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## MFVLP LC210

# MFVLP Smart Watch LC210 User Manual

Model: LC210

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## 1. INTRODUCTION

This manual provides detailed instructions for the MFVLP Smart Watch LC210. This device is designed to connect with your smartphone, monitor health data, track athletic performance, and support an efficient lifestyle. It features a 1.85-inch AMOLED HD display, Bluetooth calling, 120+ sports modes, and comprehensive health monitoring capabilities.

## 2. WHAT'S IN THE BOX

- MFVLP Smart Watch LC210 x 1
- Charging Cable x 1
- User Manual x 1
- Watch Band x 1

## 3. SETUP

### 3.1 Charging the Smart Watch

Before initial use, fully charge your MFVLP Smart Watch LC210. The watch features magnetic charging for convenience.



Connect the magnetic charging cable to the back of the watch. A full charge typically takes 2 hours and provides 5-7 days of normal use or up to 30 days of standby time.

## 3.2 App Download and Installation

To unlock all features and synchronize data, download the **"Da Fit"** app on your smartphone. The app is compatible with Android 5.0 or above and iOS 9.0 or above.

1. Scan the QR code provided in the watch's packaging or search for "Da Fit" in the Google Play Store (for Android) or Apple App Store (for iOS).
2. Install the app on your smartphone.



Steps to download the Da Fit app and connect your smartwatch.

## 3.3 Pairing with Your Smartphone

Follow these steps to pair your MFVLP Smart Watch LC210 with the "Da Fit" app:

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the "Da Fit" app.
3. Navigate to the "Add Device" section within the app.
4. Select "LC210" from the list of available devices.
5. Confirm the pairing request on both your phone and the watch.
6. Grant necessary notification permissions within the app to receive alerts on your watch.

This video demonstrates the process of connecting the smartwatch to both iOS and Android devices via the Da Fit app, including pairing and setting notification permissions.

## 3.4 Setting Watch Language

You can set the language of the watch directly from the "Da Fit" app after successful pairing.

# 4. OPERATING THE SMART WATCH

## 4.1 Display and Watch Faces

The MFVLP Smart Watch LC210 features a vibrant 1.85-inch AMOLED HD screen with a 390\*450 pixel resolution. You can customize your watch face from over 190 options available in the "Da Fit" app or use your own photos.



The 1.85-inch AMOLED HD screen offers clear visuals and full touch functionality.

## Match Your Rich Life

190+ Watch Faces to Choose



DIY Watch Face with Your Photo



Choose from over 190 watch faces or personalize with your own photos.

The watch also supports an Always-On Display (AOD) for instant time checks. Note that enabling AOD may shorten battery life.



The Screen Clock feature allows you to check the time without turning on the full display.

## 4.2 Bluetooth Calling and Notifications

With its Bluetooth 5.3 chip, built-in microphone, and waterproof speaker, the LC210 allows you to make and receive calls directly from your wrist. You can also receive notifications from various apps like SMS, WhatsApp, Facebook, and Twitter.



Manage calls and receive message notifications directly on your wrist.



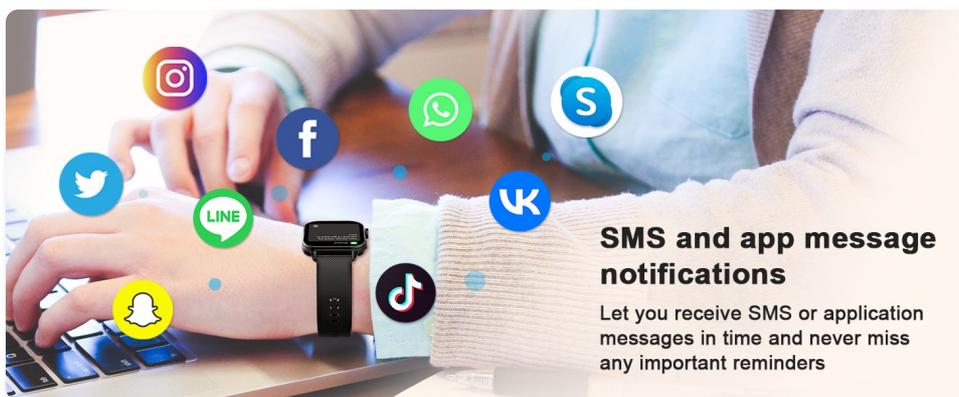
Make and answer calls conveniently from your wrist using Bluetooth 5.3.



