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Smart Watch User Manual



Thank you for purchasing our smart watch and become our valued VIP customer.
Please read this manual thoroughly before using.
After-Sale Service: smwa2024@yeah.net

- Notes:**
- Once the watch is connected to your app, the watch will automatically search and reconnect itself if the connection is lost or when Bluetooth is restarted after manual disconnection.
 - If the watch is unbound from the app, the information on the watch will be reset, and the information on the app will be cleared. Please do not unbind the connection unless there is an issue that will require a reset.
 - The watch can only pair with one smartphone at a time. When pairing, please ensure the watch and your smartphone are within 0.5 meters distance.

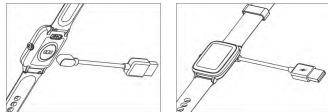


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Setting up Your Watch

- Charging your watch**
Please fully charge your watch before initial use.
- Insert the USB plug of the charging cable into the 5V/1A power adapter and connect to the power supply.
 - Hold the other end of the charging cable near the port on the back of the watch until it attaches magnetically.
 - Make sure the pins on the charging cable lock securely with the port and the battery icon with percent charged appears on the screen.

The charging cable included with the watch is a magnetic charging cable, please charge it as shown below:



- Charging time: 2-3 hours**
※ Please disconnect the charging cable from the adapter after each charging is completed.
- Notes:**
Use the original charging cable and ensure the metal contacts are free of dirt, oxidation and impurities.
Use a computer USB port or a charger with a rated output voltage of 5V and a rated output current above 1A to charge your watch.
If you don't need to use your smartwatch for a long time, turn off the device and make sure to charge it once a month to extend battery life.

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Start Operating Your Watch



Round Function Button

- Press the round function button once:**
- On the watch face screen, press the round function button to go to the menu (app list).
 - On the workout screen, press the round function button to Start/Pause the workout.
 - On screens other than the watch face screen, press the round function button to return to the watch face screen.

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Compatible Phone Models
Android 4.4 and above
IOS 9.0 and above

Tips For Wearing Your Watch

Put the strap on with comfortable looseness to allow the skin to breathe and the sensor to function.
Do not wear your watch too tight. A tight band restricts blood flow, potentially affecting the heart rate signal.
When measuring SpO₂, avoid wearing the watch on the wrist joint, keep your arm flat, maintain a comfortable (appropriately tight) fit between the watch and the skin of your wrist, and keep your arm still throughout the measurement process.
When affected by external factors (such as arm sag, arm sway, arm hair, and tattoo), measurement results may be inaccurate or the measurement may fail with no output.
The watch should be slightly tighter (snug but not constricting) during workout than during all-day wear. Tighten the strap appropriately if your watch sways on your wrist or fails to output data.



*Size of the watch wristband: 22mm

Disassemble / Assemble Your Watch

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- Press the round function button twice:**
- On the watch menu (app list) screen, press the round function button twice to view recently opened functions.
- Press and hold the round function button:**
- When the watch is in the power-off state, press and hold the button for 2 seconds to power on the watch.
 - When the watch is in the power-on state, press and hold the button to choose from "Power Off" / "Restart".
- Rotate the round function button:**
- On every function screen, rotate the round button to swipe up and down between screens.

Rectangular Function Button

- Press the rectangular function button once:**
- On every screen, press the rectangular function button to enter the Control Center, where you can access system features of the watch.
 - On the workout screen, press the rectangular function button to Start/Pause the workout.

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- How to Disassemble:**
- To remove the wristbands, turn over the watch and find the quick-release lever.
 - While pressing the quick-release lever inward, gently pull the wristband away from the watch to release it.
 - Repeat on the other side.

- How to Assemble:**
- To reattach the wristbands, slide the pin (the side opposite the quick-release lever) into the notch on the watch. Attach the wristband with the clasp to the top of the watch.
 - While pressing the quick-release lever inward, slide the other end of the wristband into place.
 - When both ends of the pin are inserted, release the quick-release lever.



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- How to change the watch face:**
- Long press the watch face screen to select the desired watch face. The watch provides several watch faces by default.
 - You can also go to Watch Faces in the Dare Fit app to synchronize online watch faces to the watch, or set a picture on the phone as the watch face picture by using the Dare Fit app.
- * To add online watch faces, keep the watch connected to the phone, open the Dare Fit app, go to Device > Watch Faces > Face Gallery and select the desired online watch faces to synchronize them to the watch.



4 Easy Swipe Interfaces

- Swipe up on the watch face page to access part features of the watch.
Supports: Workout date, Sleep, Heart rate, Weather, Alarm, Contacts, Music, Workout, Stop watch.
- Swipe down on the watch face page to check messages.
- Swipe left on the watch face page to enter and add your favorite monitoring functions, including activity, sleep, heart rate, blood pressure, blood oxygen, pressure, weather.
- Swipe right on the watch face page to go to the menu (app list).

