Smart Watch

User Manual

Thank you for choosing our smartwatch.

By reading this manual, you can have a comprehensive understanding of how to use the device. The device mainly ADAPTS to the mobile phone through Bluetooth connection, provides a variety of practical functions and services to facilitate your operation of the mobile phone, and has developed many functions for human movement and health. The Company reserves the right to modify the contents of this manual without prior notice.

This product is not a medical device, and the health data and suggestions provided are for reference only, not as a diagnostic or therapeutic device.

Operating instruction

Key function: On the menu screen, double-click to switch the menu style. On the menu screen, click to return to the upper level. In the startup state, hold down for 5 seconds to pop up the shutdown selection screen.

Touch gesture: Swipe left to switch into the interface of shortcut function components; Swipe right to enter the split screen UI; Scroll down to enter the control center; Underline up to enter the message bar; After entering each function, swipe right for return.

Dial switching: Rotary encoder switches dial.

The connection between the watch and the phone

First of all, you need to download the APP "FereFit" onto your phone and install it. There are two ways:

1. IOS/ Android mobile users

Scan the following QR code through the mobile browser, or scan with wechat. After opening the interface, select Android/iOS in the interface and open the download using the mobile browser.

The QR code below is downloaded by FereFit APP

Android/iOS

2. Search "FereFit" in App Store, Google Play and various mobile app stores on Android phones to download, and search "FereFit" in App Store on Apple phones to download.

After downloading, there will be a variety of permission reminders during the installation process. Click "Agree" on all of them. Two Bluetooth connections are required for the watch and mobile phone: 3.0 and 5.0 to achieve all functions.

Bluetooth 5.0 connection method: After the installation is complete, open

"FereFit" and turn on the phone Bluetooth, FereFitt will be enabled notification prompt, click OK. Click more in the lower right corner, enter the scanning device, search the Bluetooth address and click the connection. Some Android phones need to open the mobile GPS to search the Bluetooth name of the watch.

Bluetooth 3.0 connection method:1. Open the watch 3.0 Bluetooth 2. Open the phone Bluetooth, click on the name of the watch Bluetooth you want to connect to - follow the prompts to connect the Bluetooth device, and the phone will display "Connected".

How to check whether the Bluetooth connection is successful: Pull the status bar of the watch on the standby screen. When the Bluetooth color of watch 3.0 and 5.0 is blue and green, it indicates that the Bluetooth connection is successful. When the color of the Bluetooth flag is gray, it indicates that the Bluetooth connection is not successful.

Easy solution to common problems: Because the Bluetooth protocol of each mobile phone brand is not uniform, sometimes the Bluetooth connection between the mobile phone and the watch is unstable. You can turn off the bluetooth of the mobile phone and reconnect it again, or restore the factory Settings of the watch.

How do I set up email notification

Go to Settings - Application Management, find "FereFit" - Permission Management, open all. Re-enter Notification Management –Find "FereFit" with all permissions open.

Note: If the computer version of wechat is online at the same time, the mobile terminal is unable to receive the letter notification. Some phones also need to add "FereFit" to their power-saving whitelist to avoid being turned off when the battery is low.

What if I can't get a notification?

First of all, the notice function of the watch is only synchronous mobile phone notification function, such as telephone letter, QQ and wechat letter reminder, if your mobile phone did not receive the notice, the watch end is also not received, to set the notification function in the mobile phone, find the corresponding APP, to allow the notice to open.

Function introduction

Encoder: The dial can be switched by rotating the button in the standby interface and sliding up and down in the secondary menu; The Star style menu can be enlarged and reduced, and the application in the middle of the interface can be entered after the maximum interface is placed.

Split screen: Swipe right on the watch face screen to enter the split screen function and the corresponding function can be quickly accessed.

Dial push: APP end pointer dial, digital dial and custom dial can be pushed.

Phone: You can dial the phone through the watch, view the call history, contacts, set the call/button mute or vibration.

Contacts: 10 contacts can be added to the watch phone book through the APP side.

