

# suinsist F30 Smartwatch for Android and iOS Phones User Guide

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# suinsist

**suinsist F30 Smartwatch for Android and iOS Phones**



## Product parameters

- Compatible mobile phone system: Android5.0 (inclusive) or higher, iOS9.0 (inclusive) or higher
- Main control: RTL8762DT
- Screen: 1.32 full circle Resolution: 360\*360

## Operating instructions

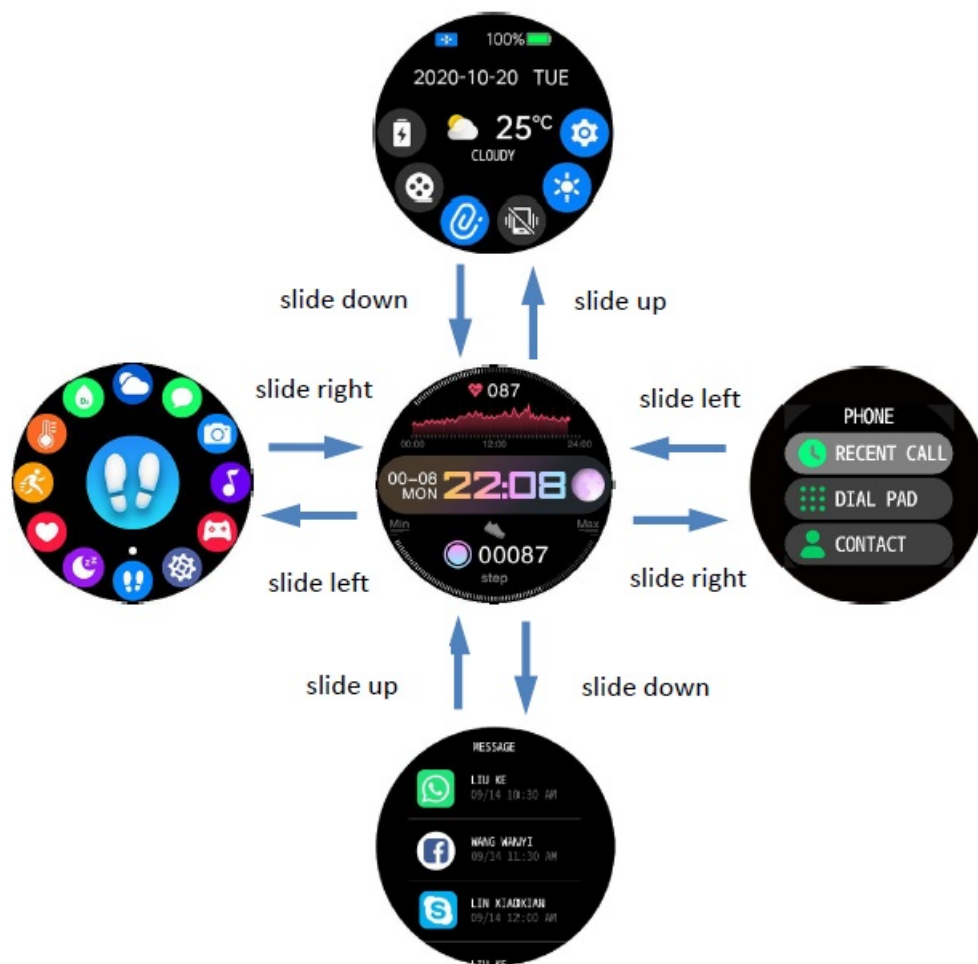


## Button operation

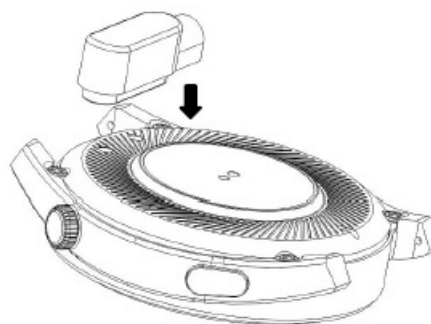
Status/Operation	Function
Up button: power off/long press for 3 seconds	power on
Up button: power on/long press for 3 seconds	power off
Up button: screen off/short press	screen on
Up button: screen on/short press	screen off
Up button: function interface/short press	back to Home page
Up button Rotate up and down	Switch the dial, turn the main menu, move the function interface up and down
Button down: short press	Enter sport mode

## Screen operation

Status/Operation	Function
single click	Select / OK
home page/long press for 3 seconds	switch dial
home page/slide up	message list
home page/slide down	Shortcut menu
home page/slide left	Call/today data/health monitoring/weather/camera control/music control/breathing exercise
home page/slide right	enter home page



