

Use guide

Note: This user guide applies to F26,F16 pro,F22 pro other items,pictures for reference,subject to the actual purchase of the product.

I. Appearance description

1. Function introduction



A > this product integrates TWS earphone and watch with ultra-thin design. The earphone is small in size, easy to use and recycle, and comfortable to wear in ear.

B > This product provides a 1.43-inch high-definition full-circle display.

C > product packaging

Watch host ×1 packing box ×1

Bluetooth headset ×2 magnetic charging cable ×1 user guide ×1

D > charge

Watch charging: special magnetic suction line, close to automatic suction charging.

Headphone charging: When the headset is put into the watch, the watch will automatically charge the headset and disconnect it when it is full.

II. Usage and precautions of Bluetooth headset function



1. Definition of earphone touch key

Press and hold for 3 seconds: On/Off

Click: Answer/Hang up the phone.

Press and hold for 1 second: Play/Pause/Call Rejection

2. Indicator light

A > power-on indicator: after the earphone is taken out of the equipment warehouse, it will automatically turn on, and the light will flash once every second, and then it will turn off after being successfully connected with the mobile phone; No connection changes to slow flash for 1 minute after startup, and flashes once every 3 seconds;

B > charging indicator light: when charging, the light stays on for a long time, and goes out when it is full.

3. Headphones are connected to mobile phones

A > connect the headset to the mobile phone: take the headset out of the equipment warehouse, and the indicator light will flash. Turn on Bluetooth in the mobile phone settings, find the corresponding Bluetooth name Watch_tws and connect it in pairs. After the connection is successful, you will see "Connected" in the settings, which means that the product is connected successfully.

B > after the first successful connection, take out the earphone from the charging bin again, and it will connect automatically in about 5 seconds.

C > after the headset is successfully connected, if the mobile phone is disconnected manually, it needs to be reconnected in the Bluetooth settings of the mobile phone.

4. Low battery alarm

Headphones are low-powered: it will make a "low battery" sound.

5. Voice Assistant

Press the key four times in a row to start the voice assistant of Android and Apple.

6. Precautions for connection/use

A > if only a single earphone is successfully connected, put the earphone back in the equipment warehouse and take it out again;

B > Headphones automatically switch between master and slave, that is, they are automatically assigned left and right.

C > the bin and the earphone are left and right, so you can put them into the bin at will.

III. Main functions of watch

1. On/off

Power on: Press the key for 3 seconds when the device is turned off, and then power on. After 5 seconds of no operation, the device will automatically turn off the screen and stand by.

Shutdown: In the power-on state, press and hold the key for 3 seconds to directly shut down and display the shutdown animation.



2. Dial management

1) Standby dial:



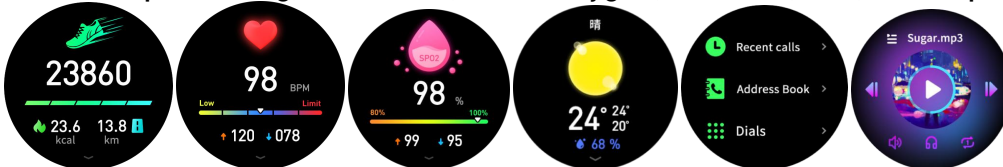
Dial switch:

Method 1: Press TP2 seconds in standby mode, slide the dial left/right, touch it to select and return to the standby page.

Method 2: In standby mode, tap the left or right side of the screen to switch the previous or next dial, tap continuously and switch continuously.

2) Swipe left/right shortcut

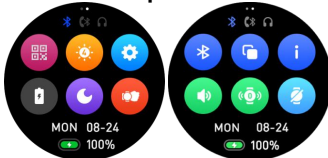
The standby dial interface slides left/right, showing the following functions:
Step counting, heart rate, blood oxygen, weather, call, music playing.



3. shortcut menu

The standby dial interface slides into the shortcut menu page, and the following functions are displayed in the shortcut menu:

Slide up to return to the next level.

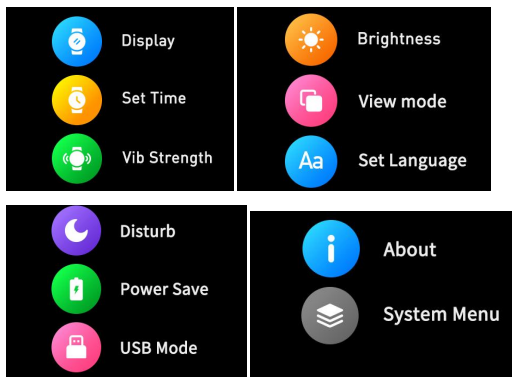


- 1) Touch the "APP QR code" icon  to scan the code to download the corresponding APP. If the APP has been downloaded, scan the QR code to connect the watch and the APP; Slide right to return to the previous page.



- 2) Touch the "brightness" icon  to set the brightness of the watch screen. There are five levels (0, 1, 2, 3, 4), with level 4 showing the brightest and level 0 showing the darkest.

