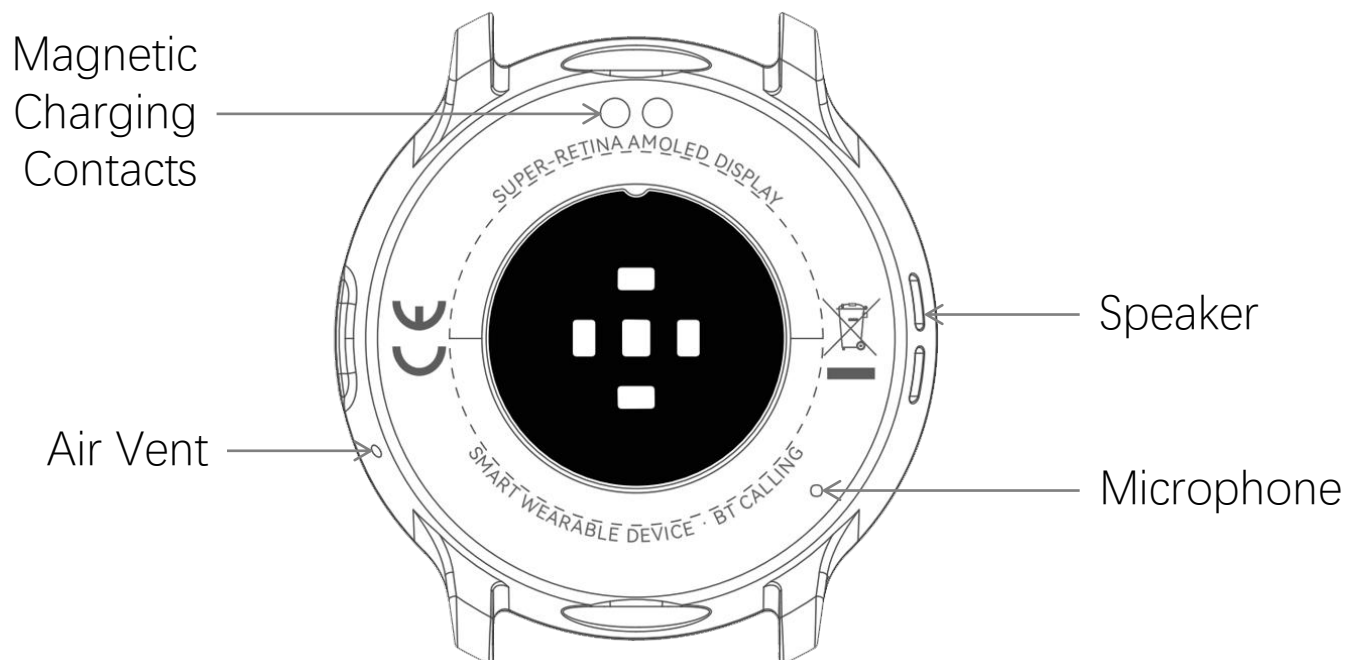
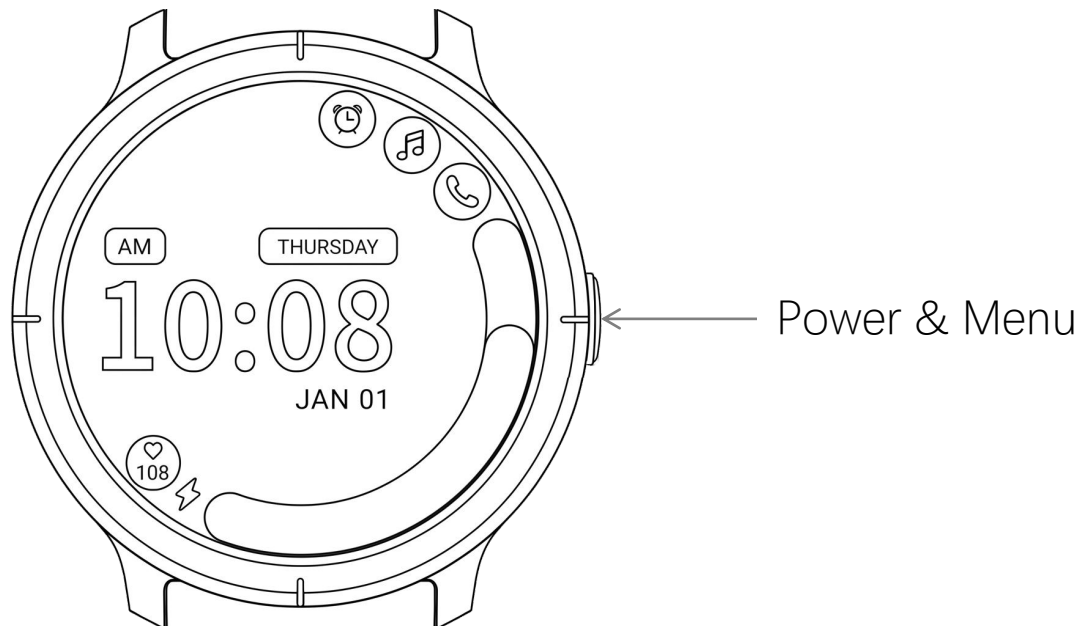




