尺寸：60*80mm

# Smart Watch User Manual

Thank you very much for purchasing and using our company's smart watch products.
By reading this manual, you can have a comprehensive understanding of the watch's functions and easy operation methods. The company reserves the right to modify the content of this manual without prior notice, and some functions are different in the corresponding software version, which is normal.
This product is not a medical device, and the health data and suggestions provided are for reference only, not as a basis for diagnosis and treatment.

**Instructions**

**Upper button:** Single press on the dial interface to enter the sports mode by default; long press to enter the button definition setting, and you can customize the shortcut function of the upper button.

**Middle button:** single press to enter the menu interface; single press to return to the upper interface when in other application interfaces; double press on the menu interface to switch the menu style dial interface to switch the dial.

**Lower side key:** single press on the dial interface to turn on and off the screen, long press to enter the shutdown interface, and one key to return to the dial interface on other interfaces.

**Touch gestures:** double-click on the dial interface to enter the voice assistant; swipe left to switch to the component interface; swipe right to enter the split-screen menu; swipe down to enter the control center; swipe up to enter the message list.

**Dial switch:** Rotary encoder switches the dial.

**Connection between watch and phone**

First, the mobile phone needs to download the APP "RDFit" to the mobile phone and install it. There are two ways:

IOS/Android phone users

Scan the QR code below with your mobile browser, or scan it with WeChat. After opening the interface, select Android/iOS in the interface, and use your mobile browser to open and download.

Android phone users

Search for "RDFit" on Android phones, Google Play, and various mobile app stores to download, and Apple phones can go to the App Store to search for "RDFit" to download.

The QR code below is the download of RDFit APP

After the download is complete, there will be reminders of various permissions during the installation process. Click to agree to all of them. The watch and mobile phone must be connected to two Bluetooth: 3.0 and 5.0 to realize all functions.

**Bluetooth 5.0 connection method:** After the installation is complete, open "RDFit" and turn on the Bluetooth of the mobile phone. RDFit will prompt you to enable it, click OK. Click More in the lower right corner, enter Scanning Devices, search for the W6 Bluetooth address and click Connect. Some Android phones need to turn on the phone" s GPS to find the Bluetooth name of the watch.

**Bluetooth 3.0 connection method:** 1. Turn on the watch 3.0 Bluetooth 2. Turn on the Bluetooth of the mobile phone, click on the Bluetooth name of the watch to be connected - follow the prompts to connect the Bluetooth device, and the mobile phone will display "connected".

**How to identify the successful Bluetooth connection:** Pull up the status bar on the watch on the standby interface. When the watch 3.0 and 5.0 Bluetooth are blue + green, it means that the Bluetooth connection is successful. When the bluetooth logo is gray, it means that the Bluetooth is not connected.

**Simple solutions to common problems:** Due to the lack of uniformity in the Bluetooth protocols of various mobile phone brands, sometimes the Bluetooth connection between the mobile phone and the watch may be unstable. You can turn off the Bluetooth of the mobile phone and reconnect it again, or reset the watch to factory settings.

How to set up incoming mail notification: Go to Settings→Application Management on your mobile phone, find "RDFit"→Privilege Management, and open all of them. Then enter the notification management - find "RDFit" and open all permissions.

Open "RDFit"→More→Application Push→Enable Background Run Permission, and enter the option Unlimited. When you return, you will be prompted to open the autostart again, enter Open. Go back, select the APP that synchronizes the information notification, such as QQ WeChat, and select Open.

Note: If the WeChat computer version is online at the same time, the mobile phone will not receive the notification. Some mobile phones also need to add "RDFit" to the power saving white list to avoid being turned off by the mobile phone when the battery is low.

**What should I do if I can't receive the notification?:** First of all, the notification function of the watch is only synchronous with the notification function of the mobile phone, such as incoming calls and letters, QQ and WeChat incoming reminders. APP, turn on allow notification.

**Features**

**Encoder:** Rotate the button on the standby interface to switch the dial, and slide up and down in the secondary menu; the star-studded menu can be zoomed in and out. After the interface is maximized, you can enter the application in the middle of the interface.

**Split screen:** Swipe right on the dial interface to enter the split screen function and quickly enter the corresponding function.

**Dial Push:** You can push the pointer dial, digital dial and custom dial on the APP.

**Alipay:** Use Android or Apple mobile phones according to the prompts, open Alipay and scan the QR code to bind. (Note: Do not connect the 3.0/5.0 Bluetooth of other mobile phones before binding Alipay, so as to avoid the failure of binding)

**Phone:** You can dial and make calls through the watch, view call records, contacts, set incoming calls/button mute or vibrate.