- 3) Touch the "Settings" icon  to display the function shown below; Slide right to return to the previous page:



A. Screen display

Click "Screen Display" in the settings list to enter the screen display interface, and slide right to return to the previous page;

a) Replace dial

Click "Change Dial" to enter the dial preview interface, slide left/right in the preview interface, and touch the required dial. The dial is changed successfully, and the watch displays the dial.



b) Screen blanking time

Click "Screen Off Time" to enter the screen off time setting interface, and select the screen off time to be set by sliding.

Click OK or swipe right to return to the previous page.

B. Timeset

Click "Time Setting" in the setting list to enter the time setting interface, and slide right to return to the previous page; Click to enter date setting and time setting in the time setting interface, slide to select the required date and time, and click OK to complete the setting.



C. Vibration intensity

Click "Vibration Intensity" in the setting list to enter the vibration intensity adjustment interface, slide or click the number to select the required vibration intensity, and click "OK" to complete the adjustment.



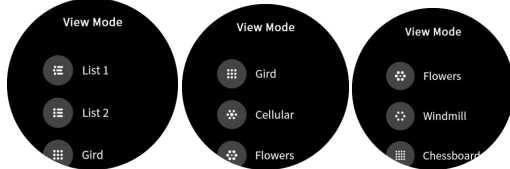
D. Brightness

Click "Brightness" in the setting list to adjust the screen brightness by sliding the brightness bar up/down; Slide right to return to the previous page.



E. View mode

Slide and select "View Mode" in the setting list to enter the menu style setting page, and you can slide and select the required menu style; Slide right to return to the previous page.



F. Set language

Slide and select "Set Language" in the setting list to enter the language selection interface, slide and select the language to be set, and click OK to complete the setting, and the watch will display the set language; If there is no operation, slide right to return to the previous page.



(Note: After the synchronization between the watch and the App is completed, the language of the mobile phone system will be automatically synchronized to the device; When the language of the watch and the mobile phone is inconsistent, the connection between the watch and the App is synchronized, and the language of the watch is subject to the language of the mobile phone system.)

G. Do not disturb mode

Slide and select "do not disturb mode" in the setting list to enter the do not disturb mode setting interface, slide and select to turn on/off the do not disturb mode, and click "OK" to complete the setting; After the setting is successful, the Do Not Disturb icon in the shortcut menu of the watch will change accordingly. When it is turned on, the icon will be bright, and when it is turned off, the icon will be dark. When the do not disturb mode is turned on, incoming calls and notifications will no longer vibrate to remind you, and the screen will not light up when you raise your wrist.



(Note: do not disturb mode's working hours are executed according to the time set by the App, and the default working hours are 23:00-7:00).

H. Power saving mode

Slide and select "power saving mode" in the setting list to enter the setting interface of power saving mode, and slide and select to turn on/off the power saving mode.

Click "OK" to finish setting; After the setting is successful, the power saving mode icon in the watch shortcut menu will change accordingly, and the icon will be bright when turned on and dark when turned off;



(Note: After the power saving mode is turned on, Bluetooth 3.0 will be disconnected, the brightness will be 0 grade, the flip screen will be turned off, the vibration will be 0 grade, and the music mode will be inoperable, so music cannot be played; If the watch is connected with dual Bluetooth before turning on the power-saving mode, Bluetooth 3.0 will automatically connect back after turning off the power-saving mode)

I. Lock Screen password

Slide and select "Screen Lock Password" in the setting list to enter the screen lock password on/off interface, click the "Screen Lock Password" switch, and set the password according to the interface prompts; After the password is set, the device needs a password to unlock the device and enter the main interface; Slide right to return to the previous page;



a) Modify password:

After setting the screen lock password, you can continue to modify the password in the screen lock password interface; Click "Change Password" and enter the password you need according to the interface prompts.



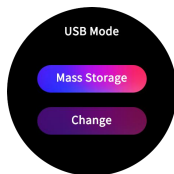
b) Turn off password:

In the screen lock password interface, click the screen lock password switch again to turn off the screen lock password; When the switch is on, the button is displayed in bright color, and when the switch is off, the button is displayed in dark color.

(Note: Re-opening the password after closing it requires a new password.)

J. USB mode

Slide and select "USB mode" in the setting list to enter the USB mode selection interface, and press the key to switch the required USB mode;



When copying music and materials, you need to choose USB flash drive mode to connect with the computer; In other cases, choose to charge only.

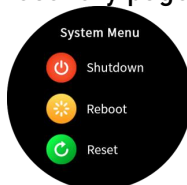
K. About watches

Slide and select "About Watch" in the settings list to view the Bluetooth name, Bluetooth address, device name, watch version and compilation time information of this machine; Slide right to return to the previous page.



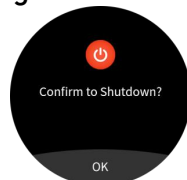
L. System menu

Slide and select "System Menu" in the setting list to enter the shutdown, restart and factory recovery page, and slide right to return to the previous page;



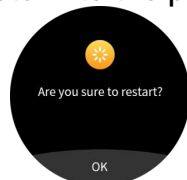
a) Shut down:

Touch "Shutdown" to enter the shutdown page, click "OK", and a "Goodbye" shutdown animation will appear on the watch; Slide right to return to the previous page.



