



## 1. INTRODUCTION

---

This manual provides essential information for setting up, operating, and maintaining your OICIIDO ZL54CJ Smart Watch. This device is designed to be compatible with both iOS and Android phones, offering a range of features including Bluetooth calling, comprehensive health monitoring, and various sports modes. Please read this manual thoroughly to ensure proper usage and to maximize your experience with the smart watch.

## 2. WHAT'S IN THE BOX

---

Upon unboxing your OICIIDO ZL54CJ Smart Watch, you should find the following items:

- Smart Watch Unit
- User Manual
- Watch Band (pre-attached or separate)
- Charging Cable

## 3. SETUP

---

### 3.1 Initial Charging

Before first use, fully charge your smart watch. Connect the provided charging cable to the charging contacts on the back of the watch and to a USB power source. A full charge typically takes 2.5-3 hours.



The smart watch connected to its magnetic charging cable, indicating the charging process.

### 3.2 App Installation and Pairing

To unlock the full functionality of your smart watch, download and install the companion app on your smartphone. The app is typically named '**Dafit**' or similar, and can be found on your phone's app store (Apple App Store for iOS, Google Play Store for Android).

1. **Download the App:** Search for 'Dafit' in your smartphone's app store and install it.
2. **Set Up Your Profile:** Open the app and follow the on-screen instructions to create your user profile.
3. **Add a Device:** In the app, navigate to the 'Device' section and select 'Add a Device'.
4. **Scan for Device:** The app will scan for nearby smart watches. Select 'ZL54CJ' or the corresponding device ID from the scanning list.

5. **Confirm Pairing:** Follow any prompts on both your phone and watch to confirm the pairing.

## 4. OPERATING INSTRUCTIONS

---

### 4.1 Touch Screen Navigation

The 1.83-inch full touchscreen allows for intuitive navigation:

- **Swipe Down:** Access quick settings (Do Not Disturb, Low Power Mode, Brightness, Phone, Settings).
- **Swipe Up:** View recent messages/notifications.
- **Swipe Left:** Access the main app menu (Activity, Sleep, Heart Rate, Phone Call, Exercise, etc.).
- **Swipe Right:** View quick access widgets (Blood Pressure, Stress, Favorites).
- **Press Side Button:** Return to the main watch face or wake the screen.

### 4.2 Bluetooth Calls & Message Reminders

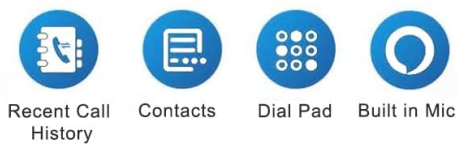
The smart watch utilizes Bluetooth 5.2 for seamless communication with your smartphone.

- **Making/Receiving Calls:** After connecting via Bluetooth, you can dial numbers, answer incoming calls, and view call logs directly from your wrist. The watch features a built-in HD speaker.
- **Message Alerts:** Receive and display notifications from various apps such as WhatsApp, Text, Facebook, Twitter, and Instagram.

# Text Message Notification



## Bluetooth Calling



The smart watch showing incoming text messages and options for Bluetooth calling, including recent calls, contacts, and a dial pad.



A user interacting with the smart watch to manage a phone call, demonstrating its Bluetooth calling capability.

