



# User Manual



SMART WATCH USER MANUAL



## Precautions for Using the Smart Watch

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1. Please charge the product before using it.
2. The proper use temperature of this product is between -10 and 40°C (14 and 104 °F). If the temperature goes out of the proper range, it may damage the product or shorten the battery life.
3. If a part of the product is damaged or a problem occurs with the product, call the customer center for guidance and do not attempt to disassemble the product.
4. This product supports IP67 waterproofing and dust protection, and the product warranty does not apply if the product is damaged due to failure to comply with the following precautions.
  - ① Do not use this product while doing water sports, diving, showering or washing dishes.
  - ② Do not expose the product to water with high water pressure.
  - ③ The waterproof performance of the product may not be properly maintained if it is impacted or damaged.
  - ④ If the product is wet, wipe it with a dry towel and do not dry it with a hair dryer.
  - ⑤ Do not use the product in a hot sauna as its waterproof function may deteriorate.

※ Its water and dust resistance was tested in a state of not moving at a depth of 1 meter (3.3 ft) for 30 minutes.
5. If excessive cosmetics, sunscreen, or oil are applied to the skin before wearing the product, heart rate, oxygen saturation, and sleep quality may not be measured properly.
6. If you experience allergic reactions after wearing the product, stop wearing it and consult your doctor.
7. Since this product is not a medical device, there may be errors in biometric data such as heart rate and oxygen saturation. Do not use this product for medical purposes.
8. If you feel overheated while using this product, immediately remove this product from your wrist.

## Precautions for Using the Smart Watch

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9. When charging this product, be sure to use the included charging cradle. The recommended output of the adapter is DC5V 1A. Do not charge this product using a fast charger.
10. Since the product has a built-in magnet, do not place items that may be affected by magnets, such as medical devices or credit cards, near this product. If you are using a medical device such as a pacemaker or defibrillator, consult your doctor.
11. Since the charging cradle has a built-in magnet, your attention is required to the risk of fire if metal on the watch strap comes into contact with the charging terminals.

For more details, check the homepage.  
[www.dofitband.com/en/guide](http://www.dofitband.com/en/guide)



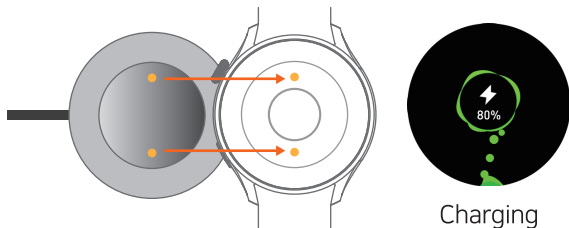
## Charging

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Align the charging terminals on the back of your DOFIT PRO watch with the two pins on the charging cradle.

The DOFIT PRO and the charging cradle are attached to each other by magnetic force, and when they are properly attached, a 'charging' sign appears as shown below.

It takes about 2 hours to charge DOFIT PRO watch, do not use it while charging.



- ▶ Use only the charging cradle included in this product package.
- ▶ If the charging terminal is wet with sweat or water, be sure to dry it before starting charging.
- ▶ The recommended output of the adapter is DC 5V 1A. Do not charge this product using a fast charger.

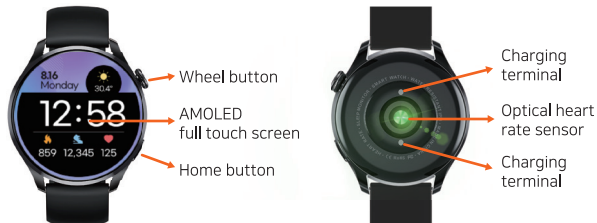
# 1. Product Description

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## What's in the box

DOFIT PRO Smart Watch, Charging Cradle, User's Guide

## Product description

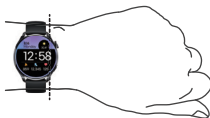


# 2. How to Wear / Power On and Off

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## How to Wear

- ▶ Wear the watch above your wrist bone.
- ▶ Place the heart rate sensor in the middle of the wrist.
- ▶ Don't wear it too tight, or too loose.



## Power On and Off

Remove the protection sticker on the top of the DOFIT PRO.

Press and hold the square Home button for 3 seconds to turn it on.

Press and hold the Home button for 3 second in the same way to turn it off, too.



### 3. Screen Control

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#### Watchface (watch screen)

Swipe down the screen to see the shortcut menu.

Swipe the screen to the right to see the messages.



Swipe the screen to the left to see frequently used menus.

Swipe the screen to the right on each menu screen to return to the previous one.



#### Menu

The menu offers two layouts, and you can change the layout by double-pressing the wheel button in the menu.

You can also scroll the screen by turning the wheel button up or down.



### 4. Connection with a smartphone

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DOFIT PRO can only connect with its compatible apps.

Take a picture of the QR code below or find a compatible app on DOFIT PRO website.



