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TAOPON smartwatch steel

TAOPON Smart Watch User Manual

Model: smartwatch steel

INTRODUCTION

Thank you for choosing the TAOPON Smart Watch. This device is designed to enhance your daily life with advanced fitness tracking, health monitoring, and smart communication features. Please read this manual carefully to understand the full capabilities of your new smartwatch and ensure proper operation.



Image: The TAOPON Smart Watch, featuring a sleek black design with a mesh band, displaying the time, date, temperature, steps, calories, heart rate, body temperature, and blood oxygen levels. A smaller inset image shows the watch displaying an incoming call.

SETUP GUIDE

To begin using your TAOPON Smart Watch, follow these steps for initial setup and Bluetooth pairing:

Step 1: Download the Da Fit App (First Bluetooth Connection)

1. **Turn on your phone's Bluetooth:** Navigate to your phone's settings and ensure Bluetooth is enabled.
2. **Download the Da Fit App:** Search for "Da Fit" in your phone's app store (Apple App Store for iOS or Google Play Store for Android) or scan the QR code provided in the watch's packaging or on the setup image. You can also access the download page directly via <http://plus.crrepa.com/app-download/dafit>.
3. **Install and Set Up:** Follow the on-screen instructions to install the app and complete the initial setup.
4. **Bind the Watch:** Open the Da Fit app, navigate to the device binding section, and find your watch (e.g., "ZL54") to pair.

Ensure the watch is charged before attempting to bind for the first time.

Step 2: Connect for Bluetooth Call Function (Second Bluetooth Connection)

This step enables the call answering and dialing features directly from your watch.

1. **Enable Call Function on Watch:** Slide the screen on your watch to access the quick settings or function switch, and ensure the "Call" function switch is turned on.
2. **Open Phone's Bluetooth Settings:** On your smartphone, go to the Bluetooth interface within your phone's settings.
3. **Find and Connect:** Look for a device named "ZL54" (or similar, specific to the call function) in the list of available Bluetooth devices and click to connect.
4. **Confirm Connection:** Once connected, you can now use your watch to receive and make calls.

