TOTULiFE

# STORM U
## Smart Watch

USER MANUAL

**Notes:**

1.1 The company reserves the right to modify the contents of this manual without any further notification. It is normal that some functions may vary in certain versions of software.

1.2 Please charge this product with the configured cable for no less than 2 hours before using it.

1.3 Before using the product, you need to connect the APP synchronization time and set your personal information.

1.4 This product supports IP67 rank waterproof, not suitable for deep sea diving. Hot water, tea and other corrosive liquids are destructive to the watch, and will not be able to enjoy the product warranty and free maintenance services.

## 01 Charging Instructions

Align the metal pole at the bottom of the watch with the charging stand, and the watch screen will display charging capacity. The battery icon full grid means fully charged.

Cautions:
(1) Please wipe the charging port dry before charging to avoid residual sweat that may cause corrosion of metal pole or other risks.
(2) Please use the attached customized charging cable to charge.

## 02 How to wear

Please wear the device on your wrist correctly, about one finger from the carpal and adjust it to comfortable position. Below picture as reference.
Tip: Please wear the device a bit little tighter to observe the heart rate.

## 03 How to download & connect to APP

2.1 Methods to download & install APP:

A. Find the QR code on setting page. Turn on the watch, open "Settings-> About-> Download QR code" , scan QR code to download and install "Co-Fit" APP.

B. Scan below "Co-Fit" QR code to download and install "Co-Fit" APP.

C. Search "Co-Fit" in App Store or Play Store to download and install.

2.2. Open "Co-Fit" and select "Add Device" on the device page, then follow the instructions on the screen.

2.3 How to connect to BT call feature:
(1) Turn on Bluetooth on the phone.
(2) Turn on the APP, register and log in to enter the homepage.
(3) When pairing watch with the APP, please make sure the two can communicate with each other (synchronize data); In APP, click "My Device-> Add New Device-> Select the "STORM U" Bluetooth name.
(4) In the searched binding list, select the Bluetooth with the strongest signal, follow the prompts on the mobile APP, and click to pair. The Bluetooth icon turns blue indicate that Bluetooth 5.0 has been successfully connected.

(5) Bluetooth 3.0 connection method:
* iPhone users support Bluetooth 5.0+3.0 dual Bluetooth one click connection, follow the system prompt to operate.
* For Android users to connect dual Bluetooth for the first time, select "STORM U" on the pairing prompt screen, click "Bind", and then follow the prompts on the screen to complete Bluetooth 5.0 + 3.0 pairing.

For subsequent connections, the phone will automatically connect with one click according to the binding memory (if Bluetooth 3.0 is not automatically connected, please manually search for the watch Bluetooth on the phone to connect).

**Tips:**
(1) Please upgrade the app to latest version to get a better experience.
(2) It is recommended mobile phone system of Android 5.0 or iOS 9.0 or above.
(3) For the first time connection with iphone, "Pair" reminder will pop-up, click to pair, then incoming calls and instant messages will be pushed.
(4) For the first time connection with android, "Permissions" reminder will pop-up, please follow up the guidance and allow permissions to ensure all functions working properly.
(5) To connect successfully, please turn on mobile phone's bluetooth, GPS and network.
(6) If the device cannot be searched or connected during use, please reset or turn off the watch to try again.

## 04 Operating Instructions

**a.** Open the control panel, the dial homepage slides up to enter the function setting.

**b. Access to Message list:** The dial homepage slides down to enter.

**c. Access to Main Menu:** In the dial homepage, press the encoder to access the menu interface.

**d. Open the Smart Component:** The dial homepage slide left to enter. The system presets 5 components. User can slide right to the 5th component and click to enter, manually adding another 4 components.

**e. Quick Access to Change Watch Faces:** Long press the watch face on homepage for 3s, slide left and right to switch, and click on the selected dial to set. Alternatively, rotate the encoder on the dial interface for selection.

**f. Automatic Screen On/Off:** The screen will turn off automatically according to the on-screen time set in the APP (if set to on-screen for 5s, then screen will automatically turn off after 5s).

**g. Power On/Off:** Long press the side key on homepage for 3s.

## 05 Function Introduction

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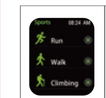
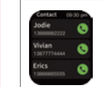
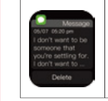
| | **Steps Counting:** After wearing the watch correctly, record the steps, distance, and calories of the day in detail. More detailed information analysis and data records can be viewed in the APP. |
| | **Blood Oxygen Measurement:** After wearing the watch correctly, enter the blood oxygen interface and measure the current blood oxygen value. More detailed information analysis and data record can be viewed in the APP. (The value is for reference only and cannot be used as a medical basis). |
| | **Sleep Monitoring:** Record and display the total sleep duration, deep sleep duration and light sleep duration of last night. More detailed information analysis and data records can be viewed in the APP. |
| | **Heart Rate Monitoring:** After wearing the watch correctly, enter the heart rate interface, which can measure the current heart rate, resting heart rate, and average heart rate. The watch can record and display 24-hour heart rate values, and the monitoring function needs to be enabled in the APP. More detailed information analysis and data recording can be viewed on the APP. |
| | **Blood Pressure Monitoring:** After wearing the watch correctly, enter the blood pressure interface and click to start measuring. More detailed information analysis and data records, can connect to the APP for synchronized viewing. (The values are for reference only and cannot be used as a medical basis). |
|  | **Multi Sports:** Support 60+ sport modes, include Outdoor running, indoor running, mountaineering, hiking, cycling, spinning, yoga, basketball, football, badminton, weightlifting, boxing, jumping rope, etc. More detailed information analysis and data recording can be viewed in the APP. |
| | **Weather:** Connect the APP to synchronize real-time weather display on the watch. Make sure bluetooth connected correctly. |
|  | **Call Settings:** After the mobile APP is bound and connected to the watch Bluetooth, open the watch menu and enter the dial interface, can answer, dial, hang up, view call records, and contact list. |
|  | **Message Reminder:** After the mobile APP is bound to the watch, synchronize message notifications on phone and display up to 10 latest notifications (corresponding message notifications need to be enabled on the APP) |

