



BSW004
Smart Watch
User Manual

FCC Statement

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this 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.

RF Exposure Information

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

Downloading and connecting of smart watch with Da Fit APP

- 1.Download and install Da Fit APP
- 2.Scan QR code with mobile phone to download APP.
- 3.For IOS system, select APP Store, search for Da Fit App.



Da Fit

Android system, select Google Play to download and install Da Fit App. 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.

Connect smart watch with Da Fit APP

ADD A DEVICE

NOTIFICATIONS



ALARMS



SHUTTER



FAVORITE CONTACTS



OTHERS



Click on "Add Device" to connect the smart watch



Add device



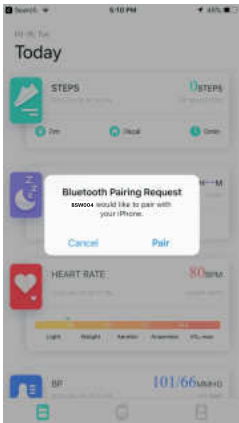
BSW004

F3:AE:39:2C:7A:E9

Click on your device in the device list scanned

Please select your bracelet in the petition list

Searching for bracelet...



The IOS system will show a Bluetooth pairing request and you can click on Bluetooth "Pairing" to confirm. Connect it directly to Android system.

BSW004

Connected

F3:AE:39:20:7A:E9

43% 

REMOVE



Watch Faces

Notifications

Alarms

Shutter

Others

Upgrade

Successfully connected



BLUETOOTH CALLING FUNCTION

This watch comes with a special feature of Bluetooth calling. The user can make calls without having to open the phone. You can also view the call history of the watch. You need to keep the connection between the watch and the phone stable when using the Phone Call function.

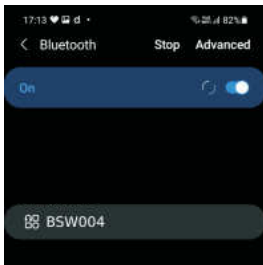
The watch also has a microphone and a speaker built in for the ease of talking through the watch and to hear music, phone calls, and other notifications

Follow the steps to activate the calling function and much more.

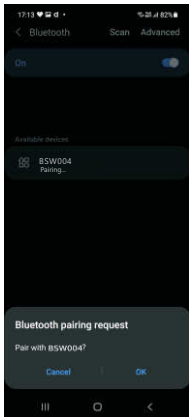
Part A - How to connect

- **Step 1:** After connecting the watch to the Da Fit App, you need to go the bluetooth settings of the phone and pair the watch there as shown below.

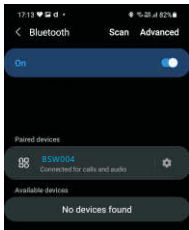
For Android



Switch on the bluetooth in the phone bluetooth settings and you shall see the available device as "BSW004"

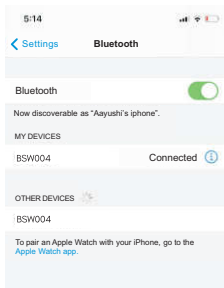


Accept the Bluetooth pairing request

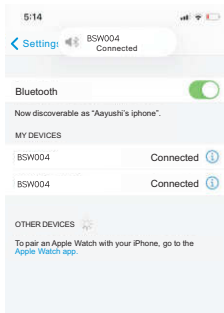


Once accepted you can see the following screens saying - "**Connected for calls & audio**"

For IOS



Switch on the bluetooth in the phone bluetooth settings and in addition to the already paired BSW004 you shall see the available device as "**BSW004**"



Once accepted you can see the following screens showing 2 **BSW004** in my devices

- **Step 2:** Go to the watch and swipe right to the phone function



- After successfully connecting the bluetooth you will get this screen.



- Upon clicking on the recent call you can see the recent calls of your device



- When you click on the dial pad you shall get this screen on your watch.



- Once you dial the number the call button on the right corner shall appear.