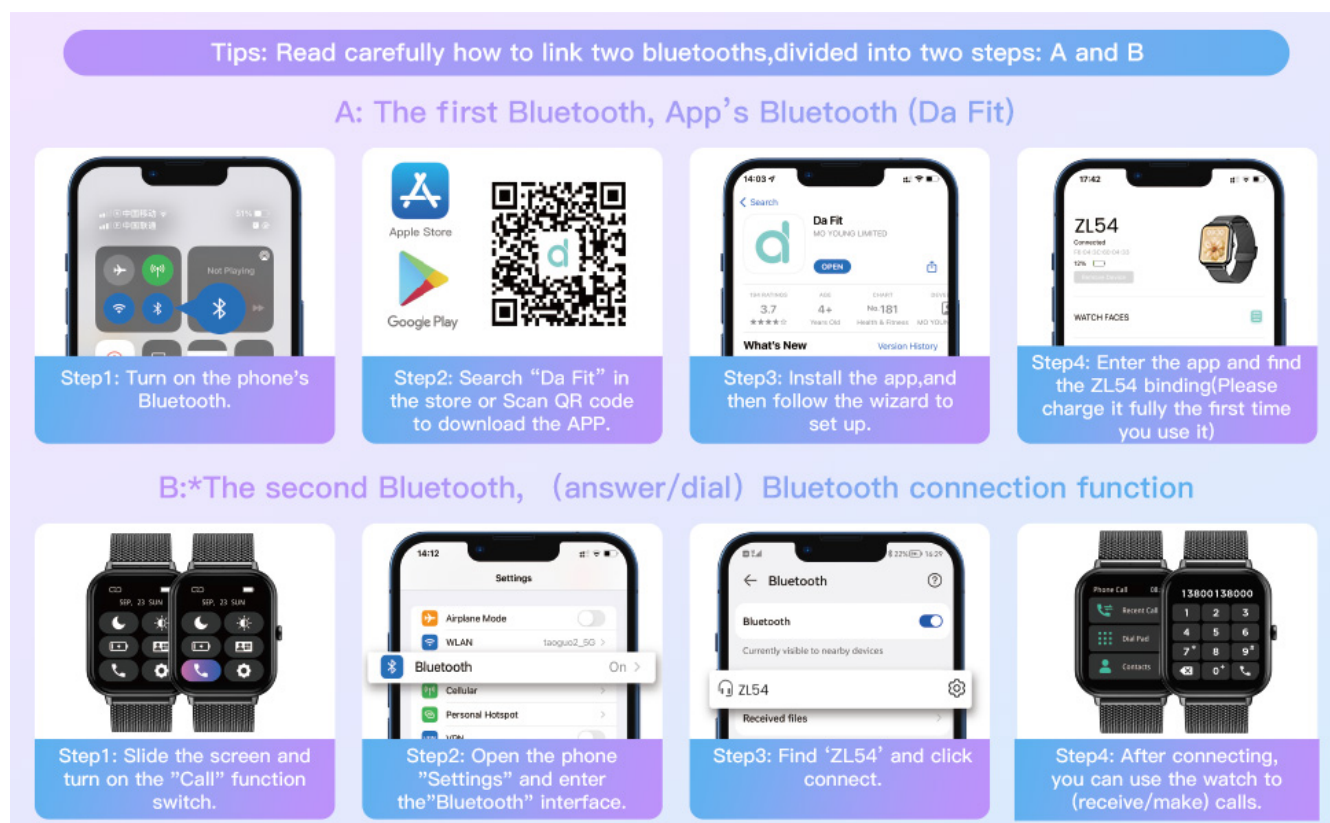


Image: A visual guide illustrating the two-step Bluetooth connection process for the TAOPON Smart Watch. Step A shows connecting to the Da Fit app, and Step B shows connecting for the Bluetooth call function.

OPERATING INSTRUCTIONS

Your TAOPON Smart Watch offers a wide range of functions. Here's how to operate its key features:

Communication Features

- **Answering/Making Calls:** After connecting via Bluetooth, use the watch's HD speaker and microphone to directly answer or make calls. You can access a dial pad or your contacts from the watch.
- **AI Voice Assistant:** Activate the AI voice assistant on your watch to control your phone via voice commands for calls, information search, music playback, and app access.
- **Message Reminders:** Receive SMS, incoming call alerts, and notifications from social media apps (Facebook, Twitter, WhatsApp, Skype, Snapchat, etc.) directly on your watch.

Bluetooth Call & Message Reminder Connected to you on your wrist bluetooth phone calls


AI Vioce


Answer
Calls


Make a call


Call
Records



Contacts



Image: The TAOPON Smart Watch showcasing its Bluetooth call and message reminder capabilities, including AI voice, answer calls, make a call, call records, and contacts, along with icons for various social media apps.

Health Monitoring

The watch provides comprehensive health data:

- **Heart Rate Monitor:** Continuously tracks your heart rate in real-time.
- **Blood Oxygen (SpO2) Monitor:** Measures your blood oxygen saturation levels.
- **Blood Pressure Monitor:** Provides estimates of your blood pressure.
- **Sleep Monitor:** Tracks your sleep patterns, including deep and light sleep stages.

