

Instructions for use: English

Sample: Smart Watch TWS Headset Model:T1

Sample: X-Audio-i Model:X-Audio

Thank you for choosing our company's smartwatch.

You can comprehensively understand the use of the equipment by reading this manual. The watch and headphones need to be separately connected to the phone to use all functions: the watch is mainly adapted to the phone through Bluetooth connection, providing a variety of practical functions and services to facilitate your operation of the phone, and has developed many functions for human movement and health; The earphones can be connected to the phone via Bluetooth for functions such as music playback and answering calls.

Our company reserves the right to modify the content of this manual without prior notice.

This product is not a medical device. The health data and recommendations provided are for reference only and should not be used as a basis for diagnosis or treatment.

Charging reminder

Please use the standard charging cable provided by our company for charging; We are not responsible for any malfunctions caused by using non-standard charging wires for charging.

Operating instructions

Right top button:Single press to enter the menu interface. When in other application interfaces, single press to return to the previous interface. Double press to switch menu styles in the menu interface.

Top left button:Long press to turn on/off, short press to turn on/off the screen, click on the menu function interface to return to the main interface.

Right bottom button/left bottom button:These two buttons need to be pressed simultaneously to open the watch cover, remove two earphones, and use the earphones for music playback and other functions.

Touch gesture:Left swipe to switch to the shortcut function component interface;Scroll down to enter the message interface; Scroll up to enter the application bar; After entering each function, right-click to return.

Connection between watch and mobile phone

Download the app "FereFit" onto your phone and install it

1. IOS/Android mobile phone users

Scan the QR code below through a mobile browser or use WeChat to open the interface, select Android/iOS in the interface, and then use a mobile browser to open and download.

The QR code below is for downloading FereFit APP



Android/iOS

2. App Store on Android phones Google Play、 Search for "FereFit" to download from various mobile app stores, and for Apple phones, search for "FereFit" to download from the App Store.

After the download is completed, there will be various permission reminders during the installation process. Click 'Agree' for all.

Watch connection method:After installation, open "FereFit" and turn on your phone's Bluetooth. FereFit will have an activation notification prompt, click OK. Click on "Mine" in the bottom right corner, then click on "My Devices", scan the watch's QR code or search for the Bluetooth address and click Connect. Some Android phones require opening the phone's GPS to search for the watch's Bluetooth name.

How to verify a successful connection of a watch:When the Bluetooth status bar on the standby interface of the watch is pulled down and the watch is green, it indicates a successful Bluetooth connection. When the Bluetooth logo color is gray, it indicates that the Bluetooth is not connected.

Bluetooth connection method for earphones: Turn on the Bluetooth of the wristband, remove the earphones from the wristband, and the Bluetooth of the wristband will automatically turn on; Next, open your phone, click on Settings, turn on Bluetooth, and the phone's Bluetooth will automatically search for the Bluetooth number of the wristband. Find the Bluetooth number "X-Audio-i" of the hand earphone ring in the available devices below, click on pairing, and complete the Bluetooth connection of the earphones.

The **button functions of the headphones:**1. Press the button 4 times before pairing: switch between Chinese and English prompt sounds;2. Press and hold for 2 seconds to turn on the device, press and hold for 1.5 seconds to reject calls, and press and hold for 3 seconds to turn off the

device; 3. Double click the button - answer/hang up the call; 4. 4 keystrokes - wake up SIRI; 5. Double click button: play/pause; 6. Three clicks on the left ear button: Previous track; Three clicks on the right ear button: Next song; 7. Earphones restored to factory settings: Disconnect the phone from the headphones, take them out of the watch, quickly double-click and hold the headphones for 5 seconds. (If both ears cannot be paired, they can be restored to the factory for re pairing)

Common problem and easy solution: Due to the lack of uniformity in Bluetooth protocols among different mobile phone brands, there may be unstable Bluetooth connections between the phone, watch, and headphones. You can turn off the phone's Bluetooth and reconnect it again, or restore the watch to factory settings.

How to set up email notifications

Go to Settings - Application Management on your phone, find "FereFit" - Permission Management, and open all settings. Go to Notification Management again - find 'FereFit' and open it with all permissions.

What if I don't receive notifications?

Firstly, the notification function of the watch only synchronizes with the notification function on the phone, such as sending notifications via phone, QQ, or WeChat. If your phone does not receive notifications, the watch will not receive them either. To do so, go to the phone settings - Notification function, find the corresponding app, and enable notifications.

Function Introduction

Settings: System settings can be made.

Location information: After connecting the APP to the watch's Bluetooth, activate the phone's location permission, and the watch can display the current location information.

Menu style: You can choose different menu styles according to your preferences.

Alarm clock: The watch can also be set with 3 alarm clocks.

Information: View messages pushed on mobile devices, supporting Facebook, Twitter, WhatsApp, QQ, WeChat, etc.

Calendar: You can view the current month's calendar.

Display settings: The brightness and duration of the screen can be set.

Weather: After connecting Bluetooth, the watch can display the weather conditions for 3 days.

Activity data: You can view the daily step count, historical step count, calorie expenditure, and walking distance. Every night at 24:00 after the day, the interface data will reset to 0.

Phone: Connecting to the APP to synchronize contacts allows you to

view contacts, dial numbers, call records, and more from the APP end.

Female health function:Reminder function for safe periods of menstruation and ovulation.

Collection code:WeChat, Alipay, PayPal and other **collection** codes can be set through APP.

Taking photos:When the phone is not locked, the watch enters Bluetooth for taking photos, and the phone enters the photo interface. Click on the watch to take photos, and the photos will be stored in the phone's photo album.

Heart rate:Attach the watch tightly to the wrist, with the best wearing position on the wrist bone above the arm, to measure real-time heart rate values.

Sports:Watches have a variety of sports specialties, such as running, brisk walking, hiking, yoga, basketball, football, badminton, baseball, table tennis, volleyball, cycling, skipping rope, and more.

Blood oxygen:Start measuring immediately upon entering, please keep your arms still during the measurement.

Business card holder:QR code business cards such as WeChat, QQ, WhatsApp, Twitter, Facebook, etc. can be set through the APP.

Do not disturb: It can be set to do not disturb at regular intervals or throughout the day.

Search for phone:Connect Bluetooth, click on the watch to search for phone, and the phone ringtone will sound until cancelled.

Sports records: You can view the recorded data of sports that have been performed.

Sleep: It will record the duration and quality of sleep from 21:00 on the same day to 9:00am the next day, helping to better adjust personal sleep schedule and improve sleep quality. Sleep data can be synchronized and viewed through the app.

Calculator:Enter to perform simple calculations.

Stopwatch:Enabling this function allows for single or multiple timing.

Games: The game list includes bird casual games.

Dial push:After connecting to the APP, it can push pointer dials, digital dials, and custom dials on the APP side.

Thank you for your purchase and reading

FCC Warning Statement

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.

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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.