

Yihou Smart Watch User Manual

Model: KT76 | Brand: Yihou

1. PRODUCT OVERVIEW

The Yihou Smart Watch is a versatile and rugged activity tracker designed for both daily use and outdoor adventures. It combines the functionality of a smartwatch with features like a built-in compass and a powerful flashlight, making it suitable for various environments. This manual provides detailed instructions on how to set up, operate, maintain, and troubleshoot your device.

Key Features:

- Integrated Compass for navigation.
- Ultra-Powerful Flashlight with long-range shooting and stroboscopic capabilities.
- Bluetooth Call Functionality (Answer/Dial Calls).
- AI Voice Assistant for hands-free control.
- Comprehensive Health Monitoring: Heart Rate, Blood Pressure, Sleep Monitoring.
- Multi-Sport Modes (over 100) for various activities.
- Activity Tracking: Steps, Distance, Calorie Count.
- Message Notifications and Information Storage.
- IP67 Water Resistance for daily use and light water exposure.
- Additional features: Stopwatch, Timer, Calculator, World Clock, Camera Remote Control, Music Control, Find Phone/Bracelet, Do Not Disturb Mode, Flip Wrist to Highlight Screen.

2. SETUP GUIDE

2.1 Package Contents

Please verify that all items are present in your package:

- Yihou Smart Watch (Model KT76)
- Charging Cable
- User Manual (this document)
- Label

2.2 Charging the Device

Before first use, fully charge your Yihou Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a standard USB power adapter (not included) or a computer USB port. The watch display will indicate charging status. A full charge typically takes approximately 2 hours.

2.3 Initial Pairing with Your Smartphone

To unlock the full functionality of your Yihou Smart Watch, you must pair it with your smartphone using the "Da Fit" application.

1. **Download the "Da Fit" App:** Search for "Da Fit" in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS) and install it.
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 prompts to create an account or log in.
4. **Add Device:** In the app, navigate to the "Device" or "Add Device" section. The app will search for nearby Bluetooth devices.
5. **Select Your Watch:** Select "KT76" or "Yihou Smart Watch" from the list of found devices.
6. **Confirm Pairing:** A pairing request may appear on both your watch and phone. Confirm the pairing on both devices.
7. **Bluetooth Call Connection:** After initial pairing, go to your phone's Bluetooth settings and manually connect to the watch's secondary Bluetooth signal, often named "KT76_CALL" or similar, to enable call functionality.

BT connection by one click

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Hands free in anytime and anywhere in order to
let the answer more efficiently



Image: Bluetooth connection and call functionality.

Compatibility: The Yihou Smart Watch is compatible with Android 6.0+ and iOS 10.0+ devices.

3. OPERATING INSTRUCTIONS

3.1 Basic Navigation

The Yihou Smart Watch features a 1.53-inch IPS full touch color screen for intuitive navigation. Swipe left, right, up, or down to access different menus and functions. Press the side buttons for specific actions like power on/off, returning to the home screen, or quick access to features.



Image: Watch display showing time, date, and heart rate.

3.2 Using the Flashlight

The watch is equipped with a powerful built-in flashlight. To activate, locate the flashlight icon or dedicated button (refer to your watch's specific interface). The flashlight offers long-range illumination up to 20 meters and may include stroboscopic or flash modes for signaling or emergency situations.

Strong Flashlight



Image: Smartwatch flashlight in use during nighttime.

3.3 Compass Function

The integrated compass allows for accurate direction measurement. Access the compass feature from the main menu. For best accuracy, ensure the watch is held flat and away from strong magnetic fields. Calibrate the compass periodically as instructed on the watch screen or in the app.

3.4 Making and Receiving Calls

Once the Bluetooth call connection is established (as described in Section 2.3), you can make and receive calls directly from your watch. Use the watch's dial pad to initiate calls or answer incoming calls by tapping the green phone icon on the screen. The watch utilizes its built-in microphone and speaker for communication.



Image: Call and message notifications on the smartwatch.

