KW-B06说明书设计

正面

53.00 mm

163.00 mm

R4.00 mm

B06

User Manual

Introduction

Thank you for choosing our product B06, B06 is a smart sport watch. It can help you to achieve your sport goals.
Content in the package:
- B06 smart watch x 1
- User manual x 1
- Charging dock x 1

Setting Up Your B06

First, you need to download and install the CO-FIT App on your phone. The CO-FIT app will allow you to set set your fitness goals, track your progress, share progress with friends and more.

Connect to B06 via your mobile phone

CO-FIT APP supports the operating system of IOS 11.0 and Android 5.0 or above

1. Turn on Bluetooth on the mobile;
2. Download APP: CO-FIT;
3. After install the app, register and log in account according to a series of instructions.

Download on the App Store

App Store:CO-FIT

Android app on Google Play

Google Play:CO-FIT

4. How to pair the watch for iOS users:

First step: Open APP>device>add new device< choose B06

5. In the search list, select the B06 with the strongest signal and confirm the pairing by clicking the pairing button on the watch screen as prompted by your phone. And allow devices to access contact books and call logs, receive mobile notifications.

The Bluetooth icon on the watch will be blue in color CD, indicating that you are connected to Bluetooth Dual Mode

5.3.Users can click on the audio icon to in the watch drop-down bar to switch between playing audio from the watch or mobile.

Quick Fit Strap

B06 contains two parts(watch body and Strap), you can purchase separately strap and switch as your preference.

Charging Instructions

Charging: Turn the watch over,align and attach the charging pins to the magnet gold prongs. You will see the charging icon on the watch screen within 5s.

Charging fully may take 1.5 hours. You will see the battery icon is full if the watch have been fully charged.

Please clean the charge interface before charging for fear that the remaining sweat erode gold metal contact or other risks.

Functions

Change watch face :

Long press the screen, swipe to choose, click to confirm. Download more from APP, Open APP--Device--Watch Face, you can choose Online Dial or Custom Dial with your phone picture.

Sports :

The B06 watch supports up to 37 sports modes including: Outdoor Run, Indoor Run, Climb, Walk, Cycle, Spinning, Yoga, Basketball, Football, Badminto, Free Training, etc.

Running, Treadmill, Outdoor Running, Ride, Walking, Mountaineering, Hike, Climbing Stairs, Basketball, Football, Badminton, Volleyball, Free training, Yoga, Weight lifting, Boxing, Golf, Cross walking, Mini, Free training, Cycling, Cross train, Ski, Skate, roller skating, Hula hoop, Golf, Rowing, Fencing, Hockey, Frisbee, Baseball, Hip-hop, Volleyball, Tennis, Darts, Gymnastics, Rope

Step counting:

After wearing the watch correctly, open the "step counting" application in the watch application; display the number of steps, calories, distance and other parameters of the day's exercise.

Play music:

Open the "Music Control" app in the watch app; you can control the music playback of your phone, and support operations such as previous track, play/pause, next track, and volume adjustment.

Heart rate:

Wearing B06 correctly, not too tight or loose, make sure no green light leak, there is two measuring ways:

1. Open the heart rate icon on the watch and measuring heart rate by manual.

2. Set automatic monitoring time interval in app (monitoring once every 15/ 30/ 60/ 120 minutes).

Blood pressure:

Wear the watch in a right way, and open the menu--blood pressure, measure it manual.

SpO2:

After wearing the watch correctly, open the "SpO2" in the watch; manual blood oxygen measurement is required.

Stress:

After wearing the watch correctly, open the "stress" in the watch; check how much psychological pressure you are feeling.

Call mode:

The B06 smart watch supports Bluetooth calls, and users can make, answer, and reject calls directly on the watch.

Message notification:

You can view the text messages in the mobile phone and the real-time information pushed to the watch.

Sleep:

After wearing the watch correctly, open the "Sleep" in the watch; record the sleep status through out the night.

Anti-lost reminder:

When the watch is disconnected from the Bluetooth of the mobile phone, the watch will make a sound and vibrate to prevent loss.

Remote camera:

Control the camera on the mobile phone to take pictures remotely.When using it, please click "Device-Take Picture" on the APP to turn on the camera.

Alarm clock:

Set the alarms in APP and sync to watch, maximum 5 alarms.

Find phone:

When the watch is connected to the APP, the phone will make a sound after clicking smart watch this function.

Stopwatch:

Electronic timer can record one time or record multiple times.

Timer:

Custom time countdown.

Weather:

Weather forecast.

