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## Efolen B0CGTL4TL3

# Efolen Military Smart Watch User Manual

Model: B0CGTL4TL3

## INTRODUCTION

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This manual provides detailed instructions for setting up, operating, and maintaining your Efolen Military Smart Watch. Please read this manual thoroughly to ensure proper use and to fully utilize all features of your device. This smart watch is designed for active lifestyles, featuring a large battery, Bluetooth calling, comprehensive health monitoring, and multiple sports modes.



Figure 1: Efolen Military Smart Watch (Silver model)

## WHAT'S IN THE BOX

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Upon opening the package, please verify that all the following items are included:

- 1 × Efolen Military Smart Watch
- 1 × Black silicone band
- 1 × USB magnetic charger

## SETUP

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### 1. Initial Charging

Before first use, fully charge your smart watch. Connect the USB magnetic charger to the charging contacts on the back of the watch and plug the USB end into a compatible power source (e.g., computer USB port, USB wall adapter). The watch features an 800mAh battery, providing extended usage time.

# Extra-Long Battery Life

800mAh Ultra-large Capacity Battery makes 60 days of standby possible



**10-15 days**  
Average daily use time

**60+ days**  
Average standby time

Figure 2: Charging the Smart Watch

## 2. App Installation and Pairing

To unlock the full functionality of your Efolen Military Smart Watch, you need to install the companion application on your smartphone.

1. **Download the App:** Search for "Da Fit" in your smartphone's app store (available for iOS 9.0+ and Android 6.0+).
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open Da Fit App:** Launch the "Da Fit" application and follow the on-screen instructions to create an account or log in.
4. **Add Device:** Within the app, navigate to the device management section and select "Add Device" or similar option.
5. **Pair the Watch:** The app will search for nearby devices. Select "Efolen Smart Watch" (or similar name) from the list to initiate pairing. Confirm the pairing request on both your phone and the watch if prompted.

The watch utilizes Bluetooth BLE5.0+BT3.0 technology for a stable and fast connection.

## OPERATING INSTRUCTIONS

### 1. Display and Customization

The Efolen Military Smart Watch features a 1.5-inch 360\*360 HD full-touch color screen, providing clear visuals and easy navigation.



Figure 3: 1.5" HD Large Touch Screen

You can personalize your watch face through the "Da Fit" app. Access over 200 pre-designed dials or create your own custom wallpaper using images from your phone.

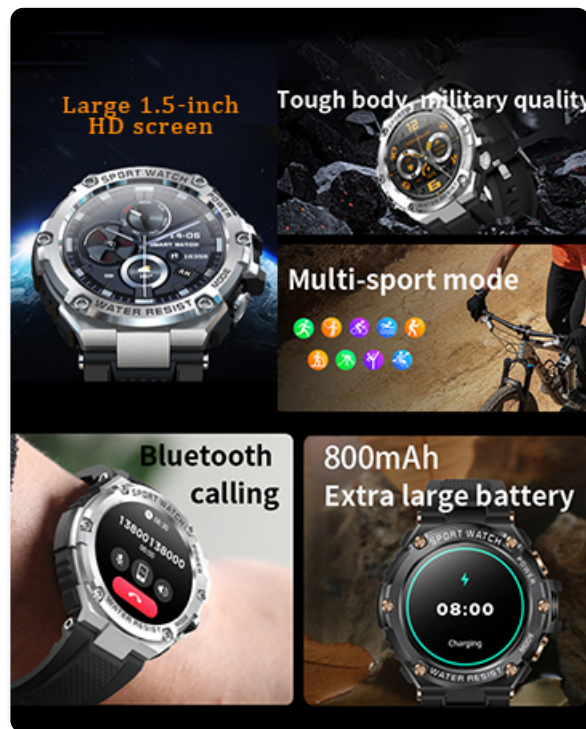


Figure 4: Customize Your Watch Face

## 2. Calling and Notifications

With Bluetooth connectivity, you can make and receive calls directly from your watch. It also supports notifications from various apps.

