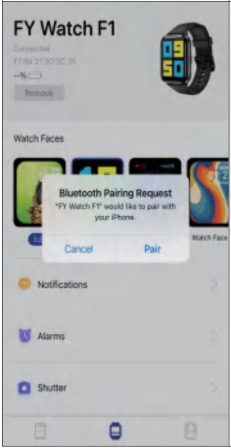
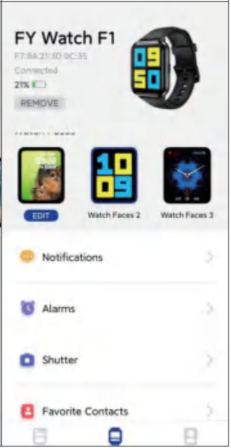
ne system must support Android 8.0 or iOS 9.0 and
4.0 and above.

download the FY Watch application.

ch with FY Watch APP
atch, please complete the pairing of the device and
e FY Watch APP before it can be used normally.

APP Binding Steps:

Open the app, click'TO ADD'	Click on your device in the list of scanned devices
 Saturday, February 11 Today Add smartwatch to get more health information TO ADD STEPS 11 February, 2023 09:44 0 Steps 0 m 0kcal 0min SLEEP 11 February, 2023 00:00 -- H -- M No Data OUTDOOR RUNNING 11 February, 2023 09:44 -- m	 Add device FY Watch F1 F7:8A:21:3D:0C:35 Please select your smartwatch in the petition list Searching for smartwatch...

A Bluetooth pairing request will appear in the iOS system, click Bluetooth ‘Pair’	APP binding successfully
 FY Watch F1 Connected F7:8A:21:3D:0C:35 --% Remove Watch Faces Watch Face Cancel Pair Notifications Alarms Shutter Bluetooth Pairing Request “FY Watch F1” would like to pair with your iPhone.	 FY Watch F1 F7:8A:21:3D:0C:35 Connected 21% REMOVE EDIT Watch Faces 2 Watch Faces 3 Notifications Alarms Shutter Favorite Contacts

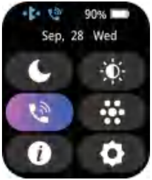
BLUETOOTH CALLING FUNCTION

This watch comes with a special feature of Bluetooth calling. T
make calls without having to open the phone.You can also vi
history of the watch. You need to keep the connection betwee
and the phone stable when using the Phone Call function.
steps to activate the calling function and much more.

Part A - How to connect

Step 1:
After connecting the watch to the FY Watch App, you need
Bluetooth settings of the phone and pair the watch there as sh

Note 1
①The call option needs to be turned on before the APP binds
as shown in the figure below;
② When the call option is turned on, the sound of the phone wi
watch. if you don't want the sound of the phone to be on the wa
turn off this option;
③ Turn on this option and the watch battery life will be shorte
don't use the call or watch to sing, try to turn off this option;



he user can
ew the call
n the watch
Follow the

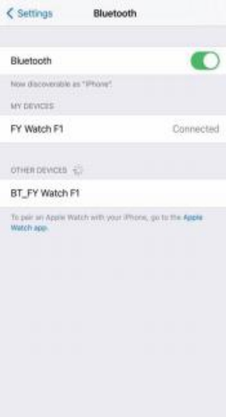
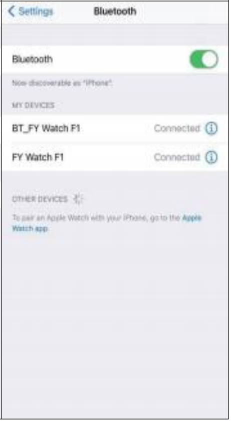
d to go the
own below.

