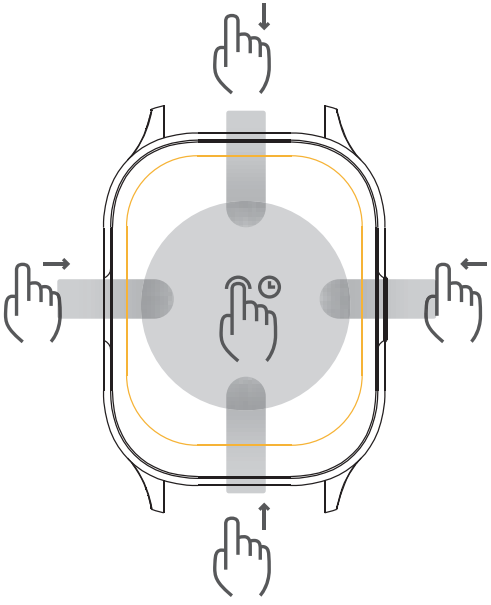
Smart Watch

Quick guide

Please read this manual carefully before use and keep it for future reference

Touch and Button

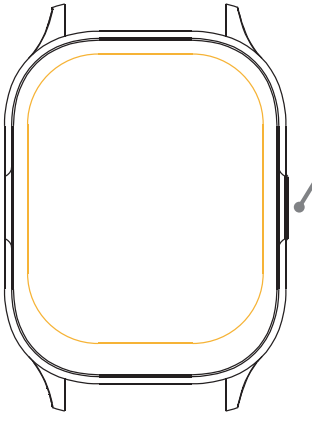


Scroll down: Control Panel

Swipe up: SMS notification

Swipe right: split screen function

Swipe left: custom card



Button

Short press: light up the screen, return to the watch face interface, and enter the menu interface

Double-click: switch menu mode

Long press: enter the shutdown interface

※ If it fails to turn on after long pressing the power button for 3 seconds, please charge it and try again.

Connect to phone

(CO-FIT APP)

You will need to download and install the CO-FIT program on your phone. CO-FIT APP supports iOS 11.0 and Android 5.0.

1. Turn on Bluetooth on your phone, open the app, register and log in to the homepage.
2. Pair the watch with the APP. When pairing, please make sure that the watch and the APP can communicate with each other (synchronize data); open APP > Devices > Add New Device > select HK21
3. In the searched binding list, select HK21 with the strongest signal and click Pair. At this time, the color of the Bluetooth icon on the watch is blue, indicating that you are connected to Bluetooth 5.0

Bluetooth 3.0 connection method:

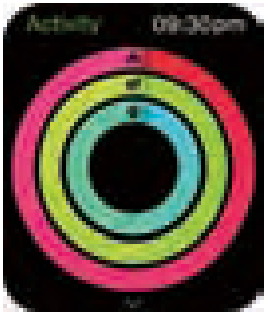
iPhone users support Bluetooth 5.0+3.0 dual Bluetooth one-click link (follow the system prompt box when matching)

1. The Android user system will pop up a Bluetooth pairing request, check the prompt permission, and click "Pair" to complete the pairing of Bluetooth 5.0+3.0;
2. If the Android user system does not pop up a Bluetooth pairing request, you need to click "Unbind" on the "Call Service Pairing Options" in the Bluetooth pairing prompt interface and then follow the interface prompts to complete the Bluetooth. Subsequent connection to the mobile phone will cause the watch 3.0 Bluetooth memory to achieve dual Bluetooth one-click linking (if Bluetooth 3.0 is not automatically connected, please manually search for the Bluetooth watch model "HK21" on your phone)

Smart Watch Features

Sport

Enter the exercise mode selection interface, click again to start the corresponding exercise, you can record exercise time, distance, calories and heart rate and other data.



Activity

Statistics of the day's activity data. In the APP, you can set the standard value of the number of steps in a day. When the set number of steps is reached, the watch will have a reminder of the standard.

Dial

Connect the mobile phone Bluetooth to dial out, and you can realize the call on the watch side.

