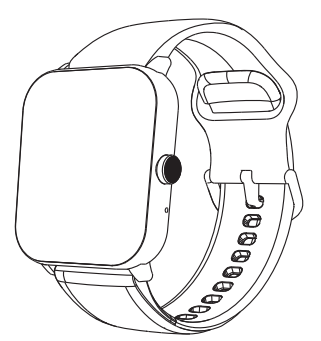


# D22D中英文说明书 尺寸:55\*96\*660MM 材质: 105 克双铜 风琴折

## 英文说明书

### Instruction manual


#### SMART WATCH



\* Please read this manual before using this product

1. Open the package and take out the watch
2. Wear smart watches Press the round button to turn on it

#### Download and Connect

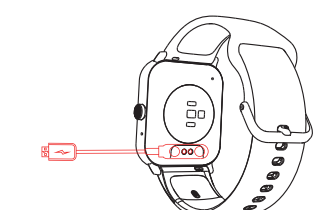


Scan the QR code above to download the client

1. Download the "Da Fit" APP: Download and install on your mobile phone, you can scan the QR code on the instructions, you can also scan the built-in QR code of the watch, or search "Da Fit" directly in the APP store to download.
2. Connection watch  
1) Manual connection: After the mobile phone is turned on, enter the APP. Note: If the app cannot be opened, please turn on the position and then open the APP. Regarding the device of the Wireless name and MAC address in "version" -> Click to connect.  
2) Connect to call Wireless: In the initial state of the watch, the call Wireless is opened by default.  
1. Mobile Android system: After the watch connection of the app is successful, the mobile phone will prompt the bracelet to request Wireless matching-click pairing-call Wireless connection successfully. After the connection is successful, you can call and call.  
2. Mobile iOS system: After the watch is connected to the APP, call Wireless automatic connection to the phone. After the connection is successful, you can call and call. (Note: In the initial state of the watch, the media audio is closed by default. Media audio opening method: The main interface of the dial down (control center) click the audio Wireless, and the watch can play mobile phone music after turning on.)

#### Charge and Activate

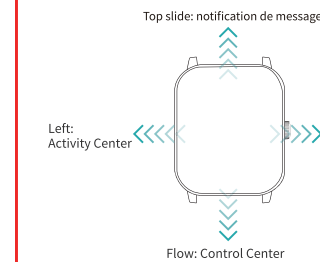
The magnetic charger and the magnetic suction hole on the back of the watch aligned fit, until the watch screen appears charging prompt, when the watch prompts low power, please charge in time, the device is an all-in-one machine, the back shell and battery can not be removed.



#### Buttons and touch controls

##### Circular buttons

1. Press the circular button on the interface of the main table for 5 seconds.
2. Press the circular button in the shutdown state for 5 seconds to turn on it.
3. Double-click the circular button in the menu interface to switch different menu styles.



Top slide: notification de message  
Left: Activity Center  
Right slide: sidebar  
Flow: Control Center

#### Watch Functions

##### Alarm clock

After the watch and APP are connected, you can set a single alarm clock and a circular alarm clock on the APP side, and you can set up to 8 alarm clocks.

##### Secondary watch

Click the start of the start button to start, click the pause button to timely stop, and click the reset button to take the time to zero. A maximum of 8 data can be saved.

##### Blood Pressure

Entering the blood pressure measurement interface, after tapping the watch screen and generating vibration feedback, the green light at the bottom of the watch will start blinking for 30-60 seconds to complete the measurement.

##### Heart Rate

Enter into the heart rate measurement interface, after clicking the watch screen and generating vibration feedback, the green light at the bottom of the watch, there will be vibration reminder after the measurement is completed in about 40 seconds, if it prompts "Please wear it again and try it again", you need to wear the watch.

##### Blood oxygen

Enter the blood gas measurement interface, after clicking the watch screen and generating vibration feedback, the red light at the bottom of the watch starts to detect for 30-60 seconds to complete the measurement.

##### Pressure

Enter the pressure measurement interface, after clicking the watch screen and generating vibration feedback, the green light at the bottom will light up and continue testing for 30-60 seconds to complete the measurement reminder.

##### Physiological period

After the watch is connected to the APP, the opening of women's health reminder on the APP can check the women's health information on the watch.

