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MFVLP D16

MFVLP D16 Smart Watch User Manual

Model: D16

INTRODUCTION

Thank you for choosing the MFVLP D16 Smart Watch. This manual provides detailed instructions to help you set up, operate, and maintain your device. Please read this manual thoroughly before using the watch to ensure proper function and longevity.



Image: The MFVLP D16 Smart Watch, featuring a black strap and a square display showing the time, date, heart rate, step count, and current weather conditions. Additional smaller screens around it illustrate daily activity, heart rate, and weather widgets.

PACKAGE CONTENTS

Ensure all items are present in the package:

- Smart Watch * 1
- Watch Band * 1
- Charging Cable * 1
- User Manual * 1



Ultra-Long Battery Life

Ultra-Long Standby, Intelligent Travel



2 Hours
Charging Time



7 Days
Battery Life



30 Days
Standby Time



Image: An illustration detailing the size and package contents of the MFVLP D16 Smart Watch, including the watch itself with dimensions, a separate watch band, a charging cable, and a user manual.

SETUP GUIDE

1. Charging the Device

Before first use, fully charge your smart watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port.

- **Charging Time:** Approximately 2 hours for a full charge.
- **Battery Life:** 5-7 days of typical use, up to 30 days in standby mode.



Long Battery Life

Ultra-long battery life, always with you

Standby Time

30 Days

Average Usage

5-7 Days

Charing Time

2 Hours

Image: The MFVLP D16 Smart Watch connected to its magnetic charging cable, illustrating the charging process. Text indicates a 2-hour charging time, 7 days of battery life, and 30 days of standby time.

2. App Installation and Pairing

To unlock the full functionality of your smart watch, download and install the companion app:

1. **Download the App:** Search for "GloryFit" in the Apple App Store (for iOS devices) or Google Play Store (for Android devices), or scan the QR code provided in the watch's packaging or on the watch screen to download.
2. **Register/Log In:** Open the GloryFit app and follow the on-screen instructions to register an account or log in.
3. **Pair the Watch:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the watch is within range of your phone.

- In the GloryFit app, navigate to the device section and select "Add Device" or "Bind Device".
- The app will search for nearby devices. Select "D16" or the device name corresponding to your watch from the list.
- Confirm the pairing request on both your phone and the watch if prompted.



Sleep Monitor

The smartwatch can accurately analyze your sleep stages and record deep sleep, light sleep and wake time, and provide professional suggestions on the APP. The sleep monitoring function helps you maintain good sleeping habits and improve your sleep quality.

Image: A visual guide illustrating the connection steps for the MFVLP D16 Smart Watch, from downloading the GloryFit app to pairing the device and syncing contacts.

OPERATING THE SMART WATCH

Basic Navigation

- **Touch Screen:** Swipe left/right, up/down, and tap to navigate menus and select functions.
- **Side Button:** Typically used to wake the screen, return to the home screen, or access the app list.
- **Raise to Wake:** The screen will automatically light up when you raise your wrist.

Bluetooth Calls and Notifications

Once paired with your smartphone, the D16 Smart Watch supports Bluetooth calling and smart notifications.

- **Making/Receiving Calls:** Use the watch's built-in speaker and microphone to make or answer calls directly from your wrist. Access contacts, dial pad, and call history.
- **Smart Notifications:** Receive alerts for incoming calls, SMS messages, and notifications from social media apps (e.g., WhatsApp, Facebook, Instagram, Twitter) directly on your watch.

BIUETOOTH CALL

You can make and receive calls anytime, anywhere.