Call records: The call records of the mobile phone can be synchronized.

Dial keyboard: Connect the mobile phone to dial the phone, you can realize the call in the watch end.

Activity data: Full day steps, historical steps, calories burned and distance walked can be viewed. After 24 o 'clock each night, the interface data will return to zero.

Information: Check the messages pushed by the mobile terminal, and support facebook, twitter, whatsapp, qq, wechat, etc.

Music: can control the playback of music in the phone. Connect to 5.0 Bluetooth, only support the mobile phone to play songs; Connection 3.0 supports watch terminal to play songs.

Blood sugar: Hold the watch tightly against the wrist to measure blood sugar levels;

Heart rate: Put the watch on the wrist, the best place to wear the wrist bone above the arm, can measure the real-time heart rate value.

Blood oxygen: Start to measure as soon as you enter. Please keep your arm in a static state during the measurement and measure the value after about 20 seconds.

Blood pressure: Start monitoring immediately after entering. When monitoring, please put your hand flat and measure the value after about 20 seconds.

Body temperature: Start monitoring as soon as you enter. When monitoring, please put your hand flat and measure the value after about 20 seconds.

Alarm clock: 3 alarm clocks can be synchronized through the APP; You can also set an alarm clock on the watch.

Voice Assistant (Siri) : After connecting to 3.0/5.0 Bluetooth, click the voice assistant on the watch terminal to chat.

Sleep: The duration and quality of sleep from 21 o 'clock to 9 o 'clock the next morning will be recorded to help better adjust personal rest time and improve sleep quality. You can synchronously check the sleep data by connecting to the APP.

Exercise: The watch has a variety of sports: such as running, walking, football, badminton, tennis, basketball, table tennis, cycling and other sports.

Take photos: When the phone does not lock the screen, the watch enters the Bluetooth to take photos, and the phone enters the camera interface. Click the watch to take photos, and the photos will be stored in the album on the phone.

Find mobile phone: Connect Bluetooth, click the watch to find mobile phone, mobile phone ringtone will sound until cancelled.

Search device: Click Search device on the APP terminal, and the watch terminal

will continue to vibrate until cancelled.

Weather: After connecting Bluetooth, the watch terminal can display the weather conditions for the next 7 days.

Stopwatch: Enable this function for single or multiple times timing.

Breathing: Exercise duration and breathing speed can be set.

Calculator: Enter for simple calculation.

Menu style: You can choose different menu styles according to your preferences.

Settings: System Settings are available.

Component functions: Dial interface right slide to quickly enter: heart rate, sleep, weather, music, positioning function.

Female health function: menstrual ovulation safe period reminder function.

Games: The list of games includes "Dumb Birds Fly First".

Location information: After the APP connects to Bluetooth 5.0, the watch can display the current location information by activating the mobile phone location permission.

A variety of native Settings are available

Steady on time: You can set the steady on time.

Screen duration: The screen duration can be set.

Raise the wrist screen: open or close according to their needs.

Brightness adjustment: Enter the adjustable screen brightness.

Do not disturb mode: You can set all day or time do not disturb.

Drainage function: swing hand ring drainage effect is better.

Password setting: You can set the password. If you forget it, 8888 can be used to unlock it.

Connect to your phone: Scan the QR code with your phone and the FereFit APP will download it.

Power saving mode: Turn on this function to reduce brightness and turn off vibration to reduce power consumption.

Language switching: Support for multiple languages, as required.

Time setting: You can synchronize the APP or customize the time.

Date setting: You can synchronize the APP or customize the date.

Restore factory Settings: When software problems occur, restore factory Settings to solve them.

Shutdown: Enter to shut down the watch.

About: You can view the watch model, software version, and Mac address.

Thank you for your purchase and reading

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

-- Reorient or relocate the receiving antenna.

-- Increase the separation between the equipment and receiver.

-- Connect the equipment into an outlet on a circuit different
   from that to which the receiver is connected.

-- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction