E18

Smart Watch

User Manual

Thank you for purchasing our products. This manual addresses the safety guidelines, warranty, and operating instructions. Please review this manual thoroughly before operating your device.

All pictures in this manual are for illustration purpose only. Actual product may vary due to product firmware upgrade and app upgrade.

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Setting Started

What's in the Box

Smart watch
Charging cable
Quick start guide

What's in this Document

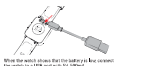
This manual gets you started quickly with setting up your watch. It also ensures that your watch can operate to its data and functions to their full potential. Detailed information on your watch's functions and settings is provided thereafter as well as helpful hints, points ready to start mode, etc. The remainder of the manual walks you through every function on your E18.

Setting up Your Watch

Charging Your Watch

Please fully charge your watch before it is first use.

1. Insert the USB plug of the charging cable into the USB port on your computer or a UL-certified USB wall charger.
2. Connect the charging clip to the charging pins on the back of the watch until it attaches magnetically.
3. Make sure the pins on the charging cable both are snug with the pins. The connection is secure when the battery icon with percent charged appears on the screen.



When the watch shows that the battery is full, connect the watch to a USB port to fully charge it.

While the watch charges, there is a battery progress bar on the screen and you can check the battery level at any time.

4. Remove the watch from the power supply once fully charged.
   - USB charger requirement: DC 5Vdc port (5V=0.5Amp)
   - Charging time: Approximately 2 hours

Disassembling / Assembling Your Watch

Disassembly

1. To remove the wristbands, turn over the watch and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the wristband away from the watch to release it.

1. Repeat on the other side.

Assembly

1. To reattach the wristbands, slide the pin-thin side opposite the quick-release lever into the notch on the watch body. Then be aligned with the dents on the top of the watch.

2. While pressing the quick-release lever inward, slide the other end of the wristband into place.

3. When both ends of the pin are inserted, release the quick-release lever.

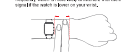
Wearing Your Watch

All-day Wear and Exercise

For all-day wear when you're not exercising, wear the device on your wrist but essentially a finger's width below your wrist bone and keep the back the same way you would on a watch.

For optimized heart rate tracking, keep these tips in mind:

1. Wear the watch snugly but comfortably on your wrist.
2. During exercise, because the blood flow in your arm increases the further up you go, moving the watch up a couple of inches can improve the heart rate signal. Also, many exercises such as bike riding or weightlifting require you to bend your wrist. Make sure that the watch is high enough so that the heart rate signal of the watch is shown on your screen.



3. Do not wear your watch too tight. A tight band restricts blood flow, potentially affecting the heart rate signal. This being said, the watch should also be slightly snug (but not constricting) during exercise than during all-day wear.

Using Your Watch

Choose language 1

After the watch is powered on, follow the prompts on the watch to choose the language.

Select watch usage mode 2

"Do not bind" mode

After selecting the "Do not bind" mode, follow the prompts to enter the watch's functions, and you can start using the watch alone and normally.

If you want to work with Letsfit App later, just tap "Settings" - "System settings" - "Reset" - "OK" - then you can re-select the "Bind with the App" mode.

"Bind with the App" mode

After selecting the "Bind with the App" mode, you need to follow the instructions below to pair:

1. Install Letsfit App on your smartphone.

iOS 11.0 & above | Letsfit | Android 5.0 & above

2. Account Registration and Login

Please register an account with a valid email address. After registration, check your email box to complete email verification, and then tap "Verified" to log in.

3. Pairing the Watch with Your Phone

1. Turn on the Bluetooth of your phone.

2. Open the Letsfit App, Go to the "Device" page and tap "Pair device".

3. Tap "Scan QR Code" and scan the QR code on the watch to pair.

OR tap "Pair device" to search the device for pairing.

4. Tap on the watch to confirm the connection.

Notes:

- Once the watch is connected to your app, the watch will synchronize the time automatically. Please make sure Bluetooth is kept on when Bluetooth is required after manual disconnection.
- If the watch is unbound from the app, the information on the watch will be reset and the watch will be restarted. Please do not unbind the Bluetooth connection unless there is an issue that will require a reset.
- The watch can only pair with one smartphone at a time. When pairing, please ensure the watch and your smartphone is within 1-2 meters distance.

