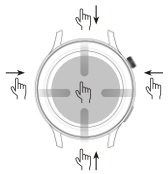
智能手表

快速指南

触控与按键



下滑：控制面板
上滑：短信通知
右滑：自定义卡片
左滑：快捷功能

编码器

旋转：菜单进行轮播、切换表盘
双击：切换菜单风格
短按：亮屏、返回表盘界面、进入菜单界面
长按：进入语音助手

开关机键

短按：亮屏、熄屏
长按：关机

※ 如长按电源键3秒后开机失败，请充电后再次尝试。

连接手机

(CO-FIT APP)

您需要在手机上下载并安装CO-FIT PRO应用程序。CO-FIT APP支持iOS 11.0以及Android 5.0。

1.打开手机蓝牙，打开app注册登录进入首页。

2.将手表与APP进行配对，配对时，请确保手表和APP可以相互通信(同步数据)；打开APP>设备>添加新设备>选择watch3。

3.在搜索出的绑定列表中，选择信号最强的watch3点击配对。这时在手表上的蓝牙图标颜色为蓝色，表示您已连上蓝牙5.0。

4.蓝牙3.0连接方式：

iPhone用户支持蓝牙5.0+3.0双蓝牙一键链接(匹配时按照系统提示框操作)

1.Android用户系统会弹出蓝牙配对请求，勾选提示权限，点击“配对即可完成蓝牙5.0+3.0的配对；

2.Android用户系统没有弹出蓝牙配对请求，则需要在蓝牙配对提示界面中“通话服务配对选项”点击“去绑定”然后按照界面操作提示即可完成蓝牙，后续链接手机会对手表3.0蓝牙产生记忆，从而实现双蓝牙一键链接(若未自动连接蓝牙3.0，请在手机上手动搜索蓝牙手表型号"watch3")

功能简介

运动

进入运动模式选择界面，再次点击启动对应运动对应模式数据检测：运动时间、距离、卡路里和心率等数据。

活动

统计当天的活动数据。APP中可设置一天步数达标值，达到设置步数，手表也有达标提示。

拨号

连接手机蓝牙拨出，可以在手表端实现通话。

心率

将手表贴近手腕，最佳佩戴位置在手腕骨靠手臂上方，可测出实时的心率值，一般人正常值位60-100次/分，还可查看心率记录。

血压

将手表贴近手腕，最佳佩戴位置在手腕骨靠手臂上方，可测出实时的血压值，成人舒张压：60~80(mmHg),成人收缩压：100~120(mmHg)。

血氧

将手表贴近手腕，最佳佩戴位置在手腕骨靠手臂上方，可测出实时的血氧值，数值正常范围一般在95%到100%。

消息

可现实消息推送内容，如：短信、QQ、微信等(OS12以上系统会默认屏蔽短息提醒)

睡眠

开启睡眠检测能在睡觉时检测睡眠质量，可查看睡眠时长、深睡、浅睡等数据。

天气

未连接APP,进入天气显示提示语，连接APP后显示当前天气温度。

音乐

可控制播放手机中的音乐，可切换上一首、下一首音乐，还可以调节音量大小。

语音助手

连接手机蓝牙时，点击说话实现远程控制。

闹钟

可以自定义设置闹钟，可删除闹钟。

久坐提醒

久坐提醒，时刻关注健康。

秒表

开始秒表计时和结束计时。

计时器

开始秒表计时和结束计时。

亮度

调节背光亮度。

主题

可自由切换主题。

设置

包含表盘切换、亮度调节、语言设置、密码锁等功能。

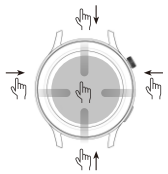
注意事项

1. 请勿擅自拆卸、修理、改造产品。
2. 请勿暴力碰撞产品，以免导致产品损坏。
3. 请避开强磁场、直射光线或高温环境使用。
4. 本产品不作为疾病诊断、治疗及预防用途。
5. 本产品防水等级为IP68,避免长时间浸没在水中。
6. 请避免表带佩戴过紧，且手表与皮肤接位置保持洁净。
7. 儿童请在家长的指导下使用本产品，以免造成危害。

