CUBOT
Simple & Trust

U1 User Manual

EN

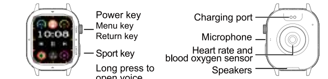
APP Download

Scan QR code with mobile phone to download App.

Da Fit

About the Smart Watch

The watch features press-buttons and color screen design, integrating multiple functions into one. The large color display provides a broader field of view.


Power key
Menu key
Return key
Sport key
Long press to open voice assistant
Charging port
Microphone
Heart rate and blood oxygen sensor
Speakers

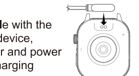
Wake up:

(1) Single press any button to wake up the screen.
(2) Raise or inwardly flip your wrist to light up the screen.

Screen off:

(1) After turning on the screen with a button press or wrist raise, the screen will automatically turn off after a period of inactivity.
(2) Select setting > Display > Sleep, set screen off time.

Charging Guide



Charging: Align the charging cable with the charging area on the back of the device, connect the other end to a charger and power it on until the screen shows the charging indicator.

Power on: The device will power on automatically when charging, or you can long-press the top button to turn it on.

⚠ 1. Please do not use high power fast charger;
2. Please keep the charging cable, device. dry when charging.
It is recommended to use a power adapter with a rated output voltage of 5V and a rated output current of 1A to power the charging cable. Consumers should use a power adapter that is CCC certified and meets the standard requirements for charging.

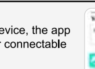
Paired Device

After the first power on, the device Bluetooth is in pairable status by default. Please download and install the latest version of DaFit App before pairing.

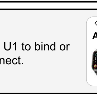
⚠ Please make sure your phone has Bluetooth and location services turned on.

Harmony OS , Android System Users

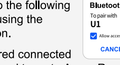
In DaFit App, click Add Device, the app will automatically scan for connectable devices.



Click the Bluetooth name U1 to bind or scan the QR code to connect.



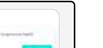
You need to agree to the following permissions before using the Bluetooth call function.


Bluetooth pairing request
To pair with
U1
Allow access to your contacts and call history
CANCEL
PAIR

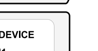
⚠ If replacing a paired connected phone, you will need to go to App > Remove Device.

For iOS Apple Users

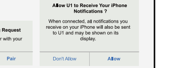
Turn to the DaFit App, click “Add Device”, find the “U1” in the list to pair.



Tap the device whose Bluetooth name is U1 on the search device page to bind or connect using code scanning, and you need to confirm twice on your watch when connecting.

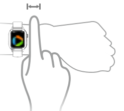


You need to agree to the following permission before using the Bluetooth calling function.


Bluetooth Pairing Request
"U1" would like to pair with your iPhone.
Cancel
Pair
Allow U1 to Receive Your iPhone Notifications ?
When connected, all notifications you receive on your iPhone will also be sent to U1 and may be shown on its display.
Don't Allow
Allow

⚠ If replacing a paired connected phone, you will need to go to App > Remove Device.

Watch Wearing

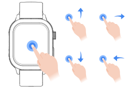


Please wear the watch correctly to maintain a comfortable and snug fit. Please tear off the film on the back of the watch before wearing it, because there is a sensor on the bottom of the watch to identify the human body. Once it is blocked, the recognition will be inaccurate, which will lead to the accuracy of heart rate, blood oxygen, and other records.

Please avoid wearing the watch at least one finger distance from the bone joints, and keep the strap loosened and tightened moderately, and try to wear it as tight as possible when you are exercising.

Button and Screen Control

The smart watch support full screen touch, slide up, slide down, slide left, slide right, long press operation.



Key-MENU:

1. Short press to light up the screen / return to the dial
2. Long press to switch on/off
3. Short press function menu/return to previous level
4. Turn the encoder to switch dials

Key-SPORT:

1. Short press to enter sport mode / previous level
2. Long press to open voice assistant

Heart Rate Measurement

To ensure the accuracy of heart rate measurement, please wear the device normally, avoiding the bone joints, not too loose, and please wear it as tightly as possible when exercising.

Single Heart Rate Measurement

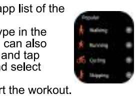
Select Heart Rate in the watch app list for a single heart rate measurement.

⚠ Due to external factors (e.g., hairy arms, tattoos, darker skin color, sagging arms, shaky arms), etc., measurements may not be accurate, or the value may not come out.

Continuous Heart Rate Measurement

Enter the DaFit app, click Other Settings > All-day heart rate, and turn on the Continuous heart rate measurement switch. Once turned on, the device will continuously measure heart rate according to the set time.

Sports Mode



1. Tap Workout in the app list of the watch
2. Select the workout type in the workout screen. You can also swipe up the screen and tap Customize to add and select another exercise.
3. Tap Start icon to start the workout.

4. If the watch is submerged in water, you can use the Smart Drain function in conjunction with flinging the arm to drain the water out of the speaker and microphone holes.

Frequently Asked Questions

Q1. Why Won't the Watch Turn On?

A1: Use the original charger to charge the watch for more than 30 minutes.
A2: Use high power charger to charge the watch (e.g. 9V/2A) and other fast chargers.
A3: Please contact customer service to replace the data cable.

Q2. Why Can't the Watch Connect Through the App?

A1: Unpair all Bluetooth devices on your phone, delete the APP and reconnect according to the user manual.
A2: Reset the watch and restart your phone.
A3: Switch to another phone to reconnect the watch.

Q3. Why Is the Data Collected by the Watch Inaccurate?

A1: Fill in actual personal information such as gender, age, height, weight and other information on the APP.
A2: Make sure the protective film on the back of the watch is removed.
A3: Make sure the watch is worn neither too loose nor too tight.
A4: Reset the watch to recheck the accuracy of the data.
A5: Considering that different brands use different software algorithms. The way in which data is collected varies from device to device (e.g., smartwatch, smartphone, treadmill, etc.).

Q4. Can't Synchronize Whatsapp or Facebook with My Watch?

A1: Please make sure to allow the app to access the notifications on the phone.
4.2 Please make sure WhatsApp or Facebook notifications are turned on in the phone.
4.3 Please make sure WhatsApp or Facebook notification in app has been opened.
4.3 Disconnect the watch and reconnect it.

Q5. Why Is the Battery Life Too Short?

A1: Reduce the screen brightness and adjust the screen timeout to five seconds.
A2: Turn off 24-hour heart rate monitoring without notifications.

According to Directive 2014/53/EU,the Bands and power are as follows:

Operation Frequency: BT: 2402-2480MHz
Max. RF output power: BT (BDR+EDR): 0.86 dBm, BT (BLE): 0.88 dBm

SAR
www.sar-tick.com

According to EN IEC 62311, be used to evaluate the environmental impact of human exposure to radio-frequency (RF) radiation as specified table 2 of Council Recommendation 1999/519/EC.
The RF Exposure is compliant.

To prevent possible hearing damage , do not listen to sound at high volume for long periods.

This marking on the product, accessories or literature indicates that the product and its electronic accessories should not be disposed of with other household waste.

FCC Caution:

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.