##### Exercise

Sport mode options: walking, running, riding, skipping rope, badminton, football, basketball, etc., click the icon to start exercise.

##### Weather

After the watch is connected to the APP, the weather interface will display the real-time weather temperature and the type of weather in the next 7 days.

##### Information

After the watch and APP are connected, open the relevant information push on the APP side. The watch can receive the corresponding message push on the side of the watch, which can be saved up to 8 messages.

##### Music

After the watch is connected to the APP, it can control the suspension and beginning of the mobile phone music player, volume adjustment and song switching.

##### Timer

In the timing function, the system presents the common timing duration. Users can click the corresponding time fast timing, or you can click the custom button for time settings.

##### Sleep

Watches show the total sleep last night and the length of light sleep and deep sleep.

##### Set up

The setting function contains display (brightness adjustment, screen time, dial switching, main menu view view, turning wrist bright screen), vibration & ringing, not disturbing mode, power saving mode, call, system, about.

##### Motion data

Display the number of steps, distance, and calories recorded on the day, and the number of target steps, exercise time, and calories can be set on the APP settings.

##### Bluetooth call

After the watch is connected to the mobile phone Bluetooth, it is synchronized to the watch after adding a contact with the APP. You can directly dial at the watch contact interface, or you can use the watch to control the phone to call the phone.

##### Find a mobile phone

After the watch and APP are connected, click to find the phone, and the phone will ring the bell. If the watch is not connected to the APP, the watch will prompt Bluetooth to disconnect.

##### Control center

Function introduction: screen brightness adjustment, do not disturb mode, power saving mode, settings, flashlight, QR code.

#### Q&A

1. The watch cannot start Press the power button for more than 6 seconds. The battery may be low. Charge it in time.
2. Bluetooth is not connected or cannot be connected  
1) Please try to restart the watch and re-link.  
2) Please try to restart Bluetooth and connect again.  
3) Don't connect your phone to other Bluetooth devices at the same time.
3. Watch measures heart rate, blood pressure, and blood oxygen data abnormal reason  
1) Generally for measurement, the watch sensor and the human body is caused by poor contact.  
2) Please pay attention to full contact between the sensor and the wrist during measurement.
4. Abnormal sleep data reason  
1) Sleep monitoring simulates people's self-perceived state of falling asleep and waking up, which needs to be worn correctly.  
2) If the watch is not worn correctly, the measurement data will be deviated, please wear the watch correctly.  
3) The watch carries on monitoring sleep data throughout the day, according to the advanced optical sensor and intelligent gomore algorithm to monitor the human body state in real time. Note: The sleep measurement data will be updated at 12:00 noon, and the previous day's data will be saved in the cell phone APP, so you can check the previous day's sleep record through your cell phone.

For more frequently asked questions, please check the App [My->FAQ]

#### Bluetooth data transmission

When connected to a mobile phone, the watch synchronizes some data, including weather, notifications, sports and health data, with the phone via Bluetooth. When the connection is disconnected or Bluetooth is turned off, the data will not be synchronized.

**Note:**  
1) Do not charge in a humid environment with water.  
2) Please regularly use a clean flannel to clean the magnetic suction charging hole on the back of the watch, to ensure that the magnetic suction charging hole and magnetic charger fit, to ensure normal charging.  
3) This product is not equipped with a power adapter, in order to ensure the safety of family and property, when charging, you can use the computer USB interface or choose a power adapter whose output is not more than 5V 1A.  
Please buy the power adapter through the regular channel, and avoid using the bottom quality and fake power adapter to avoid bursting or fire.

**Matters needing attention**  
1. The measurement results of this product are only for industrial examination and are not used as any medical use or basis. Please follow the doctor's guidance and do not use the measurement results for self-diagnosis and treatment.  
2. This product waterproof grade is IP68, can not be used for deep diving and long time in the water.  
In addition, this product does not put hot water, because the steam will affect the watch.  
3. The Company reserves the right to modify the contents of this manual without prior notice.  
Some functions are different in the corresponding software version. This is normal.

### FCC Statement

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.
- To assure continued compliance, any changes or modifications not expressly approved by the party.

Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).

This equipment 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.

### RF warning statement:

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