

USER MANUAL

SMART WATCH

Instructions

Watch client download

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

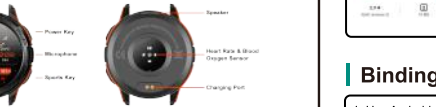


Watch Introduction

Full screen touch: slide down to enter the status setting bar, slide up to view the notice, slide left to enter the main function interface, and slide right to enter the split screen menu;

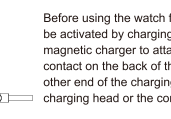
POWER key: wake up the screen/turn off the screen/return to the dial/start up/shut down

SPORT key: wake up the screen/enter the main menu/shortcut key for sports mode/return to the previous level



The picture needs to be replaced with picture

Charging guide



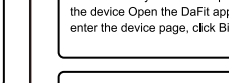
Before using the watch for the first time, it can be activated by charging. Use the equipped magnetic charger to attach it to the metal contact on the back of the watch. Connect the other end of the charging line to the 5V1A USB charging head or the computer USB interface.

App download

1. Download and install through Google Play Store



2. Download and install through AppStore



3. Download and install by scanning QR code

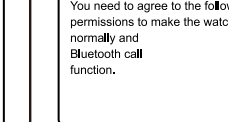


Binding device

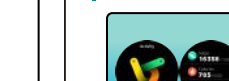
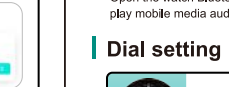
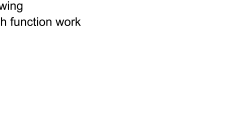
1. Use Android system phones to bind devices. Open the DaFit application, enter the device page, and click Bind Device



Click the device with Bluetooth name BT10 on the search device page to bind

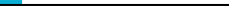
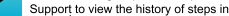
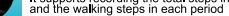
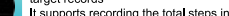


You need to agree to the following permissions to use the Bluetooth call function



Audio setup

Open the watch Bluetooth call function and play mobile media audio function



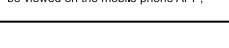
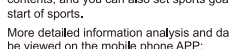
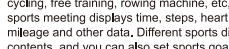
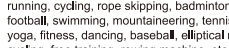
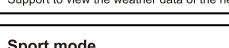
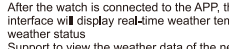
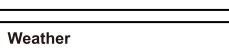
Dial setting

Dial switch: press 1.5s in the dial interface to switch the dial, and slide left and right to switch the dial



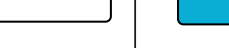
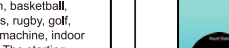
Function Introduction

Daily data
Support daily calories, steps, distance data and target records
It supports recording the total steps in 24 hours and the walking steps in each period
Support to view the history of steps in the past seven days



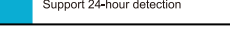
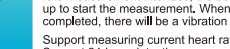
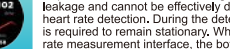
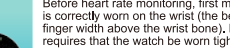
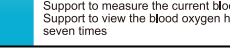
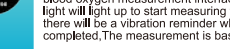
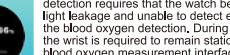
Sleep

Support recording of daily deep sleep, shallow sleep, rapid eye movement, awake state



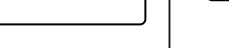
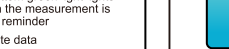
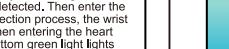
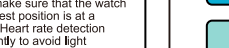
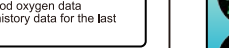
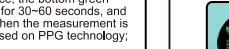
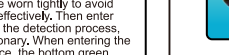
Weather

After the watch is connected to the APP, this weather interface will display real-time weather temperature and weather status
Support to view the weather data of the next week



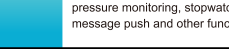
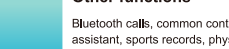
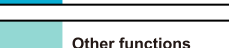
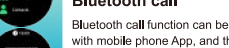
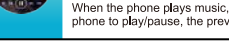
Blood oxygen monitoring

