



# Start Technology P45 Smart Watch User Manual

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## Start Technology P45 Smart Watch



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

### Device Maintenance

Please remember the following tips when you maintain your SmartWatch

- Clean the SmartWatch regularly, especially its inner side, and keep it dry.
- Adjust the SmartWatch tightness to ensure air circulation.
- Excessive skincare products should not be used on the wrist wearing the SmartWatch.
- Please cease wearing the SmartWatch in case of skin allergy or any discomfort.

## Schematic diagram of the 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 SmartWatch.



### Downloading and binding of Smart Watch APP

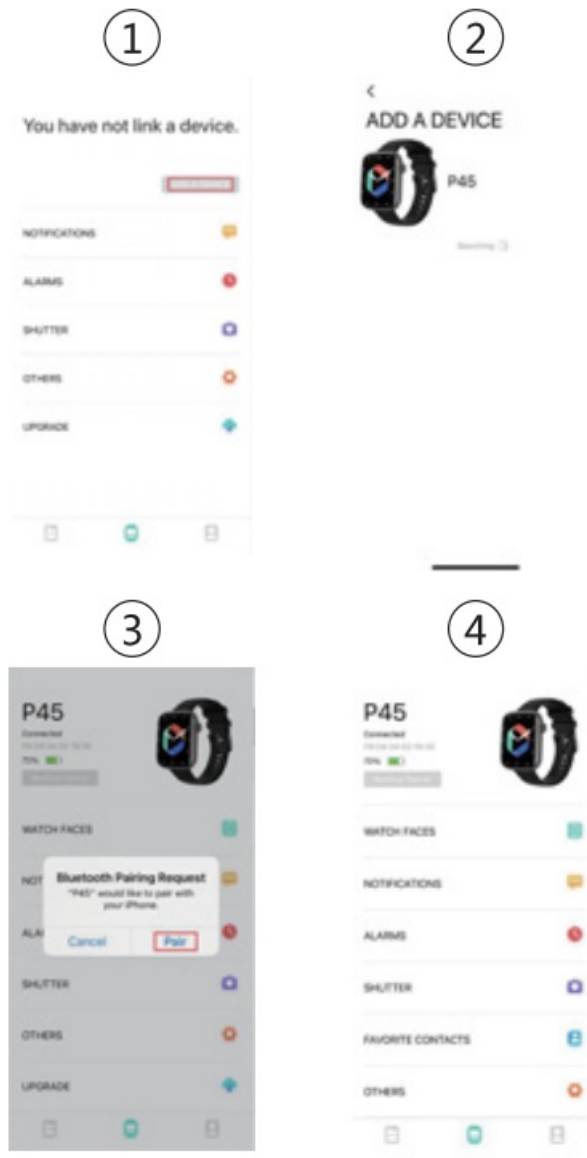
Download and install APP Scan QR code with a mobile phone to download APP. For 1OS system, select APP, store search Da Fit. Android system, select Google Play to download and install Da Fit.Or scan QR code to download



**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 SmartWatch.
2. Click on your device in the device list scanned.
3. The 1OS 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.



## 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 pairing successfully, you can make a call/ answer an 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 to 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 the main screen, as the interfaces shown in the following;



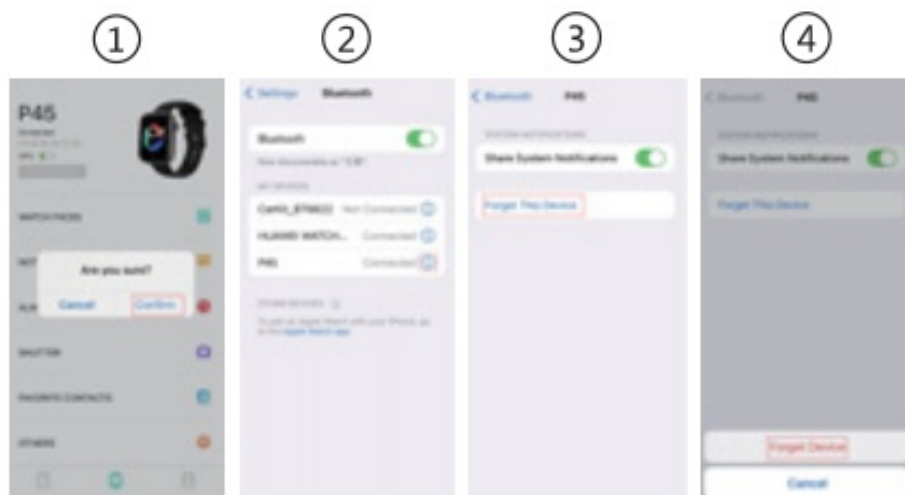
1. Introduction of main interface functions After the smart bracelet and APP are first paired, the time and date of the mobile phone will be synchronized.
2. Step counting, distance and calorie The step-counting interface shows steps. Wear the smart bracelet on the wrist, and the smart bracelet can automatically 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 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's voice Click on the voice, and 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 5 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 message 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 "Photocontrol" in APP to "Shake" the smart bracelet and click on 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 a 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 symbol on the right in Setting- Bluetooth, and choose to ignore the device. AS shown below:



## Frequently Asked Questions (FAQs)

**Why does the SmartWatch automatically disconnect Bluetooth when the Android screen goes out**

1. Lock background APP. When the Da Fit process is cleared, the SmartWatch 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.

#### **Why cannot the SmartWatch 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 SmartWatch 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, and re-open Da Fit.

#### **Why can't take a hot bath with the SmartWatch?**

Answer: the bathwater has a relatively high temperature, and generates a lot of vapor which is in the gas phase with a small molecular radius and can easily infiltrate into the SmartWatch 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 SmartWatch and damage the circuit board and then damage the SmartWatch

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

#### **Federal Communications Commission (FCC) Statement.**

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.


**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.

**Warning:** Changes or modifications made to this device not expressly approved by START TECHNOLOGY(SHENZHENJCO LIMITED may void the FCC authorization to operate this device.

**Note:** The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user’s authority to operate the equipment. RF exposure statement The transmitter must not be co-located or operated in conjunction with any other antenna or transmitter. This equipment complies with the FCC RF radiation exposure limits set forth for an uncontrolled environment. The installation and use of this product are not restricted.

**Documents / Resources**

	<p><a href="#">Start Technology P45 Smart Watch</a> [pdf] User Manual P45, 2A6UI-P45, 2A6UIP45, P45 Smart Watch, P45, Smart Watch</p>
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