SMART WATCH

智能手表用户手册

使 用 说 明 书 / USER GUIDE

User Manual

感谢您选择本公司智能手表

您可以通过阅读本手册，全面地了解设备的功能和 操作方法。本设备非医疗器械，测量数据和结果仅 供参考，不作为治疗依据。本公司保留在不作任何预先通知的情况下对本手册中内容作修改的权利，恕不另行通知。

产品配置： 包装盒 x1，说明书 x1，主机 x1，充电线 x1

按键说明

侧键： 长按开关机，在表盘页面短按为息屏 在其他页面短按返回表盘页面，关屏时短按亮屏

触摸示意图

触摸说明： 点击进入，右滑返回，待机界面下划进入状态栏，上划进入消息通知，右划进入菜单界面，左滑进入常用功能。

触摸示意图

表盘切换： 长按待机表盘进入，左右划动选择，也可旋转按钮切换表盘。

充电说明： 本产品使用磁吸充电器，支持5V以内的手机充电器，一次充满电大概需要2小时

- 首次使用手表，确保手表电量充足，若低电无法开机，请先给手表充满电，充电时长2小时左右。
- 确保充电电缆上的充电针正确安装在智能手表背面的充电针上，然后将用户电缆的另一端插入电源。

手机/手表互联

首先手机要下载 app 到手机上并安装。

1、IOS、Android 手机用户：通过手机浏览器扫描二维码，或者用微信扫一扫，当打开界面后，再点右上方选项，选择用手机浏览器打开下载。

IOS/安卓

* 安装过程中，会提示问你权限，全部点同意，完成后，打开APP并打开手机蓝牙，点设备 → 点添加设备，当搜索到 " 对应设备蓝牙名称 " 并点击连接就可以了，部分手机需要打开GPS才可以搜到手表蓝牙名称。

- 在智能手机上开启蓝牙，然后打开手机上的 " APP " 应用程序。
- 在APP设备界面点击 " 连接设备 " 将会出现搜索界面，选择对应的手表蓝牙名称即可连接。（解除绑定可在设备页面直接点击解除绑定即可解绑）

设置来信通知

打开 APP- 设备 - 消息通知，选择对应的软件，选择打开。

收不到通知怎么办？

1、首先手表的通知功能只是同步手机通知功能，如未收到，以微信来信提醒，如果你的手机没有收到通知，那手表端也是收不到的，要在手机设置 - 通知功能，找到对应的 APP，把允许通知打开。

2、手表恢复出厂设置，进入手机蓝牙设置，看已连接设备是否有 " 对应设备蓝牙名称 "，如果有，请取消配对，把手机蓝牙关闭，再打开重新连接一遍。

3、把APP删除并重新下载，记住安装过程中提示同意权限要全部点同意，再重新连接一遍。

主要功能介绍

固件升级： 蓝牙正常连接情况下，进入APP，点设备-点固件升级，如果有新版本，会提示弹框是否升级，升级过程需要3-5分钟，升级完成后，手表会自动开机并重连设备。

* 升级过程中如果遇没有多次，请不要做任何操作， 慢慢完成查到升级完成即可。

通话： 本身支持蓝牙通话，下拉菜单点击蓝牙通话图标，连接app后会有提示弹框，可到手机设置-蓝牙-连接设备蓝牙音频状态完成了，蓝牙通话音频可连接关闭，此时手表不能蓝牙通话， 默认开启低功耗模式，可设长使用时间。

语言时间日期： 当手表跟手机APP连上后，就会同步手机的语言跟时间日期。

待机界面： 总共有多个待机界面可选，在待机界面，长按屏幕3秒切换界面，可通过APP下载表盘，也可以将喜欢的相片或图片设为表盘背景。

消息： 待机界面上划进入消息通知，下划退出，可同步手机端通知功能，如QQ微信等来信，如果显示信息详情内容，要把手机端QQ微信通知功能设为标示详情， 可显示最近消息通知，当来电来信时会震动提 示，可以拒接来电。

计步、里程、卡路里： 显示当天的步数、里程、卡路里消耗，每晚十二点会保存数据，重新归零。

运动： 点击进入多运动模式，选定一个模式，点击进入开始，右划进入暂停界面，每项运动数据有运动时间、卡路里消耗及心率等。

心率： 点进入即开始监测，通过绿光扫描皮肤表层毛细血管的变化，而得出心率数值，右划退出，心率正常人一般为60-90次 / 分钟，职业运动员会低于60，普通人最高心率为220减去年龄，长期锻炼可以达到降低心脏作用。