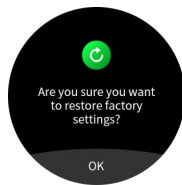
b) Restart:

Touch "Restart" to enter the restart page, and click "OK" to automatically restart the watch, and the usage data on the watch device will not disappear; Slide right to return to the previous page.



c) Return to factory

Touch "factory recovery" to enter the factory recovery page (if the screen lock password is set, you can only enter the factory recovery page after entering the screen lock password), and click "OK" to automatically restart the watch. After the restart, the usage data of the watch will be cleared.



- 4) Touch the "power saving mode" icon , and the watch can turn on/off the power saving mode. When the power saving mode is turned on, the icon displays bright color, and when the power saving mode is turned off, the icon displays dark color.
- 5) Touch the "do not disturb mode" icon, and the watch can turn on/off the do not disturb mode. When the do not disturb mode is turned on, the icon will be bright, and when the do not disturb mode is turned off, the icon will be dark. Clicking the do not disturb

mode icon will not jump to the Settings page.



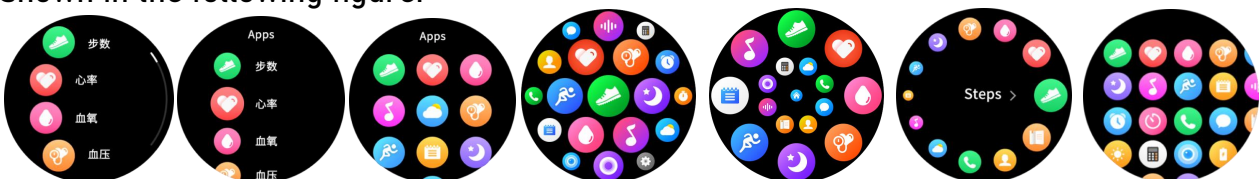
- 6) Touch , the icon of "wrist-turning bright screen", and the watch can turn on/off the wrist-turning bright screen function. When the wrist-turning bright screen is turned on, the icon displays bright color, and when it is turned off, the icon displays dark color.

- 7) Touch the "Bluetooth" setting icon  to enter the music mode selection page, and the switchable modes are: mobile phone mode, local mode and earphone mode;



- 8) Touch the "View" icon  to enter the menu style selection page, and slide right/left to return to the previous page;

The menu styles that the watch supports to switch are List 1, List 2, Grid, Honeycomb, Flower, Windmill and Chessboard. After switching the menu styles in turn, the dial effect is shown in the following figure:



- 9) Touch the "About Watch" icon  to view the device name, version number, Bluetooth name, Bluetooth address and compilation time information of this machine; Slide right/left to return to the previous page;
- 10) Touch the "Volume Adjustment" icon to enter the volume adjustment interface, and slide the volume bar to increase/decrease the sound; Slide right/left to return to the previous page;



11) Touch the "Vibration" icon to adjust the watch's light vibration (there are 4 levels, 0, 1, 2, 3), and the level 3 has the strongest vibration, and the level 0 is silent;



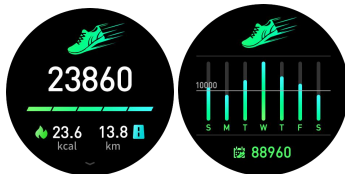
12) Touch the "screen off time" icon to set the automatic screen off time of the watch (there are 8 screen off times, 5S, 10S, 15S, 20S, 30S, 45S, 60S, and always on).

4. Application list

Slide the dial interface up to enter the application list page, and slide up/down to view all the functions in the list; Slide back to the previous page;

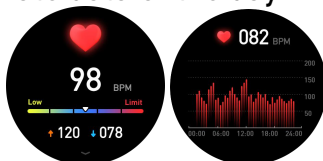
A. step number

Slide up/down in the application list, and click "Steps" to enter the steps details interface, where you can view the steps, calories and distance data of the day, and slide left/right to return to the previous page; Click or slide up on the step number interface to view the step number data of 7 days a week.



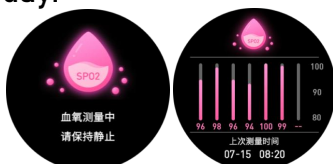
B. heart rate

Swipe up/down in the application list, click "Heart Rate" to enter the heart rate test page, and wait for 1-2S for the watch to vibrate to remind you to enter the heart rate measurement. The heart rate measurement needs to wait for a moment, and the last displayed number is the final measurement result. Swipe left/right to return to the previous page; Slide up the heart rate measurement page to view the historical heart rate data of the day.



C. Blood oxygen

Slide up/down in the application list, click "Blood Oxygen" to enter the blood oxygen measurement page, and wait for 1-2S on the blood oxygen page. The watch will vibrate to remind you to enter the blood oxygen measurement, and the blood oxygen measurement needs to wait for a moment. The last displayed number is the final measurement result, and slide left/right to return to the previous page; Slide up the page of blood oxygen measurement to view the historical data of blood oxygen of the day.



