

LAMAX BCool2 Plus Smartwatch



LAMAX BCool2 Plus Smartwatch Instruction Manual

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LAMAX

LAMAX BCool2 Plus Smartwatch



Charging the watch

Charge the watch before first use. Plug the end of the supplied power cable into a USB charger or a USB port on your computer, and attach the other end to the pins on the charging pads on the bottom of the watch. The pins attach to the watch using magnets. After connecting the charger, information about the charging status will be displayed on the watch display. The battery will be fully charged in approximately 2.5 hours.

Basic watch control

- **Turning the watch on/off** Long press the side button.
- **Display lighting** Briefly press the side button or tap the display lightly.
- **Movement in the menu** Swipe left or right, or up or down.
- **Choice confirmation** Briefly touch the screen.
- **Step back/return to watch dial** Briefly press the side button.

Watch functions

- BT Calling
- Games
- Voice assistant
- Notifications from the phone
- Camera remote control
- Music playback control
- Weather forecast
- Changing watch faces (5 different watch faces)
- Find phone feature
- Function to find the watch (from the app on the phone)
- Alarm

- Stopwatch
- Timer
- Calculator
- Flashlight (display lights up)
- Sports modes (123)
- Exercise record (steps, distance, calorie calculation)
- Sleep tracking
- Heart rate measurement
- Blood oxygenation measurement
- Blood pressure measurement

Installing the mobile application and pairing the watch

The watch is compatible with iOS (8 and higher) and Android (4.4 and higher). Download the mobile app to control your watch at the link below:



<http://plus.crrepa.com/app-download/dafit>

Alternatively, download the DaFit app from the AppStore or Google Play. The app guides you through installation and registration step by step. Turn on Bluetooth and location services on your phone. Turn on your watch. In the application, click „Add device“ Select the watch name „BCool2 Plus“ from the searched list, then confirm the selection in the dialog box. In mobile phones with the Android operating system, pairing will occur automatically. On iOS mobile phones, pairing will need to be confirmed. After successful pairing, the watch will appear in the list of devices in the app. Once the watch is paired with your phone, the date and time will be synchronized.

Re-pairing

Turn on the Bluetooth function on your mobile phone and turn on the watch. The phone will automatically find the watch and pair it. Both devices will confirm successful pairing.

Bluetooth calling

- **Android OS:** Some brands of mobile phone models do not require you to enable pairing for Bluetooth calls. After pairing the watch with the app, the call function will also be directly connected. After successful pairing, you can receive and make calls on the watch. However, if your mobile phone model does not automatically allow calls, you will be prompted to pair, in which case click „Allow“.

If you need to remove Bluetooth calls, select „Remove device“.

- **iOS:** Go to Settings – Bluetooth. Find your watch and pair it. After successful pairing, you can receive and make calls on the watch.

If you need to remove Bluetooth calls, please remove pairing first, and then enter Settings–Bluetooth. Find the watch and click the icon on the right. Select „Ignore device“ and the watch and mobile phone will pair.

Remove the watch from the app

- **Android OS:** For Android mobile phones, click „Remove device“ in the app and it will be automatically removed.
- **iOS:** For mobile phones with iOS operating system, you need to select „Remove device“, confirm your selection, and then select the device you want to remove. Then in Settings – Bluetooth, select „Ignore device“ and then confirm this selection.

Functions

- **Exercise record**

The step-counting interface displays the steps taken. By wearing the watch on your wrist, steps, distance, and calories will be counted automatically. You can view the results and the history of the obtained data in the application.

- **Sleep tracking**

The watch itself recognizes the beginning and end of sleep. They record its phases (deep sleep, light sleep, etc.) and provide an overall summary so you can track and evaluate your sleep quality. The sensor can measure the quality of your sleep based on the range and frequency of your wrist movements while you sleep. Sleep time is only indicative due to individual sleep time and habits.

- **Heart rate measurement**

Enter the heart rate measurement interface, after selecting “Start measurement” and “Stop”, the watch will vibrate once and display the current measurement data.

- **Sports modes**

The sports mode interface contains various sports, walking, running, cycling, jumping rope, badminton, basketball, football, etc.

- **Voice assistant**

Click on the voice assistant, and through the connection with the mobile phone, the user’s spoken language will be converted to text, intelligent dialogue and intelligent interaction of instant questions and answers.

- **Blood pressure measurement**

- Enter the blood pressure measurement interface, after selecting “Start measurement” and “Stop”, the watch will vibrate once and display the current measurement data. The obtained data serve only as a reference and cannot be considered as a basis for medical purposes.
- The environment for blood pressure measurement should be quiet with a suitable temperature. The user should rest for at least 5 minutes before the measurement and avoid tension, anxiety, and emotional excitement. Repeat blood pressure three times at 2-minute intervals. Record the average of the three measurements.

