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› FTTMWTAG Smart Watch User Manual

FTTMWTAG T49

FTTMWTAG Smart Watch User Manual

Model: T49

INTRODUCTION

This manual provides comprehensive instructions for the FTTMWTAG Smart Watch, Model T49. It covers setup, operation, maintenance, and troubleshooting to ensure optimal use of your device. This smart watch is designed to be a versatile companion for both Android and iPhone users, offering communication, health monitoring, and fitness tracking features.



Image: The FTTMWTAG Smart Watch, Model T49, displaying its main interface with various app icons, alongside smaller images showing the watch's dial pad and an incoming call screen.

SETUP

1. Initial Charging

Before first use, fully charge the smart watch using a 5V charger. The watch has a 290 mAh battery, providing 5-7 days of typical use and over 30 days of standby time.



Image: The FTTMWTAG Smart Watch connected to its charging cable, with icons indicating 2 hours charging time, 5-7 days daily use time, and 30 days standby time, illustrating the charging process and battery endurance.

2. App Installation and Pairing

Download the "Da Fit" application from your smartphone's app store. The watch is compatible with Android 5+ and iOS 9+ devices. Follow the in-app instructions to pair your smart watch via Bluetooth. Ensure Bluetooth is enabled on your phone.



Image: A smart watch displayed between an Android smartphone and an iPhone, illustrating its wide compatibility with both operating systems.

OPERATING INSTRUCTIONS

Basic Navigation

The FTTMWTAG Smart Watch features a 1.9-inch HD full-rounded touch screen. Swipe left, right, up, or down to navigate through menus and access different functions. The side button typically serves as a power/home button.

Calls and Notifications

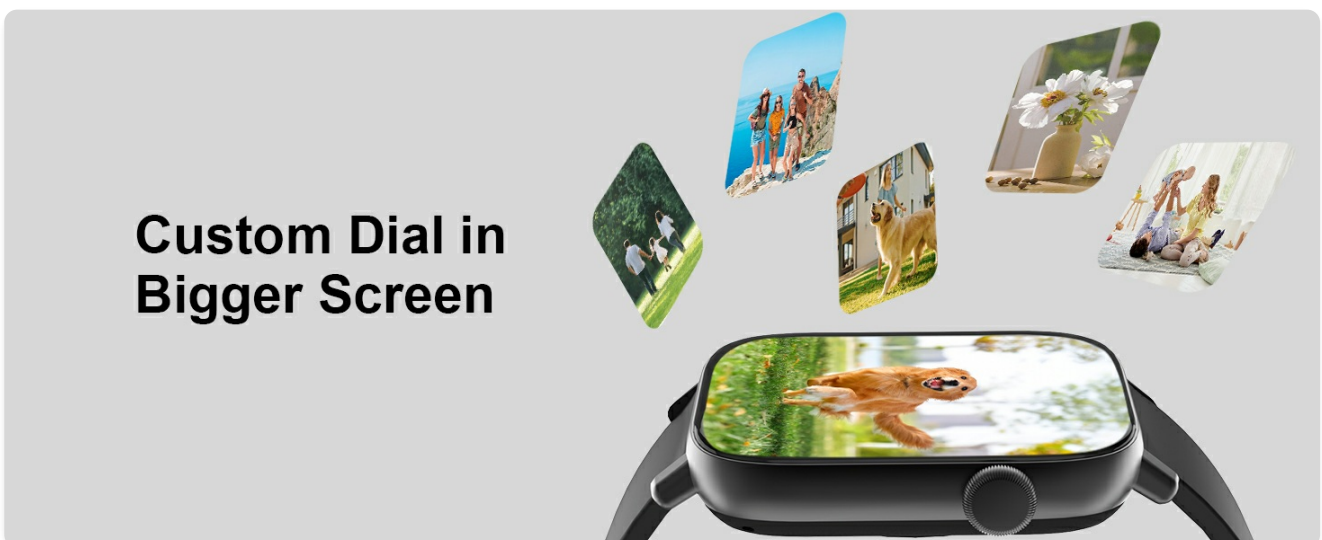
Once connected via Bluetooth, you can answer and make calls directly from the watch using its high-quality speaker. The watch also displays incoming messages and notifications from apps like WhatsApp, Twitter, Facebook, and Instagram.

Note: Please use a 5V charger to fully charge the watch before turning it on

Bluetooth Call and Message Notifications



Image: A smart watch on a wrist displaying a call notification, with a phone screen showing recent calls, dial pad, and contacts. Below, icons for various social media and messaging apps indicate notification support.