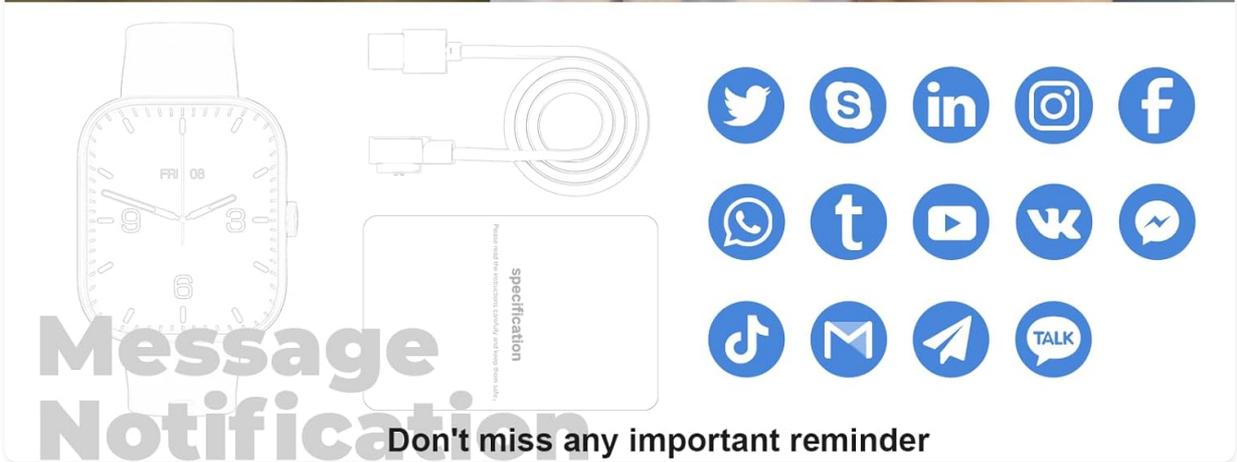
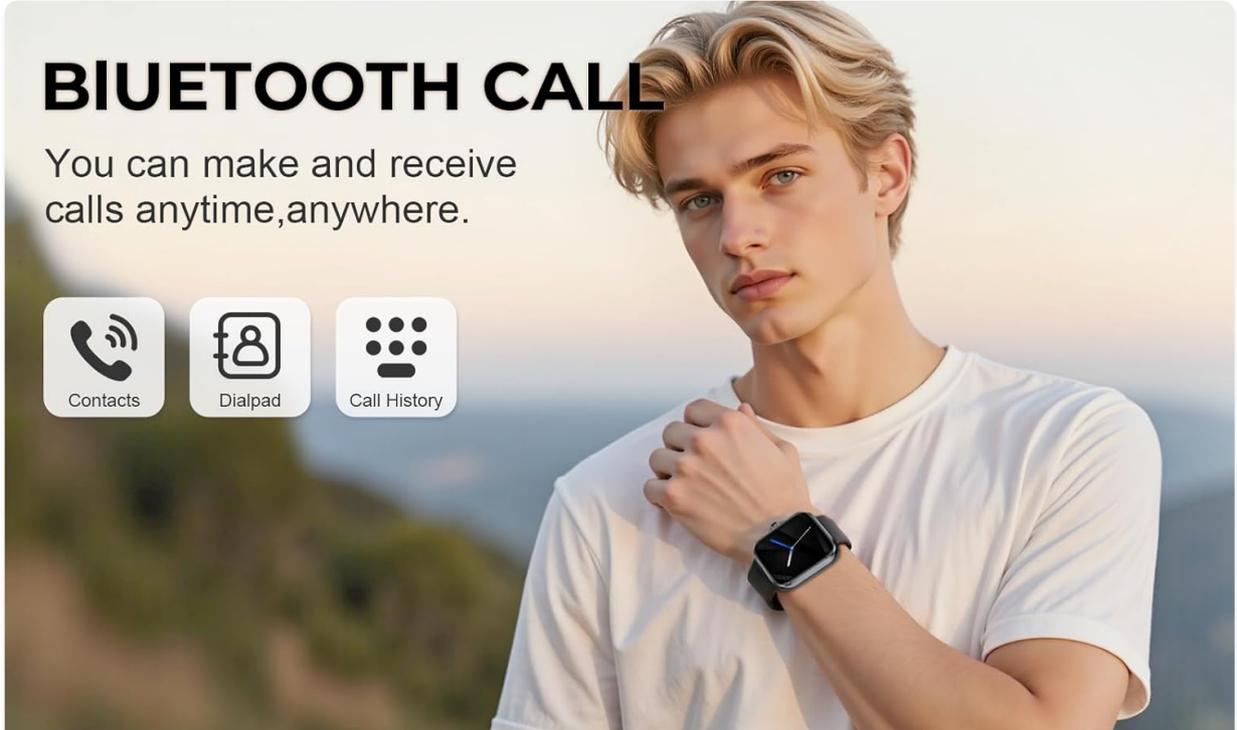


Image: A man wearing the MFVLP D16 Smart Watch, with an overlay highlighting the Bluetooth call functionality, including icons for contacts, dialpad, and call history. The image also shows icons for various social media notifications.

