

## E22 Smart Watch

Quick Start Guide

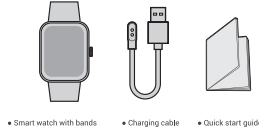


This quick start guide will support you getting started using your smart watch.

If you're looking for a more detailed user manual, please open the Fitdock App, go to the "more" page and tap "help".

All pictures in this guide are for illustration purposes only. Actual product may vary due to product firmware and app upgrades.

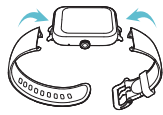
## PACKAGE CONTENTS



## USING YOUR WATCH

### Assemble

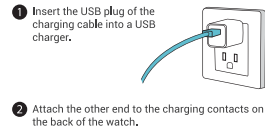
Push the bands in following the direction of the arrow.



## Charging

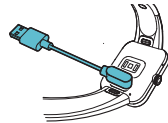
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Please fully charge your watch before initial use.



1 Insert the USB plug of the charging cable into a USB charger.

2 Attach the other end to the charging contacts on the back of the watch.



## Install the Fitdock App

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You can download Fitdock App from Apple Store / Google Play or scan the QR codes below to download.



iOS 11.0 & above



Android 6.0 & above

Note: The App is only compatible with smartphones, not tablets or PCs.

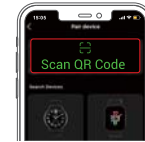
## Pairing the Watch with Your Phone

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1 Turn on the Bluetooth of your phone.

2 Open the Fitdock App, Go to the "Device" page and tap "Pair device".



3 Tap "Scan QR Code" and scan the QR code on the watch to pair.

OR Tap "E22" to search the device for pairing.



4 Tap the green checkmark on your watch to confirm the connection.



## Controls

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### Function Button



- Wake the screen
- Return to the home screen
- Go to the function list
- Pause / resume the sport
- Power on / off the watch

### Touch Screen

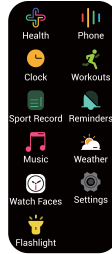


- Swipe to go to different interfaces
- Tap to enter the function
- Swipe the screen to the right to return to the previous interface



Note: Only when your watch is connected to the Fitdock App, the App is running on your phone, and "Notification Alerts" is enabled in the App, will messages be notified.

## Function List



About BT Calling Feature: To use the BT calling feature in the watch, please keep your phone connected to the watch with Bluetooth.

Notes: This feature will reduce the watch's battery life. When the "Do not disturb" function is enabled in the app ("Device" page -> "Do Not Disturb") or on the watch (Quick settings bar -> "Do Not Disturb"), calls will not be notified on the watch during the DND period.

## Important Safety Instructions

The device contains electrical equipment that may cause injury if not used properly. For example, prolonged contact may contribute to skin allergies for some users. To reduce irritation, please read the safety guidelines on the following pages to ensure proper use and care.

- Do not expose your device to liquid, moisture, humidity or rain while charging, do not charge your watch to extremely high or low temperatures.
- Do not expose your watch to extremely high or low temperatures.
- Do not leave your watch near open flames such as cooking stoves, candles, or fireplaces.
- This product is NOT a toy - never allow children or pets to play with this product. Always store the product out of the reach of children. The devices themselves or the many small parts they contain may cause choking if ingested.
- Never try to abuse, crush, open, repair or disassemble this device. Doing so will void the warranty and can result in a safety hazard.
- If any parts of your product require replacement for any reason, including normal wear and tear or breakage, please contact us.
- Do not use your device in a sauna or steam room.
- Dispose of this device, the device's battery and its package in accordance with local regulations.
- Do not check any notifications, GPS, or any information on your device's display while driving or in other situations where distractions could cause injury or hazard. Always be aware of your surroundings while exercising.

Battery Warnings A lithium-ion battery is used in this device. If these guidelines are not followed, batteries may experience a shortened life span or may cause fire, chemical burn, electrolyte leakage, and/or injury.

- Do NOT disassemble, modify, manufacture, puncture or damage the device or batteries.
- Do NOT remove or attempt to remove the non-user-replaceable battery.
- Do NOT expose the device or batteries to fire, explosion, or other hazards.

Health Warnings

- If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.
- The optical wrist heart rate monitor emits green light and flashes occasionally. Consult your physician if you have epilepsy or are sensitive to flashing light.
- Always consult your physician before beginning or modifying any exercise programs.
- The device, accessories, heart rate monitor, blood oxygen level measurement and related data are intended to be used only for recreational purposes and not for medical purposes and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.

The heart rate and blood oxygen level readings are for reference only, and no responsibility is accepted for the consequences of any erroneous readings.

- While the optical wrist heart rate monitor technology typically provides the best estimate of a user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.
- The smart watch relies on sensors that track your movement and other metrics. The data and information provided by these devices are intended to be a close estimation of your activity and metrics tracked but may not be completely accurate, including step, sleep, distance, heart rate, blood oxygen, stress and calorie data.

### FCC ID: 2AK3-E22

NOTE: This equipment has been tested and found to comply with the limits for Class B digital devices, in accordance with section 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.

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

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.

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## Important Safety Guide

Some people with allergic skin may react when their skin is exposed to materials used in watches for a long time. This may be caused by allergies, environmental factors, prolonged exposure to irritants such as sweat and soap, or other factors. If you have known skin allergies, please pay special attention when wearing the watch.



Please do not wear your watch too tight.



If your watch gets wet (for example after sweating or showering), clean and dry it thoroughly before putting it back on your wrist.



Make sure your skin is dry before you put your watch back on.



Prolonged rubbing and pressure may irritate the skin, so give your wrist a break by removing the watch regularly.