

- Manuals.plus /
- › Mingdaln /
- › Mingdaln Smart Watch User Manual (Model: e68cf4f7-a223-4ba2-8fa2-de26d946654a)

Mingdaln e68cf4f7-a223-4ba2-8fa2-de26d946654a

Mingdaln Smart Watch User Manual

Model: e68cf4f7-a223-4ba2-8fa2-de26d946654a
Brand: Mingdaln

INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your Mingdaln Smart Watch. Please read this guide thoroughly to ensure optimal performance and longevity of your device.



Figure 1: Mingdaln Smart Watch on a wrist, showing the main display with time and weather information.

WHAT'S IN THE BOX

- 1 x Mingdaln Smart Watch
- 1 x Charging Cable
- 1 x User Manual

SETUP

1. Charging the Smart Watch

Before initial use, fully charge your smart watch. Connect the provided charging cable to the charging port on the back of the watch and plug the USB end into a power source. A full charge typically takes approximately 2 hours.

2. Downloading the 'Da Fit' App

The Mingdaln Smart Watch requires the 'Da Fit' app for full functionality and data synchronization. You can download the app by:

1. Scanning the QR code provided in the manual or on the watch screen.
2. Searching for "Da Fit" in the Google Play Store (for Android devices) or Apple App Store (for iOS devices).

3. Pairing with Your Smartphone

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 Mingdaln Smart Watch.
4. Once connected, the watch will synchronize time and data with your phone.

OPERATING THE SMART WATCH

Basic Navigation

- **Wake Screen:** Raise your wrist or press the side button.
- **Swipe Up/Down:** Access quick settings or notifications.
- **Swipe Left/Right:** Navigate through main features and widgets.
- **Tap:** Select an item or confirm an action.
- **Side Button:** Return to the main watch face or power on/off (long press).

Customizing Watch Faces

The Mingdaln Smart Watch offers multiple built-in watch faces. You can also customize your watch face through the 'Da Fit' app to personalize your device.

New Face,**Everyday!**

5 Dials Default+25 Designs+App DIY Customization



Figure 2: Various watch faces available for customization via the 'Da Fit' app.

Smart Notifications

Receive real-time notifications for calls, SMS messages, and various social media apps directly on your watch when connected to your smartphone.

Smart Notifications

Get quick notice to all recent texts
Messages and phone calls

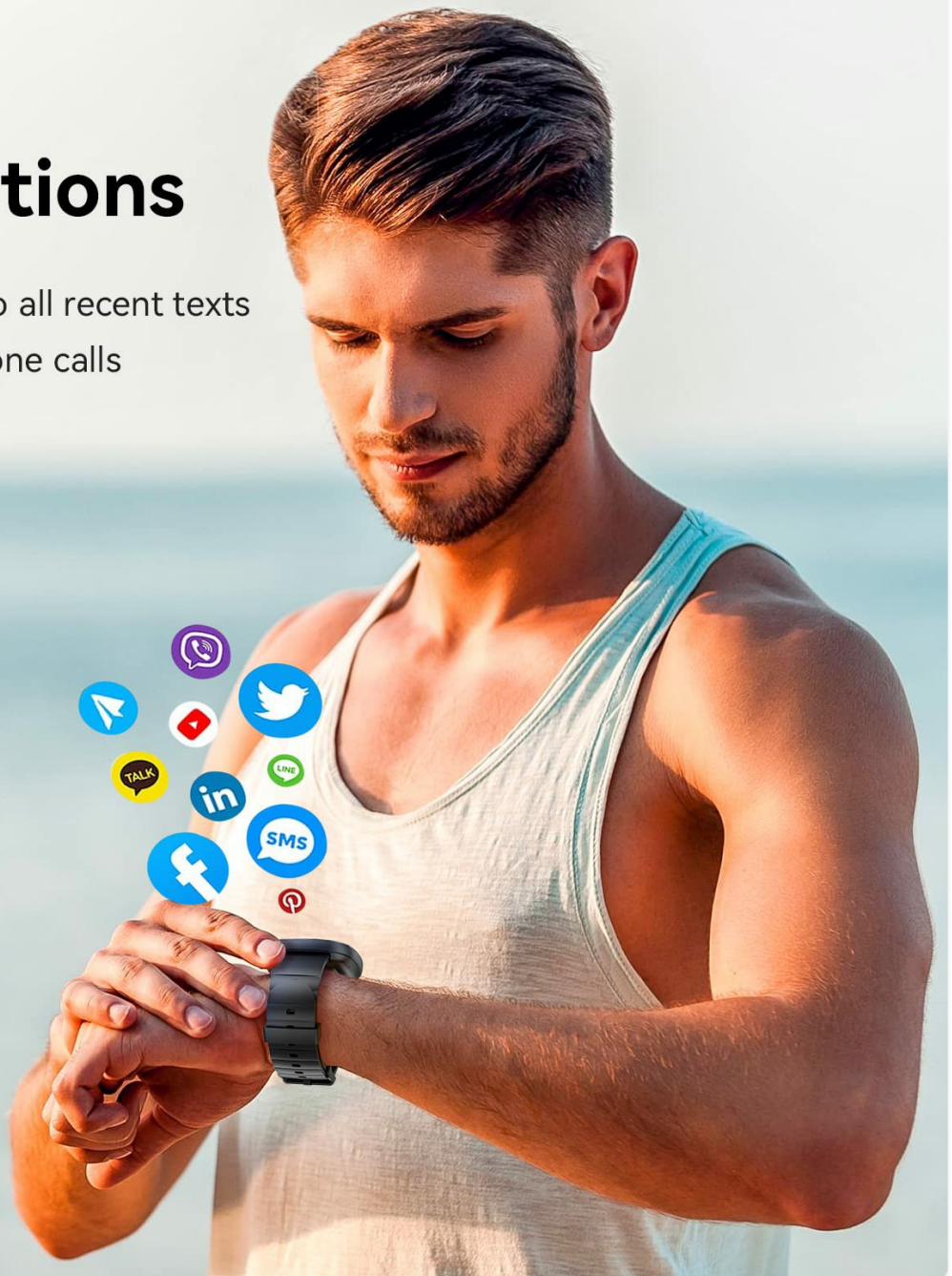
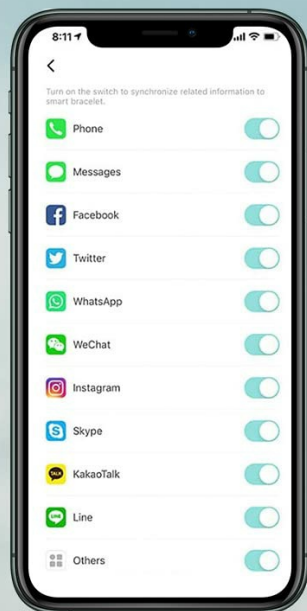