- **Blood oxygenation measurement**

Enter the oxygenation measurement interface, after selecting “Start measurement” and “Stop”, the watch will vibrate once and display the current measured data. Blood oxygen saturation (SpO2) is the percentage of oxygenated blood volume to total blood volume. The obtained data serve only as a reference and cannot be considered as a basis for medical purposes.

- **Weather forecast**

The weather forecast for a specific day is displayed here, and by swiping the display, you can see the weather forecast for the next 6 days. Weather fo-recast requires location services to be turned on, otherwise data cannot be updated.

- **Notifications from the phone**

You can view the content of received messages in the notification interface. A maximum of seven messages can be stored here. After saving seven messages, the messages displayed before will be replaced by new messages one by one.

- **Camera remote control**

When paired with a mobile phone, the watch can be used as a remote control for the mobile phone's camera. Open „Photo Control“ in the app and shake the watch. Click the icon to take a photo.

- **Music playback control**

After pairing with the mobile phone, you will be able to control the music player of the mobile phone (start/pause playback, skip to the previous/next track, etc.).

- **Flashlight**

After opening, the display will shine at maximum brightness. Swipe the screen to the left to turn off the flashlight.

- **Games**

Enter the interface and play one of your saved games.

- **Settings**

Click on the settings on the display and here you will be able to adjust the parameters of the display, sound, and vibration, „Do not disturb“ mode, power saving mode, phone switching, call reset, system etc.

- **Water and dust resistance**

The watch is resistant to the ingress of water and foreign objects according to the degree of protection IP67.

This means that it is protected against immersion in water for 30 minutes to a depth of 1.0 metres and against the ingress of foreign objects, including dust.

Warning: Never charge a wet watch. The device is not intended for use during water sports, swimming, diving or showering. It must not be exposed to pressurized water or strong water jets, such as rapid immersion or diving.

Box contents

- Watch
- Monochrome strap
- Magnetic charging cable
- Manual

Technical specifications

- **Bluetooth version** 5.1
- **Display** 1.8“ TFT colour display
- **Watch body weight** 26 g
- **Total watch weight** 44 g
- **Watch body dimensions** 46 × 38 × 11 mm
- **Charging** USB 5 V / 0.5–1 A
- **Battery** 260 mAh Lithium-Polymer (approx. 2-3 days of normal use; up to 7 days in standby)
- **Water resistance** According to IP67: up to 1.0 metres for 30 minutes
- **Compatibility** Mobile devices with iOS 8+ and Android 4.4+*

*Android skins from some manufacturers may cause problems with connecting Bluetooth devices. Current exceptions can be found at <https://www.lamax-electronics.com/bcool-compatibility/>.

The most current version of the manual can be found under this link:



<https://www.lamax-electronics.com/en/downloads/>

Safety precautions

Before first use, the consumer is obliged to familiarize himself with the principles of safe use of the product.

- Only use the supplied charging cable to charge the watch.
- Do not charge the watch in a highly humid or dusty environment. Do not touch the watch with wet hands.
- When charging, leave enough space around the watch for air circulation. Do not cover them with papers or other objects that could impair cooling.
- Do not use the watch or cable if it is visibly damaged. If the device is damaged, do not repair it yourself!
- In case of excessive heating, immediately disconnect the device from the power supply.
- Charge the device under supervision.
- The device can be used by children over 5 years of age under the supervision of an adult.
- This device is not intended for gaming.
- The package contains small parts that can be dangerous for children. Always store the product out of the reach of children. The bags or the many parts they contain can cause suffocation if swallowed.
- The device must not come into contact with water, nor must objects filled with any liquid be placed on it. Do not expose the device to rain or moisture. This may cause electric shock or fire. Do not place any objects that are a source of open flame, such as candles, ashtrays, etc., on the device.
- Do not clean the device with organic solvents.
- Do not leave the power cord near hot surfaces.
- Do not cover the ventilation openings of the device. It may overheat and thus damage it. If an extension cord must be used, make sure it is not damaged in any way.
- Place the device on a flat and stable surface.
- Never insert foreign objects into the ventilation vents or any other openings on the device. Serious electric shock may occur.
- In case the charging cable is damaged, have it replaced by an authorized service centre to avoid possible danger.
- Never use the device if it is damaged. If the device shows signs of damage, do not disassemble, or repair it yourself! Contact your dealer or manufacturer.

Safety notice for batteries

- Fully charge the battery before first use.

