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tracer SMF11 Iris Smartwatch Instruction Manual

tracer ®

**SMF11 Iris Smartwatch
Instruction Manual**

Contents

SMF11 Iris Smartwatch

1. Smartwatch SMF11 IRIS charging Charge battery before the first use od the device. Use the charging clip. Instal it in the propper pleace on the smartwatch and then connect to the power source using USB plug.
2. Instalation of the „Dafit" App Scan the QR code below to install the app.

You may also find the app at the APP store or Goolge Shop using „Dafit" System requirements: Android 5.0+, iOS9.0+

3. Connect SMARTWATCH SMF11 IRIS with a mobile device.

• Install „Dafit" app on your mobile device and turn on BT function

• SMF11 IRIS will synchronize time, date, language once it conects with the mobile

• Make sure you have given the App all of the required access and rights. e.g. social media notifications and GPS location

• After you turn on the App set your profile. Then find the Smartwatch SMF11 IRIS on the list and tap to connect

Settings and functions

- SMF11 IRIS has a full touch screen. Tapping a screen in every spot and sliding on it will cause entering the propper function menu
- Longer press on the screen allows to choose a clock screen from the available list
- Sliding down will guide you to the settings menu wher you can set the screen brightness, quiet mode, battery check, turn off the device
- Sliding up will guide to text messeges and social media comunicators
- Sliding right will guide to the list of all modes of the smartwatch
- Sliding left will guide to each of the modes
- Full function list SMF11 IRIS:

BT Calling – after connecting with the APP you may call and answer calls using your SMARTWATCH (good quality microphone and speaker built in). Diall history available **Sleep monitor –** if you keep Smartwatch on your wrist at the nigh time you may monitor length and qu- ality of your sleep (Attention: reset of the sleep data takes place on 8.00 p.m.)

Heart rate and blood preassure – you may meassure blood parameters at the times set in the APP, or you may start it entering the propper screen

Menstrual cycle monitor – after setting propper parameters in the „AdorHealth" app you may monitor the length of the cycle

Blood oxygen saturation – start the easurement by entering the screen with the SPO2

Steps – Smartwatch counts and records the number, time, distance of your walk. It counts the calories burnt

Trening, Sport – you may check your progres in various sports, and set new challenges

Weather – after syncronizing with the app and determinig location, it is possible to view the weather forecast for the current and the next day

Shutter – when connected to the mobile device you may use the camera shutter remotely to take photos

Hydration reminder – you can set the frequency of the hydration reminder in the app

Sedantary reminder – using the app settings it is possible to remind about the activity
Download the instruction manual from **www.tracer.pl/TRAFON46884**. Follow the downloaded

 Symbol of electronic and electrical equipment waste (WEEE – Waste Electronic and Electrical Equipment). Using the WEEE symbol means that this product cannot be treated as household waste. By providing appropriate recycling you help to save the natural environment. In order to get more detailed information about the recycling of this product, contact the local authority representative, waste treatment service provider or the store in which the product has been purchased.

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Documents / Resources

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SMF11, Iris Smartwatch, SMF11 Iris Smartwatch

References

- **Tracer**
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