SMART WATCH

Quick Guide

Touch and key



Sliding: Control Panel

Up slide: SMS notification

Right slide: Custom card

Left slide: shortcut function

Encoder

Rotation: menu rotation and dial switching
Double click: Switch menu style
Short press: light up the screen, return to t he dial interface, enter
Enter the menu interface
Long press: Enter the voice assistant

On/Off key

Short press: On screen, Off screen
Long press: shutdown

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Connect to phone

(CO-FIT APP)

You need to download and install the CO-FIT PRO application on your phone. The CO-FIT app supports iOS 11.0 and Android 5.0.
1. Turn on Bluetooth on your phone, open the app to register and log in to the homepage.
2. Pair the watch with the app. When pairing, ensure that the watch and app can communicate with each other (synchronize data); Open APP>Devices>Add New Device>Select Watch3.
3. In the searched binding list, select the watch3 with the strongest signal and click pairing. At this point, the Bluetooth icon on the watch is blue, indicating that you are connected to Bluetooth 5.0.
4. 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 "pairing" to complete Bluetooth 5.0+3.0 pairing;
2. If the Android user system does not pop up a Bluetooth pairing request, you need to click "unbind" in the Bluetooth pairing prompt interface under "Call Service Pairing Options" and follow the interface operation prompts to complete Bluetooth. Subsequent linking to the phone will generate memory for the watch 3.0 Bluetooth, thus achieving dual Bluetooth one click connection (if Bluetooth 3.0 is not automatically connected, please manually search for the Bluetooth watch model "watch3" on the phone)

Function Introduction

Sport

Enter the sports mode selection interface and click again to activate the corresponding sports mode data detection: sports time, distance, calories, heart rate, and other data.

Heart rate

Place the watch close to the wrist, with the best wearing position above the wrist bone and arm. Real time heart rate values can be measured, with a normal value of 60-100 beats per minute for most people. Heart rate records can also be viewed.

Activity

Collect activity data for the day. The APP can set the daily steps to reach the standard value, reaching the set steps, and the watch also has a standard prompt.

Blood pressure

Place the watch close to the wrist, preferably above the wrist bone and arm, to measure real-time blood pressure. Adult diastolic blood pressure: 60-80 (mmHg), adult systolic blood pressure: 100-120 (mmHg).

Dial

Connect your phone to Bluetooth and make a call on the watch.

Blood oxygen

Place the watch close to the wrist, with the best wearing position above the wrist bone and arm. Real time blood oxygen values can be measured, with a normal range of 95% to 100%.

Message

Real message push content, such as SMS, QQ, WeChat, etc. (SMS reminders will be disabled by default for systems above 0S12)

Music

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

Long sitting reminder

Long sitting reminder, always pay attention to health.

Brightness

Adjust the backlight brightness.

Sleep

Enabling sleep detection can detect sleep quality while sleeping, and can view data such as sleep duration, deep sleep, and light sleep.

Voice Assistant

When connecting to Bluetooth on a mobile phone, click 'Speak' to achieve remote control.

Stopwatch

Start stopwatch timing and end timing.

Theme

You can freely switch themes.

Weather

Not connected to the APP, enter the weather display prompt, and after connecting to the APP, the current weather temperature will be displayed.

Alarm clock

You can customize the alarm clock and delete it.

Timer

Start stopwatch timing and end timing.

Settings

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

Note

1. Do not disassemble, repair, or modify the product without authorization.
2. Do not forcefully collide with the product to avoid damage.
3. Please avoid using in strong magnetic fields, direct sunlight, or high temperature environments.
4. This product is not intended for disease diagnosis, treatment, or prevention purposes.
5. This product has a waterproof grade of IP68 to avoid prolonged immersion in water.
6. Please avoid wearing the strap too tightly and keep the contact between the watch and the skin clean.
7. Children should use this product under the guidance of their parents to avoid harm.

FCC Warnning:

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 againstharmful interference in a residential installation. This equipment generates, uses and can radiateradio frequency energy and, if not installed and used in accordance with the instructions, maycause harmful interference to radio communications. However, there is no guarantee thatinterference will not occur in a particular installation. If this equipment does cause harmfulinterference to radio or television reception, which can be determined by turning the equipmentoff and on, the user is encouraged to try to correct the interference by one or more of thefollowing 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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.