Manuals+ — User Manuals Simplified.

HOETEK L31 Smart Watch with Call Function User Manual

Contents

HOETEK

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Product Information

Specifications

- **Compatibility**: Android 4.4 or iOS 9.0 and above systems
- **Main Features**: Phone, Sleep, Heart Rate Test, Sports, Training, Blood Pressure Test, SpO2 Test, Weather, Messages Reminder, Remind to Move, Remind to Drink

Product Usage Instructions

App Download Method

Note: Adapt to Android 4.4 or iOS 9.0 and above systems

To download the app, follow these steps

1. Scan the QR code provided
2. Download the app from the respective app store

Charging and Activation

For the first use, please press and hold the power button to turn on the smartwatch. If it cannot be turned on, please charge the watch first.

Using the Touch Screen

The touch screen allows you to navigate through various features. Here are some gestures you can use

- **Swipe Up:** Access the Control Center
- **Swipe Left:** Navigate to the next page
- **Swipe Right:** Navigate to the previous page
- **Swipe Down:** Access quick entry or feature pages

Main Features

- **Phone**

  After connecting the smartwatch to your phone, you can use the watch to dial and control your phone for making calls and answering phone calls.
- **Recent Call:** You can also view the call history on the watch. Please ensure a stable connection between the watch and phone when using the Phone Call function.
- **Sleep**

  If you wear the smartwatch while sleeping, it can provide sleep statistics such as hours slept and sleep quality on both the screen and the app. **Note:** Sleep stats reset to zero at 8:00 pm.
- **Heart Rate Test**

  The smartwatch can record your heart rate throughout the day. You can tap on the heart rate page to start measuring your heart rate.
- **Sports**

  The smartwatch automatically tracks the number of steps taken and displays it on the screen. **Note:** Your movement stats reset to zero at midnight.
- **Training**

  Tap the training icon on the menu to start a new training recording. There are 123 sport modes to choose from. The last training recording will be shown on the training page.
- **Blood Pressure Test**

  Tap on the blood pressure page to start measuring your blood pressure. The measured data from previous tests will be displayed on the blood pressure page.
- **SpO2 Test**

  Tap the SpO2 page to start measuring your blood oxygen saturation level. The measured data from previous tests will be displayed on the SpO2 page.
- **Weather**

  The weather page displays current and tomorrow's weather information. The weather info is synced after connecting with the app but will not be updated after a long disconnection.
- **Messages Reminder**

  The smartwatch can sync incoming notifications from various apps such as Twitter, Facebook, WhatsApp, and Instagram. It can store up to 5 recent messages. **Note:** You can switch on/off the incoming notification feature in the app.
- **Remind to Move**

The smartwatch will vibrate to remind you to take a break after sitting for 1 hour. **Note:** You can switch on/off this feature in the app.

- **Remind to Drink**
The smartwatch will remind you to drink water at the planned drinking time. **Note:** You can set this feature in the app.

Questions and Answers
Why can't the watch receive messages?

Android

1. Confirm that the message push switch is enabled on the mobile client.
2. The confirmation message should be displayed normally in the mobile phone notification bar. The watch receives push notifications by reading messages from the notification bar. If there are no messages in the notification bar, the watch will not receive the push.
3. Open the mobile terminal settings – auxiliary functions – advanced settings, and turn on the notification reminder.

iOS

1. Confirm that the message push switch is enabled on the mobile client.
2. The confirmation message should be displayed normally in the mobile notification bar.
3. You need to find the notification settings in the mobile phone settings and turn on switches for Facebook, Twitter, phone, SMS, and the mobile client.

Frequently Asked Questions (FAQ)
Why can't the watch receive messages?