Custom Dial in Bigger Screen

Image: A smart watch displaying an incoming call, with a phone screen showing the call interface including options for mute, keypad, speaker, and adding calls. Text indicates "Keep Wrist Connection" and features like "Answer & Make calls", "Contact list", and "Call

history".

Music Playback

Control music playback on your connected smartphone directly from your watch. You can play, pause, skip tracks, and adjust volume.

AI Voice Assistant

Utilize the built-in AI voice assistant for quick access to weather information, setting alarms, and other smart functions. Simply activate the voice assistant and speak your command.



Image: A smart watch displaying an AI voice assistant interface with a sound wave visualization, next to a phone screen showing a voice command being processed. Text highlights "Make Life Wireless" and describes the AI assistant's capabilities.

Customization

Personalize your watch with over 100 watch faces available through the Da Fit app. You can also create custom dials to match your style.

150+ Watch Face

- 1.9" inch HD Touch Screen
- Customized Dials



Image: A smart watch displaying a vibrant watch face, surrounded by multiple other watch face designs and a smartphone screen showing the "Da Fit" app interface for selecting and customizing watch faces.



Image: A smart watch displaying a custom dial with a dog swimming, surrounded by smaller images of various custom dial backgrounds, emphasizing the "Custom Dial in Bigger Screen" feature.

HEALTH MONITORING

The FTTMWTAG Smart Watch provides comprehensive health tracking features to help you monitor your well-being.

Heart Rate, Blood Pressure, and Blood Oxygen (SpO2)

Monitor your heart rate, blood pressure, and blood oxygen levels in real-time. You can enable 24-hour heart rate detection through the Da Fit app for continuous monitoring.



Image: A collage of images showing the smart watch displaying heart rate, blood pressure, and blood oxygen (SpO2) readings, with people engaged in activities like yoga, basketball, and jump rope in the background.

Sync Health Tracking with App

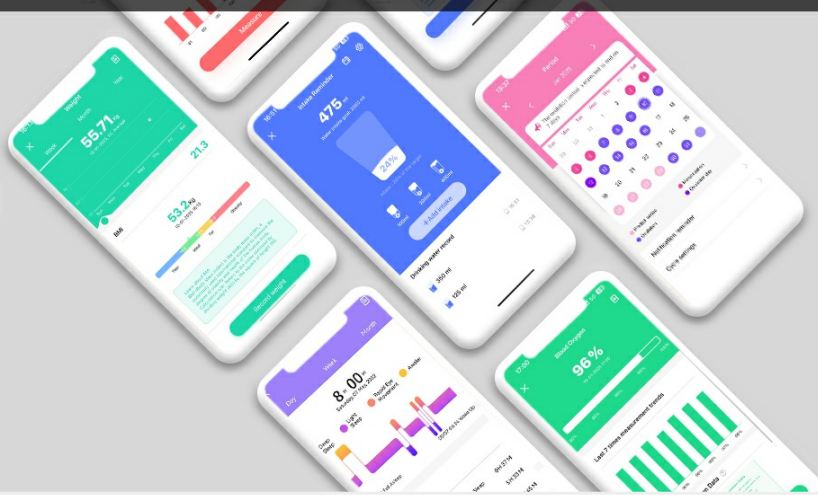


Image: A smart watch displaying a 24-hour heart rate graph, with a person playing tennis in the background, illustrating continuous heart rate tracking.

24-Hour Heart Rate Tracking

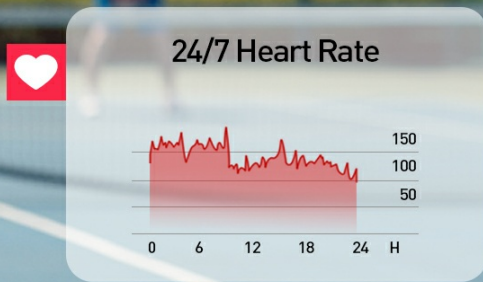


Image: A smart watch displaying an SpO2 (blood oxygen) monitor graph, with a man doing push-ups in a gym in the background, indicating the watch's ability to track blood oxygen during physical activity.

Sleep Monitoring

The watch automatically monitors your sleep status, including deep sleep, light sleep, and wake-up times, providing a comprehensive analysis of your sleep quality.

Multi - Mode Sports Tracking

Monitoring without phone connection. Just wear it during exercise and sync data via the App later.



Image: A smart watch displaying sleep duration and breakdown into awake, light sleep, and deep sleep, with a person sleeping in the background, illustrating the sleep monitoring feature.