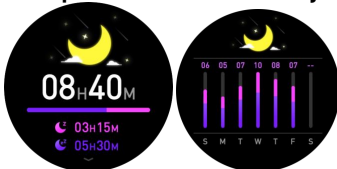
D. blood pressure

Slide up/down in the application list, click "Blood Pressure" to enter the blood pressure measurement page, and wait for 1-2S on the blood pressure page. The watch will vibrate to remind you to enter the blood pressure measurement, and the blood pressure measurement needs to wait for a moment. The last displayed number is the final measurement result, and slide left/right to return to the previous page; Slide up the blood pressure measurement page to view the blood pressure historical data of nearly 7 times.



E. sleep

Swipe up/down in the application list, click "Sleep" to view the total sleep duration of the previous night, and swipe left/right to return to the previous page; Slide up the sleep page to view the sleep history data of the last week; (Note: If you wear the equipment correctly, the equipment can automatically record the sleep time and identify the deep sleep, shallow sleep and awake state.)



No sleep data is displayed in the sleep details when you fall asleep without wearing equipment, or when the equipment is not accurately worn;

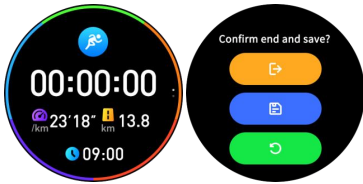


F. sports

Click "Sports" on the application list page to enter the "Sports" list, and slide up/down to select sports items; Slide right to return to the previous page;

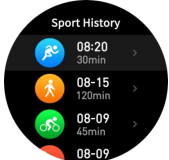


a) Click on the required sports item to enter (take "running" as an example), and the equipment will vibrate to remind you to start sports timing; Slide left/right or click on the on/off button to enter the pause interface during the exercise, click on the exit button only to exit the exercise, click on the save button to exit the exercise and save the exercise record, and click on the continue exercise to return to the exercise interface to continue the exercise;



G. Exercise record

Click "Exercise Record" in the application list to enter the exercise record list, and slide right to return to the previous page; Click on the exercise record you want to view to view the detailed exercise record; (Different sports types, different detailed sports items and different icons)



H. Music

Slide up/down in the application list, click "Music" to enter the music playback control page, and slide left/right to return to the previous page;



Click the middle icon in the bottom column in the music control page to enter the mode switching page, and it will automatically return to the previous page after switching the music mode;



- a) Switch the music mode to "mobile phone mode", the watch can be connected to Bluetooth 3.0, which supports playing mobile phone music and answering/making calls;

Incoming call page

When the mobile phone turns on Bluetooth, after the watch is successfully connected with Bluetooth 3.0, you can pause/play music, switch the previous/next music and adjust the volume on the music page of the watch;

(Note: Huawei mobile phone needs to find the corresponding watch Bluetooth name in mobile phone settings-> paired devices-> click the function symbol on the right to enter the details page-> open the Bluetooth device volume to synchronize with the mobile phone)

- b) Switch the music mode to "local mode" to play the local music of the watch; On the music control page of the watch, you can pause/play music, switch the previous/next music, adjust the volume, and select songs cyclically; Click on the title of the song to enter the playlist, and slide to select music to play;



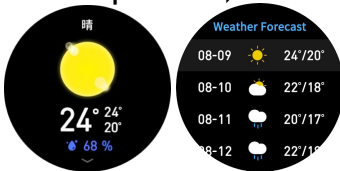
After switching the music mode to "local mode", Bluetooth 3.0 will be disconnected automatically, and the watch Bluetooth cannot be searched;

- c) Switch the music mode to "earphone mode" to search and connect TWS headphones to play local music of the watch; On the watch music control page, you can pause/play music, switch the previous/next music, adjust the volume, and select songs cyclically; Click on the title of the song to enter the playlist, and slide to select music to play;



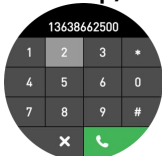
I. weather

Slide up/down in the application list, click "Weather" to enter the weather page, and slide left/right to return to the previous page; After the watch is connected to the App, the weather page will display the weather, temperature and humidity information of the current position, and slide up to view the weather forecast for the next 4 days;



J. dial plate

Slide up/down in the application list and click "Dial" to enter the dial page;



- a) The device is not connected to Bluetooth 3.0. Enter the dial page, and there will be "Please connect Bluetooth from the phone settings!" Text prompt, click the "confirm" button to return to the previous page;
- b) The device is connected to Bluetooth 3.0, enter the dial page, enter a valid phone number, and click the dial key to make a normal call;

K. contacts

Slide up/down in the application list, click "Contact" to enter the contact page, and slide right to return to the previous page;

- a) When the device is not connected to Bluetooth 3.0, enter the contact page with "Please connect Bluetooth from the phone settings! ",click the" confirm "button to return to the previous page;
- b) When the device is connected to Bluetooth 3.0, enter the contact page and click "Sync". The watch can synchronize the contacts on the mobile phone.



- c) Slide the contact list up/down, and click the corresponding contact to view the contact details; Click the "📞" icon to make an outgoing call.



