User Manual (80 x 130mm)

TOTULiFE

STORM V
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 IP68 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

Attach the charging cable to the watch charging pok, ensuring the metal pins fully connected.

Cautions:
(1) Please use the correct charging adapters which are 5V 0.5A above.
(2) If watch cannot be powered on after being left unused for long time, please clean up the charging metal pins to make sure connecting well.

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. Press and hold the button on the watch to turn it on, slide down the watch face from top to bottom, open "Settings-->About-->Download QR code", scan QR code to download and install "Da Fit" APP.

B. Scan below "Da Fit" QR code to download and install "Da Fit" APP.
C. Search "Da Fit" in App Store or Play Store to download and install "Da Fit" APP.

2.2. Open "Da 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) For Android phones, after watch connected to APP correctly, there will be a "PAIR" pop-up reminder, choose pair to "**STORM V**" on the phone, then connection finished.

(4) Bluetooth 3.0 connection method:

iOS mobile phones and some Android mobile phones, after watch connected to APP correctly, you should go to setting page of mobile phones, search and select "**STORM V**" in Bluetooth list, then click to pair, BT call feature can be used after paired.

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. Shortcut Settings: Slide down from main page, go to Shortcut page.

b. Access to Message list: Swipe up from the bottom of the main page.

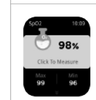
c. Access to Main Menu: On the watch face page, single press the side button to enter the list view menu. Press and hold the menu page for 3 seconds to freely switch between multiple menu styles.

d. Smart Components: Swipe left on the main page to enter the shortcut page. Press and hold the page to enter the "Delete Component" and the "Add Component" page. You can delete or add them freely.

e. Split Screen: Slide right on the main page, press the side button or slide left to return.

f. Quick Access to Watch Face Replacement: Press and hold the watch face for 3 seconds to enter selection interface, slide to the left to switch it, and click the selected watch face to successfully set.

05 Function Introduction

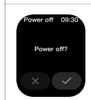
	Activity: Record daily steps, distance, and calories. More details can be viewed in APP.
	Sleep: Record and display the total sleep duration last night, as well as the duration of deep sleep and light sleep. More details can be viewed in APP.
	Heart Rate Monitoring: Measure the current heart rate value. After the all-day heart rate is turned on on the APP, the watch can record and display the 24-hour heart rate value throughout the day, and automatically monitor the heart rate every 10 minutes. More detailed information analysis and data records can be viewed in the APP. (The value is for reference only and cannot be used as a medical basis).
	Blood Pressure Monitoring: Test the current blood pressure value and record the latest 7 blood pressure test records. More detailed information analysis and data records can be viewed in the APP. (The value is for reference only and cannot be used as a medical basis).
	**SpO2:** Test the current blood oxygen value and record the latest 7 blood oxygen test records. More detailed information analysis and data records can be viewed in the APP. (The value is for reference only and cannot be used as a medical basis).

	Pressure: Measure current pressure, and the watch can record and display pressure values 24 hours a day. More detailed information analysis and data records can be viewed in the APP. (Values are for reference only and cannot be used as medical basis).
	Weather: Displays the weather conditions for the current day and the weather for the next 6 days. Weather information needs to be connected to the APP before the data can be obtained. If the connection is disconnected for a long time, the weather information will not be updated.
	Multi Sports: Support 100+ 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.
	Message Reminder: Instant notifications reminder, 8 latest messages will be shown. (Requires permission to turn on the App side).

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".

	Remote Photography: After connecting to the phone, the watch can be used as a remote control for the phone's camera, and click on the watch camera control page to control the phone camera shutter.
	Player: Connected to APP, operate on play/pause/previous/next and volume on the phone.
	Relaxation: You can follow breathing/inhalation dynamic prompts to complete breathing training.
	AI Voice: When APP is successfully connected and the Bluetooth call function is successfully connected. By using the corresponding phone model's wake up "word" to wake-up AI voice assistant.
	Timer: You can set the timing time by yourself such as 1 minute/5 minutes/10 minutes etc.

	Alarm: User can set an alarm on the watch, pop up and vibrate when the time is up, upto 5 alarms can be set.
	Stopwatch: Support 99 groups of time records.
	Cycle Tracking: Set the menstrual period function on the APP, and the watch will display the corresponding menstrual period, predicted menstrual period, and ovulation reminder.
	World Clock: Support adding 6 groups of different country and region times. You can add and delete them by yourself. Please go to the APP settings.
	Find Phone: Click to find the mobile phone, and the mobile phone will vibrate and ring as a reminder.

	Calculator: Support simple calculation functions and can perform basic calculations such as addition, subtraction, multiplication, and division.
	Games: 2048, Birds, Whack-a-Mole, Thunder Battleship, you can play them anytime and anywhere in your spare time.
	Settings: Display & Brightness, Vibrate & Ring, Do Not Disturb, Low Battery Mode, Calls, Media Audio, Phone Reset, System, About.
	Turn Off Entertainment Sounds: Play music/watch douyin/watch WeChat moment videos, watch TV/movies, the watch will not play the sound, but the phone will play the sound. **Turn On Entertainment Sounds:** Play music/watch douyin/watch WeChat moment videos, watch TV/movies, the watch will play the sound, but the phone will not play the sound. (The main control is the sound played by third parties).
	**Power On/Off:** Long press the side button on the watch face interface for 5 seconds.

	Reset: Restore factory settings, reset watch data to zero.
	Restart: Restart the watch in settings.
APP QR Code	**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, and goal achievement reminder.

07 Specifications

- Bluetooth Version: BLE 5.1 + BT 3.0
- Battery Type: Lithium Polymer
- Battery Capacity: 280mAh
- Display Size: 1.99 inches
- Resolution: 240 x 286 pixels
- Charging Time: 1.5 to 2 Hours
- Working Time: 3 to 5 Days
- Stand by Time: 10 Days
- Product Size: 50mm*39.8mm*12mm

08 Package Contents

STORM V 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.

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FCC Warning Statement:

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.

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.

The device has been evaluated to meet general RF exposure requirement.