

BERNY FIT Smart Watch Instruction Manual

Computations for having the watch!
Please recharge the watch battery before using.
Please click the following link:
<http://www.bernygroup.com/VHZ>
or scan the following QR code to install BERNY FIT App on your smart phone.



You can also go to Apple Store, Huawei App Store, Myappstore to install BERNY FIT App on your smart phone.
Please be sure that your smart phone is powered by Android 5.0 or above, iOS 8.0 or above. Otherwise, BERNY FIT App on your smart phone might not run properly.
BERNY FIT App icon will appear on the window of your smart phone. As there are a lot of Smart phones powered by Android in different versions, BERNY FIT App might not run properly. In this case, please do not hesitate to contact our service center for help.

Special Declaration

Manufacturer reserves the rights to revise this manual version or update BERNY FIT App version from time to time without prior notice to users. The user can update the latest version automatically over the air (OTA).
All the words and graphics in this manual are subject to interpret the operating instruction, state the features or performance etc. If they appear the same as any existing trademarks registered by others, all intellectual properties of the trademarks are belonged to the owners.
Manufacturer reserves all copyrights of this brochure.

Safety Warning

Precaution of Lithium-ion Battery

The watch has a Lithium-ion battery. Please follow the instructions below for safe handling and proper disposal of the battery. Any mishandling may cause damage to the watch, explosion, fire, electrolyte leakage, chemical burn, or personal injury or death.

- Please do not attempt to disassemble the watch or replace a new battery by yourself. Instead, contact Customer Service Center for service.
- Do not puncture, modify, drop, throw, or cause other unnecessary shocks to the watch.
- Do not dispose of watch in a fire or trash incinerator, or leave it in hot places such as direct sunlight.
- Do not leave the watch near an oven, stove, or other heat source.
- Do not place the watch into a microwave oven, or into any other high-pressure container.
- Do not continue to charge the battery of the watch beyond the specified time.
- Do charge the battery with the correct charging equipment under the instructions in this brochure.
- Do not charge the battery of the watch if it appears to be leaking, deformed or abnormal.
- Do store the watch in a cool, dry place at normal room temperature in the case that the watch will be unused for extended periods.
- In order to protect the environment, do dispose of batteries according to the local laws and regulations of your region.

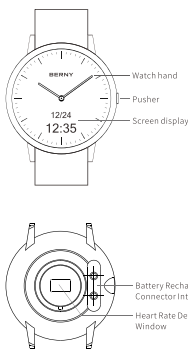
Health Warning

Before starting a new workout, please talk to your doctor for advice. Working with your doctor ahead of time can help you plan the exercise program right for you.

- *Green light on the watch case back will flash continuously when the watch is detecting your heart rate. If you are sensitive to the green light, please have the watch set the heart rate detecting mode.
- *The heart rate data detected is just for personal fitness, instead of medical purpose, such as diagnosis, monitoring, treatment, or prevention of any diseases or relieving symptoms.
- *The detecting accuracy of heart rate is subject to many factors, such as personal physical characteristics, wearing status, activities, etc. Should manufacturer take no responsibility of heart rate data which may be deviated or malfunction.
- *All data including activities, distance, heart rate, calories burned, etc. are tracked by sensors inside the watch. However, these data may have error and be inaccurate.
- *Should the watch track the activities continuously, otherwise, the collected data may lose referential value.
- *The material of the watch case and strap is in accordance with preventing skin allergies. However, if you do feel unwell, please stop wearing the watch and go to see your doctor for help.

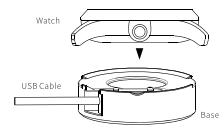
Instruction Manual

Image Display



The physical watch may be different from the above image, the above image is just form your reference.

How to Charge the Battery



- *Take out the USB cable from the packing box, attach the metal pins of the cable to the metal connectors on the watch case back.
- *Plug the USB connector into USB port with a constant power supply (DC 5V, current 1A-2A max), such as a power bank. Battery icon on the watch screen is flashing during battery recharging.
- *When the watch screen shows full battery icon, disconnect the USB connector from the port as the watch battery has been fully recharged.