Female health:

Period tracking: This feature is primarily intended for female users. If the user's gender is set to male, the module is not displayed in the App's Data Panel. When the device is connected to the app, female users can set their personal physiological state in the app. The app predicts and reminds the user's physiological state through user data.

Settings:

Brightness,Language,Theme,Shutdown, Restart,Factory Reset,About.

Shortcut menu:

1. Flashlight
2. Switch the Bluetooth player between your watch and your phone
3. Brightness
4. Do Not Disturb
5. Light up the screen for five minutes
6. Settings

Specification

Screen	1.95 TFT
Watch Size	55 x 43 x 11.5 (mm)
Strap Size	260x22(mm)
Weight	45g
Battery	260 mAh PolyLi
Charging voltage and current	5V/200mA
Waterproof	IPX7

Troubleshooting

Heart-rate signal missing

The B06 smart watch keeps paying attention to your heart rate data during your exercise and your daily life. Sometime the watch may not get a suitable heart rate signal. At this time, the missing heart rate data will appear at the dotted line.

If you can't get the heart rate signal, first you should confirm that you wear the watch correctly, adjust it to avoid being too high or too low, neither too tight nor too loose on your wrist. After adjustment, turn on real-time heart rate monitoring to get the data.

If there is still no heart rate data, check if the heart rate monitoring function is turned on CO-FIT APP.

Other problems

If your mobile cannot pair the watch, click Settings Bluetooth in your mobile and check if there is signal of B06 If yes, it means there is no problem with the Bluetooth signal. Please check if the watch is paired with other phones, please unbind it. IOS device users should click Setting - Bluetooth - ignore this device and then pair it.

Exemption Clause

1. The Heart Rate and Blood Oxygen data output by B06 are not intended to be a medical or diagnostic basis.
2. Self-diagnosis and self-treatment are dangerous. Only qualified physicians are allowed to diagnose and treat high blood pressure or any other heart diseases. Please contact your physician for more professional diagnostic opinions.
3. B06 smartwatch data such as heart rate, blood pressure, etc. may not be completely accurate due to factors such as interference with environmental signals, wearing posture, changes in the climate environment, and physical condition.
4. DO not carry out drugs and treatment on the basis of the monitoring data provided by B06 , and should follow medical advice when medication and treatment are required, and we are not liable for the inaccuracy of monitoring data and the consequences of misuse of monitoring data and information.

RoHS Compliant

反面

B06

使用指南

前言

欢迎使用 B06，这是一块时尚的智能手表，可帮助您实现运动目标。

包装内容：
- B06 智能手表 ×1
- 说明书 ×1
- 充电线 ×1

初始配置

首先，您需要在手机上下载并安装 CO-FIT 应用程序。CO-FIT 应用程序将允许您设置您的健身目标，跟踪您的进度，与朋友分享进度等。通过手机连接手表 CO-FIT APP 支持 IOS 11.0 以及 Android 5.0 以上操作系统

1.打开手机蓝牙；

2.下载 APP: CO-FIT；

Download on the App Store

App Store:CO-FIT

Android app on Google Play

Google Play:CO-FIT

3.安装APP，注册登录进入首页；

4.打开手机蓝牙，按照以下步骤进行蓝牙连接，并在配对过程中同意所有关于权限开放的设置。

打开 APP > 我的>我的设备 > 未连接 > B06

5. 在搜索出的设备中选择B06，在手表确认点击 确认配对，同时在手机端同意配对，并允许访问通讯录和通话记录和接收手机通知。手表下拉栏中蓝牙图标变为常亮后，IOS 3.0版本连接成功，用户可在手表下拉栏中点击音频图标 切换音频从手表还是手机播放。

更换表带

B06 智能手表包含两个部分（手表主体和表带），不同的表带可单独购买，随您的喜好随时自由更换。

充电说明

充电：将手表底部金属触点对准充电座，手表屏幕 15 内会出现充电电量指示，手表充满电需要 2 小时左右，充满时屏幕上的电池标识显示为满状态。

注：充电前，请先擦干充电口，以免汗液残留导致金属触点腐蚀或出现其它风险。

功能介绍

更换表盘：手表表盘页面长按，左右滑动浏览表盘，点击即可完成更换。 可以从 APP 下载更多表盘，打开 APP--- 设备---表盘，您可以选择在线表盘或者自定义表盘。