App Interfaces

Getting to Know Your Watch

Basic Operations

- Turn off the watch:
  Swipe up to open the quick settings bar (do not disturb, select tones, night mode, settings).
- Select items in one notification.
- Swipe left to switch function interfaces, including training, heart rate, blood oxygen, sleep, activity, time, stopwatch, alarm, music control, and settings.
- Swipe right to view today's data and enjoy data. (You can customize the interface in the Letsfit app, Go to the "Device" page - "Current Device").

Watch Interfaces

This is a touch screen, swipe the screen to go to different interfaces, and tap to enter the function.

The home screen is a clock. On the clock:

- Swipe up to see the quick settings bar (do not disturb, select tones, night mode, settings).
- Swipe down to see notifications.
- Swipe left to switch function interfaces, including training, heart rate, blood oxygen, sleep, activity, time, stopwatch, alarm, music control, and settings.
- Swipe right to view today's data and enjoy data. (You can customize the interface in the Letsfit app, Go to the "Device" page - "Current Device").

After the watch is paired with your phone, the home screen will display the time and date.

You can customize the home screen by following the steps below:

1) Press the function button to activate the settings.
2) Tap and slide to the home screen.
3) Select left / right to choose one and tap to confirm.

Function Introduction

- Tracks your exercise data in up to 12 sports modes. Choose the one that matches your exercise.
- Check your daily activities and sleep data.
- Tracks your walk/run/cycle distance automatically and continuously.
- Measures your blood oxygen level.
- Guides your breathing for relaxation.
- Custom to your times.
- Use the stopwatch to measure and make your exercise more standardized.
- Set different alarms to help you make the watch vibrate to remind you.
- Check your daily sleep data.
- Weather forecast for the day, the time data is obtained through your smartphone. Connect the watch to your phone to check calorie-weather data.
- Control the music playing of your smartphone.
- Some basic settings and information of the watch.

1. Tracking Sports

The watch tracks your exercise data in up to 12 sports modes.

Start a sport

Tap "Tracking" - Swipe the screen to select a sports mode you want to start.

Set goals

Before beginning an exercise, you can set goals to set training goals such as distance, duration, calories burned, etc.

GPS connecting (Only for outdoor cycling / outdoor running / outdoor walking modes)

When you start an outdoor sport, the watch begins searching GPS signal. Please be the Letsfit app runs in the background so that the GPS data can be recorded. Once connected, there are open area and stand still to better receive the signal. After the GPS is connected, the countdown interface will be displayed, and then you can start training.

When the GPS signal is weak, you can start outdoor cycling, outdoor running, outdoor walking in non-GPS mode. Your exercise data will not be recorded. Displayed in your recovery record after the exercise is ended.

During sports

Swipe the screen up or down to flip through exercise data. Swipe the screen to the left or you can control the music play app in your phone.

End the sport

Press the function button and tap to end the sport.

Exercise data is displayed after the sport is ended. Swipe up the screen to flip through exercise data.

Notes:

- After ending an exercise, you can view detailed data and graphs in the Letsfit app. Go to the "Sports" page, swipe down the page to synchronize data, and tap the exercise you just ended.
- After you train the outdoor cycling, outdoor running, outdoor walking exercises GPS mode, your movement track will be displayed in the app. Go to the "Summary" page of the app and then tap on the exercise you just ended to view.
- Data of exercises less than 3 minutes will not be saved.
- When the battery level is less than 10%, the watch enters low battery mode, in which you cannot start a sports mode. Please charge the watch to operate it again.

2. Tracking Daily Activity Data

The watch tracks your all-day activity data, including steps, distance, calories burned, sleep, and exercise data.

3. Monitoring Heart Rate

Tap "Heart rate" on the function list to enter the heart rate interface, the watch will automatically measure your real-time heart rate. You can also view your all-day heart rate data in the heart rate interface of the watch or the app.

Note:

To monitor heart rate more accurately, wear the watch on the wrist tightly and keep still for 30 seconds to 1 minute before you exercise. In addition, avoid wearing your watch too loose.

4. Measuring Blood Oxygen Level

Before measuring, wear the watch a finger-width below the wrist bone and sit to rest for then a while.

1) Tap "Blood Oxygen" to enter the blood oxygen level detection mode.

2) When measuring, keep your arm flush with your chest and the watch screen facing up. Keep your arm still to ensure the accuracy of the data.

5. Breathing Guide

Tap "Breath" in the function list to enter breathing mode. Select the duration of the breathing training and follow the instructions to breathe. If you want to end the breathing training, press the function button and tap right to exit.

6. Setting Alarms

1) Go to the "Tracker" page in the Letsfit app.
2) Tap "Alarm" to enter the alarm setting interface.
3) Tap "Add" to add an alarm.
4) Set the alarm time, title, alarm on/off period and repeat time. Choose to turn on/off the alarm mode.
5) Tap "Confirm" to save your settings.