the device,

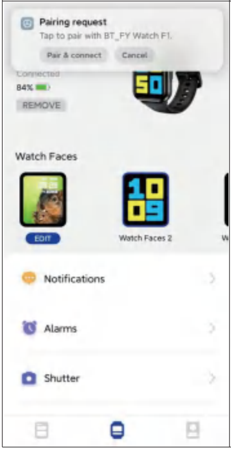
ill be on the
atch, please

r. When you

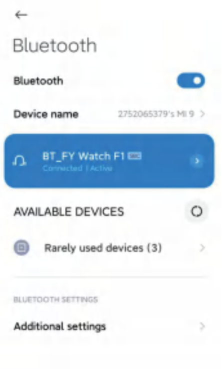
For iOS

Switch on the Bluetooth in the phone Bluetooth settings and you shall see the available device as BT_ FY Watch F1	It shall show Connected
 Settings Bluetooth Bluetooth Now discoverable as "iPhone". MY DEVICES FY Watch F1 Connected OTHER DEVICES BT_FY Watch F1 To pair an Apple Watch with your iPhone, go to the Apple Watch app.	 Settings Bluetooth Bluetooth Now discoverable as "iPhone". MY DEVICES BT_FY Watch F1 Connected FY Watch F1 Connected OTHER DEVICES To pair an Apple Watch with your iPhone, go to the Apple Watch app.

For Android

When connect with FY Watch, the phone will pop **'BT_FY Watch F1'** Call Bluetooth request pairing
 Pairing request Tap to pair with BT_FY Watch F1. Pair & connect Cancel Connected 84% REMOVE Watch Faces EDIT Watch Faces 2 Notifications Alarms Shutter

Once accepted you can see the following screens saying **"Connected "**



Bluetooth

Bluetooth

Device name 2752065379's MI 9

BT_FY Watch F1

Connected | Active

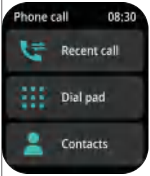
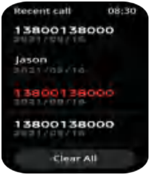
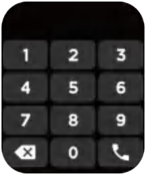
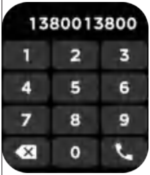
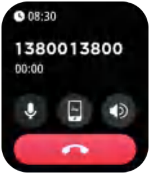
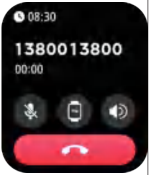
AVAILABLE DEVICES

Rarely used devices (3)

BLUETOOTH SETTINGS

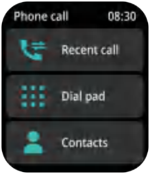
Additional settings

Step 2:
Go to the watch and swipe left to the phone function

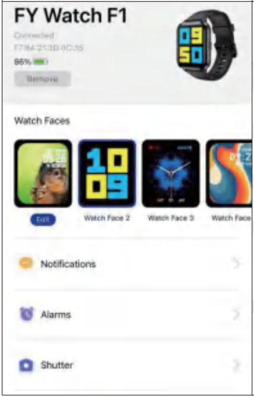
 After successfully connecting the Bluetooth you will get this screen.	 Recent call 08:30 13800138000 Jason 13800138000 13800138000 Clear All Upon clicking on the recent call you can see the recent calls of your device.	 When you click on the dial pad you shall get this screen on your watch.
 After dialing the number, the call button in the lower right corner will appear.	 You click the dial button, you can see that the number is dialing.	 Through the microphone available in the watch you can talk through the watch and adjust the speaker volume by the right icon on the watch and disconnect the call.

Part B - Add contacts

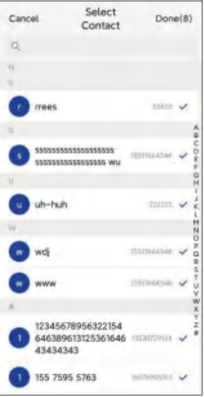
You can add up to 8 contacts-Add the contacts from the FY Watch App. Go to "Favourite Contacts" and add contacts. The selected contacts will get synced to your watch.



Click on Favorite Contact to add the contacts



Select the contacts you want to add



Cancel
Select Contact
Done(8)

rrees

sssssssssssssssssss sssssssssssssssss wu

uh-huh

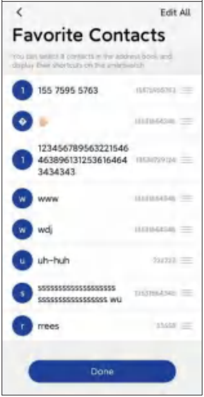
wdj

www

12345678956322154646389613125361646 43434343

155 7595 5763

The contacts will get added.