Female Health Tracking

For female users, the watch can record and predict physiological periods, assisting with cycle tracking and ovulation prediction.



Image: A smart watch displaying a calendar interface for female health tracking, showing cycle tracking and ovulation prediction, with a woman relaxing in the background.

Stress and Breathing Training

Monitor your stress levels and utilize guided breathing training exercises to help manage stress and promote relaxation.

Powerful Function



Stress Tracking



Blood oxygen detection



Weather



Camera Control



Music Control



Flashlight



Sleep Monitor



Heart rate Monitor



Exercise Information



Clock



Message Notification



Bluetooth Phone Call Answering



Pedomete



Sedentary reminder

Image: The smart watch displaying its app menu, surrounded by icons representing various functions such as time to drink water, stand up reminder, find phone, ovulation tracking, and updates. Below, a row of smaller icons includes stress tracking, blood oxygen detection, weather, camera control, music control, flashlight, sleep monitor, heart rate monitor, exercise information, clock, message notification, Bluetooth phone call answering, pedometer, and sedentary reminder.

Syncing Health Data with App

All health data collected by the watch is synced with the Da Fit app, allowing you to view detailed statistics and trends over time.



Make Life Wireless

Smart watches have AI assistants to provide voice services, making life more convenient by **getting weather updates, news, setting local alarm clocks,** and using some other local applications through AI voice.

Image: A smart watch displaying health metrics, alongside multiple smartphone screens showing various health data visualizations within the companion app, illustrating the synchronization of health tracking with the app.

FITNESS TRACKING

The FTTMWTAG Smart Watch supports over 100 sports modes, accurately recording your steps, travel distance, and calories burned during various activities.

28 Sports Modes

Your personal daily activity tracker



Image: A smart watch displaying a timer for exercise, with a couple running in the background. The image highlights "28 Sports Modes" and shows various activity icons, indicating the watch's capability as a personal daily activity tracker.

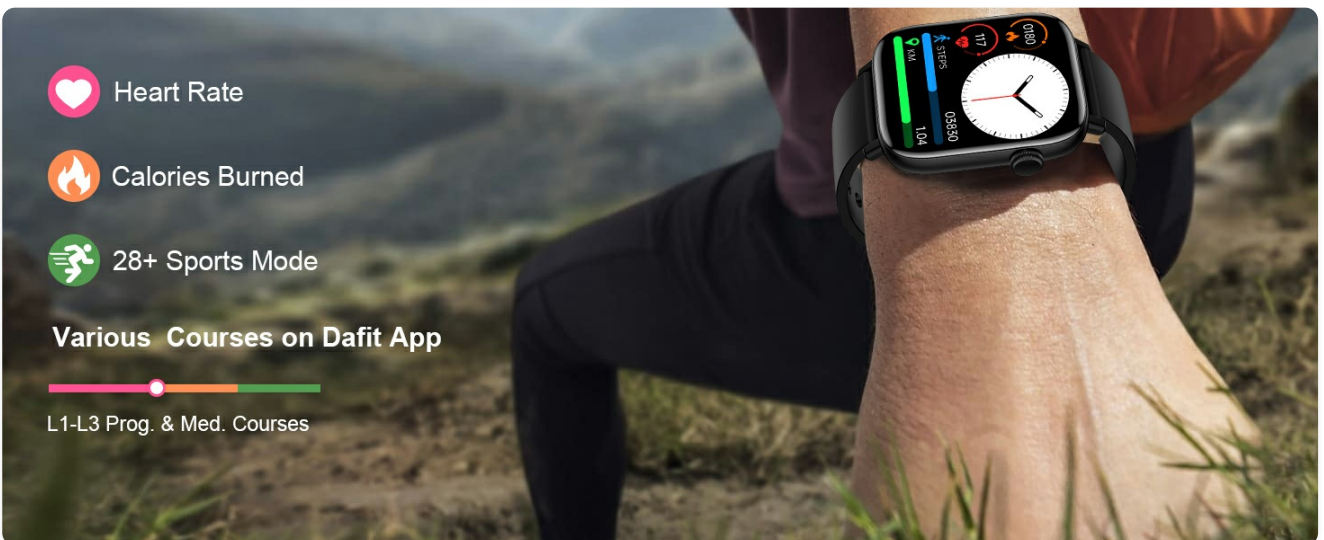


Image: A smart watch on a wrist displaying heart rate, calories burned, and sports mode information, with a person exercising in the background. Text indicates "Various Courses on Dafit App".



