



# Smart Watch User Manual

# Downloading and connecting of smart watch with Co Fit APP

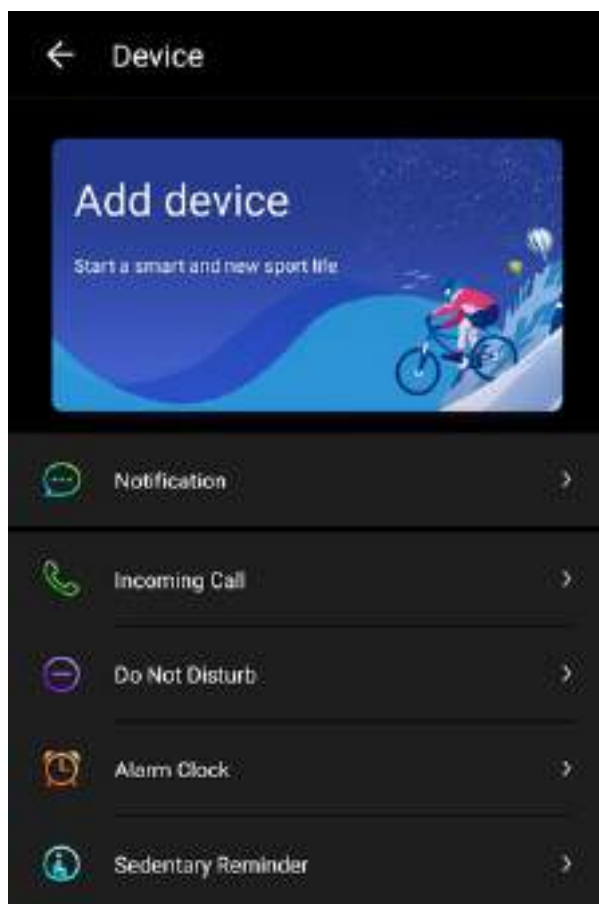
1. Download and install Co Fit APP
2. Scan QR code with mobile phone to download APP.
3. For IOS system, select APP Store, search for Co Fit App.



Android system, select Google Play to download and install Co Fit App. Or scan QR code to download

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

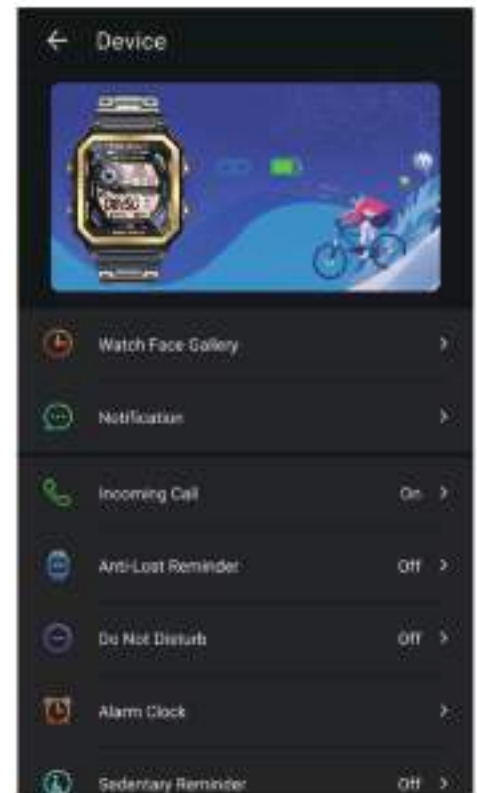
## Connect smart watch with Co Fit APP



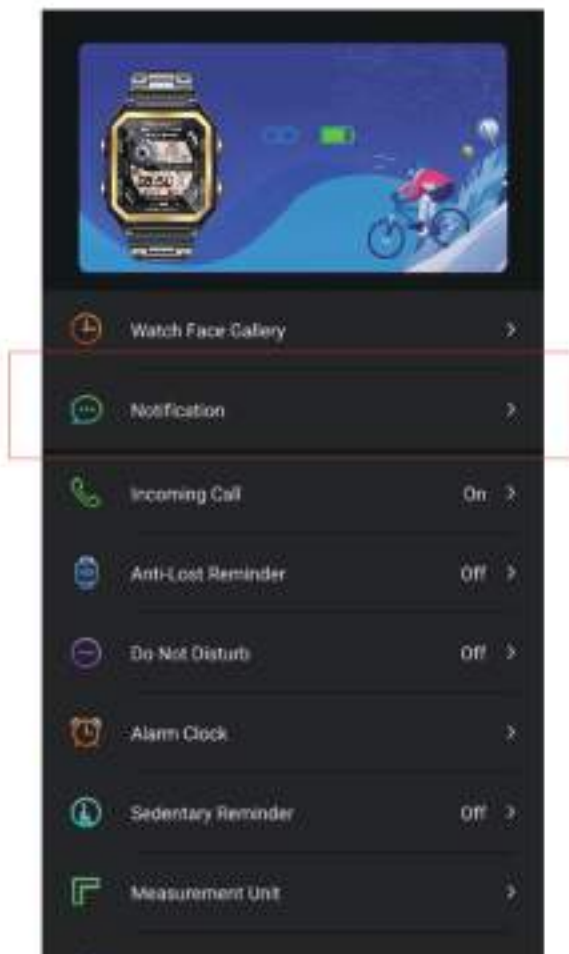
Click on "Add Device" to connect the smart watch



Click on your device in the device list scanned. Connect it directly to Android system.