- **Making/Answering Calls:** Once connected via Bluetooth, use the watch's dial pad or contact list to make calls. Incoming calls can be answered or rejected directly from the watch.
- **Receiving Notifications:** The watch displays alerts from SMS, Facebook, Twitter, WhatsApp, and other applications. Notifications are accompanied by vibration. *Note: This watch does not support message reply functionality.*
- **AI Voice Assistant:** Utilize the integrated AI voice assistant for hands-free control and quick information retrieval.

# AI Voice Assistant Bluetooth Calling

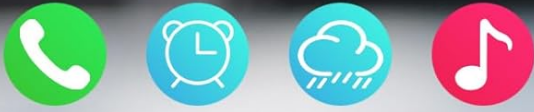


Figure 5: AI Voice Assistant and Bluetooth Calling



Figure 6: Smart Notifications

### 3. Health Monitoring

The smart watch provides continuous health monitoring features to help you stay informed about your well-being.

- **Heart Rate Monitoring:** Tracks your heart rate 24/7.
- **Blood Pressure Monitoring:** Measures your blood pressure.
- **Blood Oxygen Monitoring:** Measures your blood oxygen levels (SpO2).
- **Sleep Tracking:** Automatically monitors your sleep status, providing analysis of deep sleep, light sleep, and awake times.
- **Reminders:** Includes Drink Reminder and Sedentary Reminder to promote healthy habits.

**Note: Health data is for reference only and should not be used for medical diagnosis or treatment. Consult a healthcare professional for any health concerns.**

# Health Monitoring



# Sleep Monitoring



Figure 7: Health and Sleep Monitoring



Figure 8: Daily Activity Tracking

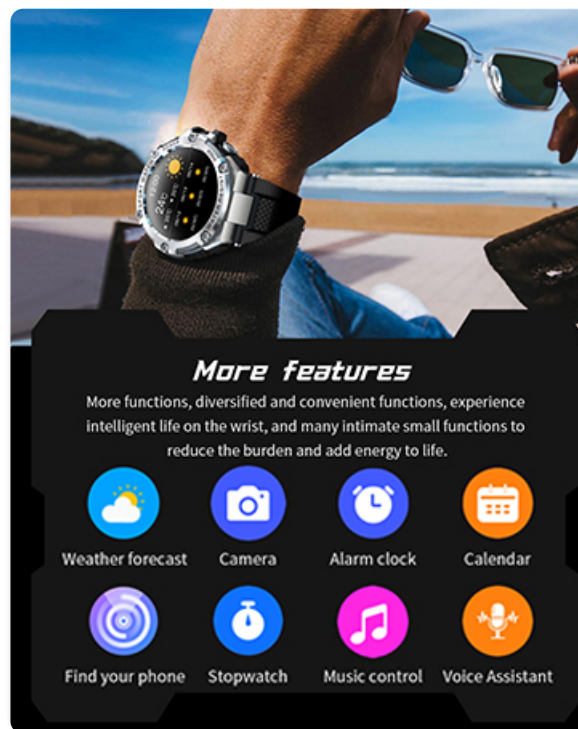


Figure 9: Sleep Quality Monitoring

## 4. Sports Modes and Activity Tracking

The watch supports over 100 sports modes, accurately recording your daily activities such as steps, distance, and calories burned.

# All-day Activity Tracking

## 123 Sport Modes



22608 STEPS



5.7 KM



116 BPM



2056 KCAL



Figure 10: 123 Sport Modes and All-day Activity Tracking

The watch is IP68 waterproof, making it suitable for daily use, including hand washing and rainy conditions. It is not recommended for diving or prolonged submersion.

## 5. Other Functions

Your Efofen Military Smart Watch includes several additional useful features:

- **Music Control:** Control music playback on your connected smartphone.
- **Remote Camera:** Use your watch as a remote shutter for your phone's camera.
- **Weather Forecast:** Get real-time weather updates.
- **Alarm Clock:** Set alarms directly from your watch.
- **Stopwatch & Timer:** Essential tools for timing activities.
- **Calculators:** Perform basic calculations on the go.
- **Find Phone:** Locate your misplaced smartphone by triggering an alert sound.
- **E-card:** Digital card functionality.