运动：

B06 手表支持多达 37 种运动模式，包括：户外跑步、室内跑步、登山、健走、骑行、动感单车、瑜伽、篮球、足球、羽毛球、棒垒、拳击、跳绳等。

计步：

正确佩戴手表后，在手表应用中打开“计步”应用，显示当天运动的步数、卡路里、距离 等参数。

音乐播放：

在手表应用中打开“音乐控制”应用，可控 制手机的音乐播放：支持上一首 播放 / 暂停、下一首、音量调节等操作。

心率：

正确佩戴手表，在手表应用中打开“心率”应用，进入后自动测量心率。

血压：

正确佩戴手表后，在手表应用中打开“血压”应用，需要进行手动测量血压。

血氧：

正确佩戴手表后，在手表应用中打开“血氧”应用，需要进行手动测量血氧。

压力：

正确佩戴手表后，在手表应用中打开“压力”应用，查看自己的心理压力有多大。

健身关爱：

此功能主要面向女性用户，若用户性别设置为男性，则 App 【数据面板】中不显示此模块，在设备连接 App 的状态下，女性用户在 App 中可设置个人生理状态。App 通过用户数据，对用户生理状态进行预测和提醒。

设置：

亮度、语言、主题、关机、重启、恢复出厂设置、关于。

下拉状态栏：

1. 手电筒
2. 蓝牙音频开关
3. 亮度
4. 勿扰
5. 长亮屏5分钟
6. 设置

来电提醒：

B06 智能手表支持蓝牙通话，连接蓝牙 3.0 后用户可以直接在手表上接打、挂断、拒接电话。

消息提醒：

可查看手机中的短信及推送到手表的实时通 知信息。

睡眠：

正确佩戴手表后，在手表应用中打开“睡眠”应用：记录整晚睡眠状况。

防丢提醒：

当手表与手机蓝牙断开时，手表会发出声音 及震动，防止丢失。

远程拍照：

控制手机上的摄像头进行远程拍照，使用时，请在 APP 上点击“设备 -- 拍照”，开启相机。

闹钟：

可在手表上设置闹钟，到点弹窗提醒，可设置多达 5 个闹钟。

找手机：

手表与 APP 连 接的情况下，点击后，手机会发出声音。

秒表：

电子计时器，可以计录一个或多个时间段。

倒计时：

自定义时间倒计时。

天气：

连接 APP 同步实时天气显示在手表上。

健康关爱：

此功能主要面向女性用户，若用户性别设置为男性，则 App 【数据面板】中不显示此模块，在设备连接 App 的状态下，女性用户在 App 中可设置个人生理状态。App 通过用户数据，对用户生理状态进行预测和提醒。

设置：

亮度、语言、主题、关机、重启、恢复出厂设置、关于。

下拉状态栏：

1. 手电筒
2. 蓝牙音频开关
3. 亮度
4. 勿扰
5. 长亮屏5分钟
6. 设置

规格参数

屏幕	1.95 TFT
表盘尺寸	55 x 43 x 11.5 (mm)
胶带尺寸	260x22(mm)
重量	45g
电池	260 mAh PolyLi
充电电压/电流	5V/200mA
防水	IPX7

故障排除

心率信号丢失

B06智能手表在运动时或日常生活中都会持续关注您的心率数据，偶尔可能会出现手表未获取到合适的心率信号，此时丢失的心率数据会出现虚线，如果未能得到心率信号，首先确认佩戴手表的姿势是否正确，调整以下，避免在手腕上过高或者过低，过紧或者过松，调整后，启动实时心率检测，即可获得心率数据，如果依然没有心率数据，请检查CO-FIT APP 上的检测功能是否已经打开。

蓝牙连接问题

如果手机无法配对手表，在手机的设置---蓝牙中查看是否有B06信号，如果有，则表示蓝牙信号没有问题，请检查手表是否已经配对其他手机，并解除绑定，IOS系统用户，还需要在手机设置/蓝牙-忽略此设备，再重新进行配对。

豁免条款

1.通过B06智能手表获取的心率和血氧数据仅限参考，不可做为医疗和诊断依据。

2.自我诊断和治疗是很危险的，只有专业的医生才能诊断和治疗高血压、心脏病等相关疾病，建议联系医生获取更专业的诊断意见，切勿私自根据B06提供的监测数据进行药物和治疗调整，若需要服药和治疗时应存照医嘱执行，我司不对因测数据的误差或因监测数据与信息导致的后果承担责任。

3.由于环境因素干扰，佩戴姿势，气候环境的变化以及人的体质状况等因素的影响，B06智能手表的心率、血压等数据可能不会完全精确。

RoHS Compliant

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.

Changes or modifications to this unit 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.

This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

Radiation Exposure Statement
The device has been evaluated to meet general RF exposure requirement in portable exposure condition without restriction.