

Watch2CareVital

Quick Start Guide

Part 1: Quick Start & Setup

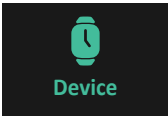


1.1 Key Functions:

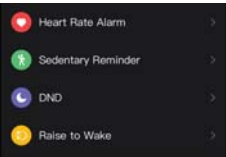
- **Power On:**
Long press the button to turn the device on/off or to reboot the device
- **Navigation:**
 - Press the button from the home screen to access the main menu
 - Press the button once to return to the previous page



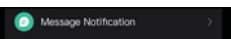
- **Device Tab:**
Manage settings such as Heart Rate Alarms, Sedentary Reminders, Do Not Disturb, Notifications, Firmware Updates



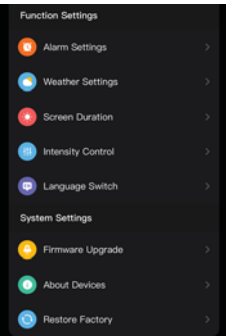
Synchronise with WatchMore devices/Unbind



Setting for Heart Rate Threshold, Reminder for Movement to remain active, Do not Disturb Timings, Raising Watch to Wake Screen



Control which apps are allowed to send notifications



Alarm and Weather Settings, Screen On Duration, Screen Brightness, Language Switch

Firmware, System Information, Factory Reset

1.2 Setting Up the FitVibe App

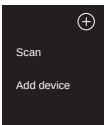
Download the “FitVibe” app from the Apple App Store or Google Play Store, and set up your user account

Pairing:

1. On your watch, scroll to “Settings” in the main menu
2. Select “Binding Code” (QR Code)



3. Open the FitVibe app on your phone and enter the “Device” tab
4. Tap the “+” icon on the top right and select “Scan”



5. Scan the QR code displayed on your watch to pair

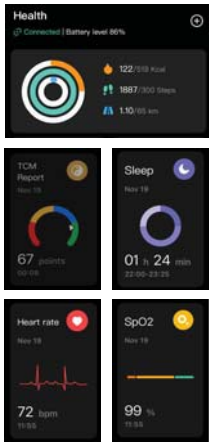


Linked device!

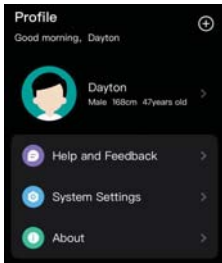
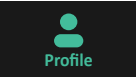


1.3. FitVibe App Overview

- **Health Tab:**
View your TCM Report, Daily Activity, Sleep Data, Heart Rate, and SpO2

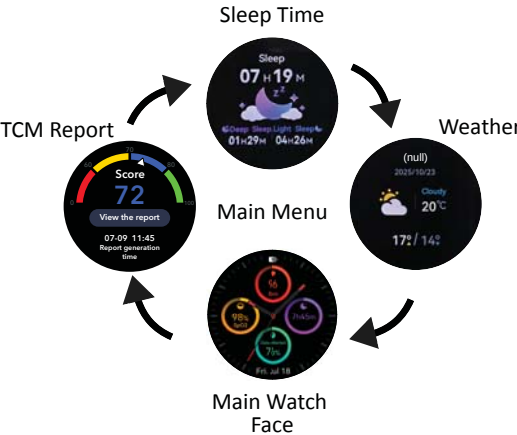
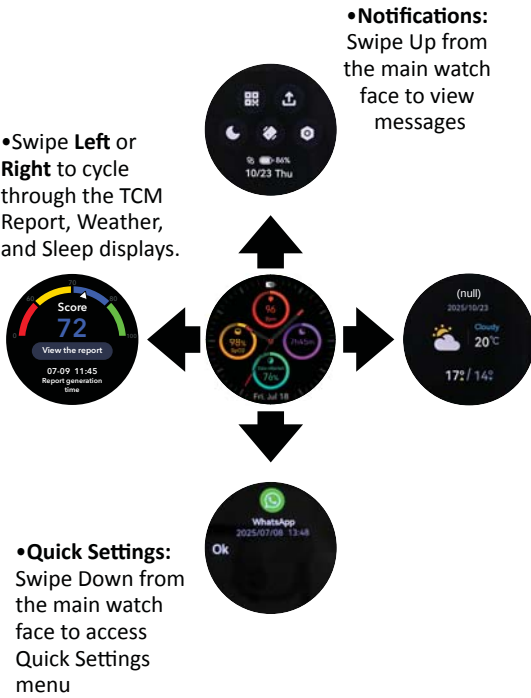


- **Profile Tab:**
Manage your personal info, system settings, and request help or submit feedback