Receive SMS and app message notifications to stay updated.

#### 4.3 Voice Assistant

The watch integrates a voice assistant feature, allowing for hands-free control and quick access to information.



Utilize the voice assistant for convenient control and commands.

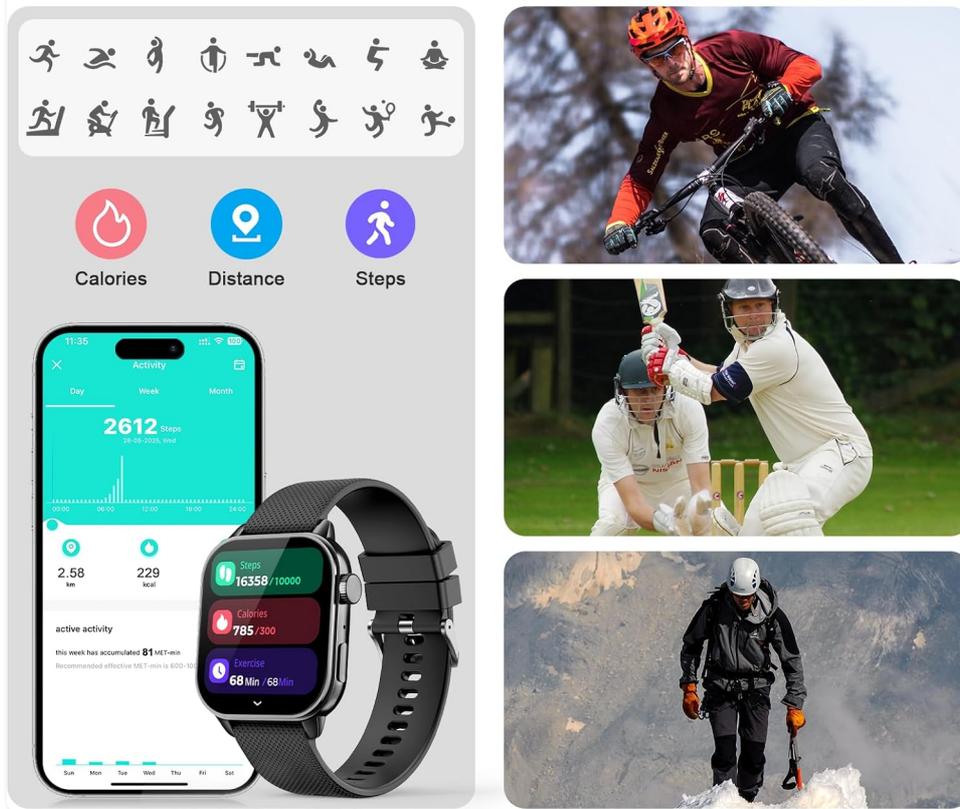
#### 4.4 Other Functions

The MFVLP Smart Watch LC210 includes over 15 daily tools:

- **Music Control:** Control music playback on your phone directly from the watch.
- **Camera Control:** Use the watch as a remote shutter for your phone's camera.
- **Weather Forecast:** Get real-time weather updates.
- **Phone Finder:** Locate your misplaced phone.
- **Calculator:** Perform basic calculations.
- **Stopwatch, Timer, Alarm:** Essential timekeeping tools.
- **Flashlight:** A convenient light source.

- **World Clock:** Track time in different zones.
- **Reminders:** Sedentary and hydration reminders.

## 120+ Sports Modes & Activity Tracking



Overview of additional useful functions available on the smartwatch.

## 5. HEALTH MONITORING

The LC210 is equipped with advanced optical sensors for comprehensive health tracking.



## IP68 Waterproof



Rain



Handwashing



sweating

## Fast charging And Long Battery



2 hours  
Fully charged in



7 days  
of normal use



4-5 days  
of heavy use



30 days  
days of long-  
lasting battery life



The watch's optical sensor enables 24/7 health monitoring.

### 5.1 Heart Rate Monitoring

Monitor your heart rate in real-time throughout the day to keep track of your cardiovascular health.

A hiker in a red jacket and green pants stands on a snowy mountain peak, looking out over a vast landscape under a sunset sky.

### Blood Oxygen Monitor

Monitor your blood oxygen and understand your blood oxygen status anytime and anywhere

Max 98%  
Min 96%

Monitor heart rate changes around the clock.