Before blood oxygen monitoring, first make sure that the watch is correctly worn on the wrist (the best position is at a finger width above the wrist bone). The blood oxygen detection requires that the watch be worn tightly to avoid light leakage and unable to detect effectively. Then enter the blood oxygen detection. During the detection process, the wrist is required to remain stationary. When entering the blood oxygen measurement interface, the bottom green light will light up to start measuring for 30-60 seconds, and there will be a vibration reminder when the measurement is completed. The measurement is based on PPG technology. Support to measure the current blood oxygen data
Support to view the blood oxygen history data for the last seven times



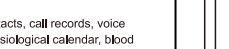
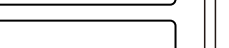
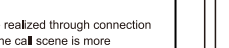
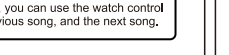
Sport mode

Click on the exercise interface to enter the sports interface. It supports 123 sports modes, including walking, running, cycling, rope skipping, badminton, basketball, football, swimming, mountaineering, tennis, rugby, golf, yoga, fitness, dancing, baseball, elliptical machine, indoor cycling, free training, rowing machine, etc. The starting sports meeting displays time, steps, heart rate, calories, mileage and other data. Different sports display different contents, and you can also set sports goals before the start of sports.
More detailed information analysis and data records can be viewed on the mobile phone APP;



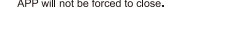
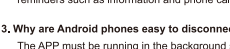
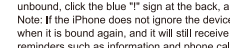
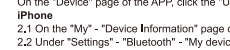
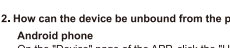
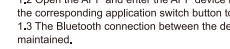
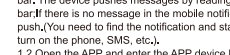
Music control

After the watch is connected to the APP, you can control the pause and start of the mobile music player, volume adjustment and song switching;
When the phone plays music, you can use the watch control phone to play/pause, the previous song, and the next song.



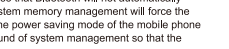
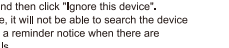
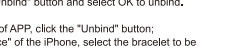
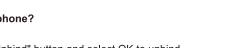
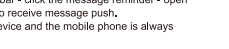
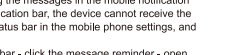
Bluetooth call

Bluetooth call function can be realized through connection with mobile phone App, and the call scene is more convenient



Heart rate monitoring

Before heart rate monitoring, first make sure that the watch is correctly worn on the wrist (the best position is at a finger width above the wrist bone). Heart rate detection requires that the watch be worn tightly to avoid light leakage and cannot be effectively detected. Then enter the heart rate detection. During the detection process, the wrist is required to remain stationary. When entering the heart rate measurement interface, the bottom green light lights up to start the measurement. When the measurement is completed, there will be a vibration reminder
Support measuring current heart rate data
Support 24-hour detection



FAQ

1. Why is there a reminder on QQ, WeChat and other information, but not on the bracelet?
1.1 Confirm whether the messages can be displayed normally in the mobile notification bar. The device pushes messages by reading the messages in the mobile notification bar. If there is no message in the mobile notification bar, the device cannot receive the push. (You need to find the notification and status bar in the mobile phone settings, and turn on the phone, SMS, etc.).
1.2 Open the APP and enter the APP device bar - click the message reminder - open the corresponding application switch button to receive message push.
1.3 The Bluetooth connection between the device and the mobile phone is always maintained.

2. How can the device be unbound from the phone?
Android phone
On the "Device" page of the APP, click the "Unbind" button and select OK to unbind.
iPhone
2.1 On the "My" - "Device Information" page of APP, click the "Unbind" button;
2.2 Under "Settings" - "Bluetooth" - "My device", of the iPhone, select the bracelet to be unbound, click the blue "!" sign at the back, and then click "Ignore this device".
Note: If the iPhone does not ignore the device, it will not be able to search the device when it is bound again, and it will still receive a reminder notice when there are reminders such as information and phone calls.

3. Why are Android phones easy to disconnect?
The APP must be running in the background so that Bluetooth will not automatically disconnect, but the Android mobile phone system memory management will force the APP to close. We need to manually turn off the power saving mode of the mobile phone system or add the APP to the green background of system management so that the APP will not be forced to close.

FAQ

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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.

SHENZHEN YUNJI INTELLIGENT TECHNOLOGY CO.,LTD
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