Product Introduction



Getting Started Guide

1. Open the package and inspect the contents.

2. Packing list:

- ▶ KW386 Smartwatch (built-in lithium battery);
- ▶ Product manual;
- ▶ Original charging cable;
- ▶ Silicone watch strap;

3. Please use the charging cable to charge the watch before first use.

Charging method: Connect the magnetic charging cable to the charging contacts on the back of the watch, and connect the other end to a 5V/1A charging power adapter or a computer USB port.

4. Search for "Da Fit" in the App Store or Google Play, or scan the QR code to download and install the app.

5. Log in to the app and set your account information (age, gender, height, weight, and step goals).



6. In the App's "Device" interface, tap "Add Device" in the upper right corner. Your phone will begin searching. Select the smartwatch you want to pair from the list of found devices, named "KW386". You can also connect directly by scanning the device's QR code.

Basic Operations

1. Wear your watch correctly

Ensure the watch is at least one finger's width away from your wrist bone and that the sensor on the back is in contact with your skin. Adjust the watch band to a comfortable tightness.



2. Screen Operation

The KW386 adopts full touch operation, supporting tap/long press/swipe/left/right swipe/up swipe/down swipe and other operations;

3. Button operation

- ▶ Short press the side button:
- ▶ Enter the application menu;
- ▶ Return to the homepage;
- ▶ Wake up the screen from off;
- ▶ Double short press to switch between different menu styles

Long press the side button:

- ▶ Power on/off;

Operating Instructions



Note:

1. Do not pair directly from your phone's Bluetooth list to avoid the "Da Fit" app being unable to connect to the watch.
2. Please allow the "Da Fit" app to access your phone's location, phone, and camera permissions to ensure successful pairing.
3. Android phones need to allow the "Da Fit" app to run in the background and be whitelisted for battery optimization.

