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› RLQA G104 Smartwatch User Manual - Bluetooth Call, Health Monitoring, 1.83" HD Screen

RLQA G104

RLQA G104 Smartwatch User Manual

Model: G104 | Brand: RLQA

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your RLQA G104 Smartwatch. This device is designed to enhance your daily life with features such as Bluetooth calling, comprehensive health monitoring, and various sports tracking modes. Please read this manual thoroughly to ensure optimal performance and longevity of your smartwatch.



This image displays the RLQA G104 Smartwatch in black, highlighting its large 1.83-inch screen. The watch face shows daily activity data including steps, heart rate, and a visual representation of progress towards a step goal. An inset image illustrates the Bluetooth calling feature with an incoming call notification.

WHAT'S IN THE BOX

Upon opening your RLQA G104 Smartwatch package, you should find the following items:

- RLQA G104 Smartwatch
- User Manual (this document)
- Magnetic Charging Cable

Taille du Produit

Le Paquet de la Montre Intelligente Comprend



This image provides a visual representation of the smartwatch's dimensions and lists the package contents: the smartwatch, user manual, and charging cable.

SETUP

1. Charging the Smartwatch

Before initial use, fully charge your smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a standard USB power adapter (not included) or a computer USB port. A full charge typically takes approximately 2 hours.

2. App Installation and Device Pairing

- 1. Download the App:** Scan the QR code in the manual or search for "Dafit" in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).

2. **Register/Log In:** Open the Dafit app and follow the on-screen instructions to create an account or log in.
3. **Pair the Device:** Ensure Bluetooth is enabled on your smartphone. In the Dafit app, navigate to the 'Device' section and select 'Add Device'. The app will search for available devices. Select "G104" from the list to pair.
4. **Grant Permissions:** Allow all necessary permissions requested by the app for full functionality, including notifications, location, and health data access.

3. Bluetooth Calling Setup

To enable Bluetooth calling functionality, an additional Bluetooth connection is required:

1. After initial pairing with the Dafit app, go to your smartphone's Bluetooth settings.
2. Search for new devices. You should find a device named "G104_CALL" or similar.
3. Tap on "G104_CALL" to connect. Once connected, your smartwatch can make and receive calls directly.

5.3 Appel Bluetooth

Ne Manquez Aucun Message ou Appel




Synchronisez Les
Notifications du
Téléphone



Appels Bluetooth
Intelligents



Assistant Vocal
Intelligent

This image shows the smartwatch's communication capabilities. It features a person using the watch to make a call, alongside illustrations of synchronized phone notifications from various social media apps and an intelligent voice assistant icon.

OPERATING INSTRUCTIONS

1. Basic Navigation

- **Touch Screen:** Swipe left/right, up/down to navigate through menus and functions. Tap to select.
- **Side Button:** Press to return to the home screen or wake the device. Long press for power options.

2. Making and Receiving Calls

Once "G104_CALL" is connected via Bluetooth:

- **Making Calls:** Access the dial pad or contact list on your smartwatch to initiate a call.
- **Receiving Calls:** When a call comes in, the watch will display the caller ID. You can answer or reject the call directly from the watch.

3. Notifications

Ensure notification permissions are granted in the Dafit app and your phone's settings. The smartwatch will display incoming messages and app notifications from your paired smartphone.

4. Health Monitoring

The RLQA G104 Smartwatch provides continuous monitoring of key health metrics:

