BUSINESS SMART WATCH

High-definition largescreen has great potential

用户手册

感谢您选择本公司智能手表。您可以通过阅读本手册，全面地了解设备使用，领略其实用功能和简洁的操作方法。

本公司保留在不作任何预先通知的情况下对本手册内容作修改的权利，恕不另行通知。

产品配置：包装盒一个，说明书一本，主机一台，充电座一个。

使用产品前请仔细阅读本说明书，并妥善保管。

本产品支持生活防水佩戴。特别注意热水淋浴或者桑拿不能佩戴，防不住水蒸气；泡到海水等要及时擦干净吹干。如因不按指示使用导致进水，本公司不作免费保修。泡水后喇叭孔会积水，请将水甩出来，声音才能恢复正常。

首次使用手表如果电量耗尽，请拿出充电座，手表放充电座自动吸附，将USB插入适配器进行充电，要求适配器输入电压为5V1A/2A。

产品概览：

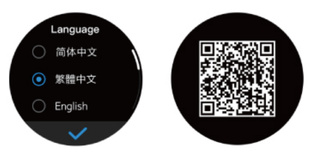
触控操作：

连接教程：

1、下载“RDFit” APP 到手机上并安装，可在 APP 商城（安卓应用宝）直接搜索“RDFit”进行下载，也可扫描以下二维码跳转连接下载（浏览器、微信等都可扫码）；

2、连接手表

1）扫码连接：手表出厂首次开机后，选择语言后会有二维码，可扫描下载APP，用APP可扫描连接， 连接二维码在“设置”→“连接手机”中，安卓端使用APP扫码可实现一键连接；



2）手动连接：手机开启蓝牙后，进入 APP 直接搜索设备，找到对应的设备蓝牙MAC地址进行手动连接。

3、连接通话蓝牙

下滑打开快捷菜单，确保通话蓝牙开关开启中（状态栏中间耳机带蓝牙的图标处于蓝色），可在手机设置。蓝牙中内发现通话蓝牙（手机蓝牙打开的状态下），找到对用的设备名_call，点击连接。连接成功后可使用通话功能及音乐功能。(安卓端APP扫码可一键连接，IOS扫码可以直接调到手机设置界面，再单击蓝牙就可以手动连接)。

RDFit二维码：

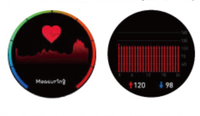
安卓5.0及以上和IOS9.0及以上

健康功能介绍：

1.心率：

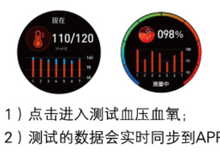
1）点击进入测量当前心率值，对空会提醒正确佩戴；

2）可在APP整点实时检测心率数据，并记对应记录到柱状图表中；



3）连接 APP 可同步记录心率数据；

2.血压、血氧、



1）点击进入测试血压血氧；

2）测试的数据会实时同步到APP

3.多运动模式、

1）提供多种运动模式，自由选择；

2）运动中会对心率，卡路里等数据进行记录；

功能介绍：

4.电话拨号、连接手机通话后进入，可以在手表端实现通话，

5.通话记录、可同步手机端通话记录；

6.联系人、同通过APP中通讯录功能，同步联系人到手表端；

7.指南针、开启后可使用指南针功能。

8.海拔、连接APP时可使用海拔功能，提供当前海拔数据（手机的GPS定位功能必须开启）；

9.语音助手、连接APP和通话音频后，通过手表的语音助手功能唤醒手机语音助手。

10.信息、此功能需要连接手机端APP“RDFit”应用程序，查询设定消息通知的第三方程序消息。

11.睡眠监测、每晚10点到第二天早上8点会记录您的睡眠时长跟质量，帮助您更好的调整您的作息时间，提高睡眠质量。在睡眠功能界面，上划进入选项，查询关于睡眠功能的选项。

