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NONGAMX smartwatch women

NONGAMX Smartwatch User Manual

Model: smartwatch women

1. Introduction

Thank you for choosing the NONGAMX Smartwatch. This device is designed to enhance your daily life by providing convenient access to notifications, health monitoring, and fitness tracking features. This manual will guide you through the setup, operation, and maintenance of your new smartwatch.



Image: NONGAMX Smartwatch with a purple band and gold casing, displaying the time and a floral watch face.

2. Package Contents

Please verify that all items are present in your package:

- NONGAMX Smartwatch (1 unit)
- Watch Bands (3 units: bright black frame with black stainless steel strap, grey silicone band, black silicone band)
- Charging Cable (1 unit)
- User Manual (this document)

3. Setup Guide

3.1 Charging the Smartwatch

Before initial use, fully charge your smartwatch. Connect the charging cable to the charging port on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. The watch display will indicate charging status.

3.2 App Download and Pairing

1. **Download the App:** Search for the 'Da Fit' app in your smartphone's app store (Google Play Store for Android or Apple App Store for iOS) and install it.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open the App:** Launch the 'Da Fit' app and follow the on-screen instructions to create an account or log in.
4. **Add Device:** Within the app, navigate to the 'Device' section and select 'Add Device'. The app will search for your smartwatch.
5. **Pair:** Select your NONGAMX Smartwatch from the list of found devices. Confirm the pairing request on both your phone and the smartwatch if prompted.

Once paired, the watch will synchronize time and data with your smartphone.

3.3 Initial Settings

After pairing, you can customize various settings through the 'Da Fit' app, including:

- **Watch Faces:** Choose from a variety of pre-installed watch faces or upload your own photos.
- **Notifications:** Select which app notifications you wish to receive on your smartwatch.
- **Health Monitoring:** Set up personal health parameters and reminders.
- **Alarms:** Configure alarms directly from the app.



Image: A series of NONGAMX smartwatches showcasing different customizable watch faces, including one with a family photo.

4. Operating Instructions

4.1 Basic Navigation

- **Touchscreen:** Swipe left, right, up, or down to navigate through menus and features. Tap to select.
- **Rotating Button:** Press the side button to return to the home screen or wake the display. Rotate the button to scroll through menus or adjust settings.



Image: A close-up of the NONGAMX Smartwatch highlighting its 1.83-inch AMOLED HD Full Touch Screen.

4.2 Bluetooth Call and Message Reminder

After connecting via Bluetooth, you can manage calls and messages directly from your smartwatch.

- **Making/Answering Calls:** Use the built-in speaker and microphone to make or answer calls without taking out your phone.
- **Notifications:** Receive alerts for text messages and social media notifications (e.g., Facebook, WhatsApp). Note that you cannot edit or reply to messages directly from the smartwatch.



Image: A person interacting with the NONGAMX Smartwatch, which displays incoming calls and message notifications from various social media apps.

4.3 Health Monitoring Features

The smartwatch is equipped with advanced sensors to monitor various health metrics.**Please note:** This device is not intended for medical use, and the data provided is for reference only.

- **Heart Rate Monitor:** Continuously tracks your heart rate.
- **Blood Oxygen (SpO2) Monitor:** Measures your blood oxygen saturation levels.
- **Blood Pressure Monitor:** Provides blood pressure readings.
- **Sleep Monitor:** Analyzes your sleep patterns (deep sleep, shallow sleep, awakening) to provide a comprehensive sleep quality report.
- **Female Cycle Tracking:** Offers tracking for menstrual cycles.