Successfully connected



For both android & iOS click on Notifications Tab in the Dafit app



Enable all the notifications for the ease of use

# **BLUETOOTH CALLING FUNCTION**

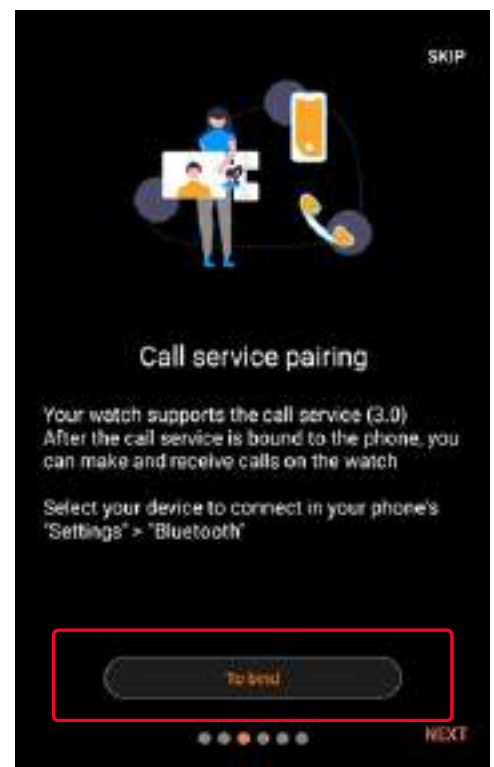
This watch comes with a special feature of Bluetooth calling. The user can make calls without having to open the phone. You can also view the call history of the watch. You need to keep the connection between the watch and the phone stable when using the Phone Call function.

The watch also has a microphone and a speaker built in for the ease of talking through the watch and to hear music, phone calls, and other notifications

Follow the steps to activate the calling function and much more.

## **Part A - How to connect**

- **Step 1:** After connecting the watch to the Co Fit App, you will get a notification on the phone to connect to BT Calling as shown below. Tap on "To Bind"





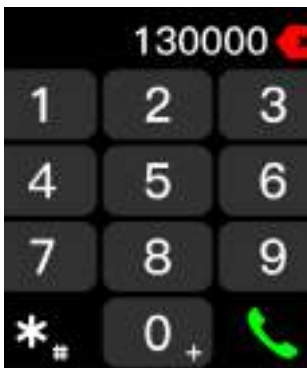
- **Step 2:** Go to the Watch and swipe left to the features page and locate the phone function



- After successfully connecting the bluetooth you will get this screen.



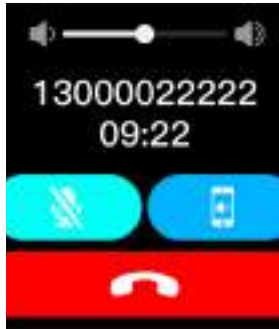
- Upon clicking on the Recent Call you can see the recent calls of your device



- Once you dial the number the call button on the right corner shall appear.



- You click the dial button, you can see that the number is dialling

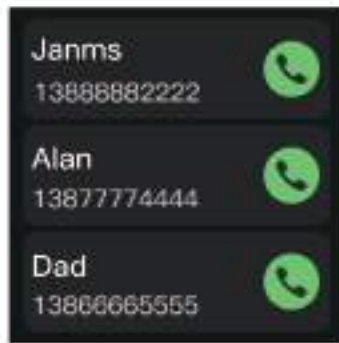


- Through the microphone available in the watch **you can talk through the watch and adjust the speaker volume by clicking on the speaker icon**