## Charging instructions



- Please use the charging cradle equipped with the product to align the contacts on the back of the host to charge (please ensure that the battery is sufficient for the first use. If the battery cannot be turned on normally at low power, please charge it before operating. Please charge correctly as shown in the right picture)
- Do not use a power adapter with an output current of more than 2A to charge

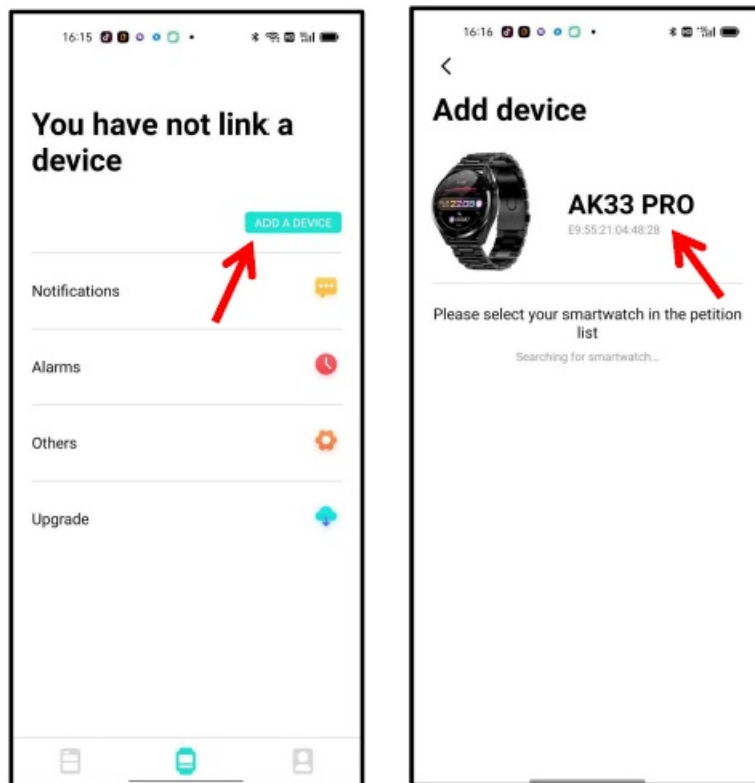
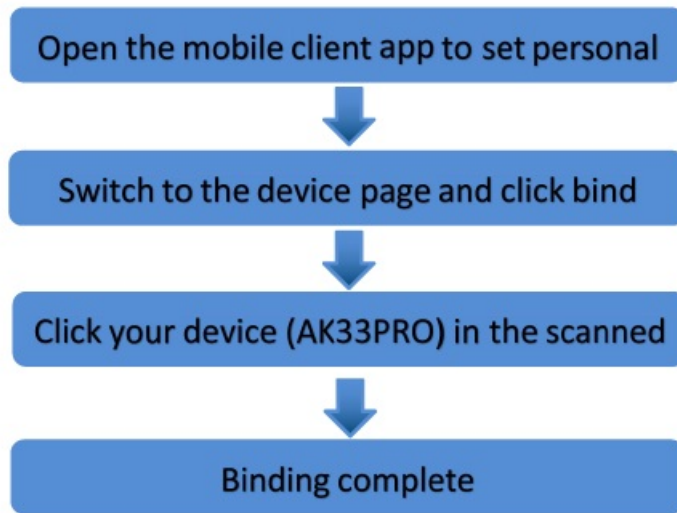
## Download and install the “Da Fit” APP



1. Scan to download and install “Da Fit” by scanning the QR code on the right
2. Download and install through the app market: Android system: search for “Da Fit” through App Store, Google play, Android Market and other app markets to download and install; IOS system: search for “Da Fit” through the App Store to download and install

