Quick Guide

Smart Watch

Please read this manual carefully and reserve it for use

Touch and key

Sliding: control panel
Slide up: SMS notification
Right slide: custom card
Left slide: shortcut function

Key

Short press: light the screen, return to the dial interface, and enter the menu interface
Long press: enter the system menu

※ If the power-on fails after pressing the power button for 3 seconds, please try again after charging.

Connect to phone

(CO-FIT APP)

You need to download and install the CO-FIT PRO application on your phone. CO-FIT APP supports iOS 11.0 and Android 5.0.

1. Open the mobile phone Bluetooth, open the app registration login to enter the home page.

2. Pair the watch with the APP. When pairing, please ensure that the watch and the APP can communicate with each other (synchronize data); Open APP>Device>Add new device>Select HK89

3. In the search binding list, select the HK89 with the strongest signal and click Pair. At this time, the Bluetooth icon on the watch is blue, indicating that you have connected Bluetooth 5.0

4. Bluetooth 3.0 connection mode:

IPhone users support Bluetooth 5.0+3.0 dual Bluetooth one-button link (follow the system prompt box when matching)

1. The Android user system will pop up Bluetooth pairing request, check the prompt permission, and click "pairing" to complete Bluetooth 5.0+3.0 pairing;

2. If the Android user system does not pop up a Bluetooth pairing request, you need to click "unbind" in the "call service pairing option" in the Bluetooth pairing prompt interface, and then follow the interface operation prompts to complete the Bluetooth. Subsequent links to the mobile phone will generate memory for the watch 3.0 Bluetooth, so as to realize the double Bluetooth one-button link (if Bluetooth 3.0 is not automatically connected, please manually search the Bluetooth watch model "HK89" on the mobile phone)

Function Introduction

Sport

Enter the sports mode selection interface, and click again to start the corresponding sports mode data detection: sports time, distance, calories, heart rate and other data.

Activity

Count the activity data of the day. The number of steps per day can be set in the APP to reach the standard value, and the watch also has a prompt of reaching the standard.

Dial

Connect the mobile phone with Bluetooth to dial out, and you can make a call at the watch end.

Heart rate

Put the watch close to the wrist, and the best place to wear it is on the wrist bone above the arm. The real-time heart rate value can be measured. The normal value of the average person is 60-100 times/minute. You can also view the heart rate record.

Blood pressure

Put the watch close to the wrist, and the best place to wear it is above the wrist bone and arm. Real-time blood pressure can be measured. Adult diastolic blood pressure: 60~80 (mmHg), adult systolic blood pressure: 100~120 (mmHg).

Blood oxygen

Put the watch close to the wrist, and the best wearing position is above the wrist bone and the arm. The real-time blood oxygen value can be measured, and the normal range of the value is generally 95% to 100%.

Message

It can push the content of real messages, such as SMS, QQ, WeChat, etc. (the system above IOS12 will block the SMS reminder by default).

Sleep

Turn on sleep detection to detect sleep quality during sleep, and view data such as sleep duration, deep sleep and light sleep.

Weather

If the APP is not connected, enter the weather display prompt, and the current weather temperature will be displayed after connecting the APP.

calendar

View the calendar.

Breathing training

You can set the time and rhythm of breathing training, and then click to start breathing training.

Stopwatch
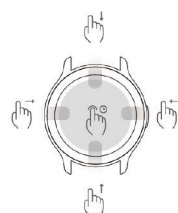
Start and end the stopwatch.

Calculator

Numeric calculations are possible.

Music

It can control the playback of music in the phone, switch the previous and next music, and adjust the volume.

Voice Assistant

When connecting the mobile phone Bluetooth, click to talk to realize remote control.

Alarm

You can customize the alarm clock and delete it.

Settings

Including dial switch, brightness adjustment, language setting, password lock and other functions.

Matters needing attention

1. Do not disassemble, repair, or modify the product without authorization.

2. Do not violently bump the product, so as not to cause damage to the product.

3. Please avoid strong magnetic field, direct light or high temperature environment.

4. This product is not used for disease diagnosis, treatment and prevention purposes.

5. The waterproof rating of this product is IP68, avoid prolonged immersion in water.

6. Please avoid wearing the watch strap too tightly and keep the place where the watch comes in contact with the skin clean.

7. Children please use this product under the guidance of their parents to avoid harm.

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

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.

Warning: changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment
Radiation Exposure Statement
The devices has been evaluated to meet general RF exposure requirement,the devicecan be used in portable exposure condition without restriction.