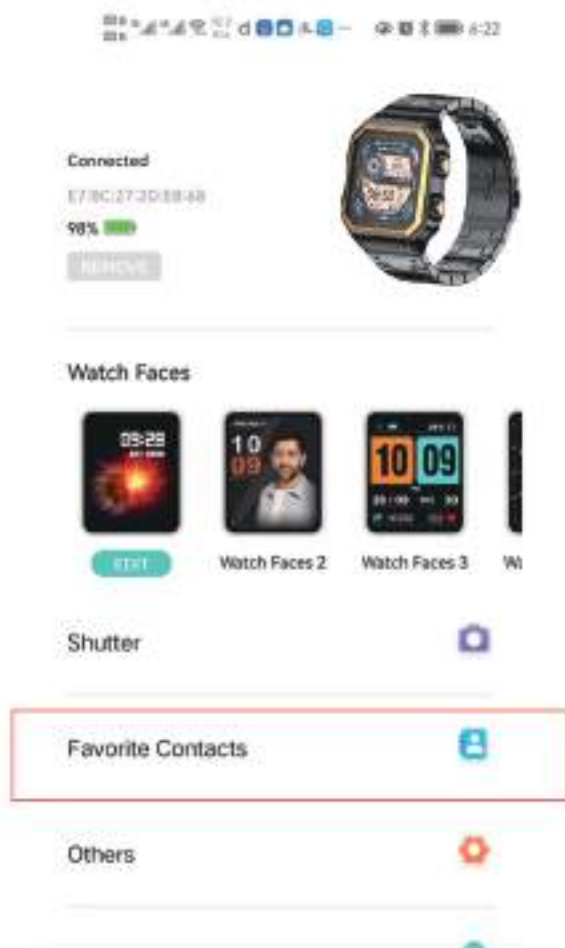
## Part B - How to disconnect

**To disconnect the bluetooth calling the user simply has to go to the phone's bluetooth setting and "unpair" the FireBolt 174 device**

## Part C - Add contacts



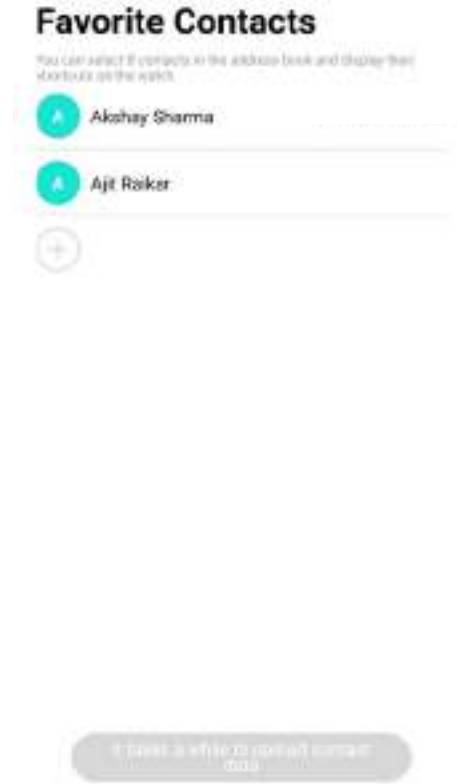
- You can add upto 20 contacts - Add the contacts from the Dafit App. Go to "Favourite Contacts" and add contacts. The selected contacts will get synced to your watch.



Click on Favorite Contact to add the contacts



Select the contacts you want to add



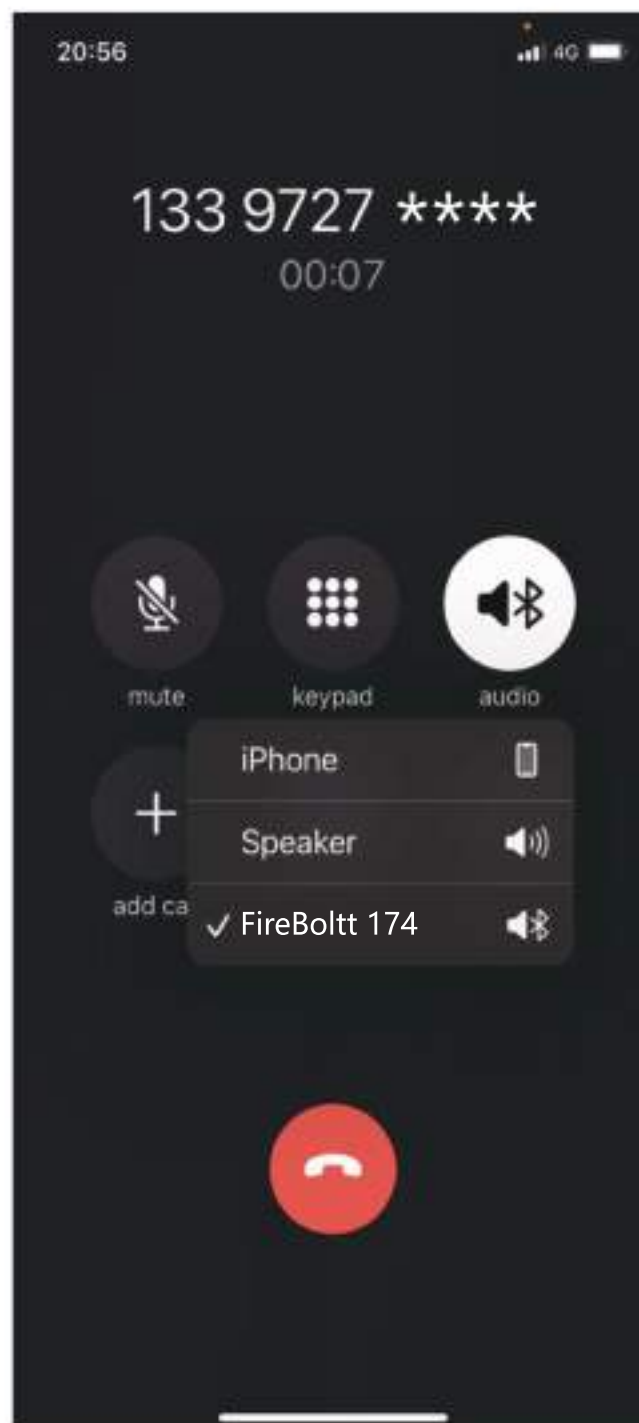
The contacts will get added.