Figure 3: Smart notifications from various applications displayed on the watch.

Sports Modes

The watch supports 8 sports modes to accurately monitor your exercise data, including:

- Swimming
- Running
- Cycling
- Skipping
- Badminton
- Basketball
- Football
- Walking

All-Day Activity Tracking

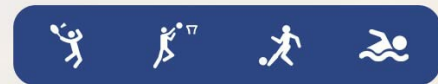


Figure 4: Activity tracking during a run, showing steps, calories, and heart rate.

Health Monitoring

The smart watch provides 24/7 health monitoring features:

- **Heart Rate:** Real-time heart rate tracking.
- **Blood Pressure:** Monitors blood pressure levels.
- **Blood Oxygen:** Measures blood oxygen saturation.
- **Sleep Tracking:** Automatically tracks sleep status (deep sleep, light sleep, awake time) and analyzes sleep quality.

Note: All test data from the smart watch is for reference only and cannot be compared with professional medical device data.

Monitor Your Health with Ease

24-hour health monitoring

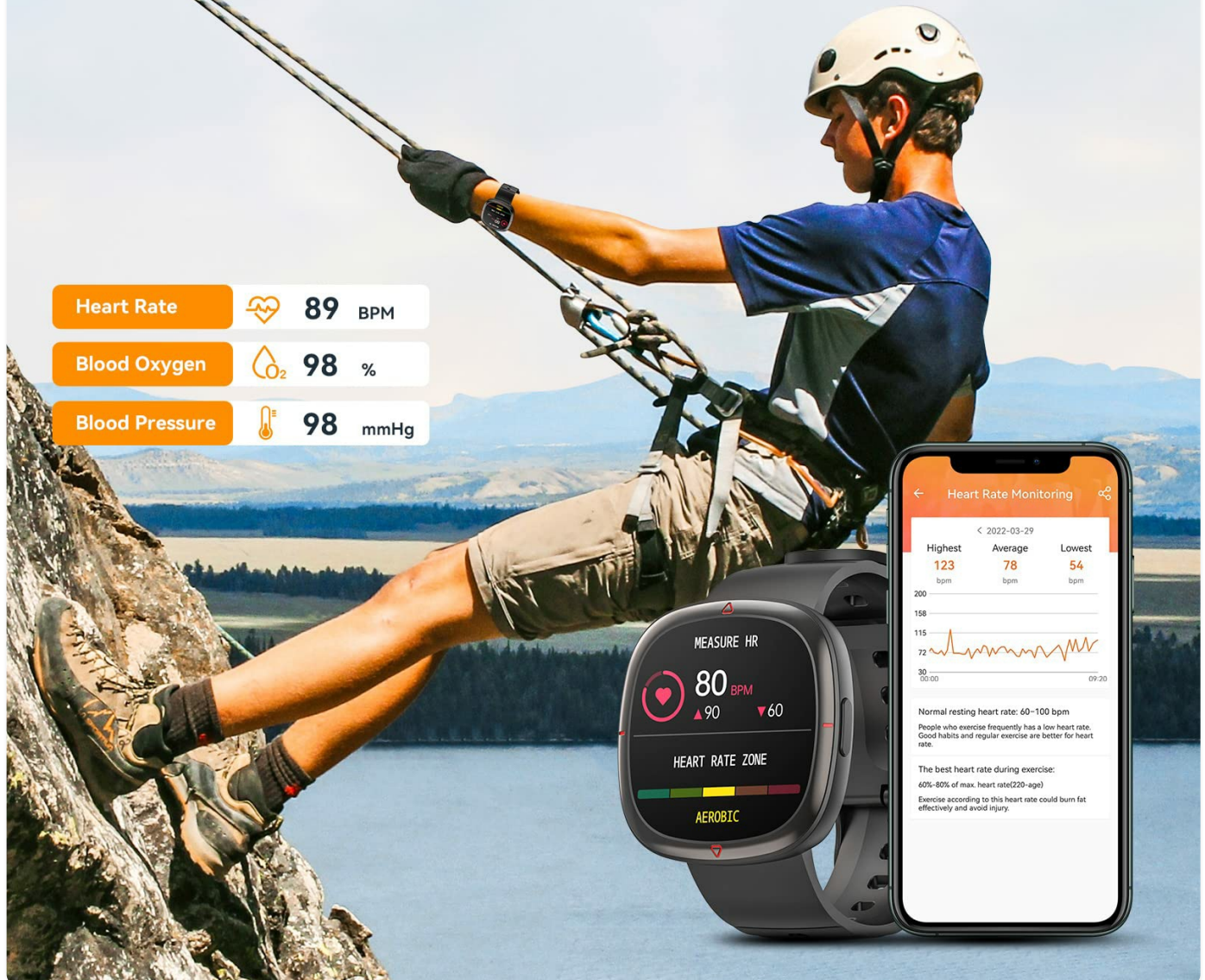


Figure 5: Health monitoring features including heart rate, blood oxygen, and blood pressure.

Other Features

The smart watch includes additional practical tools:

- Weather Reminder
- Remote Photo Control
- Music Control
- Theater Mode
- Stopwatch
- Alarm Clock
- Timer
- Breathing Training
- Relax Games

Your browser does not support the video tag.

Video 1: An overview of the Mingdalu Smart Watch features, including screen display, health monitoring, watch faces, notifications, sports modes, IP68 waterproofing, and sleep tracking.

MAINTENANCE

Water Resistance (IP68)

The Mingdalu Smart Watch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for activities like swimming, but it is not recommended for diving or sauna use.

IP68 Waterproof



Waterproof



Sweatproof



Dustproof



Note: can't wear it for diving and sauna

Figure 6: The smart watch demonstrating its IP68 waterproof capability during swimming.

Cleaning

