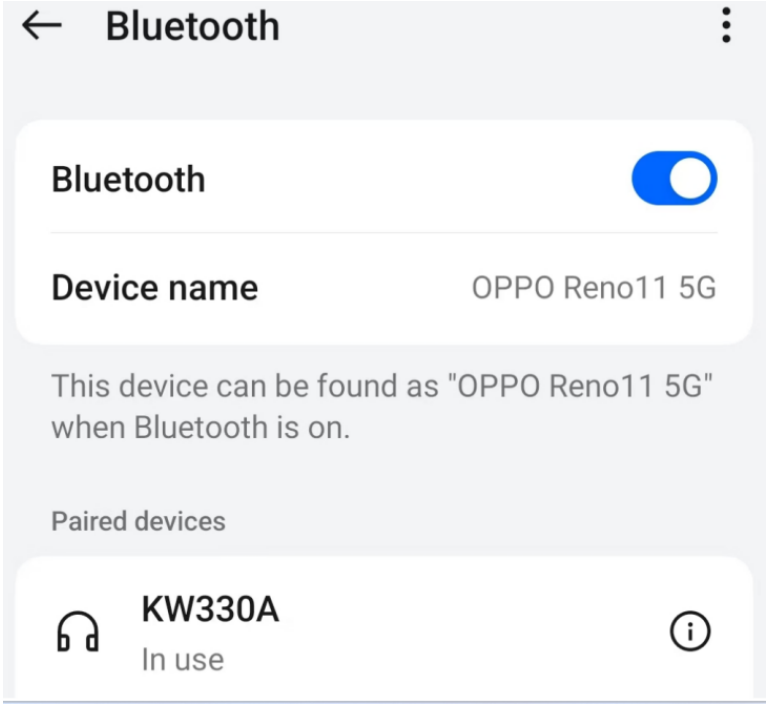
KW330A Smart Watch
User Manual

Scan the QR code with your mobile phone to download the APP
Please refer to this manual before using the product

1. Connection

1. Open HaWoFit and click "Add Device" on the device page. Add the device through Bluetooth search and follow the on-screen instructions.

2. Bluetooth call function connection:
After the watch is paired with the APP successfully, a pop-up will pop up to prompt whether to pair with KW330A. Click to allow pairing. Only after the pairing is successful can the phone function be used. (Note: If you do not click to allow pairing, the phone function will not be available. You need to search for KW330A in the Bluetooth of the mobile phone system and click pairing. Only after the pairing is successful can the phone function be used normally)



1. Do not pair directly in the Bluetooth list of the mobile phone system to avoid the "HaWoFit" APP being unable to connect to the watch.
2. Please allow the "HaWoFit" APP to obtain your phone's "location, phone, camera" and other permissions to ensure successful pairing.

2. Operation

Swipe up---Information

Swipe right---Smart component

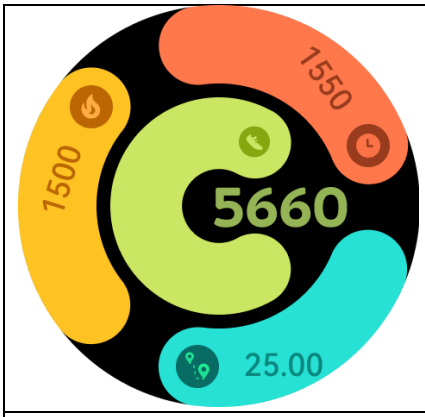
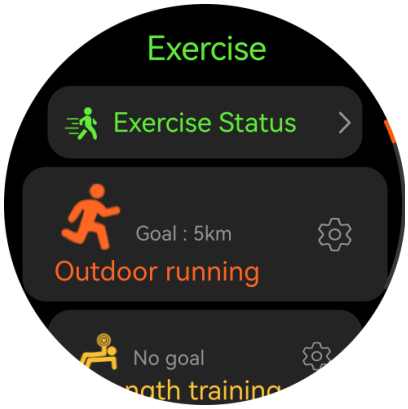
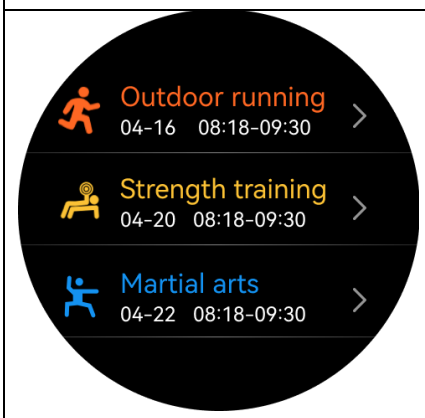
Swipe down---Control Center

