

# **Smart Watch** User Manual

Product Name: SMART WATCH Product model: TF-H01 Input parameters: 5V-500mAh Battery parameters: 420mAh FCC-ID: 2BAOF-TF-H01 Manufacturer: Shenzhen Qishun Innovation Technology Development Co., Ltd

# Basic introduction to the product





# APP download, installation and use

to download and install "GloryFit"



### GlorvFit

2. After the download is completed, start the new user registration or third-party login. And improve personal basic information



# 3.Start binding watch



4. After the binding is successful, start to set the functions of the watch in the APP according to your habits

### **★ IMPORTANT NOTICE ★**

# How to make music and social media playing?



IN"SETTING"---"SOUND AND VIBRATION TURN ON / OFF THE "MEDIAL AUDION" Media audio TO SWITCH THE MUSIC PLAYING

### Basic product functions Sort regardless



The watch can dial directly store 100 phone numbers. and has recent call records



5.Blood pressure

Timely measure the high

and synchronize it with the

and low voltage at that time

7.Weather forecast

connecting to the app, the

watch can view the weather

conditions of the day and

9.100+Sport mode

Enter the selected sports

mode and start, swipe to

the right to pause, stop, or

11.Music control

music from the phone, car

pause/play, previous, next.

Watch Bluetooth plays

volume adjustment

13.Bluetooth

photography

15.Breathing exercise

the purpose of breathing training.

After successfully

the past few days

Built in multiple entertainment decompression games

"new kinetic ener...

new kinetic ener

6.Sleep monitoring

Wenn Sie eine Uhr in den

Schlaftragen, überwacht

wie Tiefschlaf, leichter

Augenbewegung

die Uhr automatisch Daten

Schlaf, Wachzustand und

8 Information reminder

message prompts. Click to

view the content, or click to

10.Voice Assistant

watch, and control the

12.SOS

to make a call.

14.Game

Click on voice, speak to the

phone to achieve the goal

Synchronize the emergence

number to the watch end in

Watch saves the last 8

clear the message

# Set the time and frequency in the watch, follow the practice, and achieve

### Other functions of the watch

Do Not Disturb Mode/Stopwatch/Countdown/Flashlight/Calculator/ Female Physiological Cycle/Call Reminder/Alarm clock reminder/ long sitting reminder/Find phone /goal achievement reminder

## Matters needing attention

- 1. Please avoid strong impact, high temperature and exposure to 2. Do not disassemble, repair or modify the machine by yourself.
- 3, This machine can be charged with 5V 500MA -- 5V 2A charger. It is strictly prohibited to use the over-voltage load power supply
- for charging. 4, It is prohibited to charge when there is water stain.
- 5. This product is an electronic consumption monitoring product and is not used for medical purposes.
- The measured data are for reference only.

### 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

Note: This equipment has been tested and found to comply with the limits for

the app. and click on SOS

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 communication: However, there is no quarantee 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.

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

The company reserves the right to modify the contents of this manual without

any notice. It is normal that some functions are different in specific software versions.

# 1. Scan the following OR code or enter each major application market

Equipment requirements: ios 9.0 and above; Android 5.0 and above





### 2.Call





current heart rate indices

The APP can set an alert



vibration prompts indicate measurement completion.

4.Blood oxvaen Real time automatic measurement of blood oxygen saturation, can also be actively measured, and