### 4.3 Health Monitoring

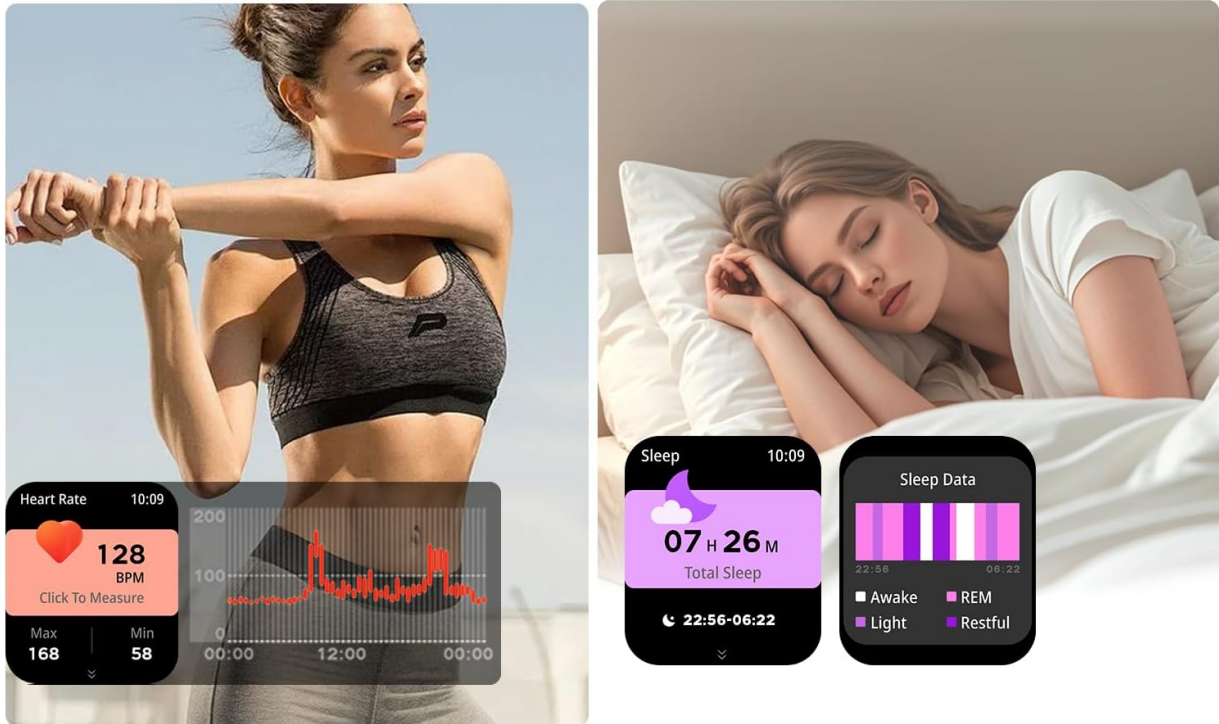
The smart watch continuously monitors various health metrics throughout the day.

- **Heart Rate:** Real-time heart rate monitoring.

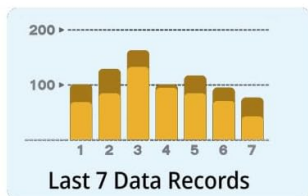
- **Stress Levels:** Track your stress levels.
- **Sleep Tracking:** Monitors sleep patterns, including light and deep sleep, providing data for analysis in the app.
- **Blood Oxygen (SpO2):** Measure your blood oxygen saturation levels.

## Your 24 Hour Daily Health Monitor

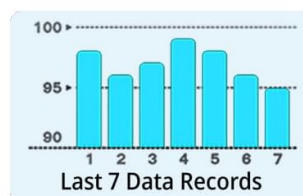
tracks your daily physical status, the 24-hourOnline health assistant on your wrist.



### Blood Pressure



### SpO2



The smart watch interface showing various health monitoring features, including heart rate, blood pressure, SpO2, and sleep data.



A user performing stretches while wearing the smart watch, which displays real-time heart rate information.

A user running with the smart watch, which shows blood oxygen saturation (SpO2) levels.



The smart watch tracking sleep patterns, showing total sleep duration and different sleep stages.

#### 4.4 Sports Modes

The smart watch offers over 123 sports modes to track your physical activity. It records data such as steps, exercise time, calories burned, exercise heart rate, and mileage. GPS exercise tracking is available when viewed through the smart watch app.