Cautions

Please make sure that the USB connector is clean, and the magnetic end well connects to recharging interface of the watch. The pusher activating function will turn off during battery recharging.
In daily use, when the battery power consumes till about 20% remained, all sensors fall in sleeping except analog hands still working. This helps to save the battery life for normal timekeeping. User should recharge the battery as early as possible.

How to Use BERNY FIT App

In the case of your initial use, please set your personal data on the pages of BERNY FIT App.
Tap the icon of BERNY FIT App on your smart phone, enter to the page "Log in with your account". You can log in with your Wechat account, or apply to register an account with your mobile phone No. When the application is confirmed, log in BERNY FIT App with your account.
Go to the page "Private Center" to set your personal data.
Go to "My Device" to set Notification of Message, Scheduled Alarm, Activity Goal, Sedentary Reminder.

Put the watch close to your smartphone, tap "Link to Your Device" to pair the watch with your App via Bluetooth. Bluetooth icon will appear on the watch screen once the connection succeeds. All the activities data will upload to your App.
Keep the Bluetooth connection, tap "Hands Adjustment" to enter the hand adjusting page, tap Clock to set the hour hand and minute hand to 12H position. When both hands are on 12H position, tap Finish on the up right corner, the hands start running until reach the correct time position then start timekeeping normally.

How to Operate the Watch

Auto light up by Lifting Wrist

The watch screen will light up by turning the watch on your wrist towards to you.

Screen Menu

Light up the screen by pressing the pusher of the watch, press the pusher continuously to shift the screen display from Time & Date, Pedometer, Activities Distance tracked, Heart Rate Detection, Calories Burned, Hands Setting, Weather View, Battery Status, Selfie, in turn.

Detect Heart Rate

The watch on your wrist detects your heart rate automatically. However, when the watch screen shifts to Heart Rate Detection, you can activate an instant detecting heart rate by holding the pusher for more than 5 seconds.
The watch detects your heart rate and tracks your activities automatically through the watch screen is shut off. All data are saved accordingly.

Set Watch Hands

If the watch analog hands appear desynchronization of the time indicated on screen, please adjust the analog hands manually. Press the pusher to shift watch screen menu to hand setting, hold the pusher till "ready" appears, press pusher once, "hour" appears, press the pusher step by step to advance the hour hand to 12H position, then hold the pusher till "minute" appears, press pusher step by step to advance the minute hand to 12H position. After that, hold the pusher until "go" appears, release the pusher, the hands run forward until reaching the correct time, then resume timekeeping.

Selfie

Please enable camera on your smart phone, connect watch to your smart phone via Bluetooth. Press the pusher to shift the watch screen to Selfie mode, hold the pusher to activate the camera taking a photo.

Attachment: Watch Screen Menu Pages

Menu Page	Description
	Indicate Bluetooth connected. Bluetooth icon appears on the screen. Watch time synchronizes your smart phone. Watch screen shows current time, Day and Date.
	Indicate Bluetooth disconnected. Disconnection icon appears on the screen. Watch screen shows watch time, Day and Date.
	Pedometer. Screen shows the steps tracked within the day and the goal steps to be achieved for the day.
	Indicating how many Calories has been burned within the day due to activities.
	Activities mileage. Total activities mileage (km) has been tracked within the day.
	Heart Rate Detecting. The figure indicates the heart rate captured after. By holding the pusher, an instant heart rate detection can be activated.
	Weather View. Indicating the current weather and thermometer in the case of Bluetooth connection with smartphone.
	Hand Setting. Hold the pusher to enter hand setting mode.
	Notification of incoming call. When Bluetooth is connected, an incoming call will be notified via vibrating and screen lighting up when a call is incoming. This notification can be cancelled by pressing the pusher.

