

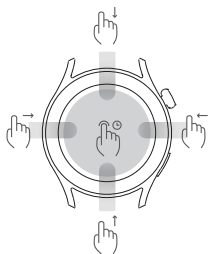
SMART WATCH

Quick guide

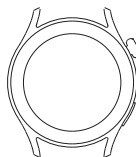


Please read this manual carefully before
use and keep it for future use

Touch and button



- Decline: control panel
- Swipe up: SMS notification
- Swipe right: shortcut sidebar
- Left swipe: menu functions
- Long press: dial switch



Power button

Short press: to turn on/off the screen, enter the menu function, and return to the dial

Double click: switch menu mode

Long press: turn on or off

Function keys

Short press: screen on/off

※ If the boot fails after you press and hold the power button for 3 seconds please charge and try again.

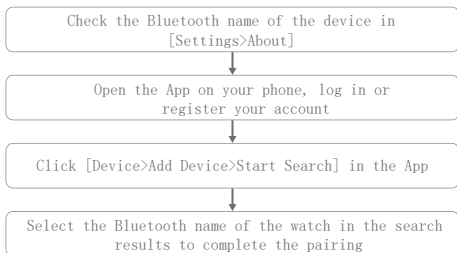
Connect to phone



download and install

Download App: IOS mobile phones can search for ‘KaFit’ in the App Store, and Android mobile phones can search for ‘KaFit’ in other app stores (such as App Store) to download and install; or scan the code to download and install.

Pair and connect the watch



- ※ Please keep the watch's battery level above 20% before pairing to avoid pairing failure due to insufficient battery.
- ※ During pairing and connection, make sure that the Bluetooth of the mobile phone is turned on and is within the effective connection distance with the watch.
- ※ This device requires Android4.4 and above system, IOS8.4 and above system.

Function introduction

Dial switch



Press and hold for 2 seconds on the main screen to enter the watch face switching interface, swipe left or right to switch the watch face to be selected, and click the selected watch face. You can also switch by rotating the button in the upper right corner.

Control panel



Function summary: Do Not Disturb mode, brightness adjustment, settings, audio call mode, my QR code.

※ You can swipe down on the home screen to enter this function

Sport data



Shows the number of steps, kilometers, and calories recorded on the day, and the goal can be set in the APP.

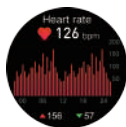
Sport



Sports include walking, running, mountain climbing, cycling, swimming, yoga, elliptical machine and other modes

Click the icon to start the exercise.

Heart rate



Turn on the timing detection on the App, and the interface displays the heart rate data of the day;

Sleep



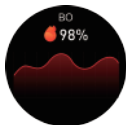
This interface displays the sleep monitoring status of the day, the data is updated every day, and the data can be uploaded and saved synchronously by connecting to the App.

Blood pressure



When entering the blood pressure measurement interface, the green light at the bottom lights up to start the measurement, and the measurement is completed within 30 to 60 seconds. The measurement at this time is based on the PPG technology.


Blood oxygen



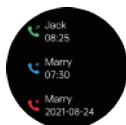
When entering the blood oxygen measurement interface, the green light at the bottom lights up to start the measurement, and the measurement is completed within 30 to 60 seconds. The measurement at this time is based on the PPG technology.

Bluetooth for calls



Click on the "Control Panel"  to enter the Bluetooth settings for calling; after enabling the searchable function, use the mobile phone to connect to the Bluetooth below to use the calling function.

Call records



Up to 8 call records can be kept, and the latest call record will overwrite the oldest record.

Frequent contacts



It can be added through "App-Device-Frequent Contacts". Add, delete, sort, and add up to 8 frequently used contacts.

Dial



After using the mobile phone to connect and call Bluetooth, you can use the dialing function normally.

Music



Can control the phone's music playback.

Weather



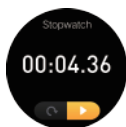
After the watch is connected to the App and the location permission is turned on, this is the case. The weather interface will display the real-time weather temperature and weather type.

Alarm



You can set a single alarm clock, a recurring alarm clock, and up to 5 alarm clocks.

Stopwatch



This interface is a stopwatch function. It has start, pause and reset functions.

Message



Turn on the push of relevant information on the App side, and the watch side can receive the corresponding message push, up to 8 messages can be saved, and the upper limit will be automatically overwritten.

※ You can swipe up on the home screen to enter this function

Find phone



When the watch and the APP are connected, click to find the phone, the phone will ring and the watch will show that the search is successful; if the watch is not connected to the APP, the watch will prompt that it is not connected.

Settings



The settings include dial switch, view, brightness adjustment, screen out time, language, QR code, system settings and other functions.

[Notification function]



Sedentary reminder

It can be enabled in App [Device>Other Settings>Sedentary reminder] to set the start time, end time and Do Not Disturb period.



Alarm reminder

Remind after setting and turning on the alarm.



Incoming call

You can answer or reject the call.

Precautions

- ❶ Do not disassemble, repair, or modify the product without authorization.
- ❷ Do not violently bump the product, so as not to cause damage to the product.
- ❸ Please avoid strong magnetic field, direct light or high temperature environment.
- ❹ This product is not used for disease diagnosis, treatment and prevention purposes.
- ❺ The waterproof rating of this product is IP68, avoid prolonged immersion in water.
- ❻ Please avoid wearing the watch strap too tightly and keep the place where the watch comes in contact with the skin clean.
- ❼ Children please use this product under the guidance of their parents to avoid harm.

Common problem handling

Watch won't turn on

- Please press and hold the power button for more than 3 seconds.
- Maybe the battery is too low, please charge it in time.

Bluetooth is not connected or unable to connect

- Please try to restart the watch and reconnect.
- Please try to restart the phone's Bluetooth and connect again.
- Do not connect the phone to other Bluetooth devices at the same time.

Inaccurate heart rate/blood pressure/blood oxygen

- The measured value is inaccurate, which is generally caused by the poor contact between the sensor of the watch and the human body.
- Please make sure that the sensor is in full contact with your wrist during measurement.
- Please keep your body still and the watch close to your wrist during measurement.

Sleep data is not accurate enough

- Sleep monitoring is to simulate the natural state of falling asleep and waking up, and needs to be worn normally.
- Wear it when you fall asleep too late or when you fall asleep, errors may occur.
- Sleep data is not monitored during the day, and the default sleep monitoring is from 9:00 pm to 9:00 noon the next day.

FCC Statement

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.

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.

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