- You click the dial button, you can see that the number is dialling



- Through the microphone available in the watch **you can talk through the watch and adjust the speaker volume by the + & - sign on the watch and disconnect the call.**

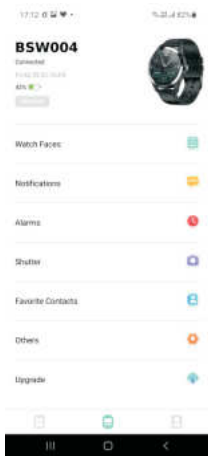
Part B - How to disconnect

To disconnect the bluetooth calling the user simply has to go to the phone's bluetooth setting and "unpair" the BSW004 device

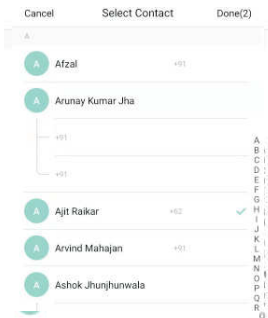
Part C - Add contacts



- You can add upto 8 contacts – Add the contacts from the Dafit App. Go to "Favourite Contacts" and add contacts. The selected contacts will get synced to your watch.



Click on Favorite Contact to add the contacts



Select the contacts you want to add

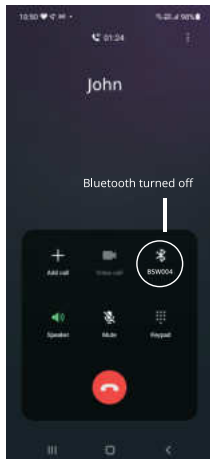
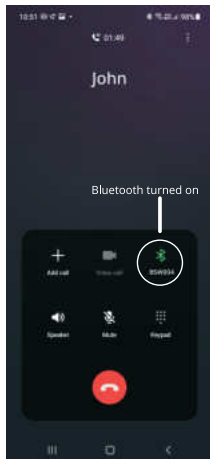


The contacts will get added.

It takes a while to upload contact data

Part D - Switch between Phone / Watch

Switch Between Watch / Phone During an Active Call : If your watch is connected to the Phone via Bluetooth, all calls will come on the watch by default. If you want to change the call to the phone, during an active call, simply click on **BSW004** Bluetooth icon to unselect it. The call will then come on your phone.



Part E - Listen to Music

Listen to Music - You can Listen to Music on your Watch, when it is connected to your Phone Via Bluetooth Mode. Now Play, Pause and Listen to your Favourite Songs all on the Watch!



Part F - Battery Advisory.

Battery.

- The battery lasts for 5 days with bluetooth calling mode enabled. (*depending upon usage)
- If the bluetooth calling mode is disabled then the battery can last for 10 days.
- On standby the battery can stay for as long as 30 days.
- Advisory- To conserve battery, It is advised to turn off the bluetooth when not in use.

Part G - Call Reset in Case Bluetooth Connection is not Coming On :

In case the Bluetooth connection for voice calls gets disconnected and is not visible in the list of Bluetooth devices on the phone ie you don't see BSW004_audio, Please reset the call connection by clicking on the call reset button in the main menu.



Click on the setting icon



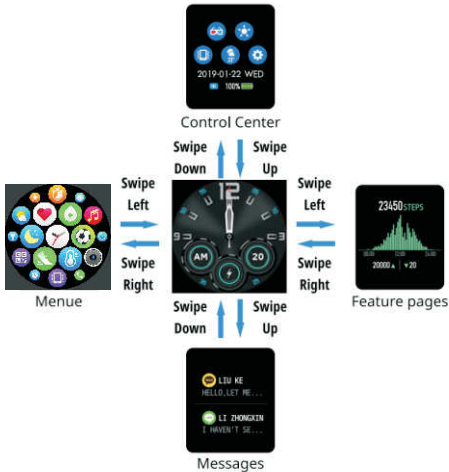
Click on the phone reset icon



Confirm the reset process

Functions Navigation

The screen can be navigated by sliding left/right or sliding up/down



Watch Face Functions Navigation and Button Instructions

The watch features a full touch control screen with a reflective display and a button

Functions Navigation

The screen can be navigated by sliding left/right or sliding up/down

By default, the watch face page displays, and on the watch face page, you can:

- Slide up to down watch settings.



- Slide up to view messages and other notifications.



- Slide left to view quick menu, which allows you to go to any function with a single click.