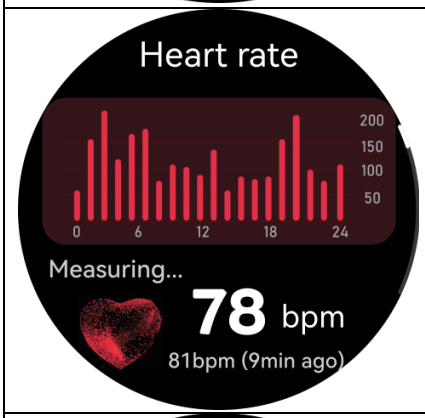
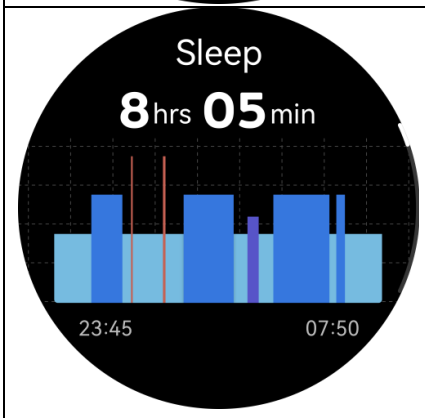
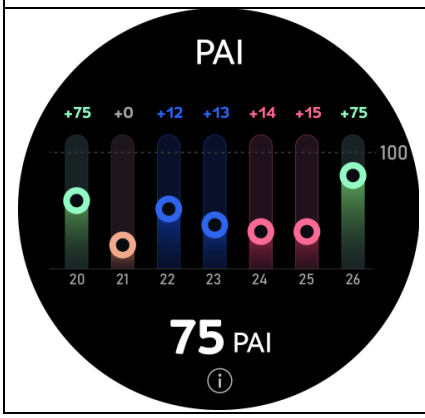
Swipe left---Activity Center

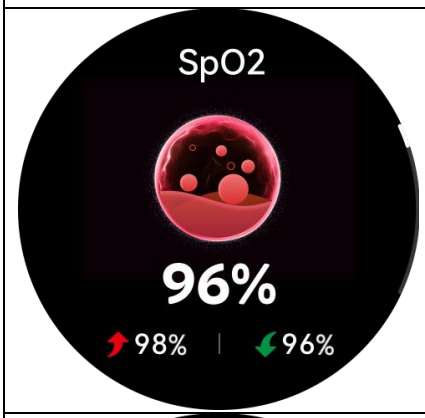
Buttons and crown:

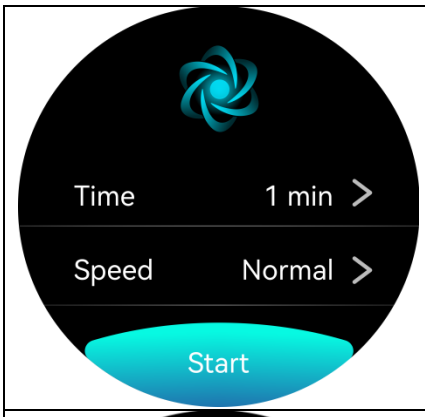
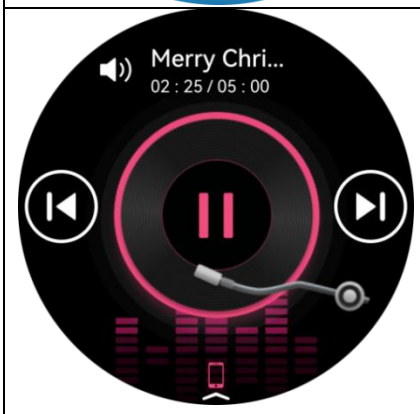
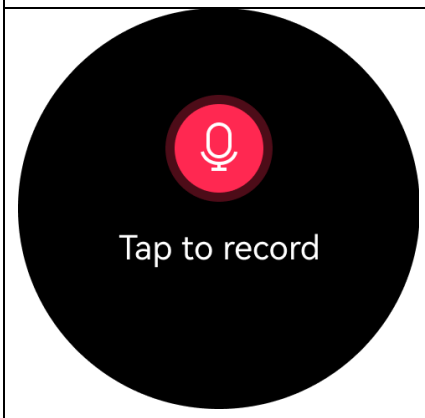
Upper crown button: Long press to power on/power off, single press to enter the menu list, press again to return to the previous interface, rotate the crown in the menu interface to scroll up and down.
Middle button: Single press to turn on/off the screen, return to the previous interface.
Lower button: Single press to enter the exercise list, press again to return to the previous interface.

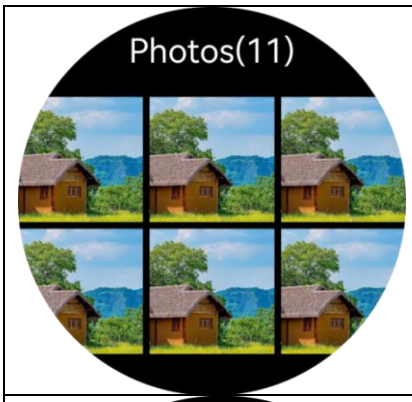
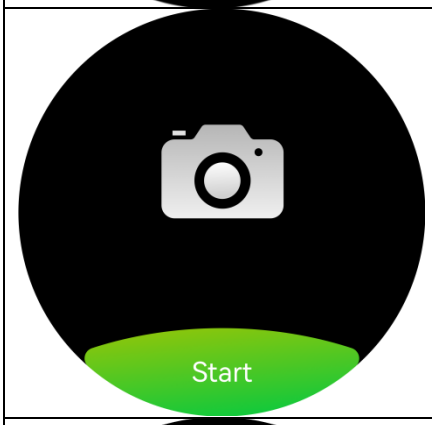
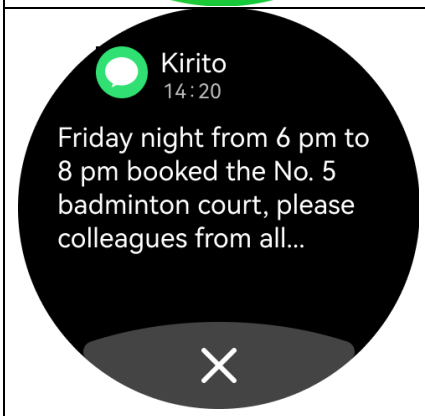
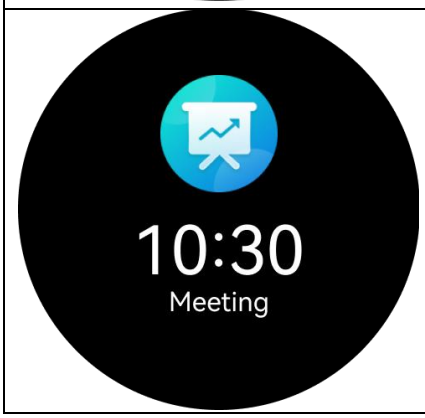
3. Function

