FirYawee S48H S45K

FirYawee Smart Watch User Manual

Model: S48H S45K

Brand: FirYawee

INTRODUCTION

This manual provides essential information for the proper setup, operation, and maintenance of your FirYawee Smart Watch (Models S48H and S45K). Please read this guide thoroughly before using your device to ensure optimal performance and longevity.

SETUP GUIDE

1. Charging the Smart Watch

Before initial use, fully charge your smart watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a standard USB power adapter (not included).

- Charging time: Approximately 2.5 hours for a full charge.
- Battery life: Up to 7 days with regular use, 35 days standby.

2. Installing the Da Fit App

The FirYawee Smart Watch requires the 'Da Fit' application for full functionality. Download the app from your smartphone's app store (Google Play Store for Android or Apple App Store for iOS).

- Compatibility: Android 4.0 or above, iOS 8.0 or above.
- Bluetooth: Requires Bluetooth 4.0 or above.

3. Pairing the Smart Watch with Your Phone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the 'Da Fit' app.
3. Follow the in-app instructions to search for and connect to your FirYawee Smart Watch.
4. Confirm the pairing request on both your phone and the watch if prompted.

OPERATING INSTRUCTIONS

1. Touch Screen Navigation

The watch features a 1.4-inch full touch screen for intuitive control.

Image: The full touch-screen interface displaying different activity tracking modes and watch faces.

- **Swipe Up/Down:** Navigate through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens.
- **Tap:** Select an item or confirm an action.

2. Daily Activity Tracking

Your smart watch automatically tracks various daily activities.

Image: Daily activity tracking interface showing steps, distance, calories burned, and active minutes.

- **Steps:** Counts your total steps throughout the day.
- **Distance:** Estimates the distance covered based on your steps.
- **Calories Burned:** Calculates estimated calorie expenditure.
- **Workout Duration:** Records the length of your exercise sessions.

3. Heart Rate Monitoring

The watch continuously monitors your heart rate.

Image: Heart rate monitoring screen showing BPM and a graph, alongside sleep monitoring data.

- View real-time heart rate on the watch or in the Da Fit app.
- Historical data is stored in the app for analysis.

4. Sleep Monitoring

The smart watch tracks your sleep patterns automatically.

- Records deep sleep, light sleep, and awake times.
- Review detailed sleep analysis in the Da Fit app to adjust sleep habits.

5. Sports Modes

The watch supports multiple sports modes to track specific workouts.

- Includes: Running, Walking, Hiking, Cycling, Climbing, Yoga, and more.
- Connected GPS functionality (via your smartphone) provides accurate route tracking.
- Features abdominal breathing exercises for stress management.

6. Notifications

Receive call and message notifications directly on your watch.

- Supports SMS, Facebook, WhatsApp, Twitter, Instagram, LinkedIn, and more.
- Ensure notification permissions are enabled in the Da Fit app and your phone settings.