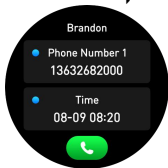
L. call log

Slide up/down in the application list, click "Call Record" to enter the call record page, and slide right to return to the previous page;

- When the device is not connected to Bluetooth 3.0, enter the call record page with "Please connect Bluetooth from the phone settings! ",click the" confirm "button to return to the previous page;
- When the device is connected to Bluetooth 3.0, enter the call record page and click "Sync", so that the watch can synchronize the call record of the mobile phone;



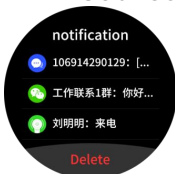
- Slide the call record list up/down, and click the call record you want to view to enter the call details page, where the call time, date, mobile phone number and caller name are displayed; Click the "📞" icon in the page to make an outgoing call;



M. information

Slide up/down in the application list, click "Info" to enter the information notification interface, and slide right to return to the previous page;

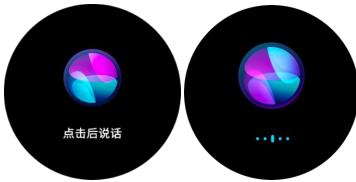
- When there is no message notification at the watch end, "No notification for the time being" will be displayed in the interface;
- When there is a message notification at the watch end, enter the information notification page, and the received messages will be displayed one by one in the page. The display of small icons in the page will be different with different news sources;



- Slide the information notification list up/down, and click the message notification you want to view to enter the information details interface, where the complete message notification is displayed; Slide right to return to the previous page;

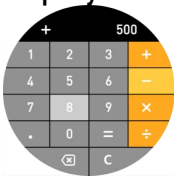
N. AI voice

Slide up/down in the application list, click "AI" voice to enter the AI voice dialogue page, touch the screen to enter the voice service listening interface, and call out the instructions to the screen; Slide right to return to the previous page;



O. calculator

Slide up/down in the application list, click "Calculator" to enter the calculator page, enter the arithmetic to be calculated, click "equal" =, and the calculated value will be displayed on the watch; Slide right to return to the previous page.



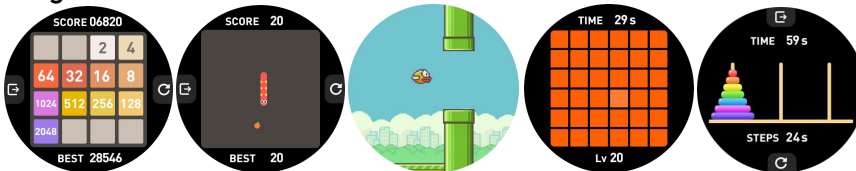
P. breathe

Slide up/down in the application list, click "Breathe" to enter the breathing training page, and click "Start" to train according to the on-screen prompts. After the training is completed, you can view today's breathing training duration; A training session is usually 1 minute, and there is no training record below 1 minute; Slide right to return to the previous page.



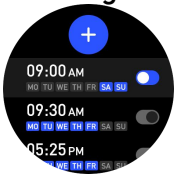
Q. game

Slide up/down in the application list, click "Games" to enter the game list, and slide right to return to the previous page; There are five kinds of games to choose from in the game list (2048, Snake, Pixel Bird, Who is Weak in Color, Tower of Hanoi). Select the game you want to play, and you can slide right or click the "Back" button to exit the game.



R. alarm clock

Slide up/down in the application list, click "alarm clock" to enter the alarm clock setting page, slide the list up and down, click one of the alarm clocks to set the time and repetition period, and click "OK" to complete the alarm clock setting; If the repetition period of the alarm clock is not set, it is a disposable alarm clock by default; Slide right to return to the previous page.

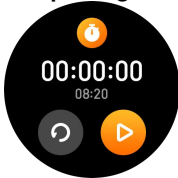


- a) Click the set alarm clock to modify the alarm clock time, repetition period or turn off the alarm clock.

- b) When the alarm clock is triggered, press the on-off key or slide the screen right to exit the alarm clock. When the alarm clock rings, the watch will not be operated, and it will be closed after vibrating for 1 minute.

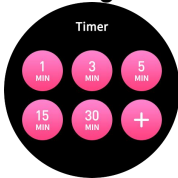
S. stopwatch

Slide up/down in the application list, click "Stopwatch" to enter the stopwatch operation page, click "Start", and the device will automatically start timing, and the timing and reset can be suspended during the timing process; After the timer ends, swipe right or click "X" to return to the previous page.



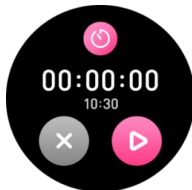
T. timer

Slide up/down in the application list, click "Timer" to enter the timer details page, and slide right to return to the previous page;



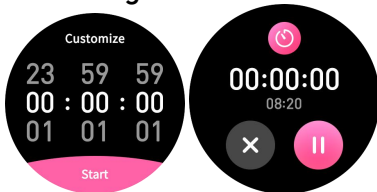
a) Set the fast timer:

In the timer details page, click the required time to start timing; After the timer ends, the watch will vibrate to prompt, click "X" or slide right to exit the countdown, and click the icon in the lower right corner to repeat the last fast timer.



b) Custom timer:

On the timer details page, click "+(Custom)" to enter the custom timer page. After sliding to select hours, minutes and seconds, click "Start" to enter the timer page, and click the start icon in the lower right corner to start timing; In the process of timing, clicking the start key will pause the timing, click "X" or slide right to exit the timer.



