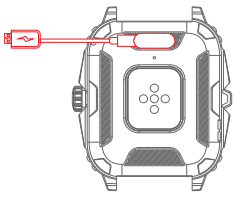
USE MANUAL

SMART WATCH

Charging and Activation

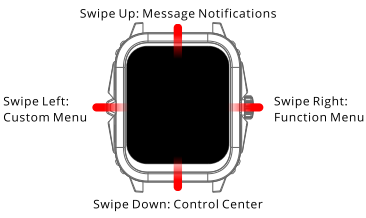
Before using the watch for the first time, please ensure it is fully charged. If the charging icon does not appear, please keep charging for 10 minutes.

1. Use the included magnetic charging cable to attach it to the metal contact points on the back of the watch, then charge it.
2. This product does not come with a power adapter. To ensure safety, you can use a computer USB interface or a power adapter with an output not exceeding 5V ⎓ 1A when charging. Please purchase a power adapter through legitimate channels and avoid using low-quality or counterfeit adapters to prevent damage to the watch, explosions, or fires.
3. Do not charge in a humid environment. Regularly clean the watch body with a dry cloth to ensure the cleanliness of the magnetic charging port and the magnetic charging cable for normal charging.



Buttons and Touch

1.Long press to turn on the watch when off state.
2.In the power-on state, Long press to display the shutdown page, and click to shut down.
3.Press once on the watch dial to enter the menu, and press the button twice in quick succession to switch the menu styles.
4.When on the other interfaces, press the button to return to the watch dial interface.



App Download and Connection

1. Download and install the 'Da Fit' app.
You can scan the QR code in this manual, scan the QR code on the watch, or directly search for 'Da Fit' in the app store to download.
2. Connect the smartwatch.
After turning on Wireless on your phone, enter the app (note: if you cannot open the app, please enable location services on your phone, then open the app) and click 'Device' -> 'Add Device' -> Bind the corresponding device that appears in the search (look for the relevant item in 'Settings' -> 'About' to find the Wireless name and MAC address of the device on the watch) -> Click 'Connect.'
3. Connect WirelessCalling/Audio Wireless.
In the initial state of the watch, Wireless calling is turned off by default, so calling and music functions are unavailable. Slide down to the 'Control Center' on the watch face, enter the 'Settings' menu, click the 'Calling' icon, and turn on calling and audio Wireless to enable these functions.

Features

Dial switch — On the main screen, press and hold for 2 seconds to enter the watch face switching interface, swipe left and right to switch watch faces, and click to confirm. You can push 'Custom' watch faces through the app.

Sports data — Displays the steps, distance, and calories recorded for the day. You can set step, distance, and calorie goals in the app.

Sleep — Displays the sleep monitoring status for the day, with data updated daily. When connected to the app, data can be synchronized and the device will recalculate new data for the day.

Heart rate — Enter the heart rate measurement interface, click to start the test after entering the page, and the bottom test light will light up to begin measurement. It takes about 60 seconds, and when it's done, there will be a vibration reminder. If it says 'Not wearing the watch,' you need to wear the watch again.

Blood pressure — Enter the blood pressure measurement interface, and the bottom test light will light up. It takes 30 to 60 seconds, and there will be a vibration reminder when the measurement is completed.

SPO2 — Enter the blood oxygen measurement interface, and the bottom test light will light up. It takes 30 to 60 seconds, and there will be a vibration reminder when the measurement is completed.

Message — The watch can sync notifications from common social apps
Note: You can enable/disable sync notifications in the app.

Weather — When the watch is connected to the app, the weather interface will display real-time weather and temperature, as well as weather conditions for the week.

Sports — 100+ sports modes such as walking, running, cycling, skipping, basketball, etc. are included. Click the icon to start exercising. When connected to the app, you can view more detailed content.

Music — After the watch is connected to the app, you can control the phone's music player.

Timer — System presets common timer intervals. Click to quickly time. Click the custom button to set the time.

Alarm — After the smartwatch is connected to the app, you can set single mode alarms or recurring alarms.

Stopwatch — Click 'Start' once to start the timer, click 'Pause' once to pause the timer, and 'Reset' to reset the timer to zero.

Find Phone — When the device is connected to the app, click 'Find Phone,' and the phone will ring to indicate a successful search. If the watch is not connected to the app, it will prompt that the phone is not connected.

Settings — Includes: Display (Brightness, Sleep, Watch face, Menu View, Wrist Raise), DND Mode, Low Power Mode, Vibrate & Ring, Phone, System, About.

Control center — Control Center: Do Not Disturb Mode, Power Saving Mode, Brightness Adjustment, Vibrate &Ring, Electronic Business Card, Settings.

Sedentary reminder — You can enable 'Reminders to Move' in the app to remind you to take breaks every hour.

Notes

1. The measurement results of this product are for self-monitoring only and are not intended for any medical purposes or diagnosis and treatment. Follow the instructions of a doctor and do not use these measurement results for self-diagnosis and treatment.
2.To ensure long-term use of this product, it should not be used in hot water/sauna environments to prevent steam damage to the equipment.
3. The company reserves the right to modify the contents of this manual without prior notice. Some functions may vary in different software versions, which is normal.

Common Issues

1. The watch cannot be turned on. Please press and hold the power button for more than 3 seconds or the battery may be low and needs charging.
2. Wireless is not connected or cannot connect.
1) Try restarting the watch and reconnecting.
2) Try connecting again after restarting your phone's Wireless.
3) Do not connect your phone to other Wireless devices at the same time.
4) When Wireless is disconnected, functions such as calls, message notifications, and health data syncing will not work.
3. Manual heart rate/blood oxygen/blood pressure measurements are inaccurate.
1) During general measurements, the sensor on the watch may not be in correct contact with the body.
2) Pay attention to ensuring the sensor is in full contact with the wrist during measurement.
4. Sleep data is not very accurate.
1) Sleep monitoring simulates the user's self-recognition of falling asleep and waking up times; it requires correct device wearing.
2) If you wear it too late or fall asleep too quickly, it may be inaccurate.
3) Sleep monitoring defaults to nighttime monitoring from 10 PM to the next morning at 8 AM.

For more common issues, please refer to the App's 'My' > 'FAQ' section.

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.

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