## Battery

- The battery lasts for 3 to 4 days with bluetooth calling mode enabled.
- On standby the battery can stay for as long as 7- 8 days.
- Advisory- To conserve battery, It is advised to turn off the bluetooth when not in use.
- Charge the watch with an adapter within 3.7V to 5V

## Part D - Switch Between Phone / Watch

**Switch Between Watch / Phone During an Active Call :** If your watch is connected to the Phone via Bluetooth, all calls will come on the watch by default. If you want to change the call to the phone, during an active call, simply click on **Handset earpiece** icon to select it. The call will then come on your phone.



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



Control Centre

Swipe Down    ↑ ↓    Swipe UP



Quick Menu

Swipe Left  
→  
←  
Swipe Right

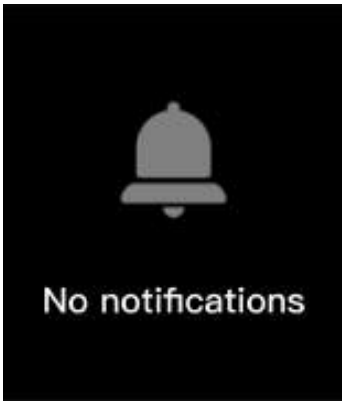


Swipe Left  
→  
←  
Swipe Right



Feature Pages

Swipe Down    ↑ ↓    Swipe UP



Messages

The watch features a full touch control screen with a reflective display and a button

## Functions Navigation

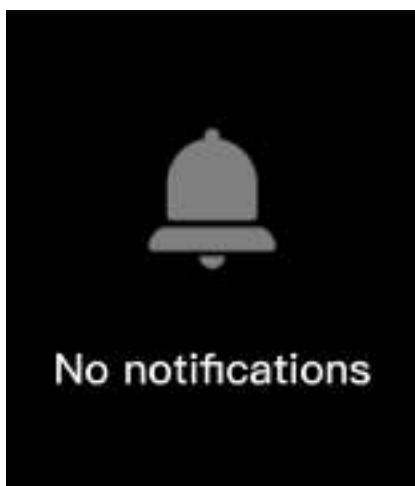
The screen can be navigated by sliding left/right or sliding up/down

By default, the watch face page displays, and on the watch face page, you can:

- Slide down to view Control Centre



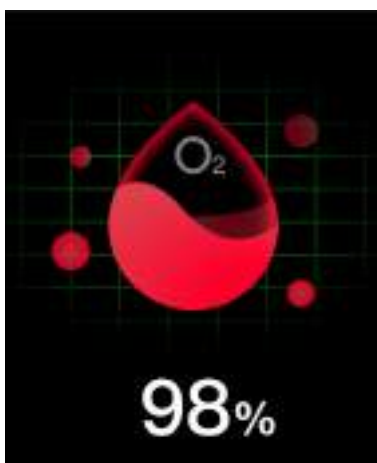
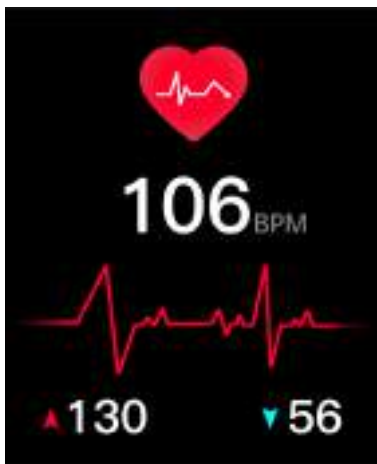
- Slide up to view Messages



- Slide right to view Quick Menu



- Slide left to view features like Heart Rate, Activity, Stress, SpO2



## Short press from the side button

To unlock the screen in the lock screen status

To return to the watch face page from the first-level menu entry in the unlocked status



## Long press from the side button

To turn on the watch in the power off status



## Watch Wearing and Charging

It is recommended to wear the watch with a moderate tightness at a distance two fingers far from your wrist to ensure that the optical heart rate monitor works properly

### Charging

- Plug the charger's USB port into a mobile phone charger or a computer USB port to charge the watch.
- Attach the charging pin to charge the smart watch.
- The charging icon will appear on the screen, indicating that the watch is being charged.
- It is recommended to use computer USB ports or brand mobile phone chargers to charge the watch.