U. flashlight

Slide up/down in the application list, click "flashlight" to enter the flashlight lighting page, and the screen will display bright light. Touch the screen to turn off the flashlight, then touch the screen to turn on the flashlight, and slide right or click the on/off key to exit.

V. Find a mobile phone

Note: When using this function, it is necessary to ensure that the dual Bluetooth connection between the watch and the mobile phone is normal.

Up/down in the application list, click "find mobile phone", and the watch screen will play to find mobile phone animation;



If the mobile phone is in ringing mode, the mobile phone will play music to remind it; if the mobile phone is in vibrating or silent mode, the mobile phone will vibrate to remind it; In the process of looking for a mobile phone, slide the watch screen right to stop looking for a mobile phone, and the mobile phone will ring once.

W. camera

Note: (1) When using this function, make sure that the watch is connected to the APP normally and the APP is running on the home page;

(2) For the first time, you need to authorize the camera, store the right, use the camera, and access the files on the device.

a) Use the camera at the watch end:

Up/down in the application list, touch "camera", which will open the camera function of the mobile phone in linkage, and click on the watch screen to take pictures; When the watch side slides right to exit the camera page, the App side will exit the camera page of the mobile phone.

b) Use the camera on the App side:

On the App device page, click "camera" to enter the camera page, where you can switch between the front and rear cameras, and click the shoot button after turning on the flash point. When the APP side slides right to exit the photo page, the watch side will exit the photo page in linkage.

X. setting

Up/down in the application list, click "Settings" to enter the setting list, and swipe up/down to set all functions in the list; Slide right to return to the previous page.

5. Call function

1) dial

The mobile phone turns on Bluetooth, the watch is switched to the mobile phone mode, and the watch and the mobile phone are connected with Bluetooth 3.0;

Method 1: on the watch dial page, slide left/right to the phone page-> click the contact, find the number you need to dial and click Dial; Method 2: slide the watch dial page left/right to the phone page-> click the dial to enter-> enter the phone number-> click the dial key;

Method 3: The mobile phone terminal finds the number, or inputs the number to be dialed, and then clicks Dial. After being connected, the Bluetooth part of the mobile phone call page can switch between mobile phone call, earphone call or watch call;

Method 4: press the watch menu key to enter the menu list, slide up and down to the dial-> enter the phone number-> click the dial key.

2) answer a call

The watch is connected to the mobile phone with Bluetooth 3.0, and when an incoming call comes, the watch terminal displays the incoming call page;



Click the answer key  at the watch end, and the watch end will enter the call page;



Click  to adjust the call volume, and click the mute icon to mute the call; Click the Bluetooth button on the mobile phone call interface, and choose to switch the audio to the terminal where mobile phones, watches or headphones are used for the call;

3) hang up

When the watch is in mobile phone mode: the watch is connected to the mobile phone with Bluetooth 3.0. When there is an incoming call, the watch will display the incoming call page, and you can choose to refuse. Click the hang-up button on the screen to  to hang up.



6. Other functions

1) charge

Place the watch device on the charging base. Make the back of the watch fit the charging point, and adjust the fit until the charging indicator appears on the watch screen.

- Overdischarge: at this time, the equipment enters charging mode; When the overcharge icon appears after the watch is connected to the charger, the watch screen cannot be operated, and the screen can be operated after the voltage is in place;
- When the device is fully charged, the charging indicator will display 100%. At this time, the watch will detect and judge and automatically stop charging. Please remove the watch and unplug the power adapter.
- Please keep the charging interface dry and clean before charging to prevent short circuit or other risks;
- Because the charging base contains magnets, it will inevitably attract metal foreign bodies and other foreign bodies, so please pay attention to cleaning them when using. It is forbidden to contact the charging base with high temperature for a long time, resulting in demagnetization and other abnormalities of the charging base;

- Low battery reminder, when the battery power of the equipment is lower than 20%, the low battery icon will be displayed.

2) Check the watch power.

Method 1: slide down on the dial page, and on the shortcut menu page, you can view the percentage of electricity.

Method 2: Check the percentage of electricity on the dial that shows the electricity.

Mode 3: When the watch and the APP are normally connected, you can check the percentage of power in the device page of the APP.

3) Add built-in music

Music format support: MP3, MP2, FLAC, AAC, WAV, APE, WMA, FLA, MP1; ;

Music must be placed in the Music folder, otherwise the watch will not recognize the music.

- Method 1: connect the watch to the computer, and the watch will automatically pop up the USB selection page-> select the USB flash drive mode-> open my computer in the computer-> find the USB flash drive to open-> find the music folder to open-> copy the music to the music folder-> wait for the music resource to be copied.

Remarks: When the watch is in charging mode, the USB selection page will pop up when connected to the computer.

- Method 2: click the settings of the watch-> USB mode-> USB mode-> Connection between the watch and the computer-> Open my computer in the computer-> Open the USB drive-> Open the music folder-> Copy the music to the music folder-> Wait for the music resource to be copied.

