

Smart Watch manual

Thank you for choosing our smart watch. You can read this manual to fully understand how to use the equipment. This device is mainly adapted to mobile phones through Bluetooth connection, providing a variety of practical functions and services. To make it easy for you to operate the watch, and has developed many features for human movement and health. The company reserves the right to modify the contents of this manual without any prior notice.

This product does not support IP 68 waterproof, does not support rain, hand washing, swimming, hot shower or sauna, etc. It can't prevent water vapor. If the watch is damaged by water due to failure to follow the instructions, the company will not provide free warranty.

Operating instructions:

Key functions:

1、 Switch key: long press to switch on and off, short press on the dial interface to enter the style interface; short press to enter the function interface to return to the previous level; In the menu interface, double click to switch the style interface; press to force restart.

Touch gesture: double-click the dial interface to enter the voice assistant; swipe right to enter the split-screen interface; swipe left to enter the widget; Swipe down to enter the status bar interface; Swipe up to enter the shortcut menu interface.

Dial switching: long press the dial interface to switch the dial.

Strap replacement: quick release design, easy to install.

Charging instructions:

Support magnetic charging, put the watch on the magnetic charger when charging, support computer USB or mobile phone 5V standard charger. It can be filled in about 150 minutes.

Connection between watch and phone:

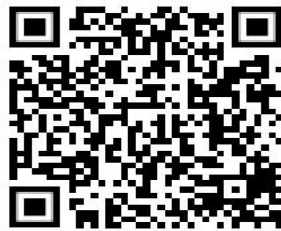
First, the mobile phone should download the APP "RDFit" to the mobile phone and install it in

two ways.

1. IOS/Android mobile phone users:

Scan QR Code below through the mobile browser, or sweep it with the WeChat, open the interface, and select Android/iOS in the interface. Open the download in the mobile browser.

The QR Code below is the download of RDFit APP



Android/iOS

2. Search for "RDFit" to download from App Treasure, Google Play, and various mobile app stores on Android phones. Apple phones can be downloaded by searching for "RDFit" on the App Store.

After the download is completed, there will be various permission reminders during the installation process, all click to agree. The watch and the phone need to be connected to two Bluetooth: 3.0 and 5.0 to achieve all the functions.

Bluetooth connection method: After the installation is completed, open "RDFit" and open the Bluetooth of the mobile phone. RDFit will have a notification prompt. Click OK. Click more in the lower right corner, enter the scanning device, search for the Bluetooth address and click Connect. Some Android phones need to turn on the phone's GPS to find the Bluetooth name of the watch.

How to identify the success of Bluetooth connection: press the button under the watch in the standby interface to enter the taskbar, and the Bluetooth icon of the watch is highlighted in white. It indicates that the Bluetooth connection is successful; when the color of the Bluetooth

symbol is set to gray, it indicates that the Bluetooth is not connected.

A simple treatment method for common problem: because that Bluetooth protocol of each mobile phone brand is not uniform, Sometimes the Bluetooth connection between the mobile phone and the watch is unstable, so you can turn off the Bluetooth of the mobile phone and reconnect it again. Or restore the watch to factory settings.

How to set up incoming mail notifications:

Enter Settings: Application Management, find "RDFit": Permission Management, and open all. Then enter the notification management: find "RDFit" and open all permissions.

Open "RDFit": More: Application Push: Open the background running permission, and enter the unlimited selection. When you return, you will be prompted to open the self-start again and enter the open. Back, select the APP for synchronous information notification, such as QQ WeChat, and select Open.

Note: If the computer version of the WeChat is online at the same time, the mobile phone will not receive the letter notification. Some mobile phones also need to add "RDFit" to the power saving white list to avoid being turned off by the mobile phone when the battery is low.

What should I do if I can't receive the notice?

First of all, the notification function of the watch is only to synchronize the notification function of the mobile phone, such as incoming calls and letters, QQ WeChat reminders. If your mobile phone does not receive notifications, then the watch side is not received, to set up in the mobile phone: notification function. Find the corresponding APP and open the permission notification.

Main functions of the watch:

On/off key: single press to light up the screen when the screen is off, single press to enter the menu when the screen is on, and long press to enter the shutdown option interface.

Split screen: Slide right on the dial interface to enter the split screen function and quickly enter the corresponding function.

Shortcut widget: Slide right and left on the dial interface to enter the shortcut widget, which can be deleted and added by yourself.

Control center: slide down the dial interface to enter the control center, which can quickly control the watch status and observe the watch and earphone status

Dial push: it can push the pointer dial, digital dial and custom dial at the app end.

Dial pad: Connect the mobile phone to make a call, and you can make a call on the watch side.

Information: View the messages pushed by the mobile terminal, support Facebook, Twitter, whatsapp, QQ, WeChat, etc.

Contacts: 20 contacts can be added to the phone book of the watch through the app.

Call record: The call record of the mobile phone can be synchronized.

Sports: The watch has a variety of sports: such as running, walking, football, badminton, tennis, basketball, table tennis. Riding and other sports; can be connected to APP to view the movement data of the watch synchronously.

Step counting: You can view the number of steps, calories burned, and distance walked throughout the day. The data of the day will be stored as historical data after 24 o'clock every night, and the interface data will be reset to 0.

Sleep: The length and quality of sleep will be recorded from 21 o'clock to 9 o'clock in the morning of the next day. Help to better adjust personal work and rest time, improve sleep quality, and view sleep data synchronously by connecting to APP

Music: Play the music of the mobile phone, and switch the music in the mobile phone from top to bottom.