**Contacts:** You can add 20 contacts to the phone book on the watch through the APP.

**Call records:** The call records on the mobile phone can be synchronized.

**Dial keypad:** connect to the mobile phone to dial out, and the call can be realized on the watch side.

**Sports data:** You can check the number of steps, historical steps, calorie consumption and walking distance of the day. After 24 o'clock every night, the data of the day will be stored as historical data, and the interface data will be reset to 0.

**Information:** Check the news pushed by the mobile phone, support facebook, twitter, whatsapp, qq, wechat, etc.

**Music:** It can control and play the music in the mobile phone. Connect 5.0 Bluetooth, only supports playing songs on the mobile phone; connect 3.0 supports playing songs on the watch.

**Heart rate:** Put the watch close to the wrist, the best wearing position is above the wrist bone and arm, and the real-time heart rate value can be measured.

**Blood oxygen:** The measurement starts when you enter. When measuring, please keep your arm still, and the value will be measured after about 20 seconds.

**Blood sugar:** Hold the watch tightly against the wrist to measure blood sugar levels;

**Blood pressure:** The monitoring starts when you enter. When monitoring, please put your hands flat, and the value will be measured after about 20 seconds.

**Body temperature:** The monitoring starts when you enter. When monitoring, please put your hands flat, and the value will be measured after about 20 seconds.

**Alarm:** Five alarm clocks can be synchronized through the APP; alarm clocks can also be set on the watch end.

**Voice (Siri):** After connecting to 3.0/5.0 Bluetooth, click Siri on the watch to chat.

**Sleep:** It will record the sleep duration and sleep quality from 21:00 to 9:00 the next morning, helping to better adjust personal work and rest time and improve sleep quality. The sleep data can be viewed synchronously by connecting to the APP.

**Exercise:** The watch has a variety of special sports: such as running, walking, football, badminton, tennis, basketball, table tennis, cycling and other 11 sports; it can be connected to the APP to view the sports data on the watch side simultaneously.

**Remote photo taking:** When the mobile phone is not locked, the watch enters Bluetooth to take pictures, the mobile phone enters the photo interface, taps the watch to take pictures, and the photos will be stored in the mobile phone album.

**Find phone:** Connect to Bluetooth, click on the watch to find the phone, the phone will ring until it is cancelled.

**Find Devices:** Click on Find Devices on the APP, and the watch will continue to vibrate until cancelled.

**Weather:** After connecting to Bluetooth, the watch can display the weather conditions for the next 7 days.

**Stopwatch:** Turn on this function to perform single or multiple timing.

**Breathing:** You can set the exercise duration and breathing speed.

**Timer:** You can customize the time or select an existing time to count down.

**Calculator:** Enter to perform simple calculations.

**Menu style:** You can choose the style according to your preference.

**Settings:** System settings can be made.

**Calendar:** You can view the calendar of the current month.

**Movement track:** The watch is connected to the APP, and the APP end enters the special sports: outdoor running, walking, cycling, mountain climbing, and indoor running can be synchronized to the watch end for simultaneous display.

**My QR code:** The watch is connected to the APP, which can be pushed through the APP: WeChat, QQ, Alipay, Whasapp, Twitter, Linkedin, Instagram, Facebook, Weibo, Line, Tim, Snapchat, Viber, others, third-party application QR code You can scan the QR code to add friends on the watch side, or push through the APP: WeChat, Alipay, PayPal QR codes to the watch side to scan the QR code for payment.

**Component function:** Swipe right on the dial interface and click the plus sign to start adding components. The components include: heart rate, blood pressure, sleep, blood oxygen, respiration, step counting, weather, music, body temperature; up to 5 components can be added, long press the component and click minus number to delete the component.

**Women's health function:** menstruation and ovulation safety period reminder function.

**Games:** There are two games in the game list: "Stupid Birds Fly First" and "Racing Car". After entering the game, press the upper right button to return to the game list.

**Altitude air pressure:** After connecting the APP and opening the GPS positioning authority, the current altitude, air pressure, longitude and latitude can be displayed.

**Various local settings are possible**

**Screen off time:** Enter to set the screen on time.

**Raise your wrist to brighten the screen:** Turn it on or off according to your needs.

**Connect to APP:** Use your mobile phone to scan the QR code, and you will be redirected to download the RDFit APP.

**Brightness:** Enter to adjust the brightness of the screen.

**Key definition:** You can customize the functions of the shortcut keys.

**Do Not Disturb Mode:** You can set Do Not Disturb all day or at regular intervals.

**Vibration intensity:** adjustable vibration.

**Password setting:** You can set a password, if you forget it, you can use 8888 to unlock it.

**Language:** Support multiple languages, choose according to your needs.

**Time and date setting:** can synchronize APP, or customize the time.

**Shutdown:** Enter to shut down the watch.

**Restart:** Enter to restart the watch.

Restore factory settings: Generally, when any software problem occurs, restoring factory settings can solve it.