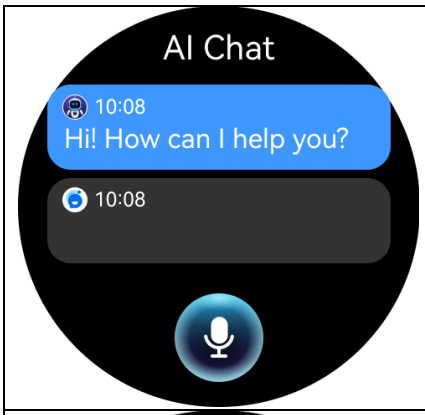
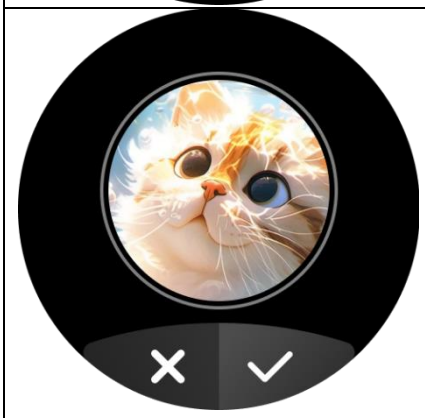
	Activity record: Real-time display of daily activity data, steps/distance/calorie consumption. For more data records and analysis, go to the App to view.
	Workout: 178 professional exercise modes, real-time tracking of heart rate, calorie consumption, steps, distance, pace, cadence, heart rate range and training effect throughout the exercise. (When exercising outdoors, please wait for GPS satellite positioning in an open area. The GPS signal icon flashes to indicate positioning is in progress, and stops flashing to indicate successful positioning)
	Exercise records: You can view recent exercise records on the watch, and more detailed historical exercise data on the App to clearly understand your exercise status.

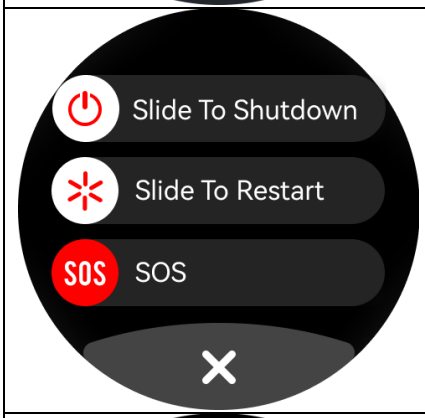
	Phone: Make/answer calls at any time and view recent call records. During a call, the watch and phone must be connected via Bluetooth. Set contacts on the watch from the App.
	Heart rate: Real-time heart rate detection, 24-hour automatic monitoring can be enabled in the App. For more data recording and analysis, go to the App to view. (The measured values are for reference only and cannot be used as medical basis)
	Sleep: Intelligently monitor sleep status, scientifically analyze deep sleep, light sleep, wakefulness, eye movement, and sleep quality, and protect your good sleep. For more data records and analysis, go to the App to view. (The measured values are for reference only and cannot be used as medical basis)
	PAI:Comprehensive assessment of personal physical vitality index based on heart rate data, activity intensity, and physiological information. The higher the PAI value, the greater the activity intensity and the better the health status.