睡眠监测： 每晚9:00后会自动打开此功能，通过连接手机APP，可以查看睡眠质量的详细数据。

秒表： 点击右下角开始，再点击暂停。

音乐控制： 先打开手机音乐播放器，再用手表同步操作。

关于： 点击进入可查看手表型号、版本号、蓝牙地址。

恢复出厂： 点击复位，数据会清零。

闹钟： APP和手表可设置闹钟提醒。

久坐提醒： 通过手机端APP可设久坐提醒。

勿扰模式： 手表关闭即闹钟以外其他提示屏蔽。

找手机： 点击提醒的手机会发出铃声。

防手走开： 手机端APP打开防手走开功能，当手腕上防盲动功能开，此功能打开比较耗电。

保修说明

1、本产品在正常使用时，如果出现因制造、材料、设计等原因引起的产品质量问题，自购买之日算起， 主板一年内免费保修，电池，充电器保修半年。

2、因使用者个人原因造成的故障，不能得免费保修。 如下：

1）擅自拆装，改装手表等造成的故障。

2）在使用过程中不慎跌落而造成的故障。

3）一切人为原因或因第三者过失，说用（如：主机进水，人为震裂，外围部件的刮痕的损坏等），， 不在保修范围内。

3、在您索取供免费保修时，请必须提供填有购买日期和购买经销章的保修卡。

4、产品的所有功能都以实物为主。

姓名：	
联系电话：	（至少下单留两个电话）
平台店铺：	
等到地址：	

感谢您的选购

SMART WATCH

User Manual

USER GUIDE

① ON/OFF

Power key: long pres to turn on / off, short press to turn on the screen.

② CHARGE

Charge 100% before the first use, and the charging time is 2 hours, If the equipment is not used for a long time, please ensure that it is recharged every three months.

③ APP

Android 8.0+ IOS 10.0+

Scan or search to download "ZDFIT "

IOS / Android

Connection steps

Turn on BT first, then go to the APP → Enter the device interface, click [Select device]

Select your device to add in the scan list ← In the audio BT connection dialog box that pops up, click [Pairing]

④ OPERATION PROCEDURE

Long press the dial interface, then slide left and right to switch the dial.

Slide down to view the shortcut menu

Scroll up to view instant messages

Slide down the interface and click the second icon to switch the menu style.

⑤ FUNCTION INTRODUCTION

Control Center

Functional overview:
BT Calling, Menu Style, Non-disturb, Mute, Brightness Adjustment, Light Up, Find Phone, Torch Light, Settings, etc.
*The function can be accessed by sliding down in home screen.

Activity

It displays the steps, distance and calories on the same day, You can set a goal in app, including steps, distance and calories.

BT Call

When the watch is connected to Bluetooth, you can view your contacts and recent calls, as well as make calls.

Heart rate

Enter the interface for heart rate measurement , click the screen start to monitor,when the green light atthe bottom is on it will start testing, Heart rate data will be shown within 40s.

Sleep

The interface displays the monitoring result of your sleep on the same day, The data is updated every day,Connect it to the APP and you can upload and save the data synchronously,The device will recalculate the data information for the new day.

Blood oxygen

Enter the interface for blood oxygen measurement. click the screen start to monitor,When the red lightat the bottom is on it will start testing.The measurement will becompleted with in 30~60s and has a vibration reminder.

Pressure

Enter the pressure measurement interface, click the screen start to monitor,When the bottom greenlight turns on, start testing. The measurement is completed within30 to 60 seconds, and there is a vibration reminder.

Sports

4 GPS Sport modes : Walking, Running, Climbing, Cycling
And Multi sports like : SKipping, Golf, Workout, Yaga, Spinning, Pilates and more push from the App

Breathing training

Enter the breathing interface, select the time and speed you want to train, and then follow the watch command to inhale and exhale.

Voice assistant

After the watch is connected to the app, , enter to the interface of voice assistant,and click the screen to monitoring,then you can talk to the watch,the watch will follow your instructions.

Music

After the watch connecting with the app,you can control the state of your phone music player (Pause or start, volume control and switch song).
* If you want to play the music by watch, please turn on "Setting-Voice-Media audio"

Weather

After you connect your watch with the APP and open the lication permission,the weather interface will display current temperature and weather.

Information

After you connect your watch with the APP and open Information Push in APP and the watch can receive the corresponding message.
The watch can keep the latest 5 pieces of messages at the same time,

Alarm clock

Enter the alarm clock interface and you can set multiple types of alarm clocks

Card editing

Enter the card editing interface and edit the display order of the function interface.

*** More functions please refer to the actual content!**

⚠ Be careful

- Do not wear this product for bathing, swimming, diving, hot spring, sauna and other activities to avoid damage caused by water.
- Please keep the equipment and accessories dry, so as to avoid dirt and bacteria.
- Do not use a microwave oven or a blower to heat and dry the outside of the equipment; Do not operate at high temperature or Place the equipment and its accessories in the low area. Do not subject the equipment and its accessories to strong impact or vibration; avoid Avoid using the equipment in the environment of hot sun, high temperature, humidity and open fire accessories.
- Do not allow children or animals to chew or swallow the equipment; Do not disassemble the machine by non professionals.
- After the product is charged, disconnect the charging cable from the power source to prevent shortcircuit when it comes in contact with conductive objects.
- All health datas involved in this product is for reference only, not used as a basis for medical diagnosis.
- Additional functions of the watch, such as caller ID display and message push, may not be applicable to some non mainstream mobile phones.

QUALIFIDE
CERTIFICATE

MODEL: smart watch

CHECKER: QA PASS

RoHS FC CE

FCC Statement
Changes or modifications not expressly approved by the party responsible for compliance 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 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.
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.