About: You can view the watch model, software version and watch Mac address.

Thank you for your purchase and reading

# 智能手表使用说明

非常感谢您购买并使用本公司的智能手表产品。您可以通过阅读本手册，全面了解手表的功能和简易的操作方法。本公司保留不作任何通知的情况下，对本说明书内容做修改的权利，恕不另行通知，部分功能在对应的软件版本中有区别为正常情况。

本产品非医疗器械设备，所提供的健康数据和建议仅供参考，不作为诊断和治疗的依据。

**操作说明**

上侧键：表盘界面单按默认进入运动模式；长按进入按键定义设置，可自定义上侧键快捷功能。

中间键：单按进入菜单界面;处于其他应用界面时单按返回上级界面；菜单界面双按切换菜单风格表盘界面转动可切换表盘。

下侧键：表盘界面单按亮灭屏、长按进入关机界面，其它界面一键返回表盘界面。

触摸手势：表盘界面双击进入语音助手；左划切换进入组件界面；右划进入分屏菜单；下划进入控制中心；上划进入消息列表。

表盘切换：旋转编码器切换表盘。

**手表与手机的连接**

首先手机要下载 APP "RDFit" 到手机上并安装，有以下两种方式：

IOS/Andriod 手机用户

通过手机浏览器扫描下面二维码，或用微信扫一扫,打开界面后,选择界面中的 Android/iOS，在使用手机浏览器打开下载。

安卓手机用户

安卓手机上应用宝、Google Play、及各个手机应用商店搜索 "RDFit" 下载，苹果手机可上 App Store 搜索 "RDFit" 下载。

**下面二维码为 RDFit APP 下载**

下载完成后，安装过程中会有各种权限提醒，全部点击同意，手表跟手机要连二个蓝牙：3.0 跟 5.0 才能实现所有的功能。

**蓝牙 5.0 连接方法：**安装完成后，打开"RDFit"并打开手机蓝牙，RDFit 会有启用通知提示，点确定。点右下角更多，进入扫描设备，搜索 W6 蓝牙地址并点连接就可以了，部分安卓手机需打开手机 GPS 才能搜到手表蓝牙名称。

**蓝牙 3.0 连接方法：**1.打开手表 3.0 蓝牙 2、打开手机蓝牙，点击所需要连接的手表蓝牙名称-根据提示连接蓝牙设备，手机上显示 "已连接" 即可。

**如何鉴定蓝牙连接成功：**待机界面手表上拉状态栏，手表 3.0 跟 5.0 蓝牙为蓝色+绿色时，则说明蓝牙连接成功，当蓝牙标志颜色置灰时，则说明蓝牙未连接。

**常见问题简易处理方法：**由于各个手机品牌的蓝牙协议没有统一性，有时会出现手机跟手表蓝牙连接不稳定的情况，可将手机蓝牙关闭了再重新连接一次，或将手表恢复出厂设置。

**如何设置来信通知：**手机进入设置-应用管理，找到 "RDFit" -权限管理，全部打开。再进入通知管理-找到 "RDFit" 所有权限打开。

打开 "RDFit" -更多-应用推送-开启后台运行权限，进入选择无限制。返回，会提示再将自启动打开，进入打开。返回，选择同步信息通知的 APP,如 QQ 微信，选择打开。

