Smart Watch User Manual

Welcome to use our high-performance wrist-band Smart Watch which creates thoughtful and health experience for you.

Device Maintenance

Please rthemember the following tips when you maintain you Smart Watch:
- Clean the Smart Watch regularly, especially its inner side, and keep it dry.
- Adjust the Smart Watch tightness to ensure air circulation.
- Excessive skincare product should not be used for the wrist wearing the Smart Watch.
- Please cease wearing the Smart Watch in case of skin allergy or any discomfort.

Schematic diagram of main body of the Smart Watch

Power-on

Long press the side button for 3 seconds or plug in the Magnetic charging cable to charge the Smart Watch.

Downloading and binding of Smart Watch APP

1.Download and install APP
2.For Android mobile phone to download APP.
For IOS system, select APP，storesearch Da Fit.
Android system, select Google Play to download and install Da Fit.Or scan QR code to download

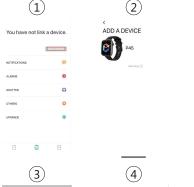Note: your mobile phone must support Android 5.1 or IOS 8.0 or above, and Bluetooth 4.0 or above.

Bind Smart Watch with APP

1.Click on "Add Device" to bind the Smart Watch.
2. Click on your device in the device list scanned.
3.The IOS system will show a Bluetooth pairing request and you can click on Bluetooth "Pairing" to confirm. Connect it directly to Android system.
4. Successfully bound.

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Bluetooth call connect

Android: After the APP successfully connects to the watch's Bluetooth.
1. The phone will automatically pop up a "pairing" request, click "Allow".
2. For some brands of mobile phone models, there is no need to pop up the pairing confirmation permission. After connecting to Bluetooth, the call function is also directly connected. After the binding is successful, you can answer and make calls on the watch.

iPhone: Enter into Settings – Bluetooth, search device and connect pair (P45_PHONE). After pair successfully, you can make call/ answer incoming call.

Remove Bluetooth Call connection

Android: For the Android mobile phone, the device can be disconnected from your mobile phone by simply clicking on Remove device.

iPhone: firstly, users need dismiss pair, then enter into mobile phone Setting – Bluetooth, find P45_PHONE, click icon on the right, ignore device, watch and mobile phone are disconnection.
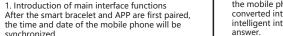
Introduction of Smart Watch functions

Power-on status
switch the menu interfaces of main screen, as the interfaces shown in the following;

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1. Introduction of main interface functions
After the smart bracelet and APP are first paired, the time and date of the mobile phone will be synchronized.

2. Step counting, distance and calorie
The step-counting interface shows steps. Wear the smart bracelet on wrist, and the smart bracelet can automatically count steps, distance and calories.

3. Sleep monitoring
Wearing the smart bracelet at night to automatically judge whether you are in the sleep state, to record deep sleep and light sleep respectively, and to summarize the total sleep time to help you monitor your sleep quality. The sensor can measure your sleep quality according to the range and frequency of wrist movements when you sleep.

Note: Because user`s sleep time and habits are different, the time of sleep monitoring is only for reference.

4. Heart rate measurement
Enter the heart rate test interface, the motor will

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vibrate once after "Start measurement" and "Stop", and the current measurement data will be displayed.

5.Exercise
Sports interface, including a variety of sports, walking, running, cycling, skipping rope, badminton, basketball, football and so on.

6.AI voice
Click on the voice, through the connection with the mobile phone, the user's spoken language is converted into text, intelligent dialogue and intelligent interaction of instant question and answer.

7. Phone
Turn on the Bluetooth function of your phone and smartwatch. The phone searches for the smartwatch's Bluetooth device and initiates pairing. When both parties confirm the pairing, there will be a prompt that the connection is successful. Click the dial pad of the watch to dial and answer the phone.

8.Blood pressure
Enter the blood pressure test interface, the motor will vibrate once after "Start measurement" and "Stop", and the current measurement data will be displayed.
The environment for measuring blood pressure should be quiet with an appropriate temperature. The user should rest for at least 5 minutes, and avoid tension, anxiety and emotional excitement before measurement. Repeatedly measure blood pressure for three times at the interval of 2 minutes. Record the average of three readings.