Regularly clean your smart watch and band with a soft, dry cloth. If necessary, use a slightly damp cloth. Avoid harsh chemicals or abrasive materials.

Battery Care

To prolong battery life, avoid exposing the watch to extreme temperatures. Charge the device using only the provided charging cable. The 200mAh battery offers 4-5 days of typical use and up to 15-30 days on standby, with a full charge taking about 2 hours.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Long-press the side button to power it on.
- **Cannot pair with phone:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try pairing again through the 'Da Fit' app.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist. Remember that health data is for reference and not for medical diagnosis.
- **Notifications not appearing:** Check app notification settings on your phone and within the 'Da Fit' app to ensure they are enabled for the watch.
- **Short battery life:** Reduce screen brightness, limit background app refresh, and disable unnecessary notifications to extend battery life.

SPECIFICATIONS

Feature	Detail
Model Number	e68cf4f7-a223-4ba2-8fa2-de26d946654a
Screen Size	1.32 Inches
Operating System	Android 5.0+, iOS 10+
Connectivity	Bluetooth 4.0
Battery Capacity	200mAh Lithium Polymer
Water Resistance	IP68
Item Weight	5.2 ounces
Special Features	Activity Tracker, Alarm Clock, Blood Pressure Monitor, Heart Rate Monitor, Breath Monitor, Sleep Monitor, Music Player, Sedentary Reminder

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your product packaging or visit the official Mingdahn website. If you have any questions or encounter issues, please contact customer service through the provided channels.

ASK A QUESTION ABOUT THIS MANUAL

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.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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

Open the live page

<https://manuals.plus/asin/B0B7RXY9Y9>

More documents and user manuals: <https://manuals.plus/>