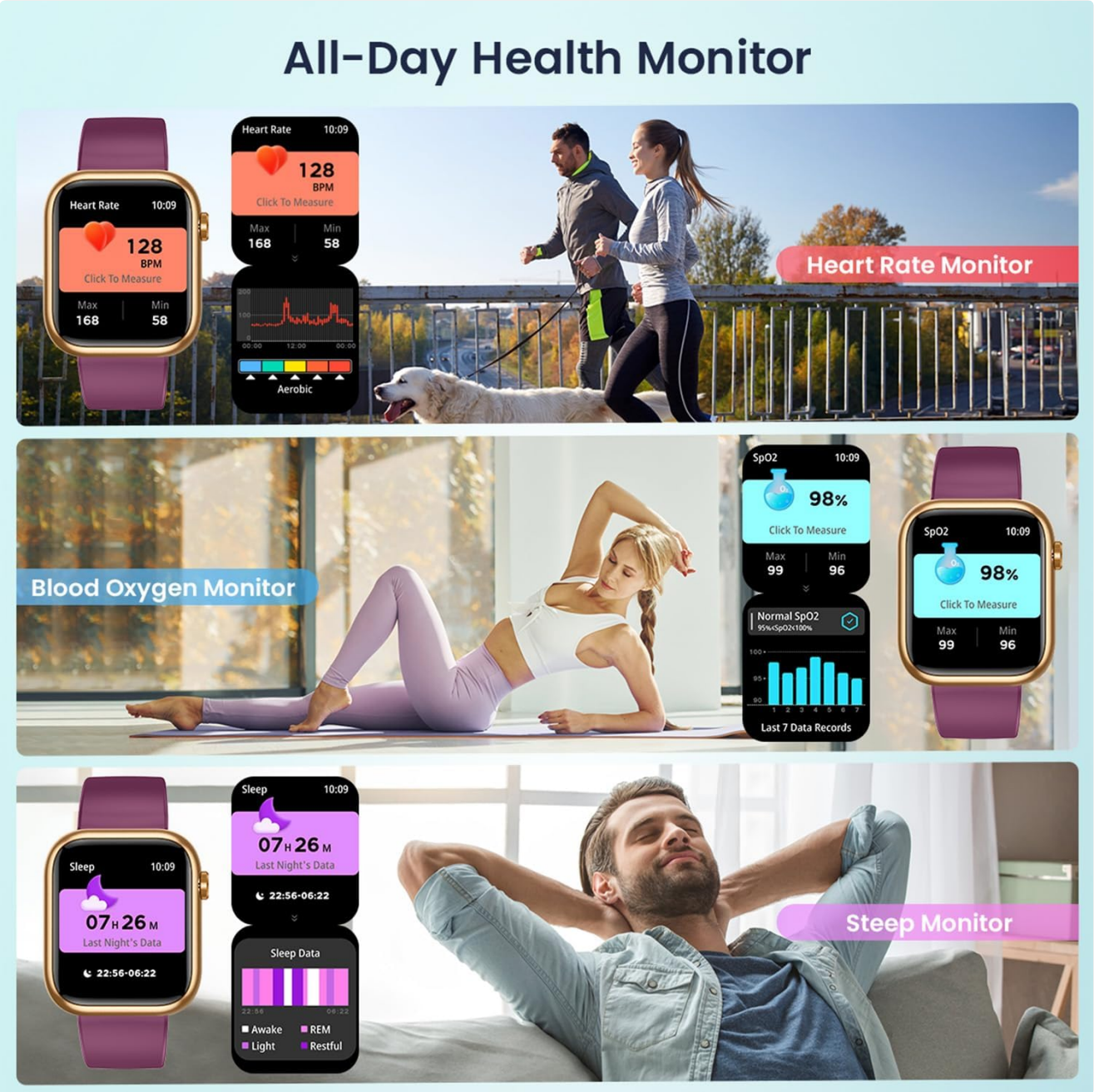


Image: A collage showing the NONGAMX Smartwatch displaying heart rate, blood oxygen, and sleep monitoring data, with people engaging in activities like running and sleeping.

4.4 Fitness Tracking (120+ Sports Modes)

Track your daily activity and exercise with over 120 sports modes.

- **Daily Activity:** Automatically records steps, distance, and calories burned.
- **Sports Modes:** Select specific modes for activities like running, walking, badminton, basketball, climbing, dance, yoga, equestrian sports, athletics, auto racing, archery, darts, tug of war, and more to track exercise time and performance.



Image: A NONGAMX Smartwatch displaying fitness tracking data (steps, calories, heart rate) alongside icons representing various sports modes, with people cycling in the background.