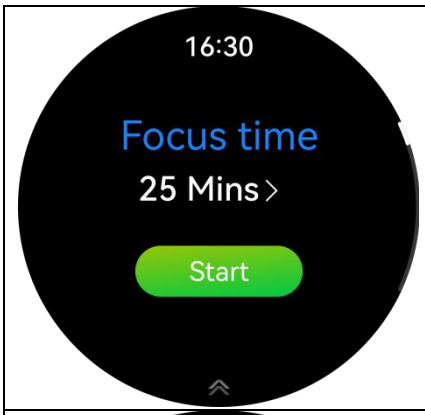
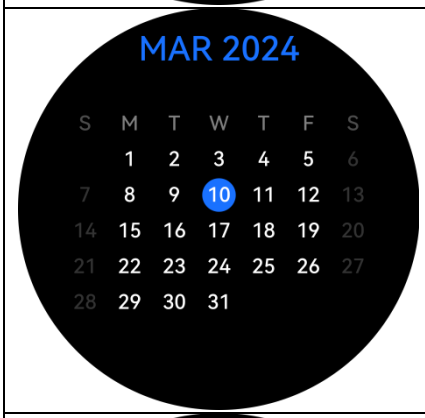
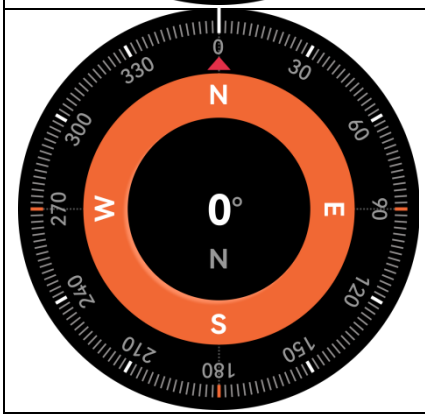
	(The measured values are for reference only and cannot be used as medical basis)
	SpO2: Real-time blood oxygen monitoring, with the option to enable 24-hour automatic monitoring in the APP. For more data records and analysis, visit the APP. (The measured values are for reference only and should not be used as medical evidence.)
	Stress: Real-time stress monitoring, with the option to enable 24-hour automatic monitoring in the APP. For more data records and analysis, visit the APP. (The measured values are for reference only and should not be used as medical evidence.)
	Mood: Accurately detects four emotions—joy, calm, anxiety, and irritability—to help with self-adjustment and discovering a better version of yourself.

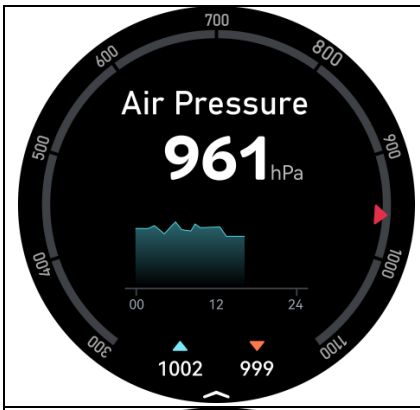
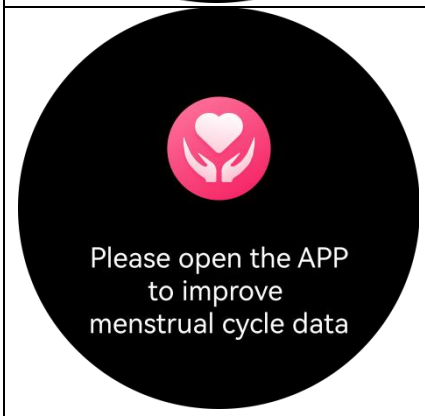
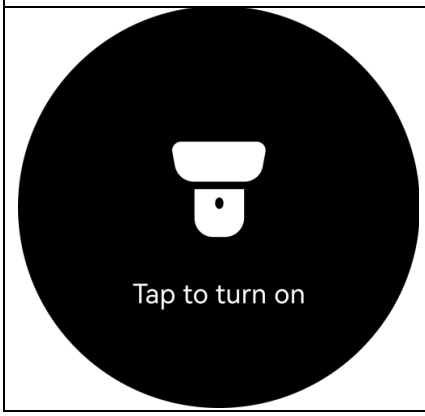
	Breathing Training: Relax your body and mind by following the animation for breathing exercises. Customize the training duration and pace.
	Music: Switch between playing local music or phone music. Supports play/pause, previous/next track, and volume adjustment. For local music, transfer the phone's local music to the smartwatch via the APP in advance. During phone music playback, ensure a stable Bluetooth connection between the smartwatch and phone.
	Voice Recorder: Use the smartwatch to record your desired sounds anytime, anywhere. Click the file to start playback.