3.5 AI Voice Assistant

Activate the AI voice assistant by pressing and holding a designated button or by selecting the voice assistant icon. You can then issue voice commands for various functions, such as checking the weather, playing music, or initiating calls. Ensure your watch is connected to your phone for this feature to work.

AI voice commands, can open various applications through voice commands

AI voice assistant



Image: AI voice assistant interface.

3.6 Activity Tracking and Sport Modes

The watch automatically tracks your daily steps, distance, and calorie consumption. To access specific sport modes (e.g., climbing, walking, cycling, basketball, soccer, badminton, rope skipping, running), navigate to the "Exercise" or "Sport Modes" menu. Select your desired activity to begin tracking. Data will be synchronized with the "Da Fit" app for detailed analysis.

With 100+ sport modes which can be meet the needs of various sports scenarios

MULTI SPORT MODES



Image: Multi-sport modes available on the smartwatch.

3.7 Health Monitoring

The Yihou Smart Watch provides 24-hour monitoring for heart rate and blood pressure. Access these features from the health menu on the watch. For sleep monitoring, simply wear the watch to bed; it will automatically track your sleep patterns and provide a detailed analysis in the "Da Fit" app.

Sleep monitoring

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Sleep duration and quality monitor and record by scientific which always pay attention to sleep

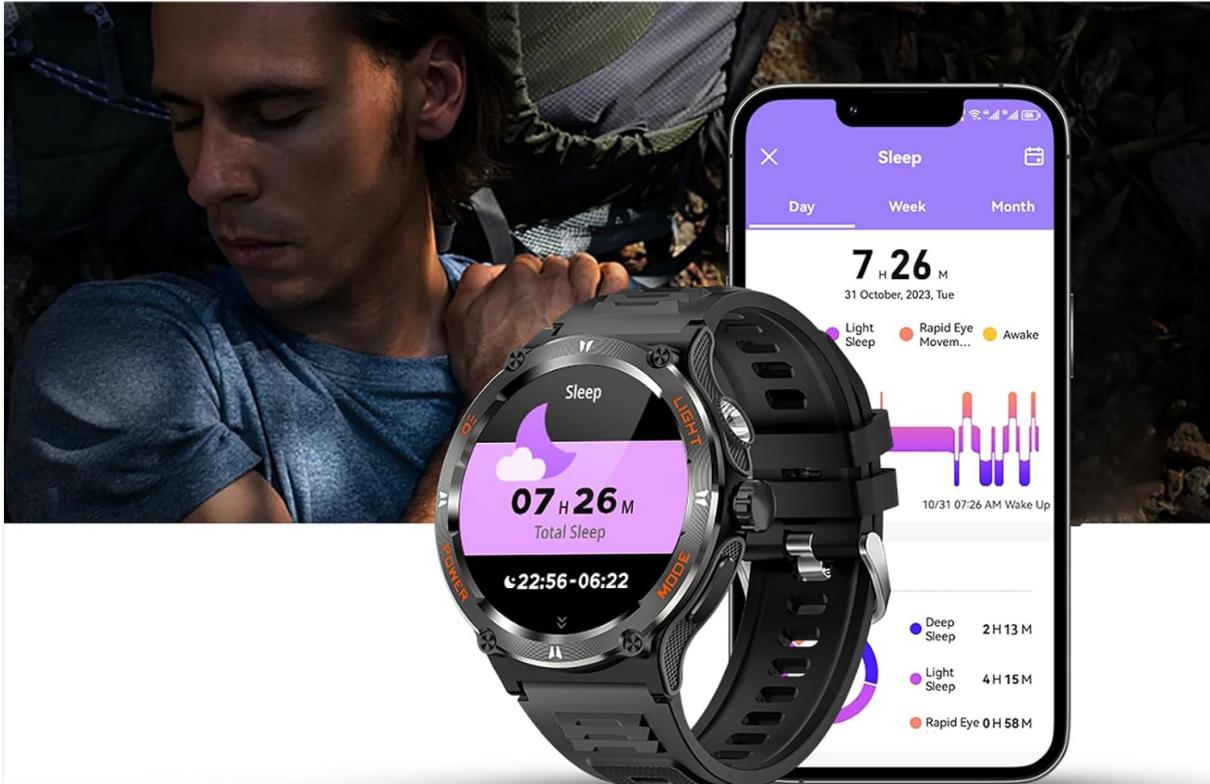


Image: Sleep monitoring feature and app interface.