## Use of Functions

The watch has a lot of functions, these can be accessed by pressing the crown button. Menu consist of - Heart Rate, Blood Pressure, SpO2, Stress, Stopwatch, Call, Record, Sports, Activity, Contact, Notice, Sleep, Weather, Alarm, Music, Breathing, Timer, Find Phone, Games, Calendar, Voice, Calculator, NFC, SOS, Reminder, World Clock, Stock Market, QR Code, Settings

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



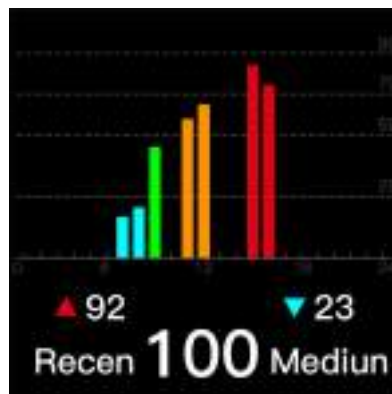
- Sleep - You need to wear the watch while sleeping, it will provide the hours slept and quality of sleep stats.
- Note: Sleep stats reset to 0 at 8 pm



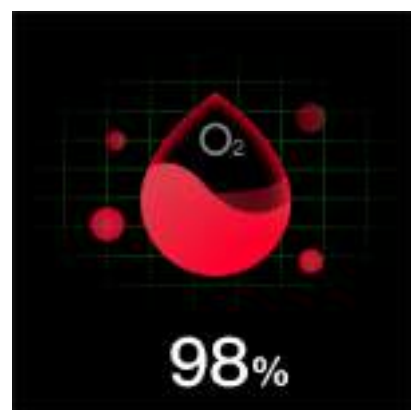
- Heart Rate - The watch will record your heart rate all day. You can also tap on the page to start measuring



- Stress - Keep a close watch on your stress levels



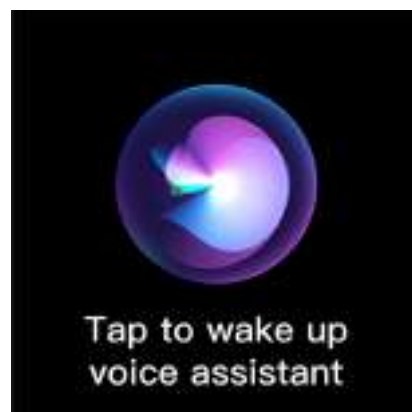
- Oxygen Tracking\_(SP02). - Tap the SP02 page to start measuring. On the SP02 page you can see the previous data



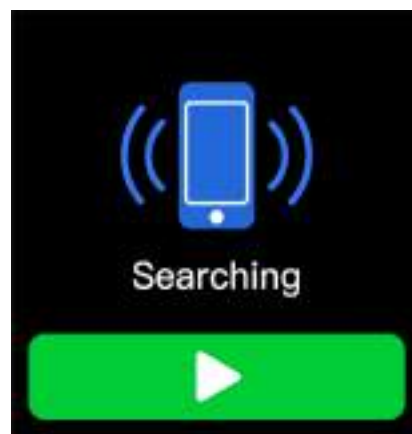
Phone call- The watch supports bluetooth calling, and in this option you can dial the number, view call logs & contact



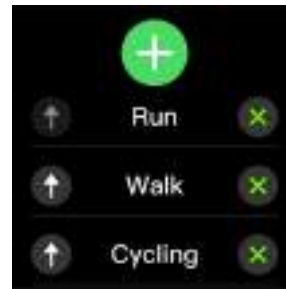
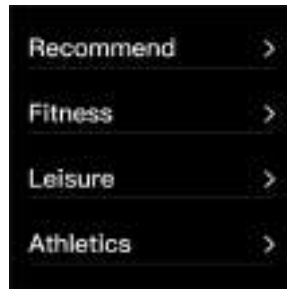
- AI Voice- You can wake up the AI voice on your phone through the watch when bluetooth calling is connected



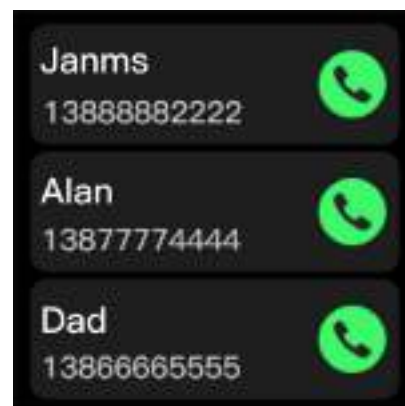
- Find Phone - Find the phone when connected via bluetooth to ensure perfect connection