Android

1. Confirm that the message push switch is enabled on the mobile client.
2. The confirmation message should be displayed normally in the mobile phone notification bar. The watch receives push notifications by reading messages from the notification bar. If there are no messages in the notification bar, the watch will not receive the push.
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iOS

1. Confirm that the message push switch is enabled on the mobile client.
2. The confirmation message should be displayed normally in the mobile notification bar.
3. You need to find the notification settings in the mobile phone settings and turn on switches for Facebook, Twitter, phone, SMS, and the mobile client.

App Download Method

- **Scan code**: Scan the QR code to download and install the app

- **Android:** Search for "Da Fit" on Google Play to download and install

- **Apple**: Search for "Da Fit" on the App store to download and install

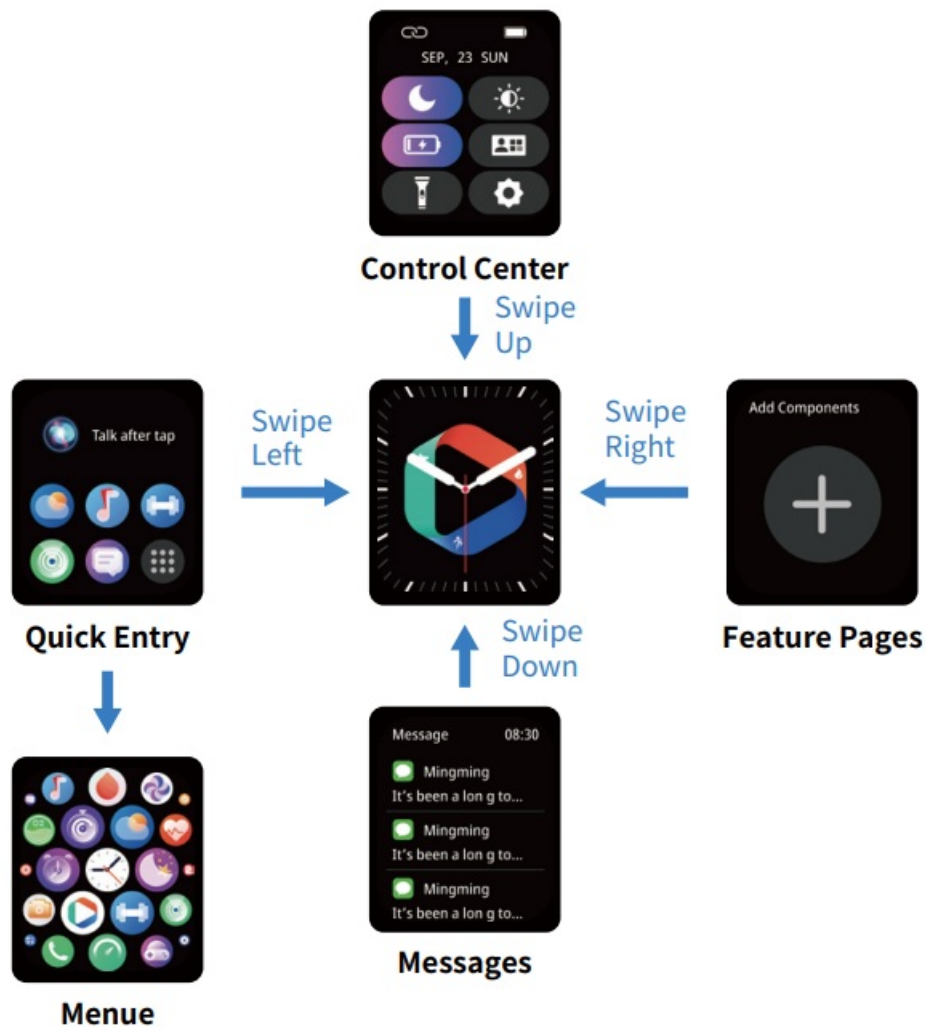**Note:** Adapt to Android 4.4 or iOS 9.0 and above systems

Scan QR Code and Download

Charging and Active

For the first use please press and hold the power button to turn it on If it cannot be turned on please charge the watch first.