12.计步、可查看当天行走步数，卡路里消耗和行走距离。每晚12点会将当天数据保存，并重新归零。上划进入选项，自行设置选择。

13.音乐、可控制播放手机的音乐。

14.计算器、可以进行简易计算。

15.秒表、打开此功能可进行计时。

16.设置、进行本机各种本机设置，包括亮度设置，息屏时间，勿扰模式，声音设置，语言切换，连接手机，手表关于，关机，重启，恢复出厂设置等等。

17.天气、连接APP后，可实时同步RDFIT提供的当天的天气信息。

18.计时器、支持选择分钟数以及自定义时间的倒计时。

19.钱包、可通过APP推送第三方程序的收款码。

20.名片、可通过APP推送第三方程序的个人名片二维码；

21.女性健康、女性用户可通过APP设置自己的女性健康方面信息，会根据不同设定提供健康提醒；

22.运动轨迹、APP发起的运动结束后，可把运动的轨迹和数据同步到手表端。

久坐提醒，喝水提醒，通讯录，远程拍照，抬手亮屏设置等等功能可在APP进行设置。

如何设置消息通知：

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。

后台运行权限，进入，选择无限制。返回。会提示将自启动打开，进入打开。返回，选择自己所要的APP消息通知，点击打开。

IOS端可在手机设置–蓝牙–连接好的蓝牙设置中，打开共享系统通知；

注意：如果选择的APP电脑版在线，手机端收不到信息通知，手表也不会提醒。

常见故障排除：

1.手表无法开机：按开机键时长过短，要3秒以上；电池电量过低，请使用充电线充电；

2.手表无法正常充电：充电触点是否正常与手表接触，充电器是否正常；当电量过低时，需要充电一会才会显示充电界面；

3.软件问题可通过恢复出厂功能；

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，自购买之日期起，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，不提供免费保修，如下：

(1)擅自拆装，改装手表等造成的伤害；

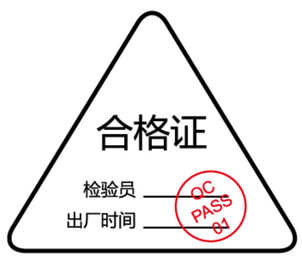
(2)在使用过程中不慎跌落而造成的伤害；

(3)一切人为损坏或第三者过失，误用（如：主机进水，外力震裂，外围部件的刮痕损坏等），不在保修范围。

3.在要求提供免费保修时，请必须提供填有购买日期和购买处印章的保修卡。

4.产品的所有功能都以实物为主。

购买日期：	客户签名：
MAC码：	店员签名：
购买商店：	商店盖章：



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user 's manual

Thank you for choosing our smartwatch. By reading this manual, you can fully understand the use of the equipment, appreciate its practical functions and simple operation methods.

The company reserves the right to modify the contents of this manual without prior notice.

Product configuration: one box, one manual, one host, one charging stand.

Please read this manual carefully before using the product and keep it properly.

This product supports life waterproof wear. Special attention should be paid not to wear in hot showers or saunas, as it cannot prevent water vapor; when soaking in sea water, wipe it clean and dry in time. If water enters due to not used according to the instructions, our company will not provide free warranty. After soaking in water, the speaker hole will accumulate water, please shake the water out, and the sound will return to normal.

If the power of the watch is exhausted when using the watch for the first time, please take out the charging stand, the watch will be automatically adsorbed on the charging stand, and the USB will be inserted into the adapter for charging. The input voltage of the adapter is required to be 5V1A/2A.

Product overview：

touch operation：

Connection Tutorial：

1.Download the “RDFit” APP to your mobile phone and install it. You can directly search for “RDFit” in the APP store (Android App Store) To download, you can also scan the following QR code to jump to the link to download (you can scan the code in browsers, WeChat, etc.);

2. Connect the watch

1) Scan code connection: After the watch is turned on for the first time after leaving the factory, there will be a QR code after selecting the language. You can scan and download the APP, and use the APP to scan the connection. Connect the QR code in “Settings” → “Connect Mobile Phone”; use the Android terminal APP scan code can realize one-key connection;

2) Manual connection: After the mobile phone turns on the BT, enter the APP to search for the device directly, find the corresponding device BT MAC address for manual connection.

3. Connect the call BT

Slide down to open the shortcut menu, make sure that the BT switch for calls is turned on (the icon with BT on the headset in the middle of the status bar is blue), you can set it on the phone. Find the call BT in the BT (when the mobile phone BT is turned on), find the device name _call to be used, and click connect. After the connection is successful, the call function and music function can be used. (Android APP scan code can be connected with one key, IOS scan code can be directly transferred to the mobile phone setting interface, and then click BT to connect manually).