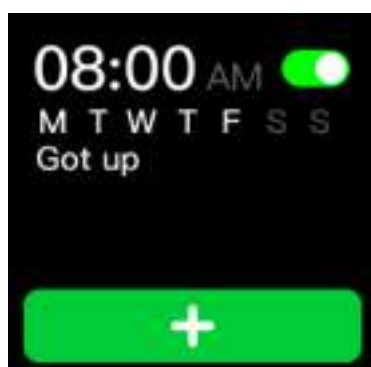
- Sports - This feature comprises of multiple exercise modes. Track your fitness goals in a tap.



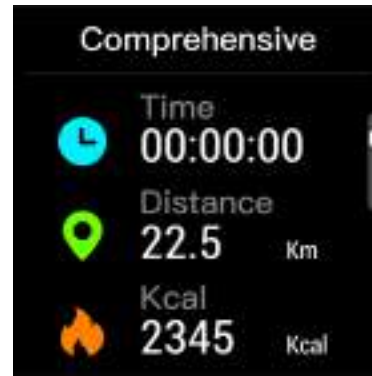
- Contact - You can add your favorite contacts to the watch



- Alarm - You can set 3 alarm on the watch



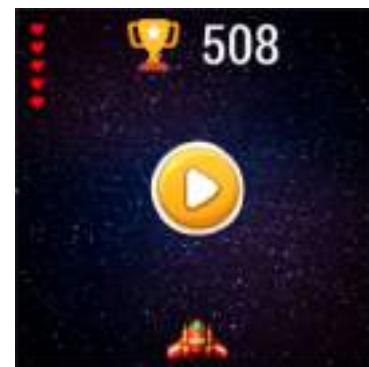
- Exercise Record - You can keep a record of your exercise in one screen



- Calculator - Do basic to tough calculations on your wrist on the go



- Games - Play games on your wrist



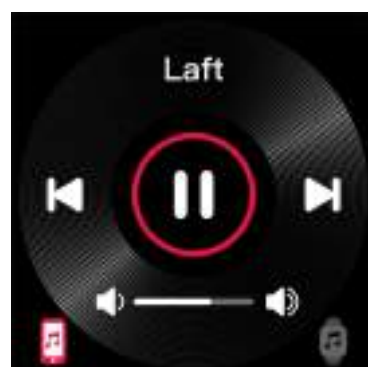
- Weather - You can know the current weather and the forecast for tomorrow, this information is synced from your app. Scroll Up to see the forecast weather. It will not be updated if the phone is disconnected for a long time.



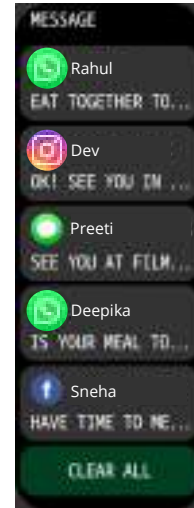
- Camera - You can remote control the camera of your phone once the watch is connected with your device.



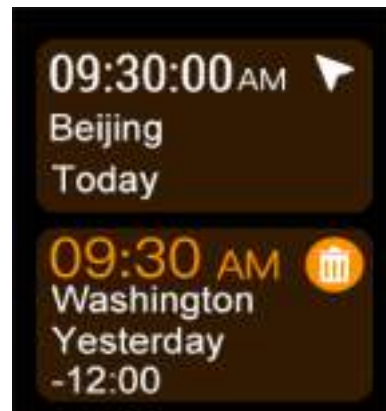
- Music - You can remote control the music player of your phone once the watch is connected to the device



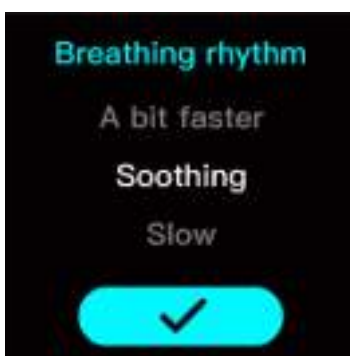
- Notice - You can view all your messages and notifications under this function



- World Clock - Check the time of any part of the world with this feature



- Breathing Exercise - You can now monitor your breathing activity through the watch