	Notification of incoming message. Please be sure you have set the Notification mode in BERNY FIT App. When Bluetooth is connected, an incoming message can be notified by vibrating, screen lights up, rolling the message contents.
	Alarm Reminder. If alarm is preset in BERNY FIT App, the watch will remind the user by vibrating at the scheduled alarm time.
	Sedentary Reminder. A sedentary interval is preset in BERNY FIT App. The watch will remind the user to do exercise in the case of less activities during the interval.

How to Set the Watch Hands

The watch analog hands were synchronized to screen time. If you note that the hand analog time is out of sync, please set the hands manually.

Solutions 1

Tap BERNY FIT App, go to "My Device", tap "Hands Setting", adjust the hands according to the instruction on the page.

Solutions 2

Refer to the instruction in Set Watch Hands, How to Operate the Watch.
OTA Update
In order to achieve watch better performance, watch firmware and BERNY FIT App is to be updated via OTA from time to time. BERNY FIT App will issue a notice icon whenever the new version is ready, please make sure the watch battery is full enough and the Bluetooth connection should be stable during version updating.

Device Information and Reconfiguration

In Time/Date page, hold pusher for more than 5 seconds to enter Device Information page. Screen appears "about me---". Press pusher once, "long push to reset" appears, hold pusher till "Back" appears, press pusher for three times to reconfigure the device. "Start---" appears which means the watch has been reconfigured, then press again and "HELLO" appears. When the watch has been reconfigured, please pair the watch to your App via Bluetooth and set the time and the watch hands.

Guideline of Service

To ensure correct use, please read the relevant instructions carefully, and have the manual at hand for your reference. Your watch is guaranteed to be free from defects in the materials used, as well as in the workmanship within one year of the date of purchase from a dealer worldwide, or from a service center, listed in this warranty card.
This warranty card should be filled out by an authorized dealer at the time of purchase.

The guaranteed free repair service, however, does not cover the following:

1. Damage or scratches on watch glass, case or band/strap.
2. Fading of the plating or leather strap wearing out.
3. Damage caused by mishandling, misuse, or by accidents.
4. Damage due to fire, or other natural disasters.
5. Damage resulting from faulty repairs.
6. When the guarantee period has expired.
7. The failure to present this warranty card.

For service request, please visit, make a phone call or send an E-mail to an authorized dealer or a service center listed in this warranty card.

The manufacturer is under the obligation to repair or to replace defective parts without charges to the customer.
When a service is provided, within the warranty period, a watch owner may be charged postage, insurance costs, and/or such costs, not within the scope of the repair costs, provided for under the guarantee. In some countries or in some instances, the repair might take somewhat longer than usual, allowing for time to order the necessary parts or components. The warranty expiry date of the above said 1-year, will remain unaltered, even in a case of the entire watch being replaced.
At the same time, the manufacturer shall not be liable for damages claims, cancellations of purchase, refunds, or the return of goods, made by a dealer other than an officially designated one. The dealer involved is solely responsible for claims or promises made.

All of the above mentioned terms, given by the manufacturer, shall override any rights, originally provided to buyers or sellers, or interfere with any other legal rights, of which the buyers are entitled. Service beyond the warranty period is also assured and provided for, the costs involved, however, will

be charged to the customer.

We would sincerely like you to be fully satisfied with your watch and with our services. Please feel free to contact us, whenever you might have a claim or a comment.

Authorized Dealers and Service Center

Please kindly note the details of authorized dealers and service center may be changed without prior notice.

China

Shenzhen Berny Smart Technology Co. Ltd.
Add: 129, Berny Bldg, Jinan Rd, 1st Floor, Guangming District, Shenzhen 518106, PRC.
Tel : +86-755-26644488 Fax : +86-755-26415688
Email: email@bernygroup.com Wechat: [berny888](https://www.bernygroup.com)
www.bernygroup.com

Dealer

Limited One Year Guarantee			
Item	Ref No		
Date of Purchase			
Name	Tel		
Address	Zipcode		
Dealer	Invoice		
Add			
Tel	Zipcode		

Purchase Record

Item:	Date of Purchase:
Dealer:	
Add:	
Tel:	
Official Stamp	

REPAIR RECORD

Description	
Record	
Repaired by	Date

FCC Warning

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.