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Connecting & Pairing

Use your phone to scan the following QR code, download and install the "Dare Fit" app. You can also download "Dare Fit" from Apple Store/Google Play.



* For the best user experience, update the app to the latest version as prompted.

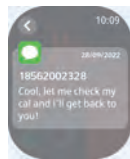
Note: Your mobile phone must run Android 4.4 or iOS 9.0 and above.

- * Please pair the watch with your phone in the Dare Fit app, NOT in the Bluetooth settings of your phone.
* During binding process, "Dare Fit" will prompt you to enable GPS and Bluetooth, files, camera, messages, notifications, etc., all prompts click "Allow" to help ensure that all features are working properly.

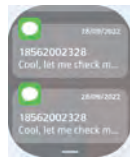
- Enable the Bluetooth of your smartphone.
- Open the Dare Fit app on your smartphone and go to the "Device" page, tap "Bind Device", then your smartphone starts searching devices.
- In the list of found devices that appear on your smartphone, tap on "R68" to connect the watch to your smartphone. (If your phone failed to find "R68", please search the watch on your smartphone again.)

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Start Operating Your Watch



- 1. Enable the message notifications feature**
Before you use the notifications feature, enable the app alerts feature in the "Dare Fit" app and keep the watch connected to the phone.
After the watch is connected to the "Dare Fit" APP, click "Device" > "Push Notifications" and set the corresponding apps to enable message notifications permission. Then the watch can receive the corresponding message push.



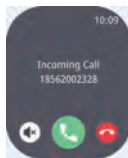
- 2. Message notifications**
When the watch receives notification alerts, it vibrates and displays the notifications. If you do not view notifications when you first receive them, you can swipe up on the watch face screen to view them later. The latest 15 messages can be saved at most.

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Smart Watch Features

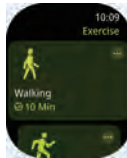


3. Incoming call alerts

Keep the watch connected to the phone to receive incoming call alerts on the watch. You can choose to hang up or ignore/mute the calls on the watch. You can also press the round button to stop vibrating. Before you use the incoming call alert feature, enable it in the "Dare Fit" app.

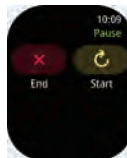
Note:

- * Contacts need to be added by entering the "Dare Fit" app.
- If you use an iPhone, pair the watch with the phone's Bluetooth before you use the notifications feature. Otherwise, when you enable this feature, a message requesting Bluetooth pairing appears. Tap Agree.
- If you use an Android phone, add the "Dare Fit" app to the allow list or auto-run list in the phone's background so that the app keeps running in the background without being killed as a background process of the phone. Otherwise, the watch will be disconnected from the app and cannot receive app notification alerts.



Workout

The smart watch supports 100+ types of workout.
Watch sports mode options: walking, running, mountain climbing, cycling, basketball, badminton, football, rope skipping.
The App can push exercise mode options: more than 100 types such as yoga, table tennis, tennis, baseball, rugby, golf, sit-ups, horizontal bar, hard body upwards, push-ups, rock climbing, etc.



Pause, continue, and end workout

Press the button to end a workout, the Paused screen appears.
If you tap Continue, the watch continues to record workout data.
If you tap Stop, the watch stops to record workout data and ends workout.



Workout Records

This screen saves your latest 10 workout history records.
Tap a workout record to view workout details: workout duration, heart rate, calories and other data during every workout.



Workout Data

It supports viewing the daily accomplishment of the following info: Steps, Calories, Distance and Activity.
You can set a variety of goals for different workout types on Dare Fit app, such as Pace, Duration, Distance, and Calorie consumption goal.

Precautions:

- (1) Wear the watch one finger away from the wrist bone (protrusion of the ulna).
- (2) Wear the watch tightly, with an appropriate sense of pressure.
- (3) Place your arm on a tabletop or a stationary surface, with the watch screen facing up.
- (4) Remain still during the measurement process and focus on the measurement.
- (5) Factors such as hair, tattoos, shaking, low temperature, and incorrect wearing of the watch may affect measurement results and even lead to measurement failure.
- (6) To ensure more accurate measurements, you need to wear the watch correctly according to the tips, and ensure that the part next to your skin is clean and free of sunscreen smear.
- (7) This feature is for reference only and should not be used as a basis for medical diagnosis. If you feel unwell, please seek medical advice.



Sleep

Sleep quality has an important impact on human health.
When you sleep while wearing the watch, it automatically records your sleep data.
Open the Sleep app to view your total sleep duration from the previous night and sleep data over the past seven days.
You can also synchronize sleep data to the Dare Fit app to view your sleep duration, sleep stages, sleep score, and sleep suggestions.