All-Day Health Monitor

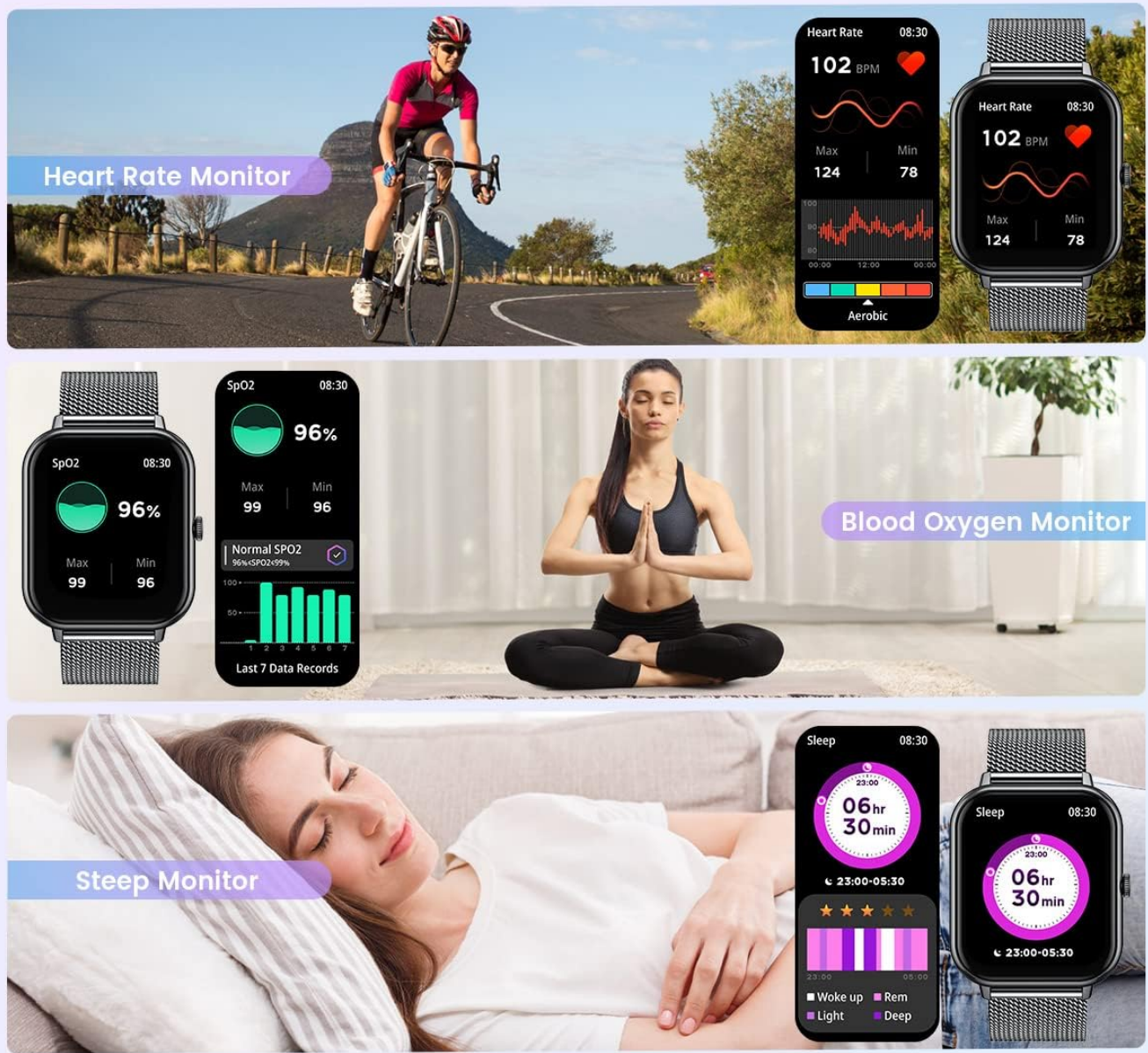


Image: A visual representation of the watch's all-day health monitoring features, including heart rate tracking during cycling, blood oxygen level display, and sleep monitoring with sleep duration and quality breakdown.

Fitness Tracking

Track your activities with precision:

- **100+ Sport Modes:** Select from a wide range of exercise modes such as walking, running, mountaineering, football, yoga, hiking, cycling, and more.
- **Activity Data:** Records real-time data including heart rate, steps, calories burned, distance, and active hours.
- **GPS Connectivity:** Utilizes your phone's GPS to track movement and distance during outdoor activities.

100+ sport modes with GPS connectivity

Daily Activity Tracker



Image: The TAOPON Smart Watch highlighting its 100+ sport modes and daily activity tracking, showing metrics like heart rate, calories, distance, and steps during a run, with various sport icons.

Customization

- **Customizable Watch Faces:** Connect with the "Da-Fit" app to access over 100 watch faces or customize your watch face using your own photos.
- **Adjustable Brightness:** Freely adjust the screen brightness for optimal visibility in various lighting conditions.



Image: A collection of diverse watch faces available for customization on the TAOPON Smart Watch, demonstrating the variety of styles users can choose from or create with personal photos.

Other Useful Features

- **Weather Forecasts:** Get real-time weather updates directly on your wrist.
- **Stopwatch & Timer:** Built-in tools for timing activities.
- **Calculator:** A convenient calculator for quick computations.
- **Music Player Control:** Control music playback on your phone from the watch.
- **Find Phone/Watch:** Locate your paired device if misplaced.
- **Breathing Training:** Guided breathing exercises for relaxation.
- **Smart Alarm Clock:** Set alarms that can gently wake you.
- **Camera Control:** Use your watch as a remote shutter for your phone's camera.
- **Women's Health Tracking:** Specific features for tracking women's health cycles.
- **Sedentary Reminder:** Alerts you to move after periods of inactivity.



Sedentary Reminder



Stopwatch Function



Weather Forecast



Camera Control



Music Control



AI Voice Assistant

MAINTENANCE

Proper care will extend the life of your TAOPON Smart Watch:

- **Cleaning:** Wipe the watch screen and strap regularly with a soft, dry cloth. For stubborn stains, use a slightly damp cloth and dry thoroughly. Avoid harsh chemicals or abrasive materials.
- **Water Resistance:** The watch is IP67 waterproof, meaning it can withstand splashes, rain, and brief immersion in shallow

water. It is suitable for daily activities like washing hands or exercising in the rain. Do not wear it for swimming, diving, or showering with hot water, as steam and high pressure can damage the seals.

- **Charging:** Use only the provided magnetic USB charging cable. Ensure the charging contacts on the watch and cable are clean and dry before charging.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.
- **Avoid Impact:** Protect the watch from strong impacts or drops, which can damage the screen or internal components.