Remarks: After the USB flash drive mode is set on the watch, it is connected to the computer, and the watch directly displays the USB flash drive page, and the computer will also pop up the USB flash drive.

IV. if you need more functions, you need to download and install the APP.

1. software download

Note: App uses the platform of Apple mobile phone system above 9.0 and Android mobile phone system above 6.0.

1) Search download

Android: You can search for "CANFit" software in the app store and app store and download it;

Iphone: Search for "CANFit" software in "App Store" and download it;

2) Download QR code

Scan the QR code below, or scan the QR code in the watch device and use the mobile phone to scan and download;



2. Open the APP

Tip: You need to obtain relevant authorization to enter the App for the first time. You can enter the App by filling in relevant information according to the prompt.



Click "CANFit" on the mobile phone to enter the App display.

Click the icon in the bottom row of the interface or keep sliding left to display other functions.

3. Device connection and unbinding

1) Watch and App pairing

Note: Please turn on the Bluetooth of the mobile phone, and make sure that the mobile phone is connected to WLAN or turned on the mobile network.

Method 1: open the APP and select "devices" -> "search devices".

- Pull down the watch dial page, find the icon  about the watch, the column of Bluetooth name is displayed as Bluetooth name, and the Bluetooth address is displayed as the Bluetooth address of the watch, and find the corresponding Bluetooth name and Bluetooth address connection.
- After the connection is confirmed, the APP automatically synchronizes the data with the watch, and the data will be automatically synchronized every time the device is disconnected or unbound.

Method 2: open the APP and select "equipment" -> "scan code to add".

- Pull down the watch dial page, click the  QR code icon to open it, and click "scan code to add" on the APP side to scan the QR code on the watch screen with the mobile APP. After the code scan is successful, the APP and the watch automatically synchronize the data. After the synchronization is completed, an authorization notice will pop up to confirm that the authorization can be used normally.

Remarks: After the IOS phone is successfully bound, please open the phone settings -> Bluetooth -> and click the exclamation mark behind the Bluetooth name to open the shared contacts, so as not to affect your normal synchronization of the phone's address book and contacts.

2) Synchronous bluetooth message

- After searching for the connection, the APP automatically synchronizes the data with the watch. After the synchronization is completed, an authorization notice will pop up to confirm that it can be used normally after the authorization is completed.
- After the scan is successful, the APP and the watch automatically synchronize the data. After the synchronization is completed, an authorization notice will pop up to confirm that it can be used normally after the authorization is completed.

Remarks: a. The data will be automatically synchronized every time the device is disconnected or unbound;

B. You can manually refresh the synchronization data by pulling down on the homepage of the APP.

B. Mobile phone terminal confirmation pairing

- After pairing, the Android phone APP interface will pop up the phone contact permission application. You can choose Yes or No according to your own situation; Click Finish to complete the authorization.

C. Unbind the phone from the App.

- Android phone: open the CyFit APP -- > enter "devices"--> click "Unbind".
- IOS phone: open the CyFit APP -- > go to "devices"--> and click "Unbind".

Remarks: after the IOS mobile APP is unbound, you need to set Bluetooth to your mobile phone. Click the exclamation point "Ignore this device" after the Bluetooth name to finish unbinding.

V. Basic parameters

Main control chip: ATS3085L

Compatible systems: Android 5.1 and above, ios9.

Local memory: 4MB RAM

Extended FLASH: 4GB

Screen size: 1.43 inches

Pixel: 466*466

Battery capacity: main battery 280 mAh earphone battery 18mAh

Waterproof grade: ip67

VI. Matters needing attention

1. It is forbidden to charge in the case of water damage;
2. No soaking, swimming, diving, diving or hot shower;
3. This product is an electronic monitoring product, not for medical reference, and the data is for reference only;

4. The best time and precautions for measuring blood pressure

The best time to measure blood pressure is within 1 hour after getting up in the morning (after urination, before breakfast, before strenuous activity), or before going to bed at night.

Because blood pressure will change in different time periods, it is recommended to measure blood pressure at the same time every day.

Please do not take measurements immediately after smoking, drinking alcoholic or caffeinated drinks, bathing or exercising, and wait at least 30 minutes before taking measurements.

After urinating and defecating, please wait for 10 minutes before taking the measurement. Please do not take measurements within 1 hour after meals.

Please do not take measurements in places that are too cold, too hot or where the environment changes dramatically.

Please do not take measurements while standing or lying down. Please do not take measurements when the body parts are under pressure. Please don't take measurements in moving vehicles. Please do not stretch or bend the strap and airbag with force.

Try to rest for 5 minutes before the measurement, so that the body is in a natural state of relaxation and avoid measuring when the mood is tense.

Please measure in a quiet environment. Don't talk, bend your fingers, move your body and arms during the measurement.

When continuously measuring, please take the next measurement at an interval of 1~2 minutes. The waiting time can make the artery return to the state before measuring blood pressure.

VII. Frequently Asked Questions

1. Does 1. APP support the mobile phone step counting function?

A: The APP does not support mobile phone step counting for the time being. Please wear a watch when exercising.

