

Smart Watch Manual

Product Picture (Cover):

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

Product Description:

Touch Screen: 

Rotate Button:
1. Rotate the button on the dial page to preview the dial.
2. Short press to enter the menu.
3. Long press button to zoom in or out of the menu page.
4. Short press on the remaining interfaces to return to the dial page.

Power Button: short press to wake up/off, long press to switch the machine.

Heart rate sensor: (Need to put the back view)

Charging port: (Need to put the back view)

Packing list: watch host (including strap), charging cable, product manual.

APP download and connection:

1. Scan the QR code to download and install the "iFlyFine" APP



(Android 5.0 or iOS 9.0 and above)

● **iOS/Android phone users:** scan the above QR code to download and install the application.

● **Android:** Search for "iFlyFine" through the software application store to download and install the application.

● **Apple:** Search for "iFlyFine" through the App store to download and install the app.

● **WeChat:** follow the official account "Deer Enjoy Planet", you can get the download link to download on the official account.

2. **APP connection method:**

① After the watch is turned on, slide the dial page to the right and out of the sidebar, click Settings, slide to the bottom of the settings interface, and click Enter to check the Bluetooth address.

② Turn on the bluetooth of the mobile phone, enter the APP and click to add a device. After the search is completed, click the device to be connected to it.

③ Connect audio Bluetooth: Swipe on the dial page, click the Bluetooth icon, the Bluetooth icon turns blue after turning it on, enter the mobile phone settings, search for the device, and connect it.

Watch operating instructions:



Swipe left: Menu list

Swipe right: Sidebar function

Swipe up and down: Shortcut menu

1. Sidebar function: Swipe right to open on the list, swipe left to close the sidebar.

2. Menu list: Swipe left on the dial to enter the menu list, click menu to enter the corresponding function, click again to return, or long press to return to the dial page.

3. Sidebar menu: Swipe up and down on the dial to display physical functions (including Bluetooth call, watch, brightness adjustment, scene mode, style switching, etc.). Click the sidebar menu to enter the corresponding function, click right or single-click to rotate the button to return.

4. Dial operation: Click the dial to enter the dial preview interface, click left and right to preview and select the corresponding dial, after clicking on the dial setting, the dial will change.

Note: The other two dials are "custom dial" and "multi-push dial". The dial will change with the settings of the APP-side dial and DH dials.

Features:

- ① Dial:** Dial up: Connect to the mobile phone to dial out via Bluetooth, and you can make a call on the watch.
- ② Contact:** After the watch is successfully connected to the APP, you can add a contact in the APP. After the contact is successfully added, the phone book of the watch will be displayed synchronously, and the watch can click on the contact in the phone book to make a call (Note: The watch needs to be connected to the Bluetooth of the mobile phone).
- ③ Call history:** display the call history of the watch, click on the phone number to dial.

Information: It can display the content of the message push, such as SMS, QQ, WeChat, etc. (The system above iOS12 will block SMS reminders by default)

Sports:
1. Enter the sport mode (running, walking, cycling, climbing, indoor running selection interface, click again to start the corresponding sport mode data monitoring: exercise time, distance, calories burned and heart rate data
2. Record: record all exercise data

Pedometer: count the step count data of the day, swipe left to view the step count record, clear the data at 00:00 in the morning, or view it in the APP, the APP can set the number of steps per day to reach the standard value, and the watch will have Reminder of compliance

Sleep monitoring: Turn on sleep detection to monitor the quality of sleep while sleeping, and view data such as sleep duration, rapid eye movement, deep sleep, light sleep, etc.

④ Weather: Not connected to the APP, enter the weather display prompt, after connecting to the APP, the current weather temperature degree will be displayed

⑤ Drinking water reminder: Set a reminder time for drinking water. When the time is up, the watch will have an interface reminder icon

⑥ Stopwatch: start stopwatch timing and end timing

⑦ Alarm clock: you can customize the alarm clock, long press to delete the alarm clock

⑧ Style: You can set and change the UI style

⑨ Camera: Information: It can display the content of the message push, such as SMS, QQ, WeChat, etc. (The system above iOS12 will block SMS reminders by default)

⑩ Bluetooth music: control to play music in the phone, "+", "-" to adjust the volume

⑪ Settings: Including time setting, scene mode, brightness, language setting, password lock, reboot, factory reset, about the machine

⑫ Weather: Not connected to the APP, enter the weather display prompt, after connecting to the APP, the current weather temperature degree will be displayed

⑬ Drinking water reminder: Set a reminder time for drinking water. When the time is up, the watch will have an interface reminder icon

⑭ Stopwatch: start stopwatch timing and end timing

⑮ Alarm clock: you can customize the alarm clock, long press to delete the alarm clock

⑯ Style: You can set and change the UI style

Precautions:

- In daily use, avoid wearing the watch for hot showers, saunas and diving. When the water meter gets wet, please wipe the surface water and dry with a soft cloth before operating.
- The measurement results of this product are for reference only, and the data provided by the product is not to be used as a basis for any medical purposes.
- If you use a power adapter for charging, you should use a power adapter that meets the requirements of the corresponding safety standards to avoid burning or fire caused by fake power adapters.
- Common problem:
① Answer: Because the Bluetooth broadcast of the watch has not been searched by the mobile phone, please make sure that the watch is powered and activated, and is not connected by other mobile phones. Move the watch close to the mobile phone and search again. If it still does not work, turn off the Bluetooth of the mobile phone and turn it on again after 20 seconds, Bluetooth searches again.
- ② Is the Bluetooth connection always on? Will there be any data if it is turned off?
③ Answer: Before synchronizing the data, the exercise and sleep data

will remain on the watch host. When the Bluetooth connection between the mobile phone and the watch is successful, the watch will automatically upload data to the mobile phone, but the data stored by the watch is limited to only store Bluetooth data for about one week. When the space is full, the oldest data will be automatically overwritten to generate the latest data, so please sync your watch to your phone.

Note: If the call and SMS reminder function is turned on, you need to keep the Bluetooth connected, and the alarm clock reminder supports offline.

What should I do if the watch cannot be charged?

- Please make sure that the direction of the charging stand is correct and the charging clip is in good contact with the watch.
- When the power of the watch is lower than 3.6V, there will be a period of battery precharging.

Remarks: It will enter the charging state immediately after the charger is plugged in. If there is no display, you need to charge for 3-5 minutes to enter the charging state.

Will the watch cause harm to the human body if worn for a long time?

Answer: The radiation of the equipment is much lower than the FCC standard of the United States, which is basically negligible. Long-term wearing will not cause radiation damage to the human body.

FCC STATEMENT

1. 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.

2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

FCC Radiation Exposure Statement:

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