You can easily disable the alarm on your watch (Tap "Alarm" on the watch and then choose to turn on/off the alarm you set).

7. Controlling Phone Music

After the watch is connected to your phone, tap "Music Control" on the watch to enter the function and control the music playing on your phone.

Note:

You can only control the music player that is running on your phone.

8. More Functions

8.1 Call Notification

When there is an incoming call, the watch will vibrate and ring, and the screen displays the caller ID.

Tap on the watch screen to reject the call.

Notes:

- Only when "Notification alerts" is enabled in the app ("Device" page - "Notification alerts" turn on "Notification alerts"), will calls be received.
- When the "Do not disturb" function is enabled in the app ("Device" page - "Do Not Disturb") or on the watch (Quick settings bar -), calls will not be notified on the watch during the "Do not disturb" period.

8.2 Message Notification

When you receive SMS, Facebook, Twitter, and WhatsApp (or messenger) notifications, the watch vibrates to alert you, and the screen displays the message content.

Notes:

- Only when "Notification alerts" is enabled in the app ("Device" page - "Notification alerts" turn on "Notification alerts"), will messages be notified.
- When the "Do not disturb" function is enabled in the app ("Device" page - "Do Not Disturb") or on the watch (Quick settings bar -), messages will not be notified on the watch during the "Do not disturb" period.

8.3 Secondary Parameter

The watch vibrates to remind you to get up and move around when you have been sitting too long ("Device" page - "Sedentary Alert" enable the movement reminders function and set the related period).

Basic Specifications

Model No.	E18
Type	Bluetooth 5.2
Screen	1.69" TFT LCD
Battery Capacity	240mAh
Working Voltage	0~4.35Volt
Working Temperature	-10°C to 45°C
Weight	1.24oz (35g)
Waterproof Rating	IP68
Working Time	7 days

FAQs

Failure to re-pair the watch with the Letsfit app on your smartphone

1. Unpair your device name of watch and tap Unpair, choose "Factory Reset". The information on the watch will be reset and the watch will be restarted.
2. Select the watch language on the watch and enter the OK mode to enter the "Settings".
3. Use the Letsfit app to open the QR code displayed on your watch to pair.

If you still fail to connect the watch to the app, please kindly take the following steps:

1. Make sure your smartphone's Bluetooth is enabled and make sure the watch is not connected to other smartphones.
2. Unpair this device in the app to pair (Go to the "Device" page - "Pair device" - "+").
3. Make sure the distance between your smartphone and the watch is within 1 meter during pairing and keep the watch screen always on when pairing.

Occasional failure to connect with Bluetooth

Reboot your smartphone or restart your smartphone's Bluetooth.

Failure to receive message / calls notifications

Message / call notification function works when the watch connects to your smartphone via the app. Please kindly refer to the following tips:

1. Go to your smartphone Settings, find the Letsfit app, enable the Locations and all the functions.
2. Disable your phone's Bluetooth and go to the Letsfit app to re-pair the watch.
3. Open the app, Go to the "Device" page -> "Notification alerts", turn on "Notification alerts".
4. Make sure the "Do Not Disturb" function is not enabled on the watch.

The watch is disconnected from the Letsfit app on your smartphone

The watch will disconnect from your smartphone in the following cases:

1. Once turn on Bluetooth is off or exceeds the Bluetooth connection range (the maximum Bluetooth connection range is 10 meters and can easily be reduced by walls, furniture, etc.)
2. The Letsfit app is closed on the phone, (This can occur automatically under certain circumstances).

To reconnect the watch to your smartphone, please kindly take the following steps:

1. Restart the Bluetooth of your phone.
2. Open the Letsfit app on your smartphone or your smartphone will restart the Letsfit app, then the watch will reconnect to your phone automatically.

Blood Oxygen Level Measurement Accuracy

The blood oxygen level will be affected by factors such as: motion, wrist placement on the wrist, skin temperature and blood circulation. Fluctuations in blood oxygen measurements.

For a single measurement on the watch, please wear the watch a finger-width below the wrist bone, keep your hand still on your wrist, When measuring, stay still and make sure your wrist is flat and your arm is at the same level as your heart. Do not use your arm or a table as the watch face may slip.

The smart watch blood oxygen sensor isn't a medical device and won't be able to diagnose or monitor any medical conditions. If there is a problem with the measurement, we recommend you consult your doctor.