2. Has the APP been certified?

A: Yes, our APP has passed the authentication of Google Play Store and Apple App Store. Therefore, please feel free to allow all the required permissions.

3. Why is there no sleep data?

(1) Please make sure to wear a watch when sleeping;

(2) Physical activity is too frequent during sleep, and the quality of sleep is poor, so the watch is recognized as a non-sleep state;

(3) The watch is too loose to recognize the sleeping state.

4. Why don't some runners have a track map?

A: This is because the APP has never searched for GPS signals and can't locate them on the map. It can only record the running situation through sensors. Generally, indoor and heavily sheltered environments will encounter this situation.

Suggestion: Turn on Bluetooth and GPS when you start exercising.

5. Why did you turn on GPS when you first connected?

A: This is determined by the development standard of Google Android: Android models above 6.0 need to turn on GPS location service to search Bluetooth.

6. The data cannot be uploaded?

A: Please follow the following steps for troubleshooting and solving:

(1) Can the watch be lit? If not, please charge it in time;

(2) Is Bluetooth enabled? Please turn on the Bluetooth of your mobile phone;

(3) Is the mobile phone network unblocked? 4G or Wi-Fi is recommended.

(4) Please try to restart the APP/ mobile phone or reinstall the APP.

(5) If the above cannot be solved, please contact customer service for manual support.

7. Why don't some exercises show maps?

A: On the exercise page, "walking" can't generate a map because of its short distance, but "running", "cycling" and "climbing" can all generate a map.

8. How come after running, the number of steps and calories today is 0?

A: The "Steps Today" and "Calories" in the homepage are the data of synchronized watches. Please wear a watch to exercise so that the APP can provide more detailed information.

9, the APP has been unable to connect to the wearable device?

Answer: (1) Make sure that your watch is charged and turned on.

(2) restart your watch and connect it again.

(3) Restart the Bluetooth of your mobile device. If the iPhone needs to set the exclamation point after clicking the device name in the Bluetooth system, click Ignore this device and reconnect again.

(4) In Android 6.0 and above, device connection needs to obtain your location information. Please turn on the location service and try again.

10. Why is the message notification reminder normal in the APP interface, but other interface messages cannot be reminded?

A: The stable setting in the APP-power consumption protection-allows high power consumption in the background.

11. the APP is placed in the background, the volume of the mobile phone is adjusted, and the sound size of the watch has not changed?

A: In the stable setting of the APP-power consumption protection-high power consumption is allowed in the background (Xiaomi mobile phone needs to turn on the absolute volume on the Bluetooth setting page, and Huawei mobile phone needs to turn on the volume synchronization in the corresponding Bluetooth).

12. Why did QQ, WeChat, etc. have notifications and reminders, but the watch did not remind them?

Answer: (1) Android needs to add the APP to the white list and authorize it in the notification module of the mobile phone system.

(2) iOS needs Bluetooth binding devices and authorization in the notification module of the mobile phone system.

(3) When QQ and WeChat log in on the PC, QQ does not support the watch reminder function. WeChat needs to click "Windows WeChat has logged in" at the top of the main interface of the mobile phone, and then click "Mobile phone mute" to resume the mobile phone notification reminder.

13. Why doesn't the watch show the weather?

Answer: (1) The mobile phone turns on the GPS positioning function.

(2) Confirm that the APP has GPS positioning authority. You can check whether the positioning authority is always on through my page-APP Stability Settings-Application Permission.

(3) The watch is connected to the APP, and the APP enters the sports page to check whether the positioning is accurate.

(4) There is no weather all the time. Simply describe it in the user feedback on my page and check the upload log to submit the user feedback.

14. How to connect the watch with Bluetooth 3.0 (Bluetooth for mobile phones)?

Answer: Set the watch to mobile phone mode, open mobile phone settings-Bluetooth-find the correct Bluetooth name of the watch-click Connect.

15. Why do watches often disconnect?

A: This situation may be caused by the interception or cleaning of the software by the mobile phone system, so the software can't run normally. Please set the white list and start the self-startup management on the mobile phone, find the self-startup management in the mobile phone settings or security center, find the APP and authorize it.

16. Why do you need to call these permissions?

A: (1) Self-start-in order to restart the phone, the watch can automatically connect with the APP.

(2) Cancel the power consumption protection-in order to prevent the APP from being killed by the system when it is running.

(3) Device permissions-In order to use all the functions of the APP normally, it is recommended to open them all. For example, the permission to open the telephone class is to be able to see the caller ID. Turn on the camera permission in order to be able to take pictures remotely.

(4) APPLication lock-to prevent the app from being killed by the system by mistake when it is running.

(5) notification right-in order to synchronize the notifications of incoming calls, text messages and other social apps.

17. What happens if I don't grant certain permissions?

A: Some functions will not work normally, so it is recommended to turn them all on. For example, if the "notification access" is turned off, the watch will not receive notifications of incoming calls, text messages and social apps.

18. Why can't my watch synchronize my contacts?

Answer: (1) Connect Bluetooth 3.0 first.

(2) Check whether the synchronization contact permission is allowed in the Bluetooth settings page of the mobile phone.

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 not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment

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