- Do not under any circumstances charge mechanically damaged or swollen batteries. Do not use the battery in this state at all, there is a risk of explosion.
- Charge at room temperature, never charge below 0°C or above 40°C.
- Be careful of falls, do not puncture or otherwise damage the battery. Never repair a damaged battery.
- Do not leave the battery in the vehicle, do not expose it to sunlight or place it near heat sources. Strong light or high temperatures can damage the battery.
- Never leave the batteries unattended during charging, a short circuit or accidental overcharging (of a battery not suitable for fast charging or charged with excessive current or in the event of a charger malfunction) may cause the release of aggressive chemicals, explosion, or subsequent fire!
- If the battery overheats during charging, disconnect the battery immediately.
- Do not place the charged battery on or near flammable objects while charging. Pay attention to curtains, carpets, tablecloths, etc.
- Once the charging device is fully charged, unplug it for safety.
- Keep the battery out of the reach of children and animals.
- Never disassemble the battery.
- If the battery is integrated, never disassemble the device unless otherwise specified. Any such attempt is risky and may result in product damage and subsequent loss of warranty.
- Do not throw used or damaged batteries into the waste bin, fire or into heating devices, but hand them in at hazardous waste collection points.
- If you do not comply with these policies, you assume full responsibility for the resulting damage.
- If the device is not used for a long time, charge the battery to half capacity at least once every 30 days. Otherwise, permanent damage to the battery may occur, which may not be recognized as a reason for warranty repair.

Caring for your device

- Good maintenance of this device will ensure trouble-free operation and reduce the risk of damage.
- Keep the device away from extreme humidity and temperatures and do not expose the device to direct sunlight or ultraviolet radiation for a long time.
- Do not drop the device or subject it to strong impacts.
- Do not expose the device to sudden and violent temperature changes. This could cause moisture to condense inside the device, which could damage the device. In the event that moisture condensation occurs, allow the device to dry completely before further use.
- In principle, do not attempt to disassemble, repair, or modify the device in any way. Disassembly, modification, or any attempted repair will void the warranty and may result in damage to the device or even personal injury or property damage.
- Do not store or transport flammable liquids, gases, or explosive materials together with the device, its parts or accessories.
- Overheating can damage the device.

Other information

1. **For households:** This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste

disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmentally safe recycling. In case of incorrect disposal of this kind of wastes, user can be fined according to national laws. User information for disposal of electric and electronic devices in countries outside the EU: The symbol stated above (crossed recycle bin) is valid only in countries in the European Union. For correct disposal of electric and electronic devices ask your city hall or distributor of these devices. Everything is expressed by the symbol of a crossed recycle bin on product, cover or printed materials.

2. You can determine a warranty service at the place of purchase. In case of technical problems or queries contact your dealer who will inform you about the following procedure. Follow the rules for work with electric devices. User is not allowed to disassemble the device neither replace any of its components. To reduce the risk of electric shock, do not remove or open the cover. In case of incorrect setup and plug-in of device, you will expose yourself risk of electric shock.

The warranty period for the products is 24 months unless otherwise stated. The warranty does not cover damage caused by non-standard use, mechanical damage, exposure to aggressive conditions, or handling contrary to manual and normal wear and tear. The warranty period for the battery is 24 months and 6 months for its capacity. For more warranty information, go to www.elem6.com/warranty.

Neither the manufacturer, the importer nor the distributor assumes any re-sponsibility for any damage caused by installation or misuse of the product.

EU Declaration of Conformity

elem6 s.r.o. hereby declares that LAMAX BCool2 Plus is in compliance with the requirements and other relevant provisions of Directive 2014/30/EU, 2011/65/EU Annex II 2015/863 and 2014/53/EU. All LAMAX products are intended for sale without restrictions in Germany, the Czech Republic, Slovakia, Poland, Hungary and other EU member states. The declaration of conformity can be downloaded from www.lamax-electronics.com/support/doc Frequency band(s) in which the radio equipment operates: 2.4 GHz–2.48 GHz Maximum radio-frequency power transmitted in the frequency band(s) in which the radio equipment operates: 4 dBm


The frequency range in which FM radio operates is 87.5 MHz – 108 MHz

Manufacturer: elem6 s.r.o., Braškovská 308/15, 16100 Praha 6, Czech Republic

www.lamax-electronics.com






Printing errors and changes in the manual and safety instructions are subject to change.

Documents / Resources

	<p>LAMAX BCool2 Plus Smartwatch [pdf] Instruction Manual BCool2 Plus, BCool2 Plus Smartwatch, Smartwatch</p>
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References

- www.lamax-electronics.com

-  [Da Fit - Apps on Google Play](#)
-  [elem6 s.r.o.](#)
-  [LAMAX Electronics | EN](#)
-  [LAMAX Electronics | SK](#)
-  [BCool compatibility | LAMAX Electronics | EN](#)
- [User Manual](#)

[Manuals+](#), [Privacy Policy](#)

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