Heart rate: put the watch close to the wrist, the best wearing position is on the wrist bone near the upper arm, and the real-time heart rate value can be measured;

Blood pressure: Start measuring immediately after entering. Please keep your arm still when measuring. Measure the value after about 18 seconds.

Blood oxygen: Start measuring immediately after entering. When measuring, please keep your arm still. Measure the value after about 30 seconds.

Body temperature: Start the measurement immediately after entering. When measuring, please keep your arm still. The value will be measured after about 18 seconds.

Merlot: displays the Merlot value of the last 7 days

Facebook: categorize Facebook information

X: Classification X Information

Whatsapp: Classify Whatsapp messages

Calendar: The calendar can be viewed.

Voice assistant: After connecting 3.0/5.0 Bluetooth, click the voice assistant on the watch side to chat.

Weather: After Bluetooth is connected, the watch can display the weather status of the day and the weather conditions in the next three days.

Breathing: You can enter the breathing training and set the breathing speed and time.

Calculator: Enter for easy calculations.

Take a picture: When the phone is not locked, the watch enters the Bluetooth camera, the phone enters the camera interface, and the watch is clicked to take a picture. The photos will be stored in the photo album on the phone.

My QR Code: Watch Connect APP, Push via app: WeChat, QQ, Alipay, Whasapp, Twitter, Linkedin, Instagram, Facebook, Weibo, Line, Tim, SnaFor pchat, Viber, and others, the third-party application QR Code to the watch side can be used to scan code to add friends.

Timer: You can customize the time or select the existing time to count down.

Stopwatch: Turn on this function for single and multiple timing.

Find mobile phone: Connect Bluetooth, watch click Find mobile phone, and the mobile phone will ring until it is cancelled.

Find the device: Click to find the device on the app side, and the watch side will continue to vibrate until it is cancelled.

Alarm clock: five alarm clocks can be synchronized through APP; alarm clock can also be set on the watch side.

Games: Click to enter the birds can begin to fly first stupid game.

Women's health: Open the female assistant through APP, and set the menstrual period and ovulation period reminder function.

Prayer alarm clock: Prayer alarm clock can be set on the watch end. It's time to ring the bell to remind.

Praise beads: Click the finger icon button/slide the praise beads up and down.

Sedentary: You can turn on and off the sedentary reminder and set the reminder frequency through the APP.

Drink water: through the APP, you can turn on and off the water reminder and set the reminder frequency.

Settings: Various local settings are available.

Smart Island: Smart Island can be opened and closed.

Screen-off time: enter to set screen-off time.

Brightness: enter to set the screen brightness;

Constant light setting: enter the constant light time of the watch;

Raise the wrist to light up the screen: open or close according to your own needs.

Gesture touch: open or close according to your own needs. Call answering can be controlled by gesture after opening, and the alarm clock is turned off.

Vibration intensity: Enter to turn on or off the encoder vibration, and select the vibration intensity or off.

Do not disturb mode: can be set all day or regular do not disturb.

Password setting: You can set the password. If you forget it, you can unlock it with 8888.

Language: multiple languages are supported and can be selected as required.

Power saving mode: Some power consumption settings will be turned off automatically when it is turned on.

Time and date setting: APP can be synchronized, or time can be customized.

Connect the mobile phone: bind the device QR Code;

SOS: can make an emergency call, and dial the first contact by default.

Bluetooth audio: call audio and media audio can be turned on and off

Restore the factory settings: Generally, when there is any software problem, restoring the factory settings can solve it;

Restart: enter to restart the watch;

Shutdown: Enter to shut down the watch.

About: version information;

Bluetooth Headset:

How to use: Pull out the headset to turn it on automatically or press and hold the headset for 2 seconds to turn it on. It can be connected through the Bluetooth search in the phone settings.

Press and hold for 5 seconds to turn off the phone; (there is a prompt tone when the phone is turned on, turned off, connected to the phone, at the maximum volume, and tapped)

Control music: short press: start/pause music, double press: left ear up/right ear down, Press three times: the left ear decreases the volume/the right ear increases the volume;

Voice assistant: Left ear/right ear long press for two seconds to wake up the voice assistant;

Control the camera: enter the mobile phone camera interface, and press one or three times to control the camera to take pictures;

Call control: single press to answer an incoming call, double press to hang up; double press to hang up during a call;

Breathing light status: 1. Insert the watch to charge automatically, and the earphone lights up red breathing light in the watch during charging; 2. Not connected: the earphone flashes the red and green breathing light; 3. When the earphone is fully charged and the red indicator light is off, the earphone is automatically turned off; 4. Flashing green breathing light when incoming call;

Headset status (displayed in the drop-down status bar of the watch): 1. It is gray when the headset is not plugged in or charged; 2. Charging shows green progress bar 3. Full shows green bar full.

Warranty description:

1. During the normal use of this product, if there is any product quality problem caused by manufacturing, material, design and other reasons, From the date of purchase, the motherboard is guaranteed free of charge for one year, and the battery and charger are guaranteed for half a year.

2. No free warranty will be provided for the failure caused by the user, as follows:

- 1) Faults caused by unauthorized disassembly and modification of watches.
- 2) Failure caused by accidental drop during use.
- 3) All man-made damage or misuse due to the fault of a third party (such as water ingress of the main engine, external shock crack, damage caused by scratches on peripheral components, etc.), Not covered by warranty.
3. When asking for free warranty, please provide a warranty card with the date of purchase and the seal of the place of purchase.
4. When the user repairs the product, please take the product to our company or our company's distribution point.
5. All functions of the product are based on physical objects.

Date of purchase:	Customer Signature:
IME code:	Signature of shop assistant:
Shop for purchase:	Store Stamp:

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.