Usage Operation

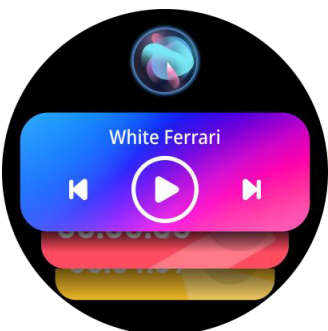
Swipe up --- Information



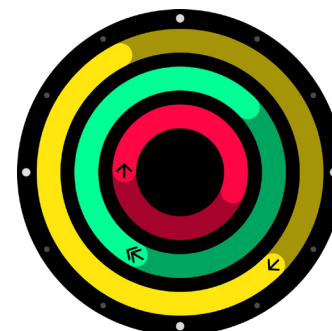
Swipe down --- Control Center



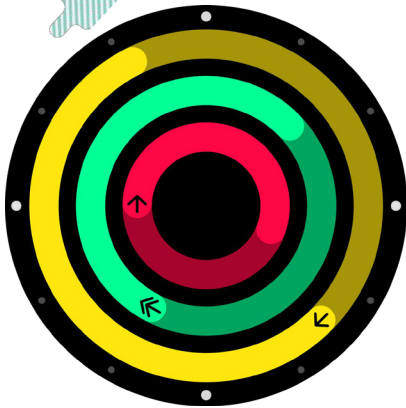
Swipe right --- Smart Widgets



Swipe left --- Activity Center

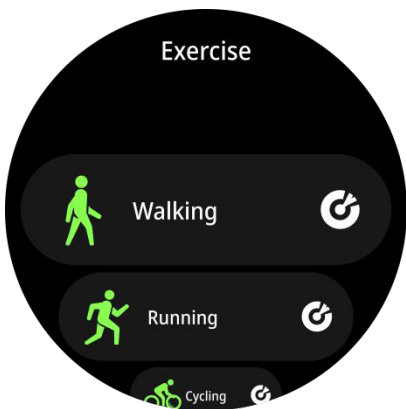


Function Description



Activity Log

Real-time display of daily activity data, including steps, distance, and calories burned. For more data recording and analysis, please visit the app.



Exercise

100+ professional sports modes, with real-time tracking of heart rate, calorie consumption, steps, distance, pace, cadence, heart rate zone, and training effect throughout the workout.



Exercise Records

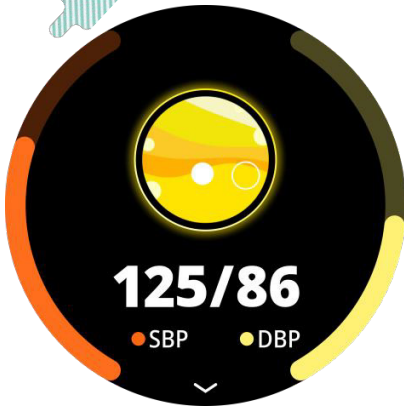
The watch can display recent exercise records, while the app provides more detailed historical exercise data, giving you a clear understanding of your exercise status.



Phone

Make/receive calls anytime and view recent call logs. A stable Bluetooth connection between the watch and phone must be maintained during calls. Add contacts to the watch via the app.

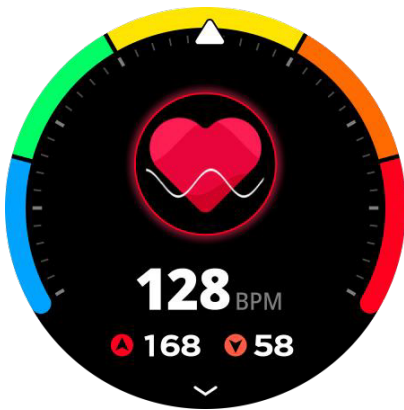
Function Description



Blood Pressure

Measure your current blood pressure and record the last 7 measurements. More detailed analysis and data records can be viewed in the app.

(Values are for reference only and should not be used as medical advice.)



Heart Rate

Measure your current heart rate. 24/7 heart rate monitoring can be enabled in the app. More detailed analysis and data records can be viewed in the app.

(Values are for reference only and should not be used as medical advice.)



Sleep

Records the total sleep duration of the previous night, as well as the duration of deep sleep and light sleep. More detailed analysis and data records can be viewed in the app.

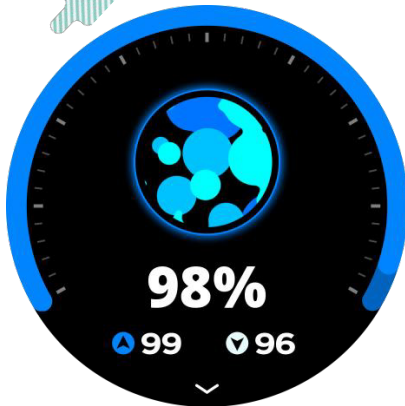


Menstrual Cycle

Once you've set up the menstrual cycle function in the app, the watch will display the corresponding menstrual period, predicted menstrual period, and ovulation reminders.

