

Smartwatch user manual



Downloading the App

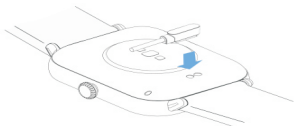
Scan the following QR code, download and install the App.



Scan QR code and Download

Charging the watch

Charge the device before first use. To charge your device, plug the charging cable into your adapter or USB port computers.



Pairing the app with the watch

Open the app and fill out your profile.



Go to "Devices" and click "Add Device"



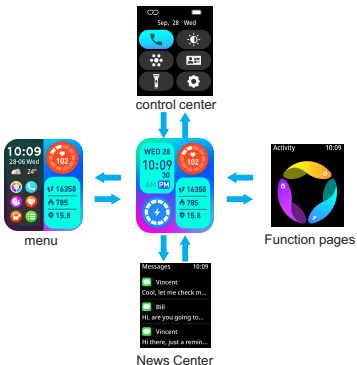
Select your device in the list of device scans



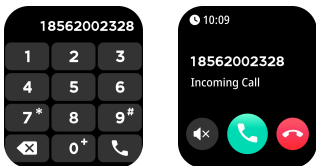
Couple

The MAC address on the Settings About page can help you identify your device in the scan list.

Use the touchscreen



Phone call



Connects to the watch via Bluetooth from the phone to make and receive calls

(Note: Other functions need to be connected to the watch via the app (Da Fit) in order to use them).

Phone call

Please note when using

1. If the watch has been connected to another mobile phone, please disconnect it from the original mobile phone first.

At the same time, the watch will restore factory settings once you have completed the settings.

2. Please note that the Bluetooth name of the call connection is G104

3. Please do not leave the phone more than 5 meters away from the phone during a call, otherwise the call quality will be affected.

Smartwatch functions

AI Voice

10:09



Talk After Tap

AI voice assistant

Tap the icon to activate the phone's voice assistant. You can use your watch to control your phone's voice assistant.

Alarm

10:09

08:30 AM

S M T W T F S



09:30 AM

S M T W T F S



09:00 AM

S M T W T F S



Silent alarm

Set the alarm in the app and the device will vibrate to remind you of the time.



Stand up and move a little for one minute.

Remind you to exercise

The device vibrates to remind you to move after an hour of sitting.

Note: You can turn on/off the function in the APP.

Sleep

10:09



07 Hr 26 Min

Last Night's Data

🕒 10:56 PM-06:22 AM

Sleep

When you wear the smart watch while sleeping, it can display the hours slept and the quality of sleep both on the screen and in the APP.

NOTE: Sleep statistics reset to zero at 8:00 p.m.

Heart Rate

10:09



128

BPM

Click To Measure

Max

168

Min

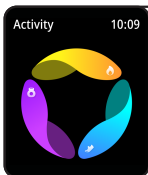
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Heart rate check

The smartwatch can record your heart rate throughout the day. You can also tap the side to start measuring heart rate.

Note: This product is not a medical device. All measurements and results are for reference only and are not intended for medical use !

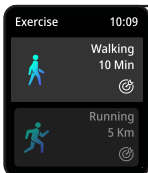
Smartwatch functions



Pedometer

The smartwatch automatically counts your steps on the screen.

Note: Your movement statistics will reset to zero at midnight.



Training

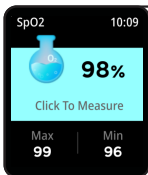
Tap the workout icon in the menu to start a new workout recording. There are 123 sports to choose from, the last training recording is displayed on the training page.



Blood pressure measurement

Tap the Blood Pressure page to start measuring your blood pressure. The most recent blood pressure measurement data can be displayed on the blood pressure page.

Note: This product is not a medical device. All measurements and results are for reference only and are not intended for medical purposes !



Spo2 measurement

Tap the Spo2 page to start your Spo2 measurement. On the Spo2 page, you can view the recent Spo2 measurement data.

Note: This product is not a medical device. All measurements and results are for reference only and are not intended for medical purposes !





Weather


It could display today's and tomorrow's weather information on the weather page. The weather information will be synchronized with the APP after connecting, it will not be updated if the connection is lost for a long time.

Smartwatch functions

Messages 10:09

 Vincent
Cool, let me check m...

 Bill
Hi, are you going to...

 Vincent
Hi there, just a remin...

Message reminder

The device can sync incoming notifications from Twitter, Facebook, Whatsapp, Instagram, etc. The last 5 messages can be saved.

Note: You can turn on/off incoming notifications in the APP.

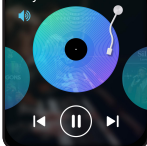
Shutter 10:09



Camera control

Your watch can be used as a remote control for your phone's camera

Player 10:09



Music control

Your watch can be used as a remote control for your phone's music player.

Settings 10:09

 Display

 Vibrate & Ring

 DND Mode

 Low Power Mode

More functions

Other features include stopwatch, alarm, timer, brightness, mute, power save, factory reset, power off and more

Stopwatch 10:09

00:00.00

Lap

Start

Stopwatch

On the stopwatch page, tap the Start button to start timing and the Stop button to stop timing.

More about this device

1. Use Quick View

Quick View lets you check the time on your smartwatch or information on your phone without having to press a button.

Simply turn your wrist towards you and the watch screen will become visible.

General information and specifications

1. Environmental conditions

Operating Temperature: 14°F to 122°F (-10°C to 50°C)

Non-operating temperature: -4°F to 140°F (-20°C to 60°C)

2. Size

Fits a wrist with a circumference between 5.5 and 7.7 inches

3. Disposal and recycling

Please note that it is the consumer's responsibility to properly dispose of and recycle the smartwatch and related accessories.

Please do not dispose of your smartwatch with normal household waste. Smartwatches are considered electronic waste and should be taken to a local collection point for electronic devices.

For further information, please contact your local electronic equipment disposal authority or the retailer where you purchased the product

FCC Warning:

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.