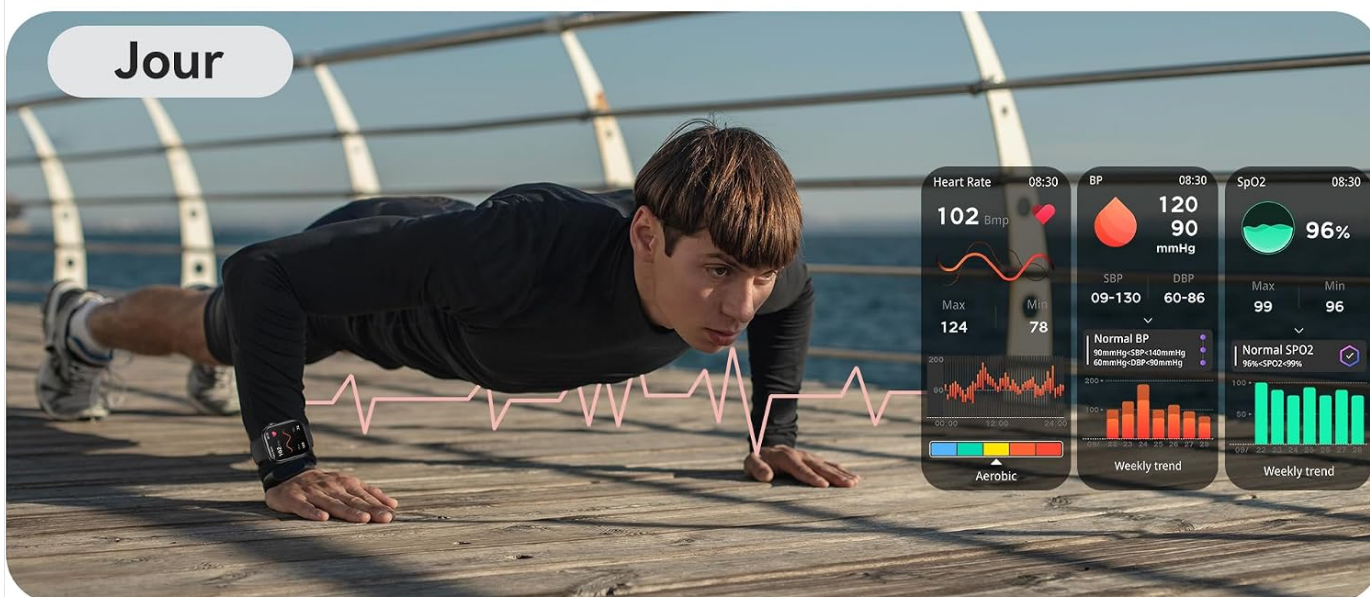
- **Heart Rate:** Real-time heart rate tracking.
- **Blood Pressure:** Measures estimated blood pressure levels.
- **SpO2:** Monitors blood oxygen saturation.
- **Sleep Tracking:** Automatically records sleep patterns (deep, light, REM) and provides analysis via the Dafit app.

Note: Health data from this device is for reference only and should not be used for medical diagnosis or treatment. Consult a medical professional for health concerns.

Surveillance de la Santé 24 Heures sur 24

Surveillez en Continu Votre État de Santé

Jour



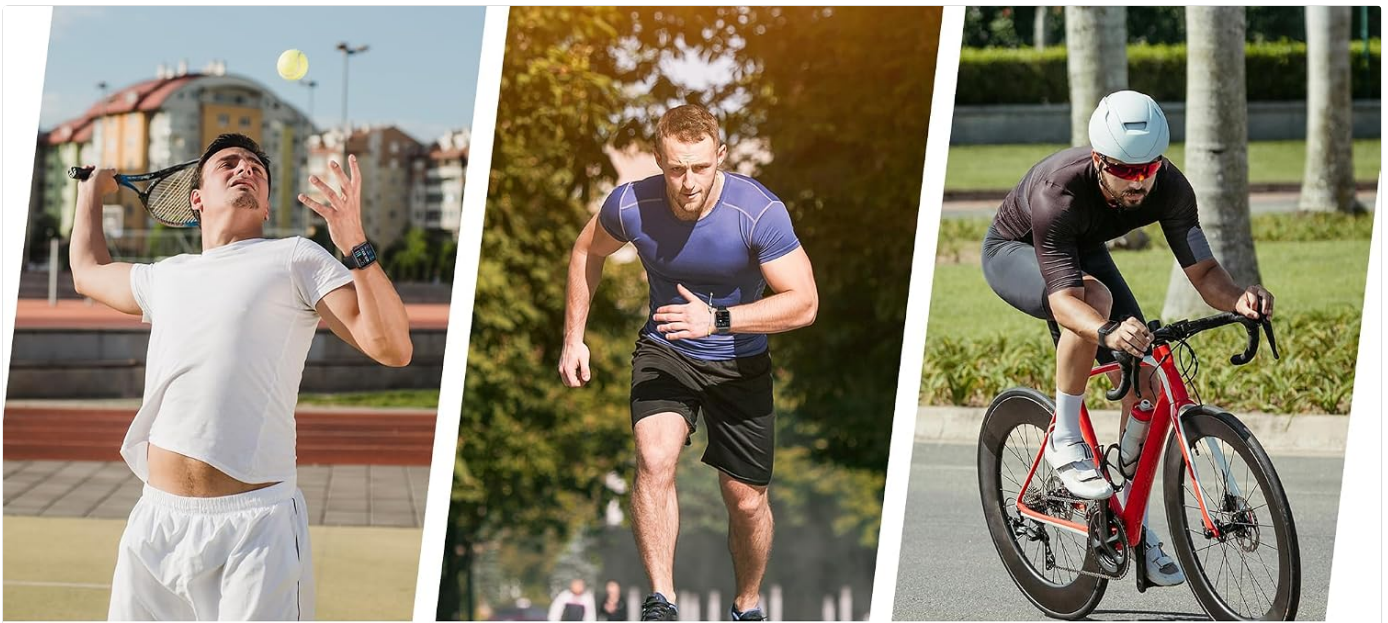
Nuit



This composite image illustrates the 24/7 health monitoring functions. The top panel shows a person exercising, with the watch displaying real-time heart rate, blood pressure, and SpO2 data. The bottom panel shows a person sleeping, with the watch tracking sleep stages and duration.