TROUBLESHOOTING

If you encounter issues with your TAOPON Smart Watch, try the following solutions:

Problem	Possible Solution
Watch won't turn on	Ensure the watch is fully charged. Connect it to the magnetic charger and leave it for at least 30 minutes.
Cannot pair with phone	<ol style="list-style-type: none">1. Ensure Bluetooth is enabled on your phone.2. Make sure the watch is within range of your phone.3. Restart both the watch and your phone.4. Check if the Da Fit app has all necessary permissions enabled.5. Forget the device in your phone's Bluetooth settings and try pairing again.
Call function not working	<ol style="list-style-type: none">1. Ensure both Bluetooth connections (Da Fit app and call function) are established.2. Check the watch's settings to ensure the call function is enabled.3. Verify phone's Bluetooth settings show the watch connected for calls.
Inaccurate health data	<ol style="list-style-type: none">1. Ensure the watch is worn snugly on your wrist, not too tight or too loose.2. Keep the sensor clean and free from debris.3. Note that health data is for reference only and not for medical diagnosis.
Notifications not received	<ol style="list-style-type: none">1. Ensure the Da Fit app is running in the background.2. Check app notification permissions on your phone.3. Verify notification settings within the Da Fit app for specific applications.

SPECIFICATIONS

Key technical details of your TAOPON Smart Watch:

- **Model:** smartwatch steel
- **Display:** 1.83-inch LCD Full-Touch Color Screen
- **Resolution:** 240 x 284 pixels
- **Battery:** 230 mAh Lithium Polymer
- **Battery Life:** Up to 10 days of typical use, 30 days standby
- **Connectivity:** Bluetooth 5.1 or above
- **Compatibility:** Android 5.0 or above, iOS 9.0 or above

- **Water Resistance:** IP67 (Splash, rain, and sweat resistant; not for swimming or hot showers)
- **Sensors:** Heart Rate, Blood Oxygen, Blood Pressure
- **Weight:** Approximately 5.3 ounces (150 grams)
- **Dimensions:** Refer to the image below for detailed measurements.
- **In the Box:** Smart Watch, Magnetic USB Charging Cable, User Manual, 2 Watch Straps

Dimensions



Image: A diagram illustrating the dimensions of the TAOPON Smart Watch, including screen size (1.83 inches), watch body measurements (38mm width, 50.5mm height), and strap length (248mm), along with wrist circumference ranges.

WARRANTY AND SUPPORT

TAOPON provides a standard warranty for this product against defects in materials and workmanship under normal use.






Please refer to the product packaging or contact your retailer for specific warranty terms and conditions.

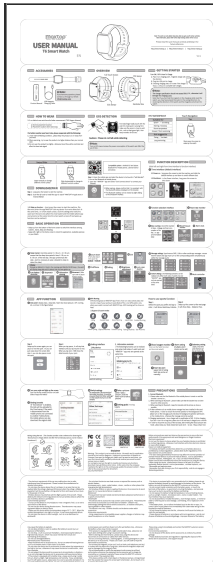
For technical support, troubleshooting assistance, or warranty claims, please contact TAOPON customer service through the

contact information provided on the product packaging or the official TAOPON website. When contacting support, please have your product model number and purchase details ready.

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Related Documents - smartwatch steel

	<p>D26 Smartwatch User Manual - Features, Setup, and Troubleshooting</p> <p>Comprehensive user manual for the D26 smartwatch, covering product overview, charging, wearing instructions, touchscreen operations, health and sports features, app integration, device pairing, settings, and troubleshooting.</p>
	<p>H52 Smart Watch User Manual: Features, Setup, and Troubleshooting</p> <p>Comprehensive user manual for the H52 Smart Watch, covering setup, app installation, device pairing, functions like heart rate monitoring, blood pressure, blood oxygen, sleep tracking, training modes, and troubleshooting FAQs.</p>
	<p>ST19 Smartwatch User Manual and Features</p> <p>User manual for the ST19 smartwatch, detailing charging, app connection with FitCloudPro, Bluetooth call functionality, message notifications, touch screen navigation, customization, and health monitoring features. Includes setup guides and troubleshooting tips.</p>
	<p>Smart Watch User Manual - Features, Operation, and FAQs</p> <p>Comprehensive user manual for the Smart Watch, covering product overview, basic operation, health monitoring, exercise tracking, app connectivity, troubleshooting, and precautions. Compatible with iOS and Android.</p>
	<p>Smart Watch User Manual: Features, Operation, and Troubleshooting</p> <p>This comprehensive user manual provides detailed instructions for operating your Smart Watch. It covers product features, initial setup, basic operations like power on/off and charging, advanced functions such as health monitoring (heart rate, blood oxygen, blood pressure), exercise tracking, and message notifications. The guide also includes a troubleshooting section for common issues and important precautions regarding water resistance and environmental conditions. Compatible with iOS and Android devices.</p>



[MaxTop Smartwatch User Manual](#)

User manual for the MaxTop Smartwatch, detailing its features, functions, and operation. Includes setup, app connection, and usage instructions for health monitoring and activity tracking.