[www.dofitband.com/en/app](http://www.dofitband.com/en/app)



Instructions on how to connect each app to DOFIT PRO are provided in the app.

## 5. Watch Face Change / Activity Record.

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### Changing the Watchface

You can select one of the five watch faces in the Settings > Watch Face Change menu.



### Activity Record

Your steps, calories burned, and active time throughout the day are recorded, and you can scroll the wheel button to see your target steps and target calories burned.



## 6. Heart Rate / Oxygen Saturation Measurement

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### Heart Rate Measurement

You can measure your heart rate in the Heart Rate menu.

### Oxygen Saturation Measurement

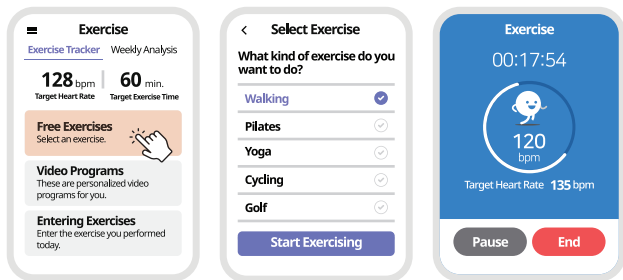
You can measure your oxygen saturation in the Oxygen Saturation menu.



- ▶ Wear your DOFIT PRO properly to measure your heart rate and oxygen saturation.
- ▶ When entering each menu, measurement starts automatically. Do not move during measurement.
- ▶ Heart rate and oxygen saturation measurements may contain errors, so do not use them for medical purposes.

## 7. Exercise Start

The 'Free Exercise' of the Exercise Management menu in the compatible app of DOFIT PRO allows you to choose from over 30 kinds of exercises. The watch automatically measures your heart rate and provides guidance based on your heart rate during exercise.

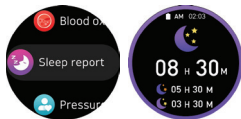


- The number of exercises you can choose may vary depending on the disease you selected when you signed up.

## 8. Sleep Report

### Sleep Report

Just by wearing your DOFIT PRO watch while sleeping, it records your sleep patterns and analyzes the sleep data based on your movements and heart rate changes during sleep.



- ▶ If you are in a non-moving state for a long time, while watching a movie or TV, playing a game, or working on a PC, your DOFIT PRO watch may determine that you are asleep and record it as such.
- ▶ Your DOFIT PRO watch may not record brief naps as sleep.
- ▶ After you wake up, your DOFIT PRO watch syncs with the app to record your sleep. Syncing may take a long time depending on how long you sleep, and you won't be able to see your sleep history until syncing is complete.

## 9. Breathing Exercise / Settings

### Breathing Exercise

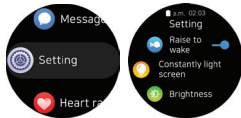
Try to relieve stress by inhaling and exhaling as guided by the Breathing Exercises menu.



### Settings

In Settings, you can set various functions such as 'Raise wrist to turn on the screen', 'Adjust brightness', and 'Set watch face'.

The Settings menu can be accessed through the Menus, or by swiping down the screen to move to the Shortcut menu.



## 10. Customer Support

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If you experience any problems or have any questions while using the product, contact us using the contact information below.

**Medi Plus Solution. Co., Ltd.**

**Email** dofit@medisolution.co.kr

**Call** +82-70-4910-3727 (10 a.m. to 5 p.m.(KST) on Business days)

**Address** 2Fl., 39 Seongbuk-ro, Seongbuk-gu, Seoul, 02880, Korea

The warranty period for free exchange is one year after purchase.  
Free replacement or firmware update may be supported if the product is defective or functional error occurs within one year, not at the user's fault.

## 11. Basic Information / Product Specifications

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### Basic Information

|                    |                                          |
|--------------------|------------------------------------------|
| Device name        | DOFIT PRO                                |
| Manufacturer       | Medi Plus Solution Co., Ltd.             |
| Distributor        | Medi Plus Solution Co., Ltd.             |
| Certification      | KC : R-R-Mdp-DF-P01 / FCC : 2ANRT-DF-P01 |
| Release year/month | Marked separately                        |

### Product Specifications

|              |                     |                             |                              |
|--------------|---------------------|-----------------------------|------------------------------|
| Model name   | DOFIT PRO (DF-P01)  | Dustproof Waterproof Rating | IP67                         |
| Battery Type | Li-ion Polymer      | Operating Temperature       | -10℃ ~ 40℃                   |
| Battery      | 200mAh (5V 1A)      | Storage Temperature         | -15℃ ~ 45℃                   |
| Bluetooth    | BLE 5.0             | Watch size                  | 44.5 × 44.5 × 11mm           |
| Display      | 420 × 420px, AMOLED | Weight                      | 57.5g<br>- including a strap |

## FCC Compliance Statement

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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.

**CAUTION :** Any Changes or modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment. 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.**

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.



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