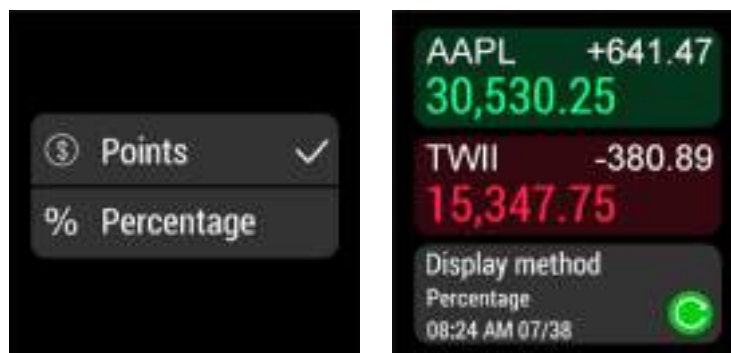
- Calendar - check the date and block the calendar through the watch



- Reminder -



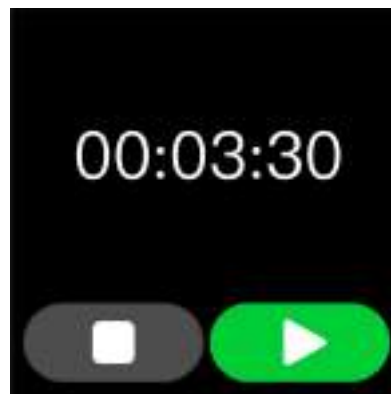
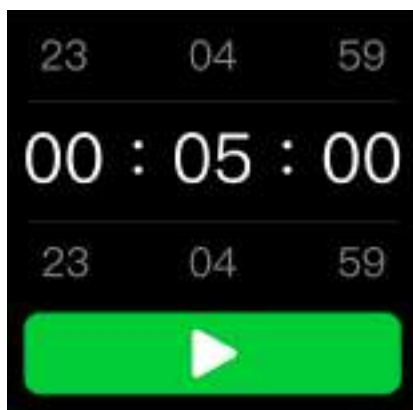
- Stock Market -



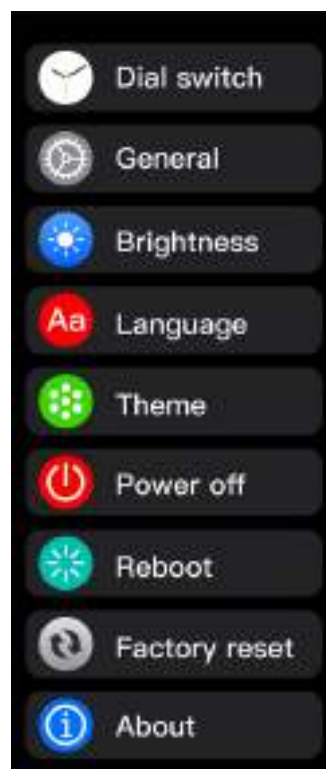
- Stopwatch - You can record your time and always be on time with any task



- Timer - Set realistic goals and achieve them



- Setting - Check out other features through this tab.



# Other Settings

## Watch Face

Replace the Watch Face on the Watch:

Long Press the screen, you shall get the options to change the watch face, scroll left and click on the watch face you want to select. The watch face will set.



Replace the Watch Face on the App:

Tap the Watch face settings entry in the "Profile" -> "FireBoltt 174" page, and then download and sync watch faces on the Watch Face Store. After that, the replacement is done

### FireBoltt 174

Connected  
17:00 27-03-2024  
98%



#### Watch Faces



## Weather

In the weather page, you can view the weather for the day and the weather information for the next day.

The weather displayed by the watch comes from the server. Therefore, you need to keep the Bluetooth of your mobile phone on and connect it with the watch to keep abreast of the latest weather information changes.

In addition, when a weather alert is received, the watch will receive the alert as well. You may toggle on the weather alert switch in the "Profile" -> "FireBoltt 174" -> "Weather settings" page on the Smart Time Pro App

Idle Alerts

When you are sitting for a long time, the watch will vibrate to remind you to get up for a while. Before using this function, you need to enable Idle alerts by tapping "Profile" -> "My devices" and turning on Idle alerts on the Smart Time Pro App



### Goal Notifications

When the number of steps reaches the set goal, the watch will display a goal 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 Smart Time Pro App



