

Instructions

Thank you for choosing our company's smartwatch. You can comprehensively understand the use of the device, appreciate its practical functions and concise operating methods by reading this manual.

Our company reserves the right to make modifications to the content of this manual without prior notice.

Product configuration: One packaging box, one manual, one host, and one charging stand.

Please read this manual carefully and keep it properly before using the product.

This product supports waterproof wearing for daily use. Pay special attention not to wear hot showers or saunas, as they cannot prevent water vapor; Soak in seawater and wait for it to be wiped clean and blown dry in a timely manner. If water enters due to not following instructions, our company does not provide free warranty. After soaking in water, the horn hole will accumulate water. Please throw the water out so that the sound can return to normal.

If the watch runs out of battery for the first time, please take out the charging stand and place it in the charging stand for automatic absorption. Insert USB into the adapter for charging, and the input voltage of the adapter is required to be 5V/1A/2A (do not use a charging head with a rated voltage exceeding 5V, which may cause charging failure).

Product overview:



touch operation



Connection Tutorial:

1.Download the "CO FIT" app to your phone and install it. You can directly search for "CO FIT" in the app store (Android App Store)

To download, you can also scan the following QR code to jump to the download link (browser, WeChat, etc. can scan the code):

2. Connect the watch

1) Scan code to download the app: After the watch is first turned on at the factory, a QR code will appear after selecting the language, which can be scanned to download the app:



2) Manual connection: After enabling Bluetooth on the phone, enter the "Device" function of the "My" interface in the APP and directly search for the device to find the corresponding Bluetooth MAC address for manual connection.

3. Connect the call BT

Slide down to open the shortcut menu and ensure that the call Bluetooth switch is on (the Bluetooth icon in the middle of the status bar is in orange), which can be set on the phone. Discovered a call Bluetooth in Bluetooth (with the phone Bluetooth turned on), find the corresponding audio device name, and click Connect. After successful connection, you can use the call function and music function.



CO FIT QR code:

Android 5.0 and above and IOS9.0 and above



CO-FIT

Health function introduction:

1. Heart rate

1) Click to enter to measure the current heart rate value, it will remind you when you are in the air wear correctly;

2) The heart rate data can be detected in real time on the APP on the hour, and the corresponding record is recorded in the column in the shape chart;

3) Connect to APP to record heart rate data synchronously;



2. Blood pressure

1) Click to enter to test blood pressure and blood oxygen;

2) The test data will be synchronized to the APP in real time



3. Multi-sport mode

1) Provide multiple sports modes for free selection;

2) Heart rate, calories and other data will be recorded during exercise;



Features:

restored to normal by restoring the factory settings.

Warranty Description:

1. During normal use of this product, if there are product quality problems caused by manufacturing, materials, design, etc., from the date of purchase, the motherboard will be guaranteed for one year free of charge, and the battery and charger will be guaranteed for half a year.

2. The failure caused by the user's personal reasons does not provide free warranty, as follows:

- (1) Damage caused by unauthorized disassembly, modification of watches, etc.;
- (2) Injury caused by accidental falling during use;
- (3) All man-made damage or third-party negligence, misuse (such as: water in the host, external force cracking, scratch damage to peripheral components, etc.), are not covered by the warranty.

3. When requesting a free warranty, please provide a warranty card with the date of purchase and the stamp of the place of purchase.

4. All the functions of the product are based on the physical object.

Date of purchase:	Customer signature:
MAC code:	Clerk signature:
Buy store:	Shop stamp:

4.Call menu : After connecting to the APP and Bluetooth, enter the call menu, where you can select dialing, contacts, and call records;

5.Compass : Supports compass function, calibration function is required for first use, follow the prompts to operate;

6.Stock market : By logging into the "Stock Market" function account in the app, synchronize to the watch to view the stock market;

7.Siri : After connecting the APP and call audio, wake up the mobile phone voice assistant through the voice assistant function of the watch.

8.information : This function needs to be connected to the mobile phone APP "CO FIT" application to query the third-party program messages of the set message notification.

9.sleep monitoring : From 8:00PM every night to 11:00AM the next morning, your sleep time and quality will be recorded, helping you to better adjust your work and rest time and improve sleep quality. On the sleep function interface, swipe up to enter the options to inquire about the options of the sleep function.

10.Step count : You can view the number of steps taken for the day, calorie consumption and distance traveled. At 12:00 every night, the data of the day will be saved and reset to zero. Swipe up to enter the options, set your own options.

11.Music : You can freely choose between "Watch Music" (supports connecting Bluetooth headphones)"Mobile Music", choose to play watch local music or control your phone to play music, and turn on/off the watch's music playback sound through the "Media Sound Control" in the "Settings" function.

12.Calculator : Simple calculations are possible.

13.Stopwatch : Turn this function on to time it.

14.Set up : Perform various local settings of the machine, including brightness settings, screen time, do not disturb mode, sound settings, language switching, mobile phone connection, watch about, shutdown, restart, factory reset, etc..

15.Weather : After connecting to the APP, the weather information of the day provided by RDFIT can be synchronized in real time;

16.Timer : Supports selecting minutes and custom time countdown.

17.Calendar : supports calendar function, and can view the current calendar function after connecting to the app for synchronization;

18.Female Health : women users can set their own women's health information through the APP, and will provide health reminders according to different settings;

19.World Time : After connecting to the APP, you can use the "World Time" function in the APP to synchronize the time of many countries to the watch.

20.Game : Support mini game function, click to play mini games

21.Taking photos : After connecting to the app and obtaining permission to take photos on the phone, it supports Bluetooth photography function and can remotely control the phone to take photos;

How to set up message notifications:

On the phone, go to Settings - Application Management, find "CO FIT" - Permission Management, and open all of them. Then enter the notification management - find "CO FIT" and open all permissions. Permission to turn in the background, enter, select unlimited. return. It will prompt to open automatically, enter open. Go back, select the APP message notification you want, and click Open. On the IOS side, you can turn on the shared system notification in the mobile phone settings - BT - connected BT settings;

Note: If the computer version of the selected APP is online, the mobile phone will not receive information notifications, and the watch will not remind.

Common Troubleshooting:

1. The watch cannot be turned on: the duration of pressing the power button is too short, taking more than 3 seconds; The battery level is too low, please use a charging cable to charge;

2. The watch cannot be charged normally: whether the charging contact is in normal contact with the watch, and whether the charger is normal; When the battery level is low, it takes a while to charge before the charging interface is displayed;

3. Firstly, watch devices monitor human activity through electronic sensors, which are considered consumer grade. It is normal for the product to experience certain errors. Please treat the data objectively;

4. If your phone is installed with security management or cleaning acceleration applications, please Set "CO Fit" as a whitelist (trust list);

5. If some software issues occur while the watch is running, it can be

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.

Changes or modifications to this unit 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 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 and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

Radiation Exposure Statement

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