Female Menstrual Cycle Reminder

The female health function of smart watches can help record our menstrual cycles and provide timely reminders before special days.

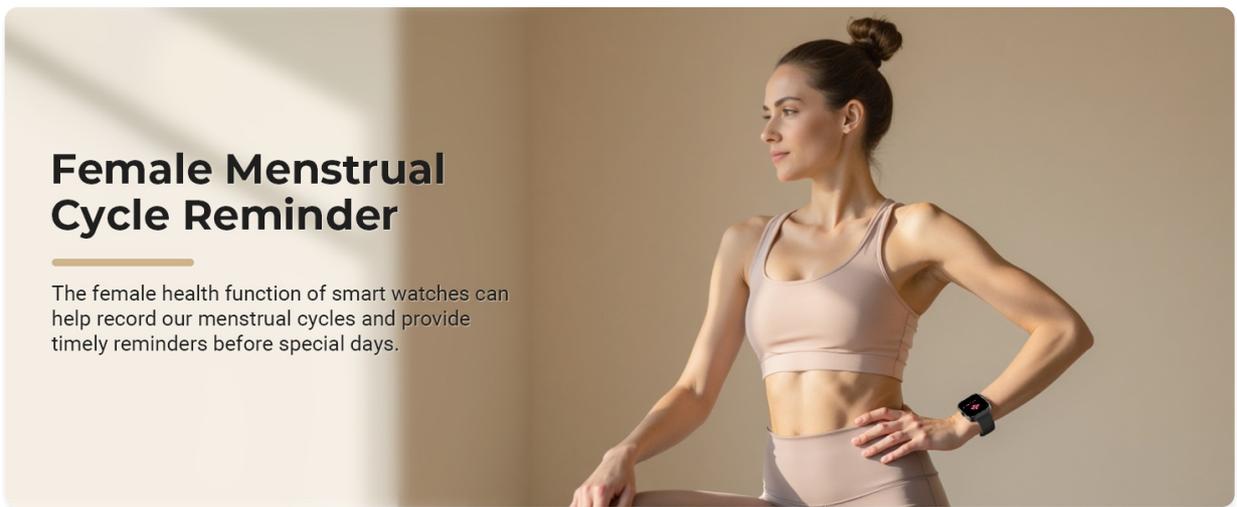


Image: A close-up of a wrist wearing the MFVLP D16 Smart Watch, surrounded by icons of various social media and messaging applications, illustrating the smart notification feature.

Customizing Watch Faces

Personalize your watch by choosing from over 100 online dials available through the GloryFit application.

You can also set your favorite photos as custom wallpapers.



Image: The MFVLP D16 Smart Watch alongside a collection of diverse watch face designs, demonstrating the customizable dial feature.

Additional Functions

The D16 Smart Watch offers a range of practical features:

- **Music Control:** Play, pause, skip tracks on your smartphone.
- **Camera Remote Control:** Remotely trigger your phone's camera shutter.
- **Alarm Clock:** Set alarms directly from your watch.
- **Calculator:** Perform basic calculations.
- **Flashlight:** Use the watch screen as a small light source.
- **Find Phone:** Locate your paired smartphone by making it ring.
- **Voice Assistant:** Access your phone's voice assistant.
- **Weather:** View current weather conditions.
- **Stopwatch & Timer:** For timing activities.

Multifunctiona Smart watch



Image: A composite image showing the MFVLP D16 Smart Watch displaying various functions such as music playback, a calculator, and a remote camera control interface. Icons for other features like heart rate, weather, and sleep are also visible.

HEALTH AND ACTIVITY MONITORING

The D16 Smart Watch is equipped with high-performance sensors for comprehensive health and activity tracking.

Continuous Health Monitoring

- **Heart Rate Monitor:** Continuously monitors your heart rate in real-time.
- **Blood Oxygen (SpO2) Monitor:** Provides blood oxygen saturation data.
- **Sleep Monitor:** Automatically tracks your sleep status (deep sleep, light sleep, wake-up times) and provides a comprehensive sleep quality analysis in the app.

HD Touch Screen & Customizable Dial



Image: A man playing tennis, wearing the MFVLP D16 Smart Watch, with text indicating the Heart Rate Monitor feature. This illustrates real-time heart rate tracking during physical activity.



Image: A man cycling outdoors, wearing the MFVLP D16 Smart Watch, with text highlighting the Blood Oxygen Monitor feature. This demonstrates the watch's ability to track SpO2 during exercise.