RDFit QR code：

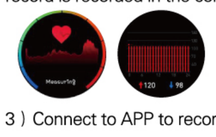
Android 5.0 and above and IOS9.0 and above

Health function introduction：

1.Heart rate：

1）Click to enter to measure the current heart rate value, it will remind you when you are in the air wear correctly;

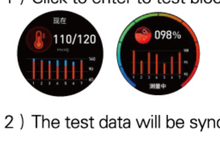
The heart rate data can be detected in real time on the APP on the hour, and the corresponding record is recorded in the column in the shape chart;



3）Connect to APP to record heart rate data synchronously;

2.Blood pressure：blood oxygen：

1）Click to enter to test blood pressure and blood oxygen;

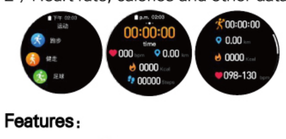


2）The test data will be synchronized to the APP in real time

3.Multi-sport mode：

1) Provide multiple sports modes for free selection;

2）Heart rate, calories and other data will be recorded during exercise;



Features：

4.Phone dial：After connecting the mobile phone to talk, you can call on the watch,

5.Call record：phone call record can be synchronized;

6.Contact：synchronize the contact to the watch through the address book function in the APP;

7.Compass：The compass function can be used after it is turned on.

8.Altitude：When connecting to APP, you can use the altitude function to provide the current altitude data (the GPS function of the phone must be turned on);

9.SIRI：After connecting the APP and call audio, wake up the mobile phone voice assistant through the voice assistant function of the watch。

10.Information：This function needs to be connected to the mobile phone APP “RDFit” application to query the third-party program messages of the set message notification。

11.Sleep monitoring：From 1:00 every night to 8:00 the next morning, your sleep time and quality will be recorded, helping you to better adjust your work and rest time and improve sleep quality. On the sleep function interface, swipe up to enter the options to inquire about the options of the sleep function。

12.Step count：You can view the number of steps taken for the day, calorie consumption and distance traveled. At 12:00 every night, the data of the day will be saved and reset to zero. Swipe up to enter the options, set your own options 。

13.Music：Can control the music of the mobile phone。

14.Calculator：Simple calculations are possible.

15.Stopwatch：Turn this function on to time it.

16.Set up：Perform various local settings of the machine, including brightness settings, screen time, do not disturb mode, sound settings, language switching, mobile phone connection, watch about, shutdown, restart, factory reset, etc.。

17.Weather：After connecting to the APP, the weather information of the day provided by RDFIT can be synchronized in real time.

18.Timer：Supports selecting minutes and custom time countdown.

19.Wallet：The payment code of the third-party program can be pushed through the APP;

20.ID card：The personal business card QR code of the third-party program can be pushed through the APP;

21.Female Health：women users can set their own women's health information through the APP, and will provide health reminders according to different settings;

22.Motion track：After the motion initiated by APP is completed, the motion track and data can be synchronized to the watch.

Functions such as long sitting reminder, water drinking reminder, address book, remote photo taking, hand raising and screen lighting can be set in the APP。

How to set up message notifications：

On the phone, go to Settings – Application Management, find “RDFit” – Permission Management, and open all of them. Then enter the notification management – find “RDFit” and open all permissions. Permission to run in the background, enter, select unlimited. return. It will prompt to open automatically, enter open. Go back, select the APP message notification you want, and click Open. On the IOS side, you can turn on the shared system notification in the mobile phone settings – BT – connected BT settings;

Note: If the computer version of the selected APP is online, the mobile phone will not receive information notifications, and the watch will not remind.

Common Troubleshooting：

1.The watch cannot be turned on: the duration of pressing the power button is too short, it takes more than 3 seconds; the battery power is too low, please use the charging cable to charge;

2.The watch cannot be charged normally: whether the charging contacts are in normal contact with the watch, and whether the charger is normal; when the battery is too low, it takes a while to charge before the charging interface is displayed;

3.Software problems can be solved by restoring the factory function；

Warranty Description：

1.During normal use of this product, if there are product quality problems caused by manufacturing, materials, design, etc., from the date of purchase, the motherboard will be guaranteed for one year free of charge, and the battery and charger will be guaranteed for half a year.

2.The failure caused by the user's personal reasons does not provide free warranty, as follows:

(1)Damage caused by unauthorized disassembly, modification of watches, etc.;

(2)Injury caused by accidental falling during use;

(3) All man-made damage or third-party negligence, misuse (such as: water in the host, external force cracking, scratch damage to peripheral components, etc.), are not covered by the warranty.

3.When requesting a free warranty, please provide a warranty card with the date of purchase and the stamp of the place of purchase。

4.All the functions of the product are based on the physical object。

Date of purchase：	Customer signature：
MAC code：	Clerk signature：
Buy store：	Shop stamp：

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.

Changes or modifications to this unit 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 and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

Radiation Exposure Statement
The device has been evaluated to meet general RF exposure requirement in portable exposure condition without restriction.