Figure 11: Additional Smart Watch Features

## MAINTENANCE

To ensure the longevity and optimal performance of your Efolen Military Smart Watch, follow these maintenance guidelines:

- **Cleaning:** Wipe the watch and band regularly with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and then dry thoroughly.
- **Water Resistance:** The watch is IP68 waterproof. While it can withstand splashes, rain, and brief immersion, avoid hot water, steam, or prolonged exposure to water. Do not press buttons underwater.
- **Charging:** Use only the provided magnetic charger. Ensure the charging contacts are clean and dry before charging to prevent corrosion.
- **Storage:** Store the watch in a cool, dry place away from direct sunlight and extreme temperatures.
- **Avoid Chemicals:** Do not expose the watch to strong chemicals, solvents, or detergents, as these can damage the materials.

## TROUBLESHOOTING

If you encounter issues with your Efolen Military Smart Watch, refer to the following common solutions:

Problem	Possible Solution
Watch does not turn on or respond.	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes. If it still doesn't respond, try a soft reset by pressing and holding the power button for 10-15 seconds.

Problem	Possible Solution
<b>Cannot pair with smartphone.</b>	<ol style="list-style-type: none"> <li>1. Ensure Bluetooth is enabled on your phone and the watch is discoverable.</li> <li>2. Make sure the watch is within the Bluetooth range of your phone.</li> <li>3. Restart both your phone and the watch.</li> <li>4. Clear the Bluetooth cache on your phone (if applicable) and try again.</li> <li>5. Ensure the "Da Fit" app is updated to the latest version.</li> </ol>
<b>Notifications are not received.</b>	<ol style="list-style-type: none"> <li>1. Check app notification settings within the "Da Fit" app.</li> <li>2. Ensure your phone's notification settings allow the "Da Fit" app to send notifications.</li> <li>3. Verify that the watch is properly connected via Bluetooth.</li> <li>4. Disable and re-enable notifications in the app.</li> </ol>
<b>Inaccurate health data readings.</b>	<p>Ensure the watch is worn snugly on your wrist, about one finger's width from your wrist bone. Avoid excessive movement during readings. Clean the sensor on the back of the watch.</p>
<b>Short battery life.</b>	<ol style="list-style-type: none"> <li>1. Reduce screen brightness.</li> <li>2. Limit frequent screen wake-ups.</li> <li>3. Turn off unnecessary features like continuous heart rate monitoring if not needed 24/7.</li> <li>4. Ensure the watch is fully charged each time.</li> </ol>

## SPECIFICATIONS

Feature	Detail
<b>Brand</b>	Efolen
<b>Model</b>	B0CGTL4TL3
<b>Screen Size</b>	1.5 Inches
<b>Screen Resolution</b>	360*360 HD
<b>Battery Capacity</b>	800mAh Lithium Ion
<b>Daily Use Time</b>	10-15 days
<b>Standby Time</b>	60+ days
<b>Connectivity</b>	Bluetooth BLE5.0+BT3.0
<b>Operating System Compatibility</b>	iOS 9.0 and above; Android 6.0 and above
<b>Water Resistance</b>	IP68
<b>Health Monitoring</b>	Heart Rate, Blood Pressure, Blood Oxygen, Sleep Tracking
<b>Sports Modes</b>	123+ modes
<b>Product Dimensions</b>	2.17 x 2.17 x 0.67 inches
<b>Item Weight</b>	8.4 ounces

## OFFICIAL PRODUCT VIDEO

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Your browser does not support the video tag.

Video: Overview of the Military Smart Watch features and design.

## WARRANTY AND SUPPORT

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Efolen is committed to providing high-quality products and excellent customer service. For any questions, concerns, or warranty claims, please refer to the contact information provided with your purchase or visit the official Efolen store on Amazon:

[Visit the Efolen Store](#)

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