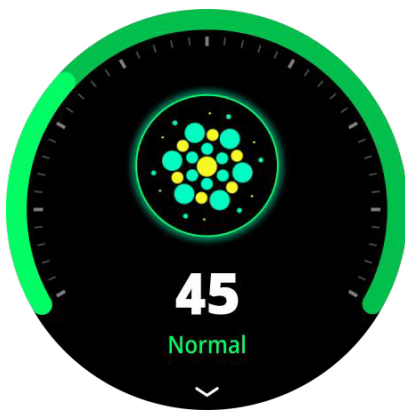
(Friendly reminder: The calculated cycle is for reference only and does not constitute a medical diagnosis.)

Function Description



Blood Oxygen

Measures current blood oxygen levels and records the latest 7 blood oxygen measurements. More detailed analysis and data records can be viewed in the app. (Values are for reference only and should not be used as medical advice.)



Stress

Measure your current stress level. You can enable 24/7 stress monitoring via the app. More detailed analysis and data records can be viewed in the app. (Values are for reference only and should not be used as medical advice.)



Water Reminder

Set water-drinking reminders on the app to help you establish regular drinking habits, avoid dehydration or overdrinking, and maintain your body's water balance.



Stress Relief and Sleep Aid

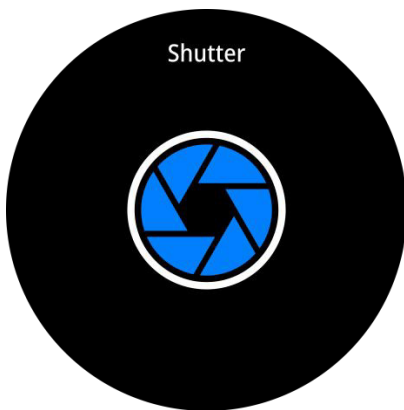
You can choose the appropriate mode according to your needs to relax and relieve stress, achieving physical and mental relaxation.

Function Description



Music Control

After connecting to the app, the watch can control the playback/pause/previous/next track and volume adjustment of music on the phone.



Camera Control

After connecting to the app, open the camera control in the app and click to remotely control the camera.



Messages

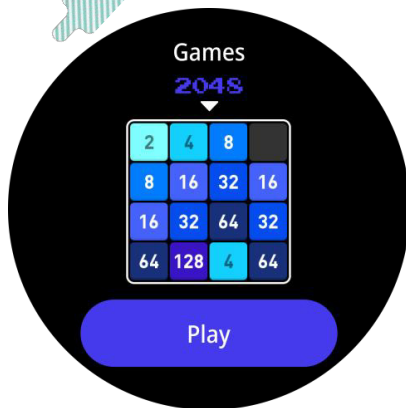
Syncs message notifications from your phone, displaying the latest 8 messages. (Note: Enable the corresponding message notification switch in the app.)



Weather

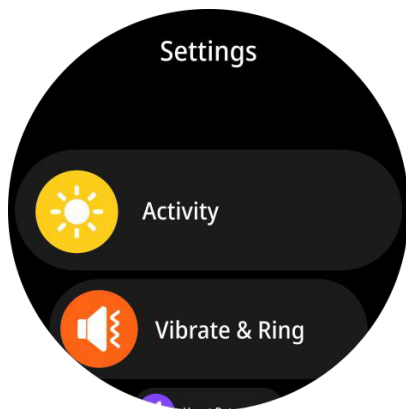
Displays the current day's weather and the weather forecast for the next 6 days. Weather information requires a connection to the app to retrieve data. If the connection is lost for an extended period, the weather information will not update.

Function Description



Game

2048, play a game anytime, anywhere in your spare time.



Settings

Display and brightness, vibration & ringtone, wrist-raise to wake, Do Not Disturb mode, power saving mode, call on/off, media audio, call reset, encoder vibration, language, always-on clock, system, etc. can be customized.



