COLMI fgsvhryt-254

COLMI Smart Watch User Manual

Model: **fgsvhryt-254**

Brand: COLMI

Introduction

This manual provides detailed instructions for setting up, operating, and maintaining your COLMI Smart Watch. Designed for both men and women, this waterproof smartwatch features heart rate and blood pressure monitoring, Bluetooth connectivity, and fitness tracking capabilities. Please read this manual thoroughly to ensure proper use and to maximize your device's potential.

Setup Guide

1. Initial Power On and Time Synchronization

Upon receiving your COLMI Smart Watch, ensure it is fully charged before first use. To power on, press and hold the designated button. The watch does not require manual time or date setting. Once connected to your mobile phone via the "Da Fit" app, the time, weather, and date will automatically synchronize.

2. Connecting to Your Mobile Phone

1. Download the **"Da Fit"** application from the Google Play Store (for Android) or the App Store (for iOS).
2. Open the "Da Fit" app. Navigate to **"Device"**, then select **"Bind Device"**.
3. Locate and select **"V23"** from the list of available devices and confirm the binding.
4. Ensure your mobile phone supports Android 4.4 or iOS 9.0 or above. The smartwatch is designed for smartphones only and cannot connect to iPads, tablets, or computers.
5. If the Bluetooth connection is lost due to distance (exceeding 10 meters), repeat the binding process.



Image: Customizing your watch face through the Da Fit app.

This image illustrates the "DIY watch face" feature, showing how users can personalize their watch display with custom photos via the Da Fit app. It also shows various pre-set watch faces.

3. Receiving Message Notifications

To enable message notifications on your smartwatch, follow these steps:

1. When first downloading the "Da Fit" app, grant necessary permissions for Phone, Messaging, and Call log.
2. Verify that "Da Fit" app notifications are enabled in your phone's settings:**Settings > Notifications > Da Fit (or specific apps like Instagram, Facebook) > Allow Notifications**.
3. Within the "Da Fit" app, go to**"Notification"**, enable notifications, and tap the checkmark icon to save.
4. Keep the "Da Fit" app running in the background on your phone and ensure the device remains paired.



Image: Call/Message reminders and Sedentary Reminders.

This image demonstrates the smartwatch's ability to display call and message notifications from various apps like WhatsApp, Skype, and Facebook. It also highlights the sedentary reminder feature, encouraging users to move after periods of inactivity.

Operating Your Smart Watch

1. Health Monitoring Features

The COLMI Smart Watch is equipped with advanced sensors for real-time health monitoring:

- **Heart Rate Monitor:** Continuously tracks your heart rate throughout the day.
- **Blood Pressure Monitor:** Provides estimates of your blood pressure. *Note: This feature is for reference only and should not replace professional medical advice or equipment.*
- **Sleep Monitor:** Records your sleep patterns, including deep sleep, light sleep, and awake time, to help you develop healthier sleep habits.



Image: Health Monitoring with Ease.

This image highlights the smartwatch's health monitoring capabilities, including real-time heart rate and blood pressure tracking during activity, and detailed smart sleep monitoring that records deep, light, and awake sleep durations.

2. Activity Tracking and Reminders

- **Activity Tracker:** Records steps, distance, and calories burned.
- **Sedentary Reminder:** Prompts you to move after periods of inactivity to help reduce stress and encourage a more active lifestyle.
- **Alarm Clock:** Set alarms directly from your watch.

3. Smart Features

- **Remote Camera Control:** Use your smartwatch as a remote shutter for your phone's camera.
- **Music Control:** Play, pause, and switch songs directly from your watch without needing to take out your phone.
- **Full Touch Screen:** The 1.3-inch full touch screen offers easy operation, high sensitivity, and a full visual large HD display.



Image: Remote Camera and Music Control.

This image illustrates two convenient features: the ability to remotely control your phone's camera from the smartwatch, and the option to control music playback (play, pause, skip tracks) directly from your wrist.



Image: 1.3 inch Full Touch Screen.

This image emphasizes the smartwatch's 1.3-inch full touch screen, showcasing its ease of operation, high sensitivity, and large HD display. It visually represents various functions accessible via the screen, such as step count, sleep tracking, heart rate monitoring, and message notifications.

Maintenance

1. Charging

The COLMI Smart Watch features a magnetic connector for charging. Simply align the magnetic charger with the charging points on the back of the watch. A full charge typically provides excellent battery life, often lasting up to two weeks depending on usage.

2. Water Resistance

The smartwatch is waterproof, making it suitable for daily activities such as showering. However, it is recommended to dry the watch thoroughly after exposure to water to maintain its longevity and performance.

3. General Care

To ensure the best performance and lifespan of your smartwatch:

- Clean the watch regularly with a soft, dry cloth.
- Avoid exposing the watch to extreme temperatures or harsh chemicals.
- Handle the watch with care to prevent physical damage.

Troubleshooting

Common Issues and Solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and press and hold the power button.
- **Time/Date not synchronizing:** Confirm the watch is successfully connected to the "Da Fit" app on your smartphone. Ensure your phone's Bluetooth is active and the app is running in the background.
- **No message notifications:**
  - Check app permissions for "Da Fit" on your phone.
  - Verify notification settings within the "Da Fit" app.
  - Ensure the "Da Fit" app is not being closed by your phone's battery optimization settings.
- **Bluetooth disconnection:** If the watch disconnects frequently, ensure it remains within 10 meters of your paired phone. Re-bind the device in the "Da Fit" app if necessary.
- **Inaccurate Blood Pressure readings:** The blood pressure monitor is for reference only. For accurate medical readings, consult a professional medical device.
- **App issues (e.g., "reminders to move" time):**Some app settings may be fixed. For specific app-related concerns not covered in this manual, please contact the seller for technical support.

For further assistance, refer to the user guide provided with your product or contact COLMI customer support.

Specifications

Feature	Detail
Model Name	fgsvhryt-254
Brand	COLMI
Screen Size	1.57 Inches
Item Weight	1.45 ounces

Connectivity Technology	Bluetooth
Special Features	Time Display, Sleep Monitor, Email, Blood Pressure Monitor, Sedentary Reminder, Alarm Clock, Activity Tracker, Camera, Notifications, Heart Rate Monitor
Human Interface Input	Touchscreen
Color	Pink (as per product data, though main image is gold)
Battery Cell Composition	Lithium Polymer
What's in the box	Watch Band (Note: Charger is implied but not explicitly listed in "whats_in_the_box" from input, only "Watch Band")

Official Product Videos

Watch these official videos from COLMI for additional guidance and product overview.

Your browser does not support the video tag.

Video: COLMI Smart Watch Overview.

This video provides a general overview of the COLMI Smart Watch, showcasing its design and various features. It is an official video from the seller, ColmiDirect.

Warranty and Support

COLMI offers lifetime after-sales service for your smartwatch. If you encounter any problems or require technical support, please contact the seller directly through your purchase platform.
To contact the seller on Amazon:

- Go to **"Your Orders"**.
- Find the order ID for your COLMI Smart Watch.
- Click **"Contact with us"**.

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Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question