- a) Slide right to view steps, sleep, heart rate, exercise, phone, BP, SPO2, weather, shutter, player



Touch Button Operations

Short press from the side button

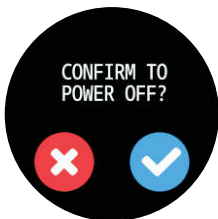
To unlock the screen in the lock screen status

To return to the watch face page from the first-level menu entry in the unlocked status



Long press from the side button

To turn on the watch in the power off status



Watch Wearing and Charging

It is recommended to wear the watch with a moderate tightness at a distance two fingers far from your wrist to ensure that the optical heart rate monitor works properly

Charging

- Plug the charger's USB port into a mobile phone charger or a computer USB port to charge the watch.
- Attach the charging pin to charge the smart watch.
- The charging icon will appear on the screen, indicating that the watch is being charged.
- It is recommended to use computer USB ports or brand mobile phone chargers to charge the watch.



Use of Functions

The watch has a lot of functions, these can be accessed by swiping left to the menu. A short brief of the functions are as below:



Stopwatch



Brightness



Bluetooth Calling



Weather



Music



Heart Rate



SPO2



Flashlight



Sleep



Homepage



Training



Timer



App QR Code



Steps



Blood Pressure



Shutter



Alarm

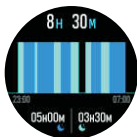


Vibration

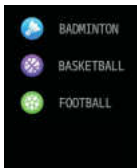
- Steps– The watch automatically tracks the step taken on the screen. Note: Your movement stats reset to 0 at midnight.



- Sleep – You need to wear the watch while sleeping, it will provide the hours slept and quality of sleep stats.
- Note: Sleep stats reset to 0 at 8 pm



- Exercise – This feature comprises of 7 exercise modes. Track your fitness goals in a tap. You can view the following activities: Running, Walking, Cycling, Skipping, Football, Basketball, Badminton.



- Heart Rate – The watch will record your heart rate all day. You can also tap on the page to start measuring



- Blood Pressure – Tap on the BP page to start measuring. On the BP page you can see the previous data



- Oxygen Tracking (SPO2) – Tap the SPO2 page to start measuring. On the SPO2 page you can see the previous data

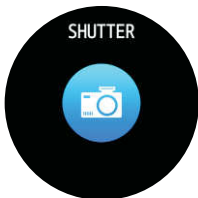


- Weather – You can know the current weather and the forecast for tomorrow, this information is synced from your app. Scroll Up to see the forecast weather. It will not be updated if the phone is disconnected for a long time.

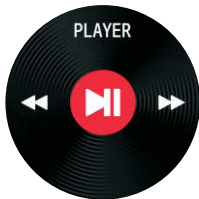


WEATHER		
09/23		20° / 23°
09/24		23° / 29°
09/25		20° / 23°
09/26		23° / 29°
09/27		20° / 23°
09/28		23° / 29°

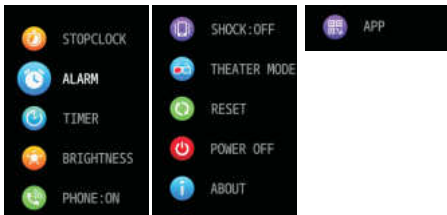
- Camera – You can remote control the camera of your phone once the watch is connected with your device.



- Music – You can remote control the music player of your phone once the watch is connected to the device



- Setting – Check out other features through this tab.



Other Settings

Watch Face

Replace the Watch Face on the Watch:

Short Press the screen and then swipe right to enter and select your favourite watch face. Once you choose the watch face short press the screen. Your watch face will be replaced.



Replace the Watch Face on the App:

Tap the Watch face settings entry in the "Profile" -> "BSW004" page, and then download and sync watch faces on the Watch Face Store. After that, the replacement is done

Notifications

Enable Notifications

During use, you need to enable the corresponding "App alerts" on the Da Fit App, and keep the watch and the mobile phone connected.

If you are using an iOS device, you need to pair the watch with the Bluetooth of the mobile phone before use.