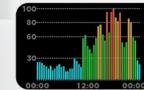
### 5.2 Sleep Tracking

The watch automatically tracks your sleep duration and analyzes sleep quality (light sleep, deep sleep, awake time) to help you improve your sleeping habits.



**😊 Stress monitoring**

Your stress changes can be monitored 24 hours a day. If you feel too stressed, you can use the stress relief aid in the watch to relieve it.



Max 99%  
Min 15%

Track your sleep patterns to develop better sleeping habits.

### 5.3 Blood Oxygen Monitoring

Understand your blood oxygen status anytime and anywhere with the integrated SpO2 sensor.



**❤️ Caring for Women's Health**

Accurately record women's menstrual cycle and provide you with caring care



- Menstruation
- Prediction
- Ovulation

Monitor your blood oxygen levels for health insights.

### 5.4 Stress Monitoring

The watch monitors your stress levels 24 hours a day. If you feel stressed, you can use the stress relief aid function.

**190+ watch faces**

A variety of online watch faces to choose from Customize with your favorite photos



Track your stress changes and utilize stress relief features.

### 5.5 Women's Health Tracking

The LC210 provides accurate tracking and reminders for women's menstrual cycles.



Accurately record and track women's menstrual cycles.

## 6. ACTIVITY TRACKING AND SPORTS MODES

The MFVLP Smart Watch LC210 offers extensive activity tracking and over 120 built-in sports modes.

### 24-Hour Health Monitoring



**Sleep Tracking**



**Heart Rate Monitoring**



**Blood Oxygen Monitoring**

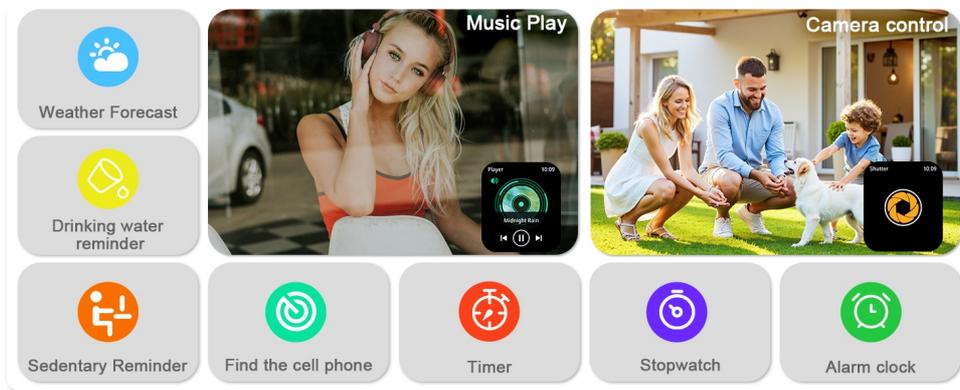


Normal BP  
90mmHg≤SBP<140mmHg  
60mmHg≤DBP<90mmHg

Track your activities and choose from over 120 sports modes.

### 6.1 120+ Sports Modes

Easily adapt to various activity scenarios with modes for running, walking, cycling, yoga, dance, and more. Select and set these modes via the "Da Fit" app.



Explore over 120 sports modes to suit your fitness routine.

## 6.2 Activity Data Recording

The watch continuously records your activity data, including steps, distance, calories burned, and activity time, providing professional analysis to help you achieve your fitness goals.



The watch records your daily activity data for comprehensive tracking.