Image: A woman holding a medicine ball, wearing the smart watch, which displays various fitness tracking screens including steps, heart rate, calories, and stress levels. Text highlights "Multi-Mode Sports Tracking" and mentions monitoring without phone connection.



Image: A person's legs running on a road, with an overlay showing "Total Steps: 3820", "Total Calories: 120", and "Total Distance: 1.18 KM", demonstrating the watch's ability to track these metrics.

OTHER FEATURES

The FTTMWTAG Smart Watch includes several practical daily functions:

- **Weather Information:** Get real-time weather updates directly on your wrist.
- **Camera Control:** Remotely control your smartphone's camera for easy photo taking.
- **Alarm Clock & Stopwatch:** Set alarms and use the stopwatch function for various needs.
- **Find Phone:** Locate your misplaced smartphone by triggering an alert from your watch.
- **Sedentary & Drink Reminders:** Receive alerts to move or drink water, promoting healthy habits.
- **Calculators:** Access a basic calculator function.
- **Built-in Games:** Enjoy simple games directly on the watch.

Powerful Function



Stress Tracking



Blood oxygen detection



Weather



Camera Control



Music Control



Flashlight



Sleep Monitor



Heart rate Monitor



Exercise Information



Clock



Message Notification



Bluetooth Phone Call Answering



Pedometer



Sedentary reminder

Image: The smart watch displaying its app menu, surrounded by icons representing various functions such as time to drink water, stand up reminder, find phone, ovulation tracking, and updates. Below, a row of smaller icons includes stress tracking, blood oxygen detection, weather, camera control, music control, flashlight, sleep monitor, heart rate monitor, exercise information, clock, message notification, Bluetooth phone call answering, pedometer, and sedentary reminder.

MAINTENANCE

Water Resistance (IP67)

The FTTMWTAG Smart Watch is IP67 waterproof, meaning it can withstand splashes, sweat, and rain. It is suitable for wearing while washing hands or during light rain. **Important:** The watch is **not suitable** for swimming, diving, bathing, or exposure to seawater and hot water (e.g., hot springs). Avoid prolonged submersion.



Image: The smart watch displaying a floral watch face, with icons indicating its suitability for washing hands and rain, but not for swimming or taking a shower, illustrating its IP67 water resistance.

Cleaning and Care

Regularly clean your watch and strap with a soft, dry cloth. If necessary, use a slightly damp cloth and mild soap, then dry thoroughly. Avoid harsh chemicals or abrasive materials.

Battery Care

To prolong battery life, avoid extreme temperatures. Charge the watch fully before it completely drains, and do not leave it uncharged for extended periods.

TROUBLESHOOTING

Problem	Solution
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Problem	Solution
Watch does not turn on.	Ensure the watch is fully charged using a 5V charger. Press and hold the side button for several seconds.
Cannot pair with phone.	<ul style="list-style-type: none"> • Ensure Bluetooth is enabled on your phone. • Make sure the watch is within range of your phone. • Restart both the watch and your phone. • Clear Bluetooth cache on your phone (Android) or forget the device and re-pair (iOS). • Ensure the Da Fit app is installed and running.
Notifications not received.	<ul style="list-style-type: none"> • Check app notification permissions in your phone settings. • Ensure the watch is connected via Bluetooth. • Verify notification settings within the Da Fit app.
Inaccurate health data.	Ensure the watch is worn snugly on your wrist, about one finger's width from the wrist bone. Keep the sensor clean. Note that the watch is not a medical device.

SPECIFICATIONS

Feature	Detail
Model	T49
Screen Size	1.9 Inches (HD full-rounded touch screen)
Battery Capacity	290 mAh
Battery Life	5-7 days (typical use), 30+ days (standby)
Water Resistance	IP67
Compatibility	Android 5+, iOS 9+
Connectivity	Bluetooth
Memory Storage Capacity	64 MB
Item Weight	4.6 ounces (0.13 Kilograms)
Dimensions	1 x 1 x 1 inches
What's in the Box	Watch, Charger

OFFICIAL PRODUCT VIDEO

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Video: An official product video showcasing the FTTMWTAG Smart Watch's features, including its customizable dials, multi-functions, AI voice assistant, Bluetooth calling, music playback, various sports modes, real-time fitness tracking, highly sensitive health sensors (SpO2, heart rate, blood pressure), built-in games, and iPhone/Android compatibility.

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official FTTMWTAG website. Each item has a unique code that is verified before shipping to ensure authenticity.

Manufacturer: FTTMWTAG

Date First Available: September 28, 2022