Part 2: Watch Navigation

2.1. How to Navigate



2.2. Customizing the Watch Face

- **Quick Switch:** Long-press the main watch face to enter the selection menu. Swipe left or right to choose a new style.
- **Via Settings:** You can also change the watch face through the Settings menu

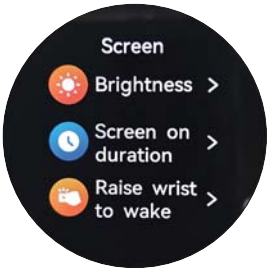


5 Custom Options of Watch Face



2.3 Raise to Wake

- To turn the screen on automatically when you lift your wrist:
1. Go to **Settings > Screen**
 2. Select **“Raise Wrist to Wake”**
 3. Set the start and end times for when you want this feature active



Part 3: Health Features

3.1 TCM Report

How it Works: The watch analyzes your body status continuously over a 24-hour period to provide scores for each of your health indicators, functional systems, as well as a composite wellness score out of 100.

Requirements: Once the 24-hour data collection period is completed, you will be prompted to transfer your watch data to the FitVibe app to generate the TCM Report. If the watch is removed for more than 6 hours within the period, a report will not be generated.

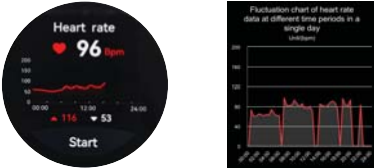
Viewing Results: Swipe right from the main watch face to find your TCM Report. You can also view the TCM Report within the FitVibe app for more detailed conclusions.

* Price is inclusive of two years of daily health reports. Subsequent daily health reports may be subject to a yearly subscription of US\$120 per year.



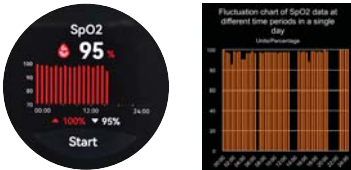
3.2 Heart Rate

- Open the Heart Rate app from the menu
- Press "Start" and keep your arm still while measuring
- Select the Heart Rate tile in the “Health” section of the FitVibe app to view your 24-hour history.



3.3. SpO2 (Blood Oxygen)

- Open the SpO2 app from the menu
- Press "Start", ensure the watch fits snugly, and keep your arm still
- Select the SpO2 tile in the “Health” section of the FitVibe app to view your 24-hour history.



3.4. Sleep Tracking

- Simply wear the watch to bed. It will automatically track your Total Sleep, Deep Sleep, Light Sleep, and REM Sleep.
- Select the Sleep tile in the “Health” section of the FitVibe app to analyze your sleep quality trends.



Part 4: Safety & Maintenance

4.1. Proper Wear

- For the most accurate data, wear the watch one finger-width away from your wrist bone
- The strap should be comfortable—neither too loose nor too tight. The sensors will activate automatically after 5 seconds of skin contact.



4.2. Battery & Charging

- **First Use:** Please fully charge the watch before using it for the first time. To maximize battery life, fully deplete and recharge the battery for the first two cycles.
- **Charger Safety:** Use the provided cable. If using a third-party adapter, ensure it is CE/UL/CCC certified (Output: 5V = 1A). Do not charge in high-temperature environments

4.3. Important Safety Warnings

- The data and suggestions provided by this device are for reference only and should not be used as a basis for medical diagnosis or treatment.
- Only use the watch in a safe environment. It should not be used while driving to avoid accidents.
- The device is rated **IP67 Waterproof**. It is resistant to daily splashes but should not be used for swimming, diving, saunas, or showers.
- Do not use the watch in areas near other electronic devices that are susceptible to interference. These devices may include hearing aids, pacemakers and other medical equipment, fire alarms and automatic doors. Please consult the manufacturers of these equipment to avoid causing disturbance.

FCC Warning statement:

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

EU:
This device in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU. All essential radio test suites have been carried out. This restriction will be applied to all Member States of European Union. The device can be used in portable exposure condition without restriction.

Declaration of Conformity
Hereby, Dayton Industrial Co. Ltd. declares that the product type DA34100 is in compliance with Directives 2014/53/EU & 2011/65/EU. The full text of the EU declaration of conformity is available at the following internet address:
<https://link2care.asia>

BT&BLE: 2402-2480MHZ
BT EIRP: -3.24 dBm, BLE EIRP: -3.12 dBm(only for EU)

Manufacturer:
Kendy Electronic (Dongguan)Company Limited.
No.2, Xianlin Second Rd. Xinsi Huangtang Village, Hengi Town,Dongguan,Guangdong, China