Heart rate

Heart rate is an important indicator of physical condition. Highly-frequent heart rate measurement helps capture more heart rate changes and provide a reference for a healthy lifestyle.
Wake up the watch, press the button on the watch face page to go to the app list, and swipe up or down on the screen to select and open the Heart Rate app. In the Heart Rate app on the watch, you can view your most recently measured heart rate value, all-day heart rate curve, heart rate zone, average heart rate and other information.



Blood oxygen

Blood oxygen is the concentration of blood oxygen in blood and an important physiological parameter of respiration and circulation.
1. Wake up the watch, press the side button to go to the app list, and select the SpO2 app to start measuring blood oxygen.
2. After measurement is complete, the watch displays the measurement result.



Blood pressure

Measure blood pressure in real time, this measurement is based on PPG technology. Keep abreast of your body, and give yourself more health protection.
Click to find the BP function, the green light at the bottom will light up to start the measurement, and there will be a vibration reminder when the measurement is completed in 30-60 seconds. You can view your real time BP value, results of last 7 times and average blood pressure value.



Weather

In the weather page, you can view the current day's weather.
The watch retrieves weather data via update push from the phone. To get the latest weather information, keep the phone's Bluetooth on and connect the phone to the watch.



Music

When the phone is playing music, you can go to the Music screen of the watch to view information about the music being played.
On the watch, tap Pause to stop music playback and tap Previous/Next to play the previous or next song.



Alarm

You can add alarms in the Dare Fit app and on the watch.
Up to 8 alarms can be added.



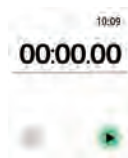
Find phone

After the watch is connected to the APP, click to find the mobile phone. The mobile phone will ring to prompt, and the watch will display that the search is successful; if the watch is not connected to the APP, the watch will prompt that it is not connected.



Timer

The system presets the commonly used timing duration, and the user can click the corresponding duration to quickly count, or click the custom button to set the time.
Click the start button to start the timing, click the pause button to pause the timing, and click the reset button to reset the timing to 0.



Stopwatch

Click the rectangular button to start the timing, click the reset button again to pause the timing, and click the reset button to reset the timing to zero. Up to 99 pieces of data can be saved.



Basic settings on your watch

1. You can set your wrist-lifting screen, real-time heart rate, do not disturb switch, flashlight and power saving mode on the watch.
2. You can switch the locally stored watch face and 5 menu styles on the watch.
3. You can set the brightness of the watch and the length of time the screen is on on the watch; you can adjust the brightness what you prefer.
4. You can control the shutdown, restart, and factory settings of the watch on the watch (after restoring the factory settings, all data in the watch will be cleared and the binding relationship with the phone will be released)

Common problems and solutions

Solutions if you can't connect with Bluetooth

[Important] Please make a Bluetooth connection from the Dare Fit app. If you connect directly to Bluetooth from your smartphone, you will not be able to communicate. If you are unable to communicate, please try one of the methods below.

The correct Bluetooth connection method is as follows.

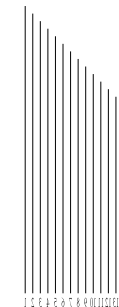


This is the wrong connection method.
Do not connect directly to your girlfriend's Bluetooth on your phone.

Correct connection method:
Add your smartwatch to the app and make a Bluetooth connection.

Method 1: Initialize your smartwatch.
Method 2: Close and restart the Dare Fit app.
Method 3: Uninstall the Dare Fit app and download it again.
If you suddenly cannot pair (iOS version): Terminate the connection with the smartwatch from the app, then cancel the Bluetooth connection in the smartphone's Bluetooth settings, and then add the smartwatch using the app.

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IC Warning

This device complies with Industry Canada’s licence-exempt RSSs. Operation is subject to the following two conditions:

- (1) This device may not cause interference;
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

FCC Warning

15.19 Labeling requirements.

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.

15.21 Information to user.

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

15.105 Information to the user.

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

The information listed above provides the user with information needed to make him or her aware of a RF exposure, and what to do to assure that this radio operates within the FCC exposure limits of this radio.

The SAR limit of USA (FCC) is 1.6 W/kg averaged over one gram of tissue.

The device complies with RF specifications when the device used at **0mm** from body and when the device used at **10mm** in front of the face for voice calls. Third-party belt-clips, holsters, and similar accessories used by this device should not contain any metallic components.

Body-worn accessories that do not meet these requirements may not comply with RF exposure requirements and should be avoided. Use only the supplied or an approved antenna.

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.

FCC RF Radiation Exposure Statement:

- 1.This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
- 2.This equipment complies with RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 5mm between the radiator and your body.