Screen Clock

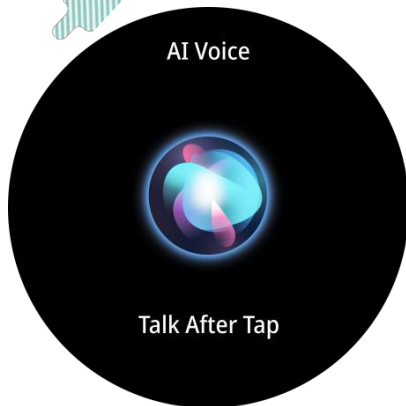
You can choose between a digital or analog clock to display when the watch screen is off. (Enabling this function will reduce battery life.)



Media Sound

On/Off; Plays music, scrolls through TikTok, watches videos, watches movies; watches watch with sound on, but not on the phone. (Primarily controls third-party sound playback)

Function Description



Voice Assistant

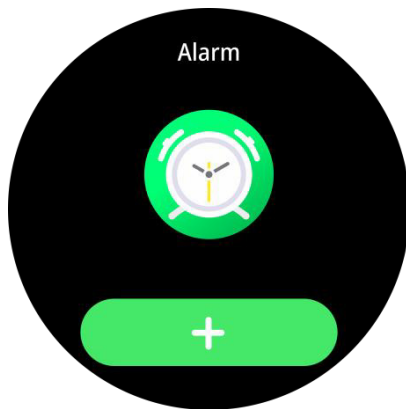
Tap the voice assistant icon and say the function you want to activate.

(Note: The watch needs to be connected to the phone via Bluetooth to use this function.)



Timer

You can set the timer duration to 1 minute, 5 minutes, 10 minutes, etc.



Alarm Clock

Up to 8 alarms can be added, and reminder times can be set. The alarm will vibrate, ring, and light up the screen when it is triggered.



Stopwatch

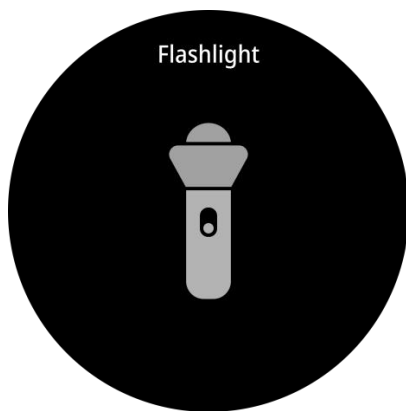
Supports 8 sets of time recording.

Function Description



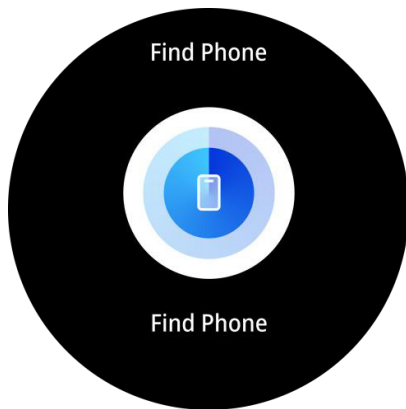
World Time

Supports adding 6 different country/region time zones. You can set, add, and delete them yourself. Please go to the app to set it.



Flashlight

Convenient flashlight function: tap to turn on and illuminate the surrounding environment; tap again to turn off.



Find My Phone

Click Find My Phone, and your phone will vibrate and ring to alert you.



Computer

Supports simple calculation functions and can perform basic calculations such as addition, subtraction, multiplication, and division.

Function Description



Drainage Mode

When activated, the watch vibrates through a speaker to automatically drain water accumulated inside the speaker.



Visual Style

Supports 6 menu switching animations including zoom, horizontal swipe, page turning, flip, fan-shaped flip, and drift transition.

Other features include: electronic business card, find my watch, 12/24-hour time display, online watch face push/custom watch face push, company settings, sedentary reminder, low battery reminder, power saving mode, high heart rate reminder, and goal achievement reminder.



Maintenance and upkeep

Wearing and Care

Some users may experience skin irritation when using this product. To reduce the possibility of irritation, please follow these four simple wearing and care tips:

- (1) Keep clean;
- (2) Keep dry;
- (3) Do not wear too tightly; maintain a one-finger-width gap;
- (4) After wearing for a long time, remove the device promptly to allow your wrist to relax;
- (5) After exercise, if your wrist is sweaty, clean and dry your wrist and watch before wearing them again.