7. Custom Watch Faces

Personalize your watch by uploading custom images as watch faces.
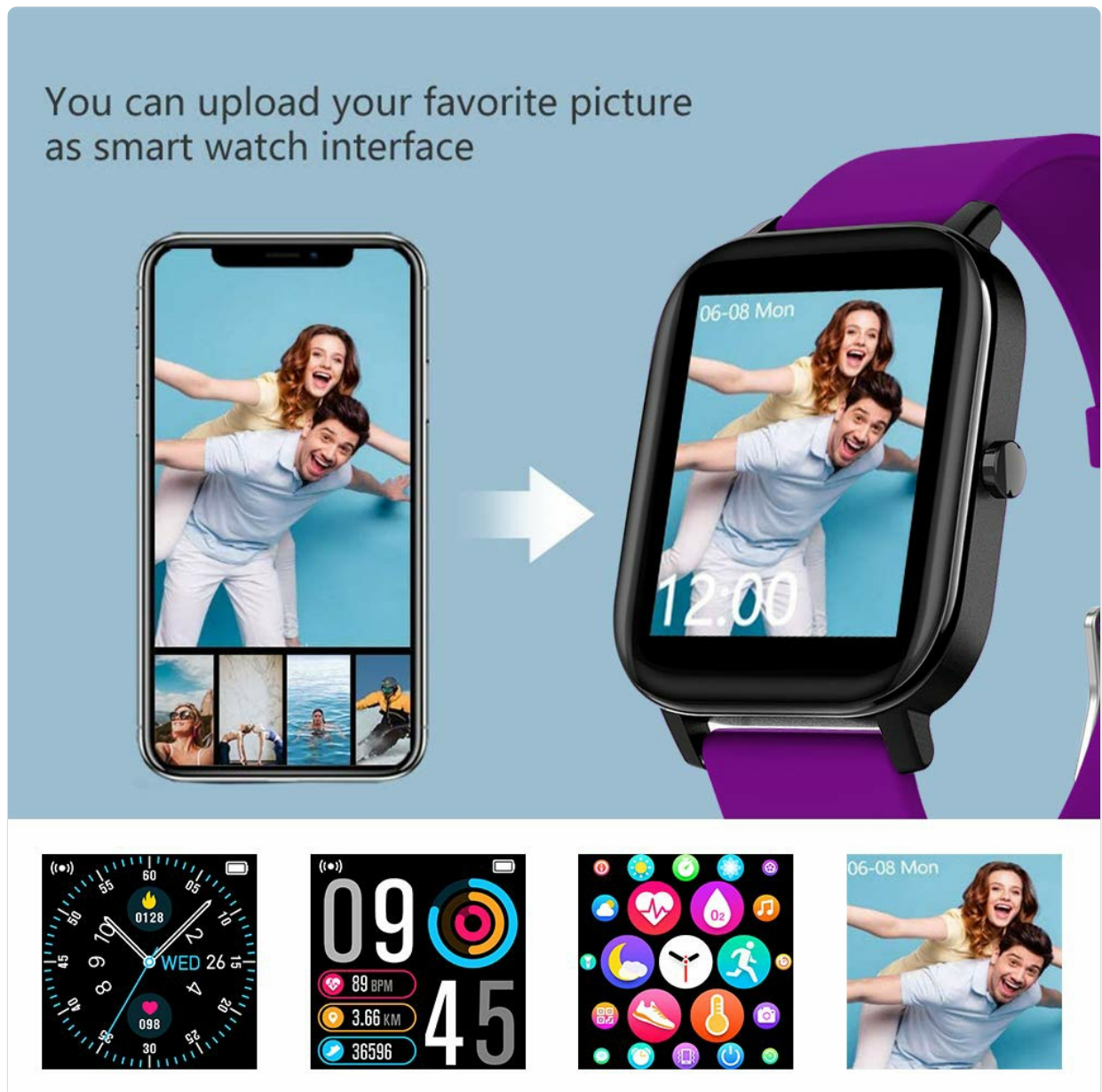

Image: A smartphone screen showing photo selection for a custom watch face, with the watch displaying the uploaded image.

- Access the watch face gallery in the Da Fit app.
- Select from pre-installed options or upload a photo from your phone's gallery.

MAINTENANCE

1. Cleaning

- Wipe the watch screen and strap regularly with a soft, dry cloth.
- For stubborn dirt, use a slightly damp cloth and dry thoroughly.
- Avoid using harsh chemicals or abrasive materials.

2. Water Resistance (IP68)

The FirYawee Smart Watch is IP68 rated, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes.

- Suitable for daily use, such as hand washing, rain, or shallow swimming.
- Not suitable for hot showers, saunas, diving, or high-pressure water activities.
- Do not operate buttons underwater.

3. Battery Care

- Avoid extreme temperatures, which can affect battery life.
- Charge the watch regularly, do not let the battery completely drain for extended periods.
- Use only the provided charging cable.

TROUBLESHOOTING

Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.

Cannot Pair with Phone

- Make sure Bluetooth is enabled on your phone.
- Ensure the Da Fit app is installed and open.
- Restart both your phone and the smart watch.
- Check if the watch is already paired with another device. Disconnect if necessary.
- Ensure your phone meets the compatibility requirements (Android 4.0+/iOS 8.0+, Bluetooth 4.0+).

Notifications Not Appearing

- Verify that notification permissions are granted for the Da Fit app in your phone's settings.
- Check that notification settings are enabled within the Da Fit app for specific applications.
- Ensure the watch is connected to your phone via Bluetooth.

Inaccurate Data (Heart Rate, Steps)

- Ensure the watch is worn snugly on your wrist, not too tight or too loose.
- Clean the sensor on the back of the watch.
- Environmental factors and individual physiology can affect sensor accuracy.

SPECIFICATIONS

Model Number	S48H S45K
Display	1.4-inch TFT-LCD Full Touch Screen
Resolution	160 x 80 pixels
Connectivity	Bluetooth 5.0, GPS (via smartphone)
Compatibility	Android 4.0+ / iOS 8.0+

Water Resistance	IP68
Battery Life	Up to 7 days (regular use), 35 days (standby)
Charging Time	Approx. 2.5 hours
Sensors	Heart Rate Monitor, Accelerometer
Special Features	Sedentary Reminder, Multiple Sports Modes, Sleep Monitor, Notification Alerts
Dimensions	15.49 x 7.49 x 2.31 cm
Weight	141 g

WARRANTY INFORMATION

For detailed warranty information, please refer to the official FirYawee website or contact your retailer. Keep your purchase receipt as proof of purchase.

CUSTOMER SUPPORT

If you encounter any issues or have questions not covered in this manual, please visit the official FirYawee support page or contact their customer service directly for assistance.