Edit All

Favorite Contacts

155 7595 5763

1234567895632215464638961312536164643434343

www

wdj

uh-huh

sssssssssssssssssss sssssssssssssssss wu

rrees

Done

Part C - Listen to Music

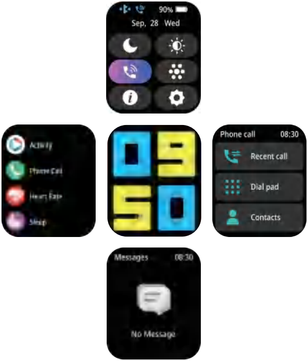
Listen to Music——You can Listen to Music on your Watch, when it is connected to your Phone Via Bluetooth Mode.

Part D - Battery Advisory

1. The battery lasts for 6 hours with Bluetooth calling mode enabled.
2. If the Bluetooth calling mode is disabled then the battery can last for 6 days.
3. On standby the battery can stay for as long as 50 days.
4. Advisory- To conserve battery, It is advised to turn off the Bluetooth when not in use.

Functions Navigation

The screen can be navigated by sliding left /right/up/down

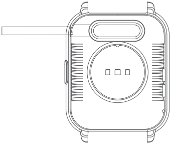


Watch Wearing and Charging

It is recommended to wear the watch
fingers far from your wrist to ensure t

Charging

1. Plug the charger's USB port into a m
to charge the watch.
2. Attach the charging pin to charge t
3. The charging icon will appear on t
charged.
4. It is recommended to use compute
to charge the watch.

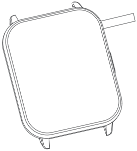


with a moderate tightness at a distance two
hat heart rate monitor works properly.

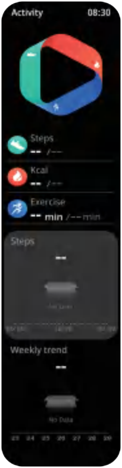
obile phone charger or a computer USB port

he smart watch.
he screen, indicating that the watch is being

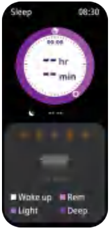
r USB ports or brand mobile phone chargers



Use Of Functions



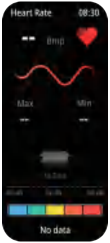
Activity
The watch automatically tracks the step taken on the screen.
NOTE: Your movement stats reset to 0 at midnight.



Sleep

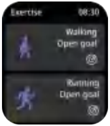
If you keep wearing Smart Watch in your sleep, it can provide the hours slept and quality of sleep stats on both the screen and the APP.

NOTE: Sleep stats reset to zero at 8:00 pm.



Heart Rate Test

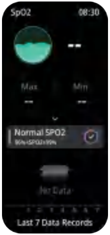
The Smart watch could record your heart rate all day. You also could tap on the page to start measuring heart rate.



Exercise

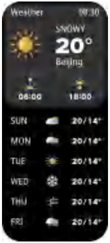
Tap the training icon on the menu to start a new training measure recording, there are 123 sport modes to be chosen.

Note:The watch currently only displays 20 sports types, for more sports, please scroll down to the bottom to add the desired type, the new sports will cover the first one.



SpO2 Test

Tap the SpO2 page to start measuring your
the SpO2 page, It can show the SpO2 measur
the last times.



Weather

It could show the weather info of current and
on the weather page. Weather info is sy
connecting with the APP, it will not be upda
long disconnected.

SpO2. On
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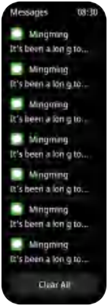


Mingming
It's been a lon g to...

Mingming
It's been a lon g to...

Mingming
It's been a lon g to...

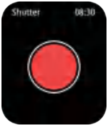
Mingming
It's been a lon g to...

Mingming
It's been a lon g to...

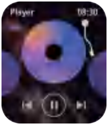
Mingming
It's been a lon g to...

Mingming
It's been a lon g to...

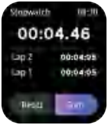
Messages Reminder
The device can sync incoming notify from Twitter, Facebook, Instagram etc. Recently 8 messages can be stored.
Note: You can switch on/off the incoming notification in the APP.

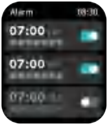


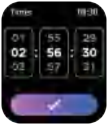
Shutter
Once the device is connected, you can remotely control your phone's camera to take photos by shaking your watch or touching the photo icon.
Note: This function needs to enter the camera interface in the FY Watch APP.