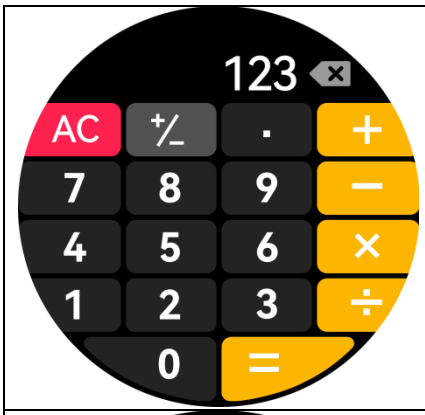
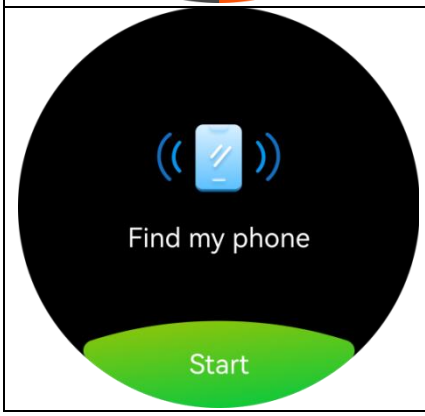
	Album: Click "Album" in the APP to add your favorite photos and transfer them to the smartwatch, allowing you to browse beautiful moments anytime.
	Camera Control: Open the camera function in the APP, then tap "Start" on the smartwatch to control the phone's camera and take photos.
	Notifications: Turn on the switches of the apps you want to receive notifications from on the App, and you can receive and view message notifications from the corresponding apps on your watch.
	Reminders: Complete the setting of various types of reminders such as meetings, sleep, and schedules on the App, view reminders on the watch, and receive reminder notifications in a timely and accurate manner.

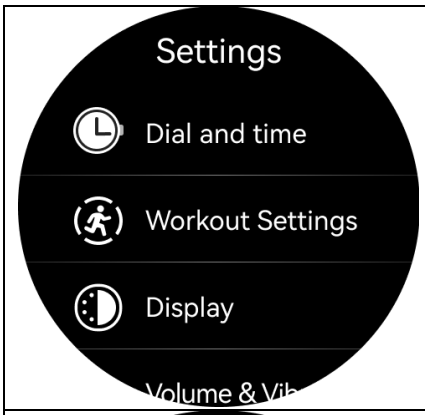
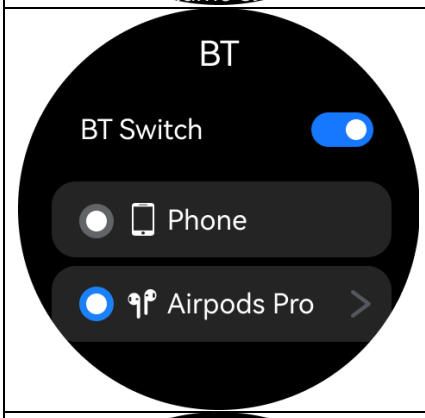
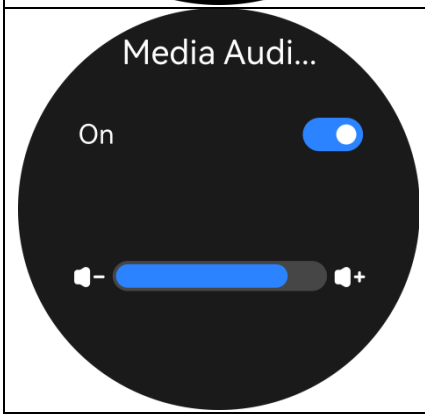
	AI Chat: Just tap to enter the AI dialogue, which can answer any of your questions. It can provide you with answers to any problems you encounter in life, study, or work. (The watch must be stably connected to the phone via Bluetooth during use)
	AI watch face: A simple description or a sentence can quickly create an exclusive AI watch face for you. You can generate watch faces with different artistic styles, compositions and color combinations. For example, say to me: "Cute kitten". (The watch needs to be stably connected to the mobile phone through Bluetooth during use)
	Voice Assistant: The watch wakes up the phone's voice assistant for a conversation. During use, the watch and phone need to maintain a stable Bluetooth connection.

	Weather: Displays weather information for the current day and the next three days. Weather information needs to be obtained by connecting to the App. If the connection is disconnected for a long time, please reconnect to the App to obtain the latest weather.
	SOS: You can use SOS to quickly call for help in an emergency. Please set up emergency contacts on the App in advance.
	Games: The watch includes 4 casual games, including Bird Fly, 2048, Dice, and Air Combat, which you can play anytime, anywhere.
	Alarm: You can add up to 10 alarms at the same time, and they will remind you on the watch after setting. You can delete and add alarms.