## 6.3 IP68 Waterproof

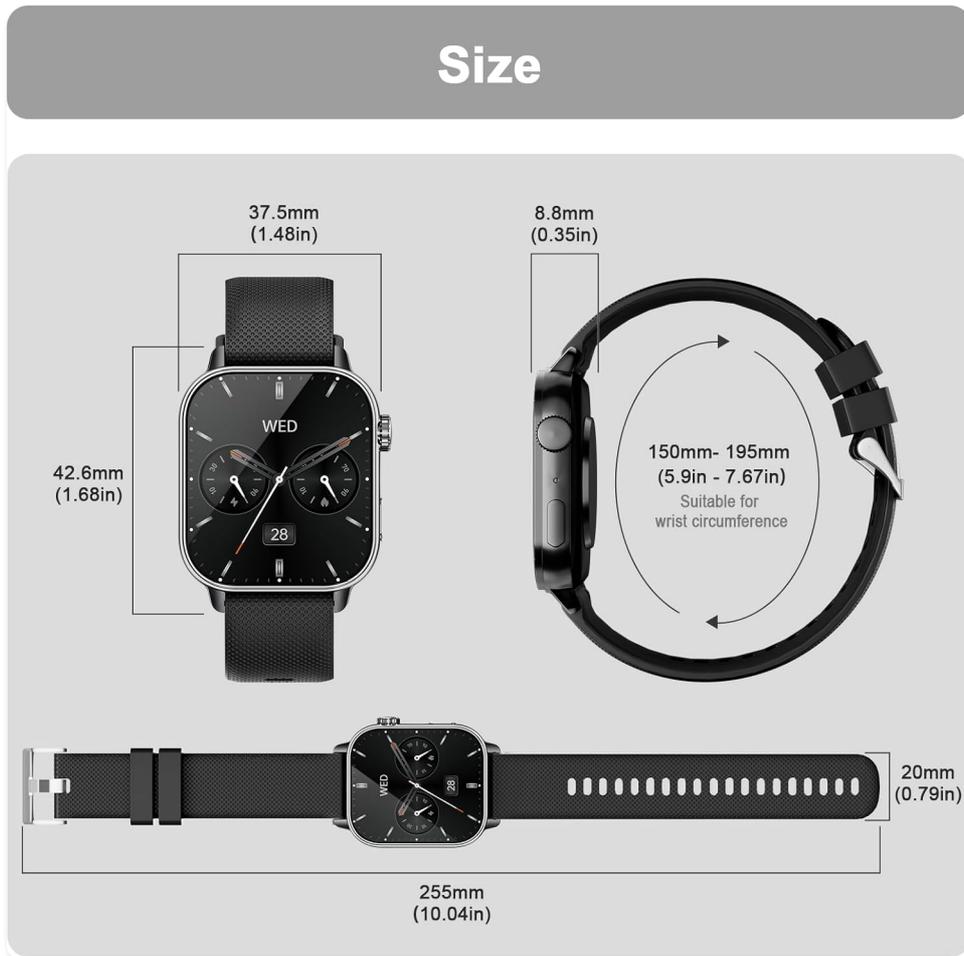
The MFVLP Smart Watch LC210 is IP68 waterproof, making it resistant to sweat, rain, hand washing, and even swimming in a pool.

The IP68 waterproof rating allows for use during swimming and other water activities.

## 7. SPECIFICATIONS

Feature	Detail
Model Number	LC210
Screen Size	1.85 Inches AMOLED HD
Item Weight	40 Grams (1.41 ounces)
Battery Capacity	290 Milliamp Hours
Battery Life (Active Use)	3-6 days
Battery Life (Standby)	Up to 30 days

Charging Time	Approximately 2 hours
Waterproof Rating	IP68
Connectivity	Bluetooth 5.3
Operating System Compatibility	Android 5.0 or above, iOS 9.0 or above
Memory Storage Capacity	128 MB
GPS	Via Smartphone
Wrist Circumference	150mm - 195mm (5.9in - 7.67in)



Physical dimensions and strap size of the MFVLP Smart Watch LC210.

## 8. MAINTENANCE

- **Cleaning:** Regularly clean your watch and strap with a soft, dry cloth. If necessary, use a slightly damp cloth and mild soap, then rinse and dry thoroughly.
- **Avoid Harsh Chemicals:** Do not expose the watch to strong chemicals, solvents, or detergents, as these can damage the finish and seals.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.
- **Charging Port:** Keep the magnetic charging contacts clean and free of debris to ensure proper charging.

## 9. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- **Unable to pair with phone:**
  - a. Ensure Bluetooth is enabled on your phone and the watch is discoverable.
  - b. Make sure the "Da Fit" app is installed and open.
  - c. Restart both your phone and the watch.
  - d. Ensure the watch is not already paired with another device.
- **Notifications not appearing:**
  - a. Check that notification permissions are granted for the "Da Fit" app in your phone's settings.
  - b. Ensure the watch is connected via Bluetooth.
  - c. Verify that "Do Not Disturb" mode is not active on the watch.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, but not too tight. Clean the sensors regularly.
- **Short battery life:** Reduce screen brightness, disable Always-On Display, and limit background app refresh to extend battery life.

## 10. WARRANTY AND SUPPORT

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MFVLP is committed to providing quality service and support for your Smart Watch LC210.

- **Warranty:** The product includes a 1-year free replacement service for manufacturing defects.
- **Customer Support:** Expect a rapid response to inquiries within 24 hours. Long-term support is provided with satisfactory solutions.



MFVLP offers comprehensive quality service and support.