**APP connection**

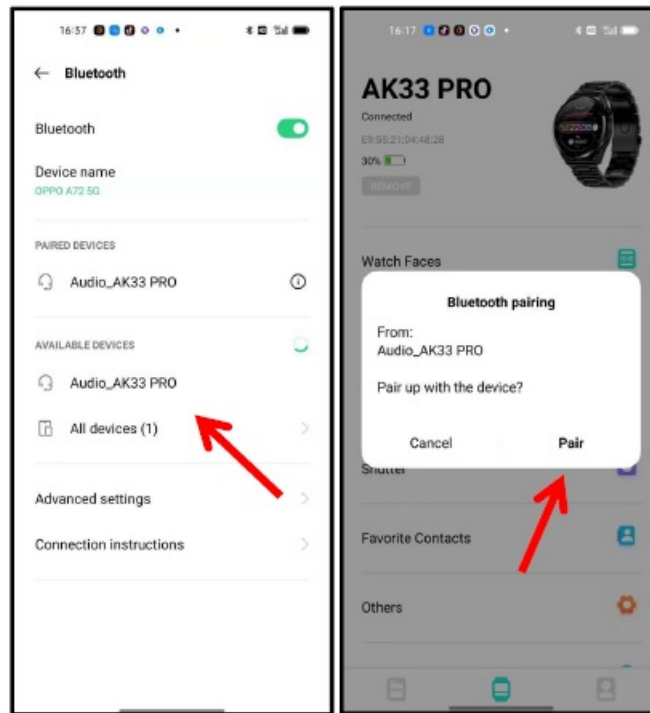
(make sure mobile phone Bluetooth is turned on and not connected with other devices) shortcut menu→settings→about interface, the MAC address of the watch will be displayed, and your device can be determined by the MAC address in the device table. After the watch is successfully bound, the watch will be automatically connected with the mobile phone every time the client is opened in the future. You can synchronize data by pulling down the data page of the client.



**Call Bluetooth connection:** turn on the watch "TURN ON", and the "Audio\_AK33 PRO" Bluetooth pairing will pop up automatically in the mobile phone. Click pairing. When Bluetooth is connected to the mobile phone, you can use the watch to dial, control the mobile phone to make a call, listen to music, and view the call record information of the watch. If you click Unpair, when you need to pair the Bluetooth for a call again, open the watch "Enable call function", open the phone settings → Bluetooth option, view all devices, and click "Audio\_AK33 PRO" to connect.



Click to turn on  
the call function



**Add contacts:** enter the “Da fit” app, click “quick communication” → select contacts to add (at present, up to 8 contacts can be added)



## Watch function mode

- Main interface switching: long press the main interface for 3 seconds to enter the selection dial interface, slide left and right to select the main interface, and long press to confirm



- Custom dial: enter the “Da fit” app and click → dial selection → Edit to select the dial you want.
- Find more dials: enter the “Da fit” app and click “dial selection” → more dial settings.



- Today's data Today's data records daily steps, sleep status and various exercise patterns. More detailed information analysis and data records can be viewed on the client.







- Step counting: wear the watch normally, and the watch displays the current exercise steps, distance and calories (the data of the day before 0:00 a.m. every day)
- Sleep monitoring: wear a watch to sleep. The watch will automatically monitor the length of deep sleep, light sleep and total time yesterday. The detailed data is displayed on the app side, and the user can view the sleep quality and sleep duration distribution map in the app.
- Exercise mode: 8 sports modes are available: walking, running, cycling, basketball, football, badminton, rope skipping and swimming. Swipe left to select pause/end motion