Warranty

We strive to hold our products with the highest attention to detail and craftsmanship. However, sometimes there are issues that slip through. If you are happy to offer a 24-hour hassle-free warranty with all our devices so we can keep making amazing products. Please contact us if you have any questions about our devices.

Important Safety Instructions

The device contains electrical components that may cause injury if not used properly. To reduce potential contact may contribute to skin allergies for some users. To reduce the risk of injury, read the following instructions on the following pages to ensure proper use and care.

- Do not expose your device to liquid, moisture, humidity or rain while charging. Do not charge your device when it is wet, as this may result in electrical shock and injury.
- Keep your device clean and dry. Do not use abrasive cleaners to clean your device.
- Do not use your device if your device has exposed any parts or if you notice any damage by simply the device.
- Do not wear it too tight. If your device feels hot or warm, or if it causes any skin irritation or other discomforts, please discontinue using your device and consult your doctor.
- Do not expose your watch to extreme heat or low temperatures.
- Do not leave your watch near open flames such as cooking stoves, candles, or fireplaces.
- The product is NOT a toy — never allow children or pets to play with it or ingest it. Always store the product out of the reach of children and pets. Small parts may cause choking or small parts if ingested. Any cartoon-style drawings if ingested.
- Never try to abuse, crush, open, repair or disassemble this device. Doing so will void the warranty and can result in a safety hazard.
- If any parts of your product require replacement for any reason, please do not hesitate to be happy to offer a 24-hour hassle-free warranty with all our devices so we can keep making amazing products. Please contact us if you have any questions about our devices.
- Dispose of the device, the device's battery and its package in accordance with local recycling guidance.
- Do not attach any non-functional APPS or any information on your device's display while driving or in other situations where distraction could cause injury or hazard. Always be aware of your surroundings while exercising.

Battery Warnings

A lithium-ion battery is used in this device. If these guidelines are not followed, the battery can overheat, burst into flames, or cause injury. Do not attempt to:

- Do not disassemble, modify or manufacture, puncture or damage the device or batteries.
- Do not remove or attempt to remove the non-user-replaceable battery.
- Do not expose the device or batteries to fire, explosion or other hazards.
- Do not use the device or batteries for any purposes not mentioned in this manual.

Health Warnings

- If you have a pacemaker or other implanted electronic device, consult your doctor before using this device.
- The optical wrist heart rate monitor may not function accurately for all users. If your physician has any concerns about your heart rate, please consult your physician before using this device.
- Always consult your physician before beginning or modifying any exercise program.
- The device, accessories, heart rate monitor, blood oxygen monitor, and software are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.

and its purposes, and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.

- The heart rate and blood oxygen level readings are for reference only, and are not responsible for any assistance for the consequences of any false readings.
- Although the optical heart rate sensor technology typically provides the best estimate of a user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate or other certain circumstances, including the user's physical characteristics, the type of activity, and how the device is worn.
- The smart watch relies on sensors that track your movements and other motion. The data and information provided by these devices are intended to be a close estimation of your activity and not to be used, but may not be accurate. Such data may include, but not limited to, heart rate and calorie data and blood oxygen levels.
- If you have eczema, allergies or asthma, you may be more likely to experience skin irritation or allergies from a wearable device.
- If you think you have the conditions above or not, if you start to experience any discomfort or skin irritation on your wrist, remove your device. If symptoms persist, please then 24 days of not using your device, contact your doctor.
- If you sweat for more than two hours while wearing your watch, be sure to clean and dry your band and your wrist to avoid skin irritations.
- Sweat, cosmetics, soaps, and pieces are many irritate the skin, so give your wrist a break by removing the band for an hour after extended wear.

Maintenance

- **Regularly** clean your wrist and the smart watch, especially after sweating during exercise or being exposed to substances such as soap or detergent which may adhere to the internal side of the watch.
- Do not wash the watch with household cleaners. Please use soap-free detergent, rinse thoroughly and wipe with a soft towel to dry.
- Keep the watch in a clean manner, wearing a wet band is not good for your skin.
- If your bands get wet**Wear** overnight after sweating or showering—clean and dry them thoroughly before putting them back on your wrists.
- Be sure your skin is dry before you put your bands back on.
- Do not bring your device into contact with any strong solvents, as this could cause scratches and other damages.
- Put the band and watch back to minimize direct contact with dust—tainted clothing, as color transfer can occur.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, in accordance with section 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment does and can generate 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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the 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. The device can be used in portable exposure condition without restriction.