注意：如果微信电脑版同时在线，手机端是收不到来信通知的。有的手机还需要在省电白名单将 "RDFit" 添加进来，避免低电量时被手机关闭。

**收不到通知怎么办？：**首先手表的通知功能只是同步手机通知功能，如果电来信，QQ 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。

**功能介绍**

**编码器：**待机界面旋转按钮可切换表盘，在二级菜单中可上下滑动；满天星风格菜单可放大和缩小，界面放到最大后可进入该界面中间的应用。

**分屏：**在表盘界面右滑，可进入分屏功能，且可快捷进入相对应功能。

**表盘推送：**可推送 APP 端指针表盘、数字表盘及自定义表盘。

**支付宝：**根据提示使用安卓或苹果手机，打开支付宝扫描二维码进行绑定即可。(注意：绑定支付宝前不要连接其他手机的 3.0/5.0 蓝牙，以免绑定出现失败问题 )

**电话：**可通过手表拨号打电话，查看通话记录，联系人，设置来电/按键静音或者振动。

**联系人：**可通过 APP 端添加 20 个联系人至手表端电话簿。

**通话记录：**可同步手机端通话记录。

**拨号键盘：** 连接手机拨出电话，可在手表端实现通话。

**运动数据：**可查看当天全天步数、历史步数，卡路里消耗和行走距离。每晚 24 点跨天后将存储当天数据为历史数据，界面数据会重新归 0。

**信息：**查看手机端推送的消息,支持 facebook、twitter、whatsapp、qq、微信等。

**音乐：**可控制播放手机中的音乐。连接 5.0 蓝牙，仅支持手机端播放歌曲；连接 3.0 支持手表端播放歌曲。

**心率：**将手表贴紧手腕，最佳佩戴位置在手腕骨靠手臂上方，可测出实时的心率值。

**血糖：**将手表紧贴手腕，即可测量血糖值。

**血氧：**进入即开始测量，测量时，请保持手臂处于静止状态，大概 20 秒后测出数值。

**血压：**进入即开始监测，监测时，请把手平放着，大概 20 秒后测出数值。

**体温：**进入即开始监测，监测时，请把手平放着，大概 20 秒后测出数值。

**闹铃：**可通过 APP 同步五个闹钟；手表端也可以设置闹钟。

**语音（Siri）：**连接 3.0 /5.0 蓝牙后，手表端点击 Siri 可进行聊天。

**睡眠：**将记录当天 21 点至第二天早上 9 点时间段的睡眠时长和睡眠质量，帮助更好的调整个人作息时间，提高睡眠质量，可通过连接 APP 同步查看睡眠数据。

**锻炼：**手表拥有多样运动专项：如跑步、健走、足球、羽毛球，网球，篮球，乒乓球，骑行等 11 种运动；可连接 APP 同步查看手表端运动数据。

**运程拍照：**手机不锁屏状态下，手表进入蓝牙拍照，手机进入拍照界面，点手表拍照，照片将存储在手机端相册里。

**查找手机：**连接蓝牙，手表点击查找手机，手机铃声将会响起直至取消为止。

**查找设备：**APP 端点击查找设备，手表端将会持续振动直至取消为止。

**天气：**连接蓝牙后，手表端可显示未来 7 天天气情况。

**秒表：**打开此功能可进行单次、多次计时。

**呼吸：**可设置练习时长和呼吸速度。

**计时器：**可进行自定义时间或者选择已有的时间进行倒计时。

**计算器：**进入可进行简易计算。

**菜单风格：**可根据自己喜好选择风格样式。

**设置：**可进行系统设置。

**日历：**可查看当月日历。

**运动轨迹：**手表连接 APP，APP 端进入运动专项：户外跑，健走，骑行。登山，室内跑时可同步至手表端同时进行显示。

**我的二维码：**手表连接 APP，可通过 APP 端推送：微信、QQ、支付宝、Whasapp、Twitter、Linkedin、Instagram、Facebook、Weibo、Line、Tim、Snapchat、Viber、其他，第三方应用二维码至手表端可供扫码添加好友，也可通过 APP 端推送：微信、支付宝、PayPal 二维码至手表端可供扫码付款。

**组件功能：**表盘界面右滑点击加号可开始添加组件，组件有：心率、血压、睡眠、血氧、呼吸、计步、天气、音乐、体温；最多可添加 5 个组件，长按组件点击减号可删除组件。

**女性健康功能：**月经排卵安全期提醒功能。

**游戏：**游戏列表有 "笨鸟先飞" 和 "赛车" 两种游戏，进入游戏后按右上键可返回游戏列表。

**海拔气压：**连接 APP 并打开 GPS 定位权限后可显示当前的海拔、气压、经纬度。

**可进行各种本机设置**

**熄屏时间：**进入可设置亮屏时长。

**抬腕亮屏：**按自己需求打开或关闭。

**连接 APP：**使用手机扫一扫二维码，将会跳转 RDFit APP 下载。

**亮度：**进入可调节屏亮度。

**按键定义：**可自定义快捷键的功能。

**勿扰模式：**可设置全天或定时勿扰。

**振动强度：**可调节振感。

**密码设置：**可设置密码，如忘记，可用 8888 解锁。

**语言：**支持多国语言，按需求选择。

**时间日期设置：**可同步 APP，或者自定义时间。

**关机：**进入可对手表进行关机。

**重启：**进入可对手表进行重启。

**恢复出厂设置：**一般出现什么软件问题时，恢复出厂设置可以解决。

**关于：**可查看手表型号、软件版本及手表 Mac 地址。

感谢您的选购与阅读

# 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.

* RF warning for Portable device:

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