5. Sports Modes

The smartwatch features over 123 sports modes to track your physical activities. Select your desired sport from the watch menu to record calories burned, distance, and other relevant metrics. Detailed reports are available in the Dafit app after each session.



120+ Modes Sportifs



This image highlights the smartwatch's extensive sports tracking. It shows individuals engaged in tennis, running, and cycling, with the watch interface summarizing activity data such as calories burned, steps taken, and distance covered for different sports modes.

6. Other Smart Functions

The RLQA G104 Smartwatch includes a variety of practical functions:

- **Pedometer:** Tracks your daily steps.
- **Alarm:** Set multiple alarms.
- **Sedentary Reminder:** Notifies you to move after periods of inactivity.
- **Water Reminder:** Prompts you to drink water regularly.
- **Music Control:** Control music playback on your smartphone.
- **Camera Control:** Remotely trigger your smartphone's camera.
- **Weather Forecast:** Displays current weather conditions.
- **Stopwatch & Timer:** For precise timekeeping.
- **Find Phone:** Helps locate your paired smartphone.
- **Voice Assistant:** Access your smartphone's voice assistant.



Réveil

Chronomètre

Météo

Calendrier

Contrôle de la Musique

Contrôle de la Caméra

Minuteur

Rappel de Boire de l'Eau

Montre Connectée Multifonctionnelle

Une variété de fonctions pratiques, y compris réveil, chronomètre, météo, calendrier, contrôle de la musique, contrôle de la caméra, minuteur, rappel de boire de l'eau, rappel de sédentarité, etc.

This image presents a user interacting with the smartwatch, which displays icons for multiple functions including alarm, stopwatch, weather, calendar, music control, camera control, timer, and water intake reminders.

MAINTENANCE

1. Cleaning

Regularly clean your smartwatch and strap with a soft, dry cloth. If necessary, use a slightly damp cloth with mild soap, then rinse and dry thoroughly. Avoid harsh chemicals or abrasive materials.

2. Water Resistance (IP68)

The RLQA G104 Smartwatch is IP68 waterproof, meaning it is resistant to sweat, hand washing, and rain. It can also be used for swimming in shallow water. However, it is not suitable for hot showers, saunas, or diving, as steam and high water pressure can compromise the seals.

3. Battery Care

To prolong battery life:

- Avoid extreme temperatures.
- Charge the device fully before long periods of inactivity.
- Do not leave the battery completely drained for extended periods.



Étanchéité IP68

Utilisation Plus Sécurisée

 Pluie

 Natation

 Transpiration



250

mAh

Batteries à Haute Capacité

Réduire les Temps de Chargement

7-10

Jours
Temps d'Utilisation

2

Heures
Temps de Charge

25

Jours
Temps en Veille

This image illustrates the smartwatch's IP68 water resistance, showing a person swimming with the watch. It also details the battery specifications: 250mAh capacity, 7-10 days of continuous use, 2 hours charging time, and 25 days standby time.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with smartphone:** Make sure Bluetooth is enabled on your phone and the watch. Ensure the Dafit app is installed and has necessary permissions. Try restarting both the watch and the phone.
- **Bluetooth calling not working:** Confirm that "G104_CALL" is connected in your phone's Bluetooth settings, in addition to the connection through the Dafit app.
- **Notifications not appearing:** Check app notification settings in both the Dafit app and your phone's system

settings. Ensure the app is running in the background.

- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch.
- **Short battery life:** Reduce screen brightness, disable unnecessary notifications, and limit continuous health monitoring if not needed.

SPECIFICATIONS

Feature	Detail
Brand	RLQA
Model Number	G104
Color	Black
Operating System	Android & iOS
Screen Size	1.83 Inches
Display Type	TFT HD
Connectivity	Bluetooth
Battery Capacity	250 mAh
Battery Type	Lithium-ion
Typical Usage Battery Life	7-10 days
Standby Battery Life	Up to 25 days
Charging Time	Approx. 2 hours
Water Resistance	IP68
Memory Storage Capacity	128 MB
GPS	Via smartphone

Special Features	Bluetooth Call, Message Notification, Stopwatch, Find Phone, Weather Forecast, Sedentary Reminder, Water Reminder, Alarm, Photo Control, Music Control, Voice Assistant, Heart Rate/Blood Oxygen Monitor, Blood Pressure, Sleep Tracking, Pedometer, 123+ Sports Modes, Activity Trackers, Fitness Trackers
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WARRANTY AND SUPPORT

Warranty Information

The RLQA G104 Smartwatch comes with a one-year quality warranty from the manufacturer. Please retain your proof of purchase for warranty claims.

Customer Support

For any questions, technical assistance, or warranty-related inquiries, our customer service team is available to provide prompt and efficient after-sales support. Please refer to the contact information provided with your purchase or visit the official RLQA website for support options.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question