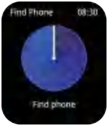


Player
After connecting the device, you can remote control the music player on your phone.







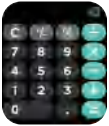


Stop Watch
Tap the start button on stopwatch page to start timing, and tap the stop button to stop timing.

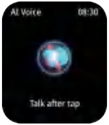
Alarms
Set up the alarm on the watch, the device will vibrate to remind on time.

Timer
Users can use a countdown to set a time and complete the target task according to the set goal.

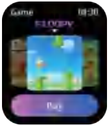
Find Phone
After the watch is successfully connected to the APP, the watch can initiate the function of finding a mobile phone, and the mobile phone will ring or vibrate.



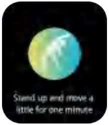
Calculator
A tool that can perform simple arithmetic calculations.



AI voice
Before using this function, you need to connect to the call Bluetooth, click ‘Talk after tap’ to start speaking, and the mobile phone will perform operations according to the voice commands received.
Note: Please pronounce it accurately.



Game
This is a feature that allows users to play games on their wrist, there are 4 games in total.


Stand up and move a little for one minute

Remind to Move
The device will vibrate to remind you to make a relax after 1 hour sitting.
Note: You can switch on/off the feature in the APP.

Time to drink water

Remind to Drink
The smart watch will remind you “Time to Drink Water” at the planned drinking time.
Note: You can set the feature in the APP.

10000 steps
Goal Achieved

Goal Notifications
When the number of steps reaches the set goal,the watch will vibrate to remind you. Before using this function,you need to enable Goal notifications by tapping“Profile"->“My devices"and turning on Goal notifications on the FY Watch App.

Daily Maintenance of the Watch

1. The watch is not resistant to erosive liquid such as seawater, acidic and alkaline solutions and chemical reagents. Damages or defects caused by misuse or improper use are not covered under warranty.

2. Don’t use detergents such as soap, hand sanitizer, or bath foam for cleaning to avoid chemical residues from irritating the skin or corroding the device.

3. Don’t deep water swim with your smartwatch, we also don’t recommend showering with your smartwatch.

Precautions

The watch has an IP68 water resistant and dust proof rating, but it is not suitable for swimming or bathing.
Do not operate the watch underwater. After touching water, do not operate the touch screen or charge the watch until the watch is wiped by using a soft cloth.

Disclaimer

WARNING

Warning: This product is not a medical device. The smart
applications should not be used in diagnosis, treatment or a
treatment for diseases and sickness. Please consult medical
before changing exercise habit or sleep habit to avoid seriou
manufacturer reserves the right to modify and improve
description in this user guide and continuous update of th
without further notice. This user guide is for reference o
watch for selling is subject to the final product.

EU Declaration of Conformity

In accordance with EU Directives and Regulations

Company name: Shenzhen FreeYond Technology Co.,Ltd.

Address: 203, Building A, Tengfei Industrial Building, No.6
Fubao Community, Fubao Street, Futian District, Shenzhen,

as the manufacturer hereby declares under our sole resp
the,
Product(s): Smart Watch
Model name: 2303007W

watch and its
s a preventive
l professionals
us injuries. The
any functions
e new content
nly, the smart

Taohua Road
China

onsibility that

is in conformity with the essential requirements of the RE Directive 2014/53/EU:

Radio Article 3(2)	ETSI EN 300 328 V2.2.2 (2019-07)
EMC Article 3.1(b)	ETSI EN 301 489-1 V2.2.3 (2019-11) ETSI EN 301 489-17 V3.2.4 (2020-09);
Safety Article 3.1(a)	EN IEC 62368-1:2014+A11:2017
Health Article 3.1(a)	EN 50663:2017, EN 62479:2010

An EU Type Examination Certificate for this Product was issued in accordance with Annex III (Module B) of the 2014/53/EU Radio Equipment Directive by Bay Area Compliance Laboratories Corp. (2014/53/EU Radio Equipment Directive Notified Body Identification Number 1313)

Signed on behalf of Shenzhen FreeYond Technology Co.,Ltd.

(Signature of authorized person)

JianJun Xue

Signature: Jian Jun Xue

Manager

Date: 2023-2-16