Residual sweat can corrode the watch. It is recommended to clean the watch regularly with soap or hand sanitizer. If skin irritation occurs, remove the watch and seek medical attention immediately.

Waterproof: Not suitable for diving, swimming in the sea, or sauna. Suitable for use in swimming pools, showers (cold water), and shallow water areas.

Safety Instructions

- * Do not expose the product and its accessories to extreme temperatures, as this may cause product malfunction, fire, or explosion.
- * Avoid subjecting the product to strong impacts or vibrations to prevent damage to the product and its accessories, thus avoiding product malfunction.
- * Do not disassemble or modify the product and its accessories yourself. If the product malfunctions, please contact us for after-sales service.



Other

Any changes or modifications not expressly approved by the party responsible for compliance may result in the invalidation of the user's right to operate the device. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device must not cause harmful interference;
- (2) This device must accept any interference received, including interference that could lead to unintended operation.

This device has been tested and complies with the restrictions for Class B digital devices in Part 15 of the FCC Rules. These restrictions are designed to provide reasonable protection against harmful interference for residential installations.

This device generates, uses, and radiates radio frequency energy that, 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 device does cause harmful interference to radio or television reception (which can be determined by turning the device off and on),



Other

Users are advised to try one or more of the following measures to eliminate interference:

- Adjust the direction or position of the receiving antenna.
- Increase the distance between the device and the receiver.
- Connect the device to a different circuit socket than the one the receiver is connected to.
- Seek assistance from your dealer or an experienced radio/television technician.

Note

This device has been evaluated to comply with the General Radio Frequency Exposure Statement.

This device can be used in portable exposure conditions without restriction.

- There is a risk of explosion if the incorrect type of battery is used;
- Throwing the battery into fire or a high-temperature oven, or mechanically squeezing or cutting the battery, may cause an explosion;
- Exposing the battery to an environment with extremely high temperatures may cause an explosion or leakage of flammable liquids or gases;
- Exposing the battery to extremely low pressure may cause an explosion or leakage of flammable liquids or gases.

Other



Old appliances must not be disposed of with household waste and must be handled separately. Individuals can take old appliances to public recycling points free of charge. It is the responsibility of the owner of the old appliance to take it to these or similar recycling points. With just a little personal effort, you can contribute to recycling valuable raw materials and handling hazardous materials.

If you experience discomfort or skin irritation while wearing your smartwatch, we recommend trying to clean the device. Sometimes, residue or foreign objects can accumulate around the device and irritate your skin. It could also be that you're wearing the watch incorrectly. We suggest cleaning and adjusting your watch regularly for a more comfortable wearing experience.

Note

- If you experience skin irritation while wearing the watch, stop wearing it and wait two to three days to see if the symptoms improve. If the symptoms persist or worsen, consult a doctor.
- If you have eczema, allergies, or asthma, you are more likely to experience skin irritation or allergic reactions after wearing wearable devices.



Other

This device contains an unlicensed transmitter/receiver compliant with the Canadian Innovation, Science and Economic Development Agency's Unlicensed Radio Standard (RSS). Operation is subject to the following two conditions:

- (1) This device must not cause interference.
- (2) This device must accept any interference, including interference that could cause unexpected operation.

The unlicensed transmitter/receiver included in this device complies with the Canadian Innovation, Science and Economic Development Agency's RSS for unlicensed radio devices. Operation is subject to the following two conditions:

- (1) This device must not cause interference;
- (2) This device must accept any received interference, including interference that could cause unexpected operation.

SAR compliance is based on a 0 mm distance between the device and the user's body.

SAR compliance is based on a 0 mm distance between the device and the user's body.

DAS compliance is based on a 0 mm distance between the device and the user's body.

Do not allow the magnetic part of the charging cable to adhere to other metal objects, to avoid short-circuiting the charging cable contacts.