Use the Touch Screen

Control Center

Swipe Up

Quick Entry — Swipe Left — Swipe Right — **Feature Pages**

Menue — Swipe Down — **Messages**

Watch Connection

- Make sure the watch is close to the phone and the phone Bluetooth is turned on.
- Open the Da Fit APP on the phone, select [ADD A DEVICE] on the home page, and click your device connection.
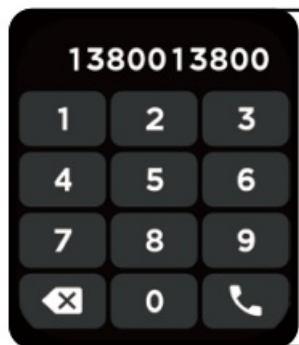
Today

add smartwatch to get more health information.
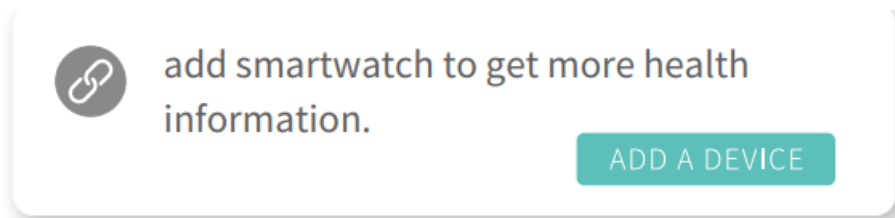
ADD A DEVICE

ADD A DEVICE

L31

F5:77:59:2A:0F:30

Main Features

- **Phone**

  After connecting the Smart Watch to the phone you can use the watch to dial to control the phone for making calls and answering the phone calls.
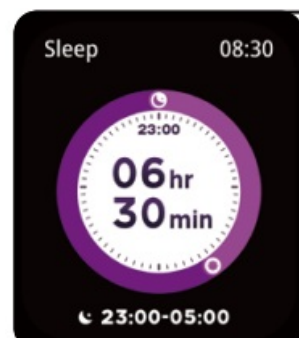

- **Recent Call**

  You can also view the call history of the watch. You need to keep the connection between the watch and stable when using the Phone Call function.
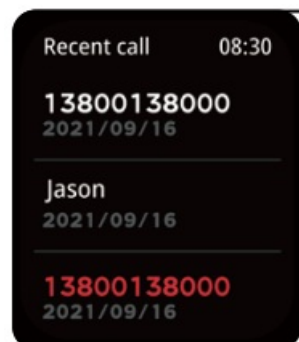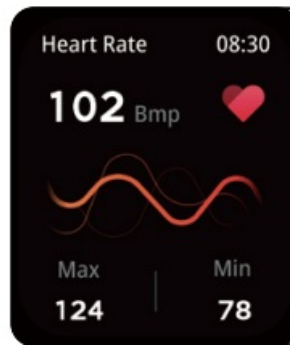

- **Sleep**

  If you keep wearing Smart Watch in your sleep it can provide the hours slept and quality of sleep stats on both the screen and the APP. NOTE: Sleep stats reset to zero at 8:00 pm.
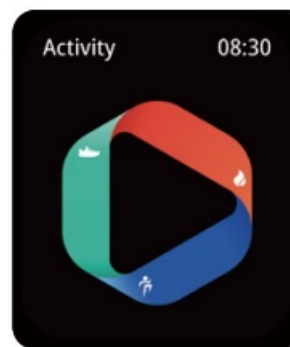
- **Heart Rate Test**
  - The Smart Watch could record your heart rate all day.
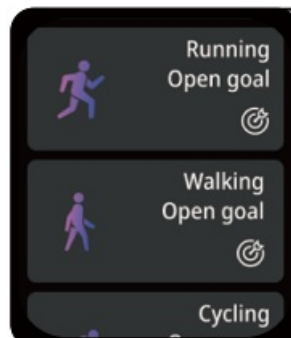 - You also could tap on the page to start measuring heart rate.