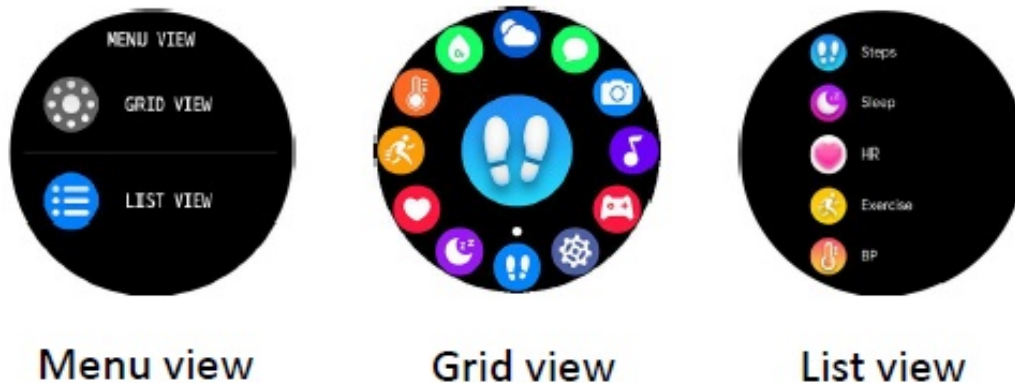




- Health monitoring Health monitoring records heart rate, blood pressure and blood oxygen related data. More detailed information analysis and data recording can be viewed on the client side.
  - Heart rate measurement: click the screen in the heart rate interface to measure the current heart rate value. It can also be measured manually on the heart rate interface of APP end (the data is only for reference and not for medical use)
  - Blood pressure: click the screen in the blood pressure interface to measure the current blood pressure value. The icon flashes as in the test and slides right to exit. It can also be measured manually on the app side blood pressure interface (the data is only for reference and not for medical use)
  - Blood oxygen: click the screen in the blood oxygen interface to measure the current blood oxygen value. The flashing icon indicates that the test is in progress, or it can be measured manually on the app end blood oxygen interface (the data is for reference only, not for medical use)
- Weather: the current weather and air quality information will be displayed on the weather interface. Slide up the weather interface to view the weather conditions in the next 6 days. The weather information can only be obtained after the app is connected. If the connection is disconnected for a long time, the weather information will not be updated.
- Camera control: after connecting the mobile phone, the watch can be used as the remote control of the mobile phone camera. Open the “camera control” on the app side and click on the watch camera control page to trigger the snapshot of the mobile camera.
- Music control: after connecting the mobile phone, the watch can control the pause/play of mobile phone music, the previous song and the next song.
- Breathing exercise Sucking function exercise is to carry out effective breathing and strengthen the respiratory muscles. Deep breathing can help you relieve stress.
- game Built-in flying bird and 2048 games
  - Flying bird: Players only need to use one finger to control, tap the touch screen, the bird will fly upwards, keep tapping it will continue to fly higher, relax the finger, it will quickly fall.
  - 2048 Use the arrow keys to move the square. When two squares with the same number collide, they will merge into one number, reaching 2048, which means victory.

- Information push: this watch supports phone / SMS / wechat / Facebook /Twitter/WhatsApp/Skype /other application information push. This page only saves the last 5 information records, and you can turn on the corresponding switch according to your needs. (note that when the Android mobile phone opens the information reminder, it must set the notification right of the app to the mobile phone, otherwise the watch will not receive the reminder)
- Other function interfaces: Other functions of the watch include: stopwatch, alarm clock, timer, phone switch, call reset, menu view, brightness adjustment, vibration switch, theater mode, factory reset, shutdown, about

**Menu view: divided into two modes: grid view and list view**



**Note:** more detailed analysis and data records can be viewed in the app

## Frequently asked questions and answers

### Why does the blood pressure value deviate from the sphygmomanometer?

The deviation between the measurement values of the watch and the sphygmomanometer is determined by many factors. The measurement part of the sphygmomanometer is in the brachial artery, and the measurement part of the watch is in the two main public branches of the micro artery. Under normal circumstances, the measurement value of aortic blood pressure and micro arterial blood pressure will differ by 30 to 40. If you use a watch and a sphygmomanometer to measure at the same time, since the blood flowing in the artery is in the centrifugal direction, when the sphygmomanometer measures, the lower part of your elbow is under pressure, and the blood cannot branch smoothly to the artery below. Flow, increased vascular tension, will make the upper and lower blood pressure measurements more deviations.

### Why can't user take a hot bath with the watch?

The ambient temperature during bathing is relatively high, which will produce a lot of water vapor, and the water vapor is gaseous, its molecular radius is small, and it is easy to seep into the gap of the watch. When the temperature drops, it will condense into liquid water droplets again, which is easy to cause The internal circuit of the watch is short-circuited, destroying the circuit board, and then destroying the watch.

### Why can't the watch receive the message push

Android phone settings; Confirm that the message push switch is turned on on the mobile client The confirmation message can be displayed normally in the mobile phone notification bar. The watch message push is pushed by reading the message in the mobile phone notification bar. If there is no message in the mobile phone bar, the watch will not be able to receive the push. (You need to find the notification settings in the phone settings, and turn on the notification switch of WeChat, QQ, phone, SMS, and mobile client) Open the accessibility settings of the bracelet client (Find the accessibility in the phone settings, open the accessibility settings of the bracelet client) iPhone settings

Confirm that the message push switch is turned on on the mobile client The confirmation message can be displayed normally in the notification bar of the phone (You need to find the notification settings in the phone settings, and turn on the notification switch of WeChat, QQ, phone, SMS, and mobile client)


Precautions

Do not throw this product into the fire to avoid explosion This product is waterproof only for cold water. If it is used for hot water, it may cause white fog in the lens The battery life of this product varies with the use environment and use mode

Disclaimer

This product is not a medical device. The bracelet and its application program are not used for diagnosis, treatment, or prevention of diseases and diseases. If you want to change your habits such as exercise and sleep, you must consult qualified professional medical personnel first to avoid serious casualties. Our company guarantees that without prior notice, The right to modify and improve any function described in this manual, and the company maintains the right to constantly update the product content. All contents shall be subject to the real object

Documents / Resources

<div><div>The Instruction of Smart Watch</div><div></div><div>Please read the instructions before use</div></div>	<div><a href="#">suinsist F30 Smartwatch for Android and iOS Phones</a> [pdf] User Guide</div> <div>F30, Smartwatch for Android and iOS Phones, Smartwatch, F30, Watch, Smart Watch for Men</div>
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