112+ SPORTS MODES

112+ sports modes cover all scenarios and comprehensive data recording, so you will have professional support for every breakthrough.



Skiing



Cycling



Badminton



Running



Baseball



Volleyball



Rowing

Image: A woman sleeping peacefully, with text indicating the Sleep Monitor feature and its ability to analyze sleep stages and provide suggestions for improving sleep quality.

Activity Tracking

- **All-Day Activity Monitor:** Records steps, distance, and calories burned in real-time.
- **110+ Sport Modes:** Supports a wide range of activities including cycling, rock climbing, tennis, skiing,

running, and more. The watch records specific data for each sport to help you achieve training goals.

- **Sedentary Reminder:** Alerts you when you've been inactive for too long.

Smart Notifications

Just raise your wrist to receive all important notifications, no matter how busy you are, you don't have to worry about missing important information.



Ella: Are you off work?



William shared a group of photos.



Mia: What are you doing?
Remember to contact me.



Image: A woman skiing down a slope, with an overlay showing the MFVLP D16 Smart Watch tracking daily activity data such as steps, calories, and distance.

All-day Activity Tracking

The smartwatch will track your activity status in real time and provide detailed data analysis.

Steps:  26513 Steps

Calories:  529 Kcal

Distance:  8.8 KM

Image: A collage showcasing individuals engaged in various sports activities including skiing, cycling, badminton, running, baseball, volleyball, and rowing, illustrating the watch's support for over 112 sports modes.

Female Menstrual Cycle Tracking

The watch includes a function to track menstrual cycles, providing timely reminders for sensitive periods.

Bluetooth Call Answer/Make Calls



Call Logs



Contact



Dial

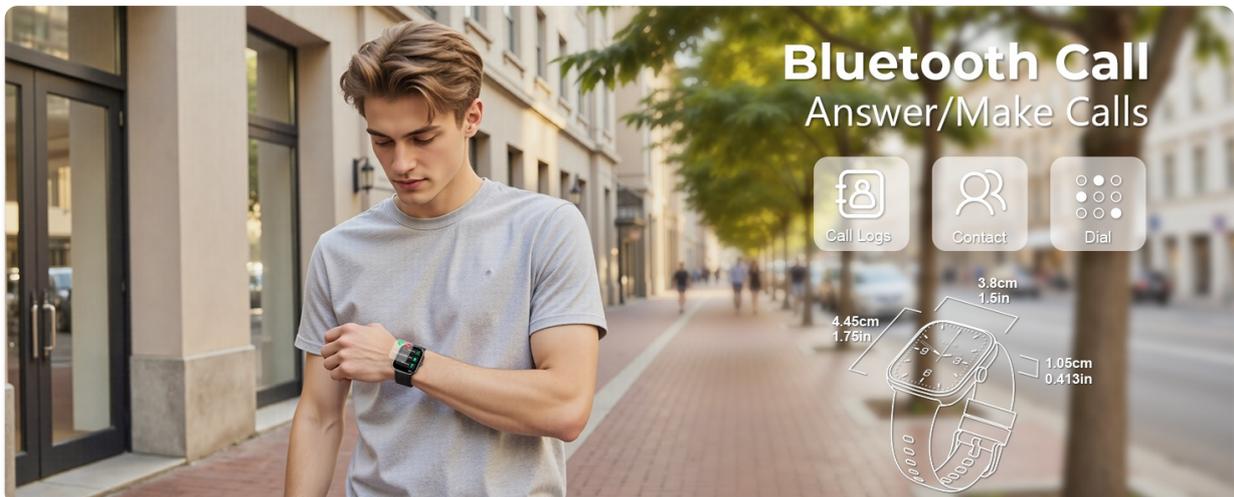


Image: A woman in athletic attire, with text highlighting the Female Menstrual Cycle Reminder feature of the smart watch.

MAINTENANCE

Water Resistance (IP68)

The MFVLP D16 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 activities like washing hands, rain, and sweating during exercise.

- **Important Note:** Not recommended for use in hot water, saunas, or sea water, as steam and salt water can damage the device.



Image: Two MFVLP D16 Smart Watches, one pink and one grey, placed on a wet wooden surface, demonstrating their IP68 waterproof rating suitable for rain, hand washing, sweating, and showering.