### Watch Alarm Alert

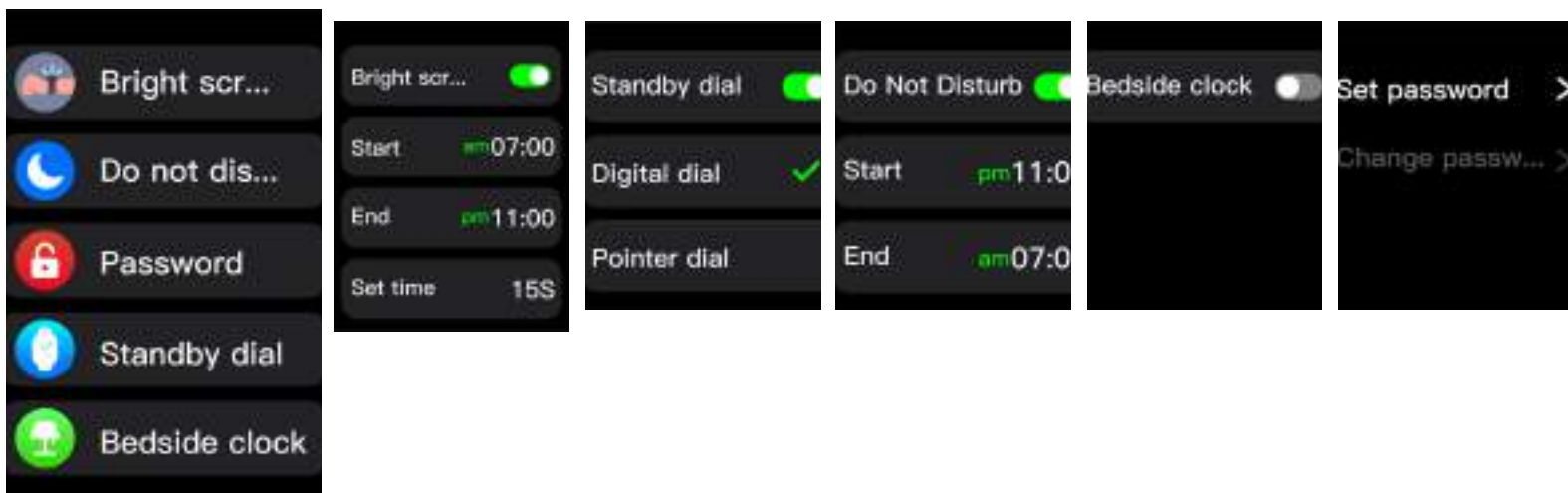
When the alarm on the mobile phone rings, the watch will vibrate to remind you that the alarm is ringing. Before using this function, you need to enable Watch alarm alert by tapping "Profile" -> "My devices" and turning on Watch alarm on the Smart Time Pro App



# Settings

The watch has some settings, these can be accessed by going to the settings function from the menu. The settings include Dial Switch, General, Brightness, Language, Theme, Power Off, Reboot, Factory Reset, About

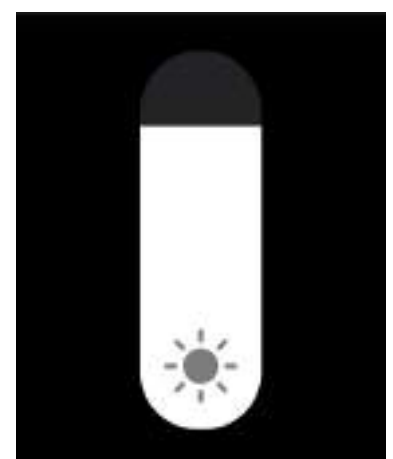
- General : This has all the setting as per convenience on how you want to see your watch



- Dial Switch : Change the dial of the watch under this



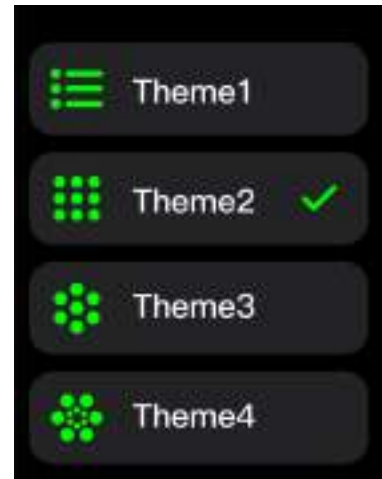
- Brightness : Choose the brightness of the watch



- Language : Choose the language of the watch



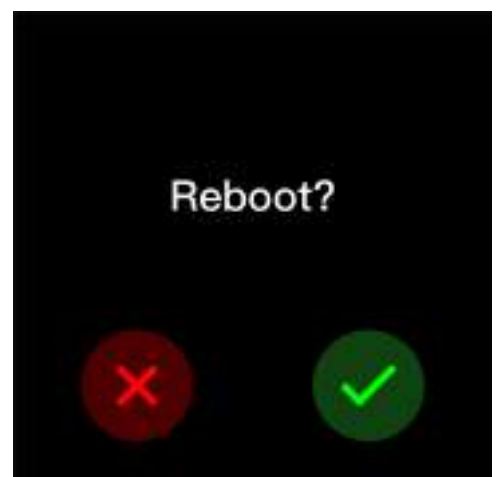
- Theme : This is a feature that will allow you to set the theme of the menu



- Power Off : Switch Off the watch



- Reboot : Reboot the device



- Factory Reset : This is a feature will reset the watch to factory settings



- About : This is a feature allows you to check the system version



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.

#### FCC Radiation Exposure statement

The device has been evaluatec to meel general RF exposure requirement. The device can be used in porlable exposure condition without restriction.