3.8 Notifications and Other Features

Receive notifications for calls, messages, and social media directly on your watch. Configure notification settings within the "Da Fit" app. Explore other useful features such as weather forecasts, music control, remote camera shutter, timer, stopwatch, calculator, and the "Find Phone" function from the watch's menu.

4. MAINTENANCE

4.1 Cleaning Your Watch

Regularly clean your watch and band to prevent skin irritation and maintain device performance. Use a soft, lint-free cloth to wipe the screen and case. For the silicone band, you can use mild soap and water, then rinse thoroughly and dry completely before wearing.

4.2 Water Resistance (IP67)

The Yihou Smart Watch is IP67 water-resistant, meaning it is protected against dust ingress and can withstand immersion in water up to 1 meter for up to 30 minutes. It is suitable for daily use, such as washing hands, rain, and light splashes. It is **not** recommended for hot showers, saunas, diving, or high-pressure water activities. Avoid exposing the watch to hot water or steam, as this can damage the seals.

Life touch water, rain, indoor swimming and other water sports will not affect the use of watches



Image: Smartwatch demonstrating water resistance.

4.3 Battery Care

To prolong battery life, avoid fully discharging the watch frequently. Charge the watch when the battery level is low. Store the watch in a cool, dry place if not used for extended periods, and charge it periodically to prevent deep discharge.

5. TROUBLESHOOTING

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

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on again.
- **Unable to pair with phone:**
 - Ensure Bluetooth is enabled on your phone and the watch.
 - Make sure the "Da Fit" app is installed and running.
 - Restart both your phone and the watch.
 - Forget the device in your phone's Bluetooth settings and try pairing again.
 - Ensure the watch battery is not critically low.

- **Bluetooth call function not working:**

- Verify that the watch's secondary Bluetooth (e.g., "KT76_CALL") is connected in your phone's Bluetooth settings.
- Check the volume settings on both the watch and your phone.

- **Inaccurate health data (Heart Rate/Blood Pressure):**

- Ensure the watch is worn snugly on your wrist, not too loose or too tight.
- Keep your arm still during measurements.
- Note that these measurements are for reference only and should not be used for medical diagnosis.

- **Notifications not appearing:**

- Check notification permissions for the "Da Fit" app in your phone's settings.
- Ensure the watch is connected via Bluetooth.
- Disable "Do Not Disturb" mode on the watch if it is active.

- **Screen unresponsive:** Try restarting the watch by pressing and holding the power button. If unresponsive, allow the battery to fully drain and then recharge it.

6. TECHNICAL SPECIFICATIONS

Feature	Specification
Model Number	KT76
Screen Size	1.53 inches IPS Full Touch Color Screen
Bluetooth Version	5.3
Compatibility	Android 6.0+ / iOS 10.0+
Band Material	Silicone
Case Diameter	48.5 mm (1.91 inches)
Case Thickness	13.2 mm (0.52 inches)
Band Length	255 mm (10.04 inches)
Product Dimensions	10.04 x 1.91 x 0.52 inches
Item Weight	7.1 ounces
Water Resistance Rating	IP67
Manufacturer	Shenzhen Kule Times Technology Co., Ltd.
Country of Origin	China

7. WARRANTY AND SUPPORT

7.1 Warranty Information

The Yihou Smart Watch is covered by a manufacturer's warranty against defects in materials and workmanship. Please refer to the warranty card included with your product or contact the seller for specific warranty terms and conditions. This warranty typically covers manufacturing defects but does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear.

7.2 Customer Support

For technical assistance, troubleshooting beyond this manual, or warranty claims, please contact the seller or manufacturer directly. Contact information can usually be found on the product packaging, the seller's website, or within the "Da Fit" application.