Multiple Functions

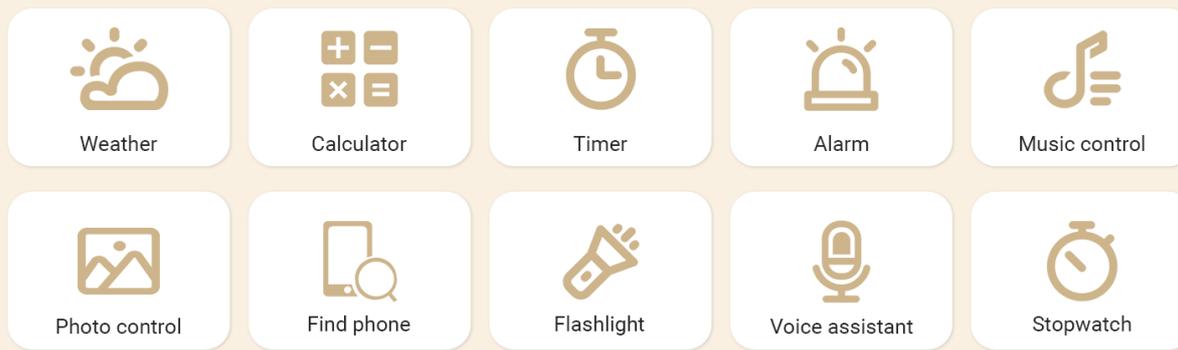


Image: The MFVLP D16 Smart Watch partially submerged in clear water, with bubbles around it, emphasizing its IP68 waterproof capability.

Cleaning and Care

- Wipe the watch and strap regularly with a soft, dry cloth.
- If necessary, use a slightly damp cloth with mild soap, then rinse and dry thoroughly.
- Avoid using harsh chemicals or abrasive materials.

TROUBLESHOOTING

If you encounter issues with your MFVLP D16 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 10 minutes.
Cannot pair with smartphone.	<ul style="list-style-type: none">◦ Ensure Bluetooth is enabled on your phone.◦ Make sure the watch is within range of your phone.◦ Restart both the watch and your phone.◦ Check if the "GloryFit" app has necessary permissions.◦ Try unpairing and re-pairing the device through the app.
Notifications are not received.	<ul style="list-style-type: none">◦ Verify that the watch is successfully paired with the app.◦ Check notification permissions for the "GloryFit" app in your phone's settings.◦ Ensure notifications are enabled for specific apps within the "GloryFit" app settings.◦ Make sure "Do Not Disturb" mode is not active on the watch or phone.
Inaccurate health data (heart rate, sleep).	<ul style="list-style-type: none">◦ Ensure the watch is worn snugly on your wrist, not too loose or too tight.◦ Clean the sensors on the back of the watch.◦ Avoid extreme movements during measurements.

Problem	Possible Solution
Weather information not updating.	<ul style="list-style-type: none"> ◦ Ensure the watch is connected to the app and your phone has an active internet connection. ◦ Check location permissions for the "GloryFit" app.
Short battery life.	<ul style="list-style-type: none"> ◦ Reduce screen brightness. ◦ Limit continuous heart rate monitoring or turn off features you don't use frequently. ◦ Ensure the watch is fully charged each time.

If the problem persists, please contact customer support.

SPECIFICATIONS

Feature	Detail
Model Number	D16
Display	1.83-inch TFT-LCD HD Touch Screen
Connectivity	Bluetooth 5.3
Battery Capacity	300 mAh Lithium Polymer
Charging Time	Approx. 2 hours
Battery Life (Typical Use)	5-7 days
Standby Time	Up to 30 days
Waterproof Rating	IP68
Health Monitoring	Heart Rate, Blood Oxygen, Sleep Tracking, Menstrual Cycle Tracking
Sport Modes	110+ modes
Compatibility	Android / iOS
Item Weight	40 Grams (1.41 ounces)
Memory Storage Capacity	128 MB
RAM Memory Installed Size	640 KB

WARRANTY AND SUPPORT

Your MFVLP D16 Smart Watch comes with a standard manufacturer's warranty. For specific warranty terms and conditions, please refer to the documentation included with your purchase or contact the seller directly. For technical support, troubleshooting assistance, or any questions regarding your device, please contact MFVLP customer service through the contact information provided on the product packaging or the official MFVLP website.

Please have your model number (D16) and purchase details ready when contacting support.

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