4.5 Additional Features

- **Camera Control:** Remotely control your smartphone's camera.
- **Music Control:** Play, pause, skip tracks, and adjust volume for music playing on your smartphone.
- **Alarm:** Set alarms for reminders.
- **Stopwatch & Timer:** Basic timekeeping functions.
- **Weather Reminder:** Displays current weather information.
- **Sedentary Reminder:** Prompts you to move after periods of inactivity.



Image: A collage demonstrating the NONGAMX Smartwatch's features including camera control, music control, weather display, and a sedentary reminder.

5. Maintenance

5.1 Cleaning

Regularly clean your smartwatch and bands to prevent skin irritation and maintain functionality. Use a soft, damp cloth to wipe the screen and casing. For silicone bands, mild soap and water can be used. Ensure the watch is dry before wearing or charging.

5.2 Water Resistance

The NONGAMX Smartwatch has an IP67 waterproof rating. This means it is resistant to splashes, rain, and brief immersion in shallow water. You can wear it during outdoor activities, on rainy days, or when washing your hands.
Important Limitations:

- Do not soak the smartwatch in seawater.
- Avoid wearing it in a sauna or hot shower, as steam and high temperatures can compromise the seals.
- The IP67 rating does not guarantee protection against high-pressure water jets or prolonged submersion.

5.3 Battery Care

To prolong battery life:

- Avoid extreme temperatures.
- Charge the watch before the battery is completely depleted.
- Disconnect the charger once the watch is fully charged.

Typical battery life is approximately 2-7 days, depending on usage patterns and features enabled.

6. Troubleshooting

If you encounter issues with your NONGAMX Smartwatch, please refer to the following common solutions:

Problem	Possible Solution
Watch not turning on or charging	Ensure the charging cable is securely connected to both the watch and the power source. Try a different USB port or power adapter. Allow the watch to charge for at least 30 minutes before attempting to turn it on.
Unable to pair with smartphone	Make sure Bluetooth is enabled on your phone. Ensure the watch is within range. Restart both your phone and the smartwatch. Try unpairing and re-pairing the device through the 'Da Fit' app. If issues persist, uninstall and reinstall the 'Da Fit' app.
Inaccurate health data (HR, SpO2, BP)	Ensure the watch is worn snugly on your wrist, about one finger's width from your wrist bone. Avoid excessive movement during measurements. Remember, data is for reference only and not for medical diagnosis.
Notifications not appearing	Check notification settings within the 'Da Fit' app to ensure desired apps are enabled. Verify that your phone's notification permissions are granted to the 'Da Fit' app. Ensure the watch is connected via Bluetooth.
Steps or activity data resetting unexpectedly	This can sometimes be an app-related glitch. Try restarting the smartwatch. If the problem persists, consider resetting the watch system via the app or watch settings, and then re-pairing. Ensure the 'Da Fit' app is updated to the latest version.
Short battery life	Reduce screen brightness, disable continuous heart rate monitoring, or limit the number of app notifications. Ensure the watch is fully charged.

7. Specifications

Feature	Detail
Model Name	smartwatch women
Brand	NONGAMX
Screen Size	1.83 Inches
Display Type	Full Touch Screen
Connectivity	Bluetooth
Operating System Compatibility	Android Phones, iOS Phones
Water Resistance	IP67 (Splash, rain, and brief immersion resistant)
Battery Type	Lithium Ion
Special Features	Blood Oxygen Monitor, Blood Pressure Monitor, Camera Control, Female Cycle Tracking, Heart Rate Monitor, Music Player, Sleep Monitor, Activity Tracker (120+ modes)

Feature	Detail
Item Weight	4.2 ounces
Dimensions	10.98 x 3.62 x 0.75 inches (Package)



Image: Diagram illustrating the dimensions of the NONGAMX Smartwatch, including screen size and wrist circumference range.

8. Warranty and Support

NONGAMX is committed to providing high-quality products and professional after-sales service. We offer repairs and replacements for eligible products.

8.1 Customer Support

For any questions, suggestions, or support needs regarding your NONGAMX Smartwatch, please contact our 24-hour after-sales service support. Refer to your purchase documentation or the 'Da Fit' app for specific contact information.

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