

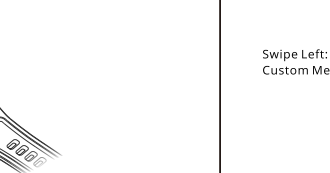
# USE MANUAL

## SMART WATCH

### Charging and Activation

**Before using the watch for the first time, please ensure it is fully charged. If the charging icon does not appear, please keep charging for 10 minutes.**

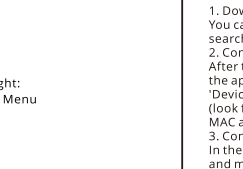
1. Use the included magnetic charging cable to attach it to the metal contact points on the back of the watch, then charge it.
2. This product does not come with a power adapter. To ensure safety, you can use a computer USB interface or a power adapter with an output not exceeding 5V = 1A when charging. Please purchase a power adapter through legitimate channels and avoid using low-quality or counterfeit adapters to prevent damage to the watch, explosions, or fires.
3. Do not charge in a humid environment. Regularly clean the watch body with a dry cloth to ensure the cleanliness of the magnetic charging port and the magnetic charging cable for normal charging.



### Buttons and Touch

1. Long-press button 1 to turn on /off the watch. Click to turn off/on the screen.
2. Single-click button 2 to access the function menu. Click on other interfaces to return, Double click on the function menu interface to switch UI style.
3. Long-press button 3 to turn on /off the flashlight; Short press the button to switch between strong light, burst, and SOS modes.

Swipe Up: Message Notifications



Swipe Down: Control Center

### App Download and Connection



1. Download and install the 'Da Fit' app. You can scan the QR code in this manual, scan the QR code on the watch, or directly search for 'Da Fit' in the app store to download.

2. Connect the smartwatch. After turning on Wireless on your phone, enter the app (note: if you cannot open the app, please enable location services on your phone, then open the app) and click 'Device' -> 'Add Device' -> Bind the corresponding device that appears in the search (look for the relevant item in 'Settings' -> 'About' to find the Wireless name and MAC address of the device on the watch) -> Click 'Connect.'

3. Connect WirelessCalling/Audio Wireless. In the initial state of the watch, Wireless calling is turned off by default, so calling and music functions are unavailable. Slide down to the 'Control Center' on the watch face, enter the 'Settings' menu, click the 'Calling' icon, and turn on calling and audio Wireless to enable these functions.

### Features

Dial switch: On the main screen, press and hold for 2 seconds to enter the watch face switching interface, swipe left and right to switch watch faces, and click to confirm. You can push 'Custom' watch faces through the app.

Sports data: Displays the steps, distance, and calories recorded for the day. You can set step, distance, and calorie goals in the app.

Sleep: Displays the sleep monitoring status for the day, with data updated daily. When connected to the app, data can be synchronized and the device will recalculate new data for the day.

Heart rate: Enter the heart rate measurement interface, click to start the test after entering the page, and the bottom test light will light up to begin measurement. It takes about 60 seconds, and when it's done, there will be a vibration reminder. If it says 'Not wearing the watch,' you need to wear the watch again.

Blood pressure: Enter the blood pressure measurement interface, and the bottom test light will light up. It takes 30 to 60 seconds, and there will be a vibration reminder when the measurement is completed.

SpO2: Enter the blood oxygen measurement interface, and the bottom test light will light up. It takes 30 to 60 seconds, and there will be a vibration reminder when the measurement is completed.

Message: The watch can sync notifications from common social apps. Note: You can enable/disable sync notifications in the app.

### Features

Weather: When the watch is connected to the app, the weather interface will display real-time weather and temperature, as well as weather conditions for the week.

Sports: 100+ sports modes such as walking, running, cycling, skipping, basketball, etc. are included. Click the icon to start exercising. When connected to the app, you can view more detailed content.

Music: After the watch is connected to the app, you can control the phone's music player.

Timer: System presets common timer intervals. Click to quickly time. Click the custom button to set the time.

Alarm: After the smartwatch is connected to the app, you can set single mode alarms or recurring alarms.

Stopwatch: Click 'Start' once to start the timer, click 'Pause' once to pause the timer, and 'Reset' to reset the timer to zero.

Find Phone: When the device is connected to the app, click 'Find Phone,' and the phone will ring to indicate a successful search. If the watch is not connected to the app, it will prompt that the phone is not connected.

Settings: Display (Brightness, Sleep, Watch face, Menu View, Wrist Raise), DND Mode, Low Power Mode, Vibrate & Ring, Phone, Languages, System, About.

### Common Issues

Control Center: Do Not Disturb Mode, Power Saving Mode, Brightness Adjustment, Flashlight, Electronic Business Card, Settings.

Sedentary reminder: You can enable 'Reminders to Move' in the app to remind you to take breaks every hour.

Waterproof: Waterproof: IPX8 (3ATM)

Notes: 1. This app is not a medical device. Data obtained during the use of this app is for reference only, and should not be used for clinical diagnosis, medical research, diagnostic, or treatment purposes. 2. To ensure long-term use of this product, it should not be used in hot water/sauna environments to prevent steam damage to the equipment.

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- ▶ -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.

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