If you are using an Android device, you need to include the App into the whitelist or self-starting list of the mobile phone in background settings and keep the App running in the background to protect it from being detected and killed by the mobile phone's background processes. Such background processes could disconnect the watch and the App, and as a result no reminder will be received. See "Profile" -> "BSW004" -> "Run in background" settings for different mobile phone systems

View Notifications

When the watch receives a notification alert, it will vibrate to remind you and automatically display the notification content. If you do not view the notification immediately, you may slide down in the watch face page to go to messages and check the notification

Workout

Sliding left in the watch face page can make the Activity app items visible. For more information, see the "Introduction to the Workout Function" section below

Weather

In the weather page, you can view the weather for the day and the weather information for the next day.

The weather displayed by the watch comes from the server. Therefore, you need to keep the Bluetooth of your mobile phone on and connect it with the watch to keep abreast of the latest weather information changes.

In addition, when a weather alert is received, the watch will receive the alert as well. You may toggle on the weather alert switch in the "Profile" -> "BSW004" -> "Weather settings" page on the Da Fit App

Settings

In the settings page, the settings items of Stopwatch, Alarm, Countdown, Brightness, Vibration, Theatre, Reset, About, Power off and App QR Code are provided.

Stopwatch: You can begin and close any time line and stop the watch.

Vibration: This feature allows the user to turn on and off the vibration of the watch

Timer: A countdown timer lets you count the time forward and allows the user to set goals and finish a particular event on time.



Alarm: When the alarm on the mobile phone rings, the watch will vibrate to remind you that the alarm is ringing



Phone: This is a feature allows the user to make calls from the watch itself



Brightness: The brightness is divided into 5 taps, and you may click the buttons to adjust the screen brightness.



Theater: This is a mode where the brightness will dim and vibration will shut



Factory reset: This is a feature to reset all data, and you can press and hold the touch button to reset, you shall get a confirmation dialogue box after that. After a reset, you need to re-connect the watch before use.



About: You can view the firmware version and Bluetooth address of the watch in the about page.



Power off: This is a feature to turn off the watch.



App QR Code: This is a feature helps to download the app as it gives a QR Code on the watch screen that is scannable.



Watch Status Reminder

Incoming Call

When the watch receives incoming calls, it will vibrate to remind you, also you can answer or reject the call.

Idle alerts

When you are sitting for a long time, the watch will vibrate to remind you to get up for a while. Before using this function, you need to enable Idle alerts by tapping "Profile" -> "My devices" and turning on Idle alerts on the Da Fit App



Goal Notifications

When the number of steps reaches the set goal, the watch will vibrate to remind you. Before using this function, you need to enable Goal notifications by tapping "Profile" -> "My devices" and turning on Goal notifications on the Da Fit App



Watch Alarm Alert

When the alarm on the mobile phone rings, the watch will vibrate to remind you that the alarm is ringing. Before using this function, you need to enable Watch alarm alert by tapping "Profile" -> "My devices" and turning on Watch alarm on the Da Fit App



Introduction to the Workout Function

Start Workouts

There are two approaches to starting a workout:

- Select a workout type in the Activity entry and enable it;
- Press and hold the touch button to quickly start the preset workout

The watch currently supports the following workout modes: Walking, Running, Cycling, Skipping, Football, Basketball, Badminton.

Before starting a workout, it is recommended to check whether the watch storage space is enough.



Daily Maintenance of the Watch

1. The watch is not resistant to erosive liquids such as seawater, acidic and alkaline solutions and chemical reagents. Damages or defects caused by misuse or improper use are not covered under warranty
2. Don't use detergents such as soap, hand sanitizer, or bath foam for cleaning to avoid chemical residues from irritating the skin or corroding the device.
3. Don't swim with your smartwatch, we also don't recommend showering with your smartwatch.

Precautions

- The watch has an IP67 water resistant and dustproof rating, but it is not suitable for swimming or bathing.
- Do not operate the watch underwater. After touching water, do not operate the touch screen or charge the watch until the watch is wiped by using a soft cloth.
- The watch is not resistant to erosive liquids such as seawater, acidic and alkaline solutions and chemical reagents. Damages or defects caused by misuse or improper use are not covered under warranty.