- **Sports**
  - Smart Watch automatically tracks Steps taken on the screen.
  - **NOTE**: Your movement stats reset to zero at midnight.

- **Training**
  - Tap the training icon on the menu to start a new training measure recording, there are 123 sport modes to be chosen.The last training recording will be shown on the training page.
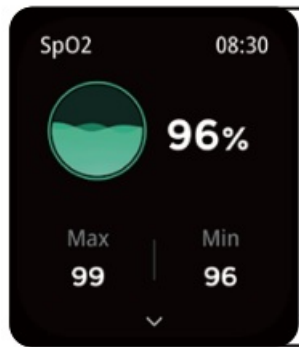
- **Blood Pressure Test**
  - Tap on the blood pressure page to start measuring your blood pressure.
  - On the blood pressure page it can show the blood pressure measured data of the last times.

- **SpO2 Test**
  - Tap the SpO2 page to start measuring your SpO2.
  - On the SpO2 page, It can show the SpO2 measured data of the last times.

- **Weather**
  - It could show the weather info of current and tomorrow on the weather page.
  - Weather info is synced after connecting with the APP it will not be updated after a long disconneted.

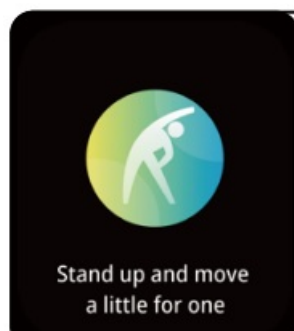

- **Messages Reminder**
  - The device can sync incoming notifications from Twitter Facebook Whatsapp Instagram etc. Recently 5 messages can be stored.
  - **Note**: You can switch of/off the incoming notification in the APP.
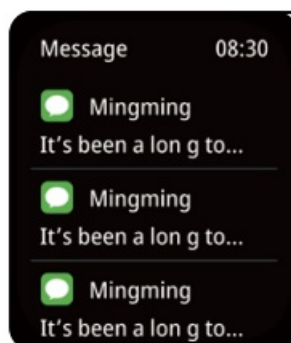
Remind to Move
The device will vibrate to remind you to make a relax after 1 hour sitting.

Note: You can switch on/off the feature in the APP.

Remind to Drink

The smart watch will remind you "Time to Drink Some Water "at the planned drinking time. **Note:** You can set the feature in tht APP.

Time to Drink Water

Questions and Answers

Why can't the watch receive the message ?

Android

1. Confirm that the message push switch is enabled on the mobile client.
2. The confirmation message can be displayed normally in the mobile phone notification bar, and the watch message is pushed by reading the message in the mobile phone notification bar; If there is no message in the mobile phone notification bar, the watch will not receive the push.
3. Open the mobile terminal settings – auxiliary functions – advanced settings, and turn on the notification reminder.

iOS

1. Confirm that the message push switch is enabled on the mobile client.
2. The confirmation message can be displayed normally in the mobile notification bar. (You need to find the notification settings in the mobile phone settings, and turn on Facebook, Twitter, phone, SMS, and mobile client switches).

Please Read Before Use
The product shall be charged for more than 2 hours before use, but long time charging in unattended environment shall be avoided during charging.

- Please do not make the device disassemble, strike or throw into the fire.
- Please do not place the device in high temperature or deep water environment.
- Please do not wear a watch to take a bath and soak in water for a long time.
- Please use the original charging cable to charge the watch.

Note: This equipment is not a medical device. The data and information provided are for reference only.

- Some people may be allergic to watch straps, which is caused by different constitution of each person. Please feel free to use it.
- If you need help with other questions, you can contact us at any time through Amazon background email.

Documents / Resources

	HOETEK L31 Smart Watch with Call Function [pdf] User Manual L31, F5, L31 Smart Watch with Call Function, L31, Smart Watch with Call Function, Watch with Call Function, Call Function, Function

References

- **User Manual**