9.Blood oxygen
Enter the blood oxygen test interface, the motor will vibrate once after "Start measurement" and "Stop", and the current measurement data will be displayed.
Blood oxygen saturation (SpO2) is the percentage of the volume of oxyhemoglobin (HbO2) combined by oxygen in the blood to the volume of all (Hb,hemoglobin) which can be combined, i.e, the concentration of blood oxygen in the blood.

Note: the data measured for blood pressure and blood oxygen are for reference only, and cannot be used as the basis of relevant medical purposes.

10.Weather
The weather page will display the current weather today, and swipe up to display the weather forecast for the next 6 days.
For weather information, it needs to connect with the client end before data can be obtained. If the disconnection time is long, the weather information cannot be updated.

11. Messages
You can view the content pushed by the mobile phone in the information interface. At most five messages can be saved. After five messages are saved, the messages displayed before will be replaced by new messages one by one.

12.Shutter
After connecting with the mobile phone, the smart bracelet can be used as a remote controller for the mobile phone camera. Open "Photo control" in APP to "Shake" the smart bracelet and click on

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the icon to take a photo.

13. Music control
After connecting with the mobile phone, the smart bracelet can control the music player of the mobile phone. When the mobile phone plays music, you can use the smart bracelet to control the mobile phone for playing/pausing, the previous song and the next song.

14.Flashlight
After opening, the screen will be adjusted to the maximum brightness and always on, and you can exit the interface after swiping left.

15.Game
Three built-in games Bird, 2048 and Whack-a-Mole can help you relieve stress

16.Setting
Click the "Settings" icon to enter the function list, which includes display (brightness, screen time, watch face, menu view, turning the wrist to brighten the screen,) sound and vibration, do not disturb, phone off, save mode, call reset, System (restart, shutdown, factory reset), about (version, APP download)

17.Drainage
Pull down the shortcut menu on the dial interface, enter the drainage system function, enter the drainage interface and wait for 3 seconds, the wristband will make a drainage sound, turn the speaker outlet down, and the wristband will automatically drain water, you can also shake the wristband to speed up the water droplets from Flare discharge.

Remove Device

For the Android mobile phone, the device can be disconnected from your mobile phone by simply clicking on Remove device.
For Apple mobile phone after binding removal, you need to click on the system bar of the watch in Setting- Bluetooth, and choose to ignore the device. As shown below:

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Frequently Asked Questions (FAQs)

1. Why does the Smart Watch automatically disconnect Bluetooth when the Android screen goes out?
1> Lock background APP. When the Da Fit process is cleared, the Smart Watch will be disconnected from the mobile phone.
2 > Set APP self-startup
3 > Unrestricted background operation. The Android mobile phone installed with APP intelligently restricts the background operation by default, and App should be set manually without any restriction.
2. Why cannot the Smart Watch receive message push?

1> Please confirm that you have turned on the switch for message push at the mobile phone client.
2 > Please confirm that messages can be displayed normally in the mobile phone notification bar. The message push on the Smart Watch is completed by reading the message from the mobile phone notification bar. The Smart Watch will not receive the message push if there is no message in the mobile phone notification bar. (You need to find notification settings in the mobile phone settings, and turn on the notification switch of WeChat, QQ, call, SMS and mobile phone client).
3 >Turn on the mobile phone --- Settings. Enter "Notification use right" on the top search box, re-open Da Fit.
3. Why can't take a hot bath with the Smart Watch?
Answer: the bath water has a relatively high temperature, and generates a lot of vapor which is in the gas phase with small molecular radius and can easily infiltrate into the Smart Watch from the shell gap. When the temperature drops down, the vapor will condensate into liquid-phase droplets which will easily cause the short circuit inside the Smart Watch and damage the circuit board and then damage the Smart Watch

⚠ Warning:

Please consult your doctor before you take a new sport. The Smart Watch should not be used for any medical purpose though it may dynamically monitor the heart rate at real time.