	Pomodoro: Set the reminder duration to turn on "Focus on Work". The watch will remind you when the countdown is over. Then enter "Take a Break". The watch will also remind you when the break countdown is completed.
	Calendar: You can clearly understand your schedule, manage your time efficiently, and avoid forgetting important things.
	World Time: You can add 10 different countries and regions to your watch at the same time. Please add or delete them on the App.
	Compass: Rotate the watch as shown to calibrate and view the four cardinal directions, current direction and angle values in real time, helping you to stay safe along the planned route during outdoor activities.

	Altitude barometer: Displays the current altitude and air pressure in real time. When you are mountaineering, changes in air pressure can help predict bad weather and make safety preparations in advance.
	Women's Health: The app records and sets the menstrual cycle, and the watch can check the safe period, fertile period, and ovulation period reminder. Exclusive care for women, set the gender to "female" in the personal information of the app in advance to use this function. (Warm reminder: The calculated cycle is for reference only and does not have the effect of medical diagnosis)
	Flashlight: Convenient flashlight function, click to turn on to illuminate the surrounding environment, and click again to turn off.

	Calculator: Simple addition, subtraction, multiplication and division operations on the watch, easy and accurate calculations.
	Timer: Quickly select 1 minute, 5 minutes, 10 minutes to start timing or customize the duration.
	Stopwatch: Click to start timing, and 10 sets of timing records can be saved.
	Find your phone: Click Find Phone and your phone will vibrate and ring to remind you.

	Settings: You can set the watch face and time, exercise settings, display, sound and vibration, usage preferences, battery, and system-related functions.
	TWS: The watch supports connecting to headphones, and you can play music on the watch during exercise, allowing you to focus on exercise and improve the quality of exercise.
	AOD: When AOD is turned on, the watch will display a simple time style when the screen is off, so you can check the time at any time. Turning on AOD will reduce the battery life.
	Entertainment sound: On/off; can make sound-related settings, mainly the settings for synchronizing the sound of mobile phone applications to the watch.

4. Other Features

The smartwatch includes various features such as electronic card, theater mode, power-saving mode, vast selection of online watch faces, customizable watch faces, customizable video watch faces, music playback, raise-to-wake screen, flip-to-turn-off screen, find my phone, password lock, do not disturb mode, brightness adjustment, customizable down button function, sedentary reminder, water drinking reminder, hand-washing reminder, medication reminder, meal reminder, custom reminders, social message notifications, various ringtones, and more.

5. Charging

To charge the watch, place it on the charging pad ensuring the charging contacts on the back of the watch align perfectly with the metal contacts on the pad. Connect the charging cable to a standard USB charger purchased from an authorized source, with an output voltage of 5V and an output current of 0.5A or higher. If the watch does not turn on after being left idle for a long time, clean the charging contacts to remove any sweat or moisture before attempting to charge again.

6. Warranty Service

This product comes with a one-year free warranty for the mainboard from the date of purchase, covering issues caused by manufacturing, materials, or design. The battery and charger are covered for six months. The warranty does not cover faults caused by the user, including damage due to unauthorized disassembly or modification, accidental drops, human error, third-party negligence, misuse (e.g., water damage, impact cracks, scratches on external components), or any other form of misuse. To claim the warranty, a warranty card stamped with the purchase date and location must be provided. For repairs, please bring the product to our company or an authorized distributor. All product functions are subject to the actual physical product.

7.Important Notes

To ensure the product's waterproof performance, do not attempt to open the watch case yourself, and avoid immersing the watch in hot water, hot tea, or any corrosive liquids. This product contains a lithium battery. Please ensure the product is recycled at a designated battery recycling point.

8.FCC Warning Statement:

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

The device has been evaluated to meet general RF exposure requirement.