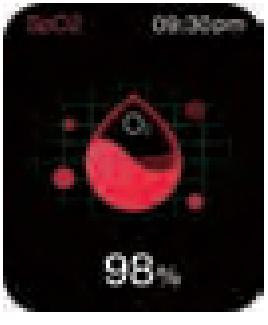
Smart Watch Features

Heart rate

Put the watch close to your wrist. The best wearing position is above the wrist bone and arm. You can measure the real-time heart rate value. The normal value for ordinary people is 60-100 beats/minute. You can also check the heart rate record.

Blood pressure

Put the watch close to the wrist, and the best place to wear it is above the wrist bone and above the arm. The real-time blood pressure value can be measured. Adult diastolic blood pressure: 60~80 (mmHg), adult systolic blood pressure: 100~120 (mmHg).



Blood oxygen

Put the watch close to the wrist, and the best wearing position is above the wrist bone and above the arm. The real-time blood oxygen value can be measured. The normal range of the value is generally 95% to 100%.

Smart Watch Features

Message

It can display message push content, such as: SMS, QQ, WeChat, etc. (IOS12 and above systems will block SMS reminders by default).

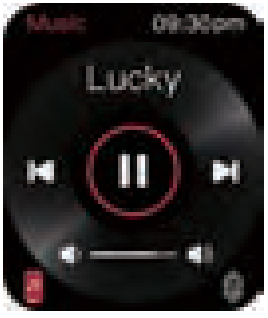
Sleep

Turning on sleep detection can detect sleep quality while sleeping, and you can view sleep duration, deep sleep, light sleep and other data.

Weather

If the app is not connected, enter the weather to display prompts, and the current weather temperature will be displayed after connecting to the app.

Smart Watch Features



Music

It can control the playback of music on the mobile phone, switch between the previous and next music, and adjust the volume.

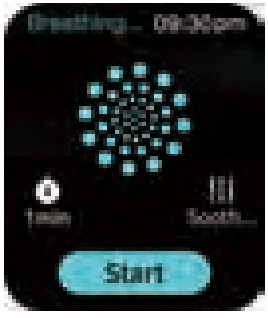
Voice assistant

When connected to the Bluetooth of the mobile phone, click to talk to realize remote control.

Alarm clock

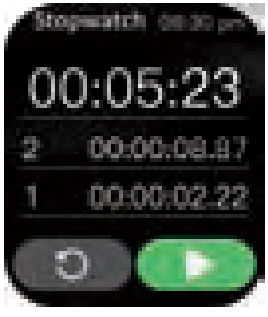
You can customize the alarm clock and delete the alarm clock.

Smart Watch Features



Breathing training

You can set the breathing training time and rhythm, and then click to start breathing training.



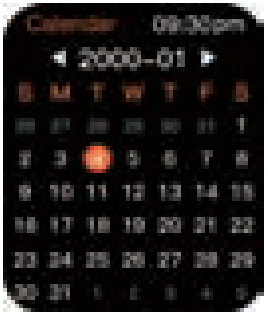
Stopwatch

Start stopwatch timing and end timing, as well as time marking function.

Calculator

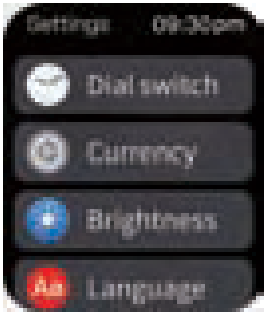
Can perform numerical calculations.

Smart Watch Features



Calendar

View calendar.



Settings

Includes functions such as dial switching, brightness adjustment, language setting, password lock, etc.

Precautions

1. Please do not disassemble, repair, or modify the product without authorization.
2. Please do not violently collide with the product to avoid damage to the product.
3. Please avoid strong magnetic field, direct light or high temperature environment.
4. This product is not intended for disease diagnosis, treatment or prevention.
5. The waterproof rating of this product is IP68, so avoid being immersed in water for a long time.
6. Please avoid wearing the watch strap too tightly, and keep the contact area between the watch and your skin clean.
7. Children should use this product under the guidance of their parents to avoid harm.

FCC COMPLIANCE STATEMENT:
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.
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.
Warning: Changes or modifications to this unit not expressly approved by the part responsible for compliance could void the user’ s authority to operate the equipment.
FCC Radiation Exposure Statement
The device has been evaluated to meet general RF exposure requirement.
The device can be used in portable exposure condition without restriction.