## 123+ Exercise Modes

Record your exercise data, optimize and adjust the effect of exercise and exercise status

Total Distance  
5.03Km

Heart Rate  
146BPM

Total Calories  
368 Kcal

Total Steps  
6028 steps

**IP68 Waterproof**  
Perfectly handling various trainings

The smart watch tracking a user's exercise data, including distance, heart rate, calories, and steps, with a visual

representation of multiple sports modes.



A user taking a break from exercise, with the smart watch showing workout duration, steps, calories, and heart rate, alongside icons representing diverse sports activities.

## 4.5 Other Functions

The smart watch includes a variety of additional features to enhance daily convenience:

- Weather forecasts
- Stopwatch and Timer
- Music control/playback
- Adjustable brightness
- Find phone/watch function
- Breathing training
- Smart alarm clock
- Camera control (remote shutter for your phone)
- Women's health tracking (menstrual period, ovulation prediction)
- Sedentary reminder
- Drink water reminder

# More Functions Smart Watch



The smart watch interface showing a comprehensive array of functions, including health tracking, communication, and utility tools.



The smart watch displaying a menstrual cycle tracking interface, offering period and ovulation predictions.

## 5. MAINTENANCE

### 5.1 Water Resistance

The OICIIDO ZL54CJ Smart Watch has an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, including washing hands, exercising in the rain, and swimming. However, it is not recommended for hot showers, saunas, or

diving, as steam and high water pressure may damage the device. Always dry the watch thoroughly after exposure to water.



The smart watch being worn in a swimming environment, highlighting its IP68 water resistance for activities like swimming, showering, and sweating.

## 5.2 Cleaning and Care

- Regularly clean the watch and strap with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials.
- Store the watch in a cool, dry place when not in use.

## 6. TROUBLESHOOTING

---

If you encounter issues with your smart watch, try the following steps:

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Pairing Issues:** Make sure Bluetooth is enabled on your smartphone and the watch is within range. Restart both the watch and your phone, then attempt pairing again.
- **Inaccurate Data:** Ensure the watch is worn snugly on your wrist. For sleep tracking, ensure you wear the watch throughout the night. Sync data regularly with the app.
- **Notifications Not Received:** Check app permissions on your phone to ensure the smart watch app has access to notifications. Verify that 'Do Not Disturb' mode is not active on the watch.
- **Screen Unresponsive:** Restart the watch by holding down the side button. If the issue persists, ensure the screen is clean and dry.

For further assistance, refer to the app's help section or contact customer support.

## 7. SPECIFICATIONS

---

Feature	Detail
Model Name	ZL54CJ
Brand	OICIIDO
Screen Size	1.83 Inches
Resolution	240 x 284
Operating System	Android, iOS
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Capacity	230 Milliamp Hours
Battery Charge Time	3 Hours
Battery Average Life	7 Days (Normal Use), 5-10 Days (Typical Use), 30 Days (Standby)
Water Resistance Level	IP68 Waterproof
Water Resistance Depth	1.5 Meters
Band Material Type	Silicone
Item Weight	109 Grams
Metrics Measured	Heart Rate, Sleep Duration, Stress
Special Features	Voice Call, Calendaring, Alarm Clock, Breath Monitor, Cycle Tracking, Daily Workout Memory, Distance Tracker, GPS (via Smartphone), Heart Rate Monitor, Multisport Tracker, Notifications, Music Control, Pedometer, Sedentary Reminder, Sleep Monitor, Time Display, Activity Tracker, Quick Text Reply, Calorie Tracker, Phone Call, Music Player

## 8. WARRANTY AND SUPPORT

### 8.1 Warranty Information

The OICIIDO ZL54CJ Smart Watch comes with a limited warranty. For specific details regarding the

warranty period and coverage, please refer to the warranty card included in your product packaging or contact OICIIDO customer support.

## **8.2 Customer Support**

If you have any questions, concerns, or require technical assistance, please contact OICIIDO customer support through their official website or the contact information provided in your product documentation. Ensure you have your model number (ZL54CJ) and purchase details ready for faster service.