**Tips:**
(1) The reminder function requires an active connection between the device and the phone.
(2) Make sure the notification function of the phone status bar is turned on.
(3) Need to turn on the switch that needs to be reminded in "APP Settings-> Device-> Message Reminder".

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| | **Remote Photography:** Control the camera on phone to take photos remotely. After binding the APP to the watch, tap "App-> My Device-> Camera" on the phone or stay the phone in the "CO FIT" APP interface, click on watch"Menu-> Camera" to take photos. |
| | **Stopwatch:** The electronic timer can record one or more time periods. |
| | **Health Care:** Female physiological functions, after the mobile APP is bound to the watch, can be set in the "APP-> Device-> Health Management". |
| | **Anti Loss Reminder:** After binding the mobile APP to the watch, turn on the switch in "APP-> My Device-> Anti-loss reminder" of the phone. When the Bluetooth of the phone and watch is disconnected from, the pop-up window and vibration reminder will appear on the watch to prevent loss. |
| | **Music Control:** After the mobile APP is bound and connected to the watch Bluetooth, open the "Music" in the watch app, user can play music on the phone or watch. The watch can also control the music play/pause/previous song/next song/volume adjustment and other operations on the phone. |

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| | **Flashlight:** Light up the screen to illuminate. |
| | **Find My Phone:** After the phone APP is bound to the watch, click "Find my phone" on the watch, and the phone will make sound and vibration. |
| | **Brightness Adjustment:** Brightness or darkness can be adjusted |
| | **Smart Alart:** User can set an alarm on the watch, pop up and vibrate when the time is up, upto 5 alarms can be set. |
| | **Games:** Open "Menu-> Games" on the watch to enjoy the game. |

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| | **Setting:** Dial Settings, General, brightness, language, theme switching, shutdown, restart, factory reset, about. |
| | **Stock:** After binding the phone APP to the watch, click on the "APP-> My Device-> Stock market-> 'Add'" on the phone, user can see stock market on the watch. |
| | **Calculator:** Basic calculations can be carried out. |
| | **Voice Assistant:** After binding the mobile APP to the watch, click "Dail interface-> Menu-> Voice Assistant" on the watch. |
| | **Power On/Off:** Power On, Long press the left button for 3s or automatically power on when charging. Power Off: Long press the left button for 3s or switch to "Power Off" interface to click. |

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| | **Reset:** Restore factory settings, reset watch data to zero. |
| | **Restart:** Restart the watch in settings. |
| | **APP download:** Scan the QR code to download the APP. |

## Notes:

(1) Extensive knowledge base: Can answer users' questions and solve problems. From the daily life to professional fields.
(2) Multilingual processing: It can process multiple languages across the language barrier.
(3) Situation adaptation: Personalized service experience can adapt to different scenarios and situation, such as providing advice for entertainment, education, health, etc.
(4) Creative expression: It can become a powerful assistant for writers and creators, providing inspiration and creativity, stimulating the spark of innovation, including writing, story creation, etc.

## 06 Other Functions

Find watch, 12/24h time system, sedentary reminder, low battery reminder, incoming call reminder, online dial/custom dial, unit setting, turning the wrist to brighten the screen, drinking water reminder, heart rate warning reminder, physiological cycle reminder, Goal achievement reminder.

## 07 Specifications

- Bluetooth Version: 5.3
- Battery Type: Lithium ion
- Battery Capacity: 290mAh
- Display Size: 2.01 inches
- Resolution: 240 x 296 pixels
- Charging Time: 1.5 to 2 Hours
- Working Time: 3 to 5 Days
- Stand by Time: 10 to 15 Days
- Product Size: 50mm*44mm*14mm

## 08 Package Contents

STORM U Smart Watch, Extra Strap, Charging Cable, User Manual

## 09 Matters Needing Attention

Below occasions might affect device's waterproof function, please be ware.
(1) When fall down, get hit, knock other things.
(2) When contact with soap water, shower gel, detergent, perfume, lotion, oil, etc.
(3) When taking hot water shower, spa and other high temperature/moisture occasions.

**FCC Warning Statement**

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

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

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two c onditions:
(1)This device may not cause harmful interference, and
(2)This device must accept any interference received, including interference that may cause undesired operation.