

Smartwatch User Guide

1. Download the watch client, the mobile phone system requires Android 5.0 and above, iOS9.0 and above:

Scan the QR code below with your mobile phone or download and install the watch client in Apple's APP Store\Play Store.



2. Watch charging and activation

Make sure the power of the bracelet is normal when using it for the first time. If the power cannot be turned on normally due to low power, please connect the charger to charge the device. (The charger can be charged according to the configuration of the watch, such as a magnetic charger, a cradle charger or a wireless charger)

3. APP connects to the watch

1) Turn on the Bluetooth switch on your phone



2) Open the downloaded client DA Fit on the phone and enter the watch settings.



Da Fit

3) Click the settings at the bottom of the APP page to switch to the device page and enter the device page settings.



4) Click the bind device button on the upper right to enter the device selection list.

You have not link a device

ADD A DEVICE

5) Click your device in the scanned device list.

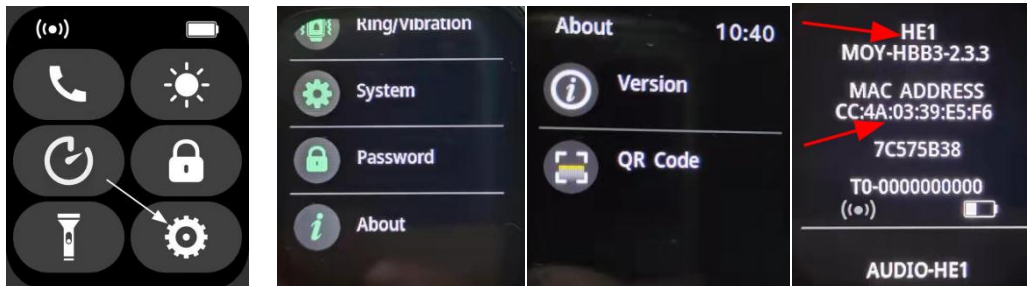
Add device



HE1

CD:54:03:39:B6:F6

Swipe down on the main interface, click the watch settings icon in the lower right corner, then move down to the last "About" menu, click to enter "About" - click "Version", you can see the MAC address and watch model name.



After the watch is successfully bound, every time the client is opened in the future, the watch will be automatically connected to the mobile phone, and the data can be synchronized by pulling down on the client data page.

6) APP binding is completed.

Note: Before connecting, make sure that the Bluetooth of this watch is not connected to other mobile phones, otherwise this model will not be displayed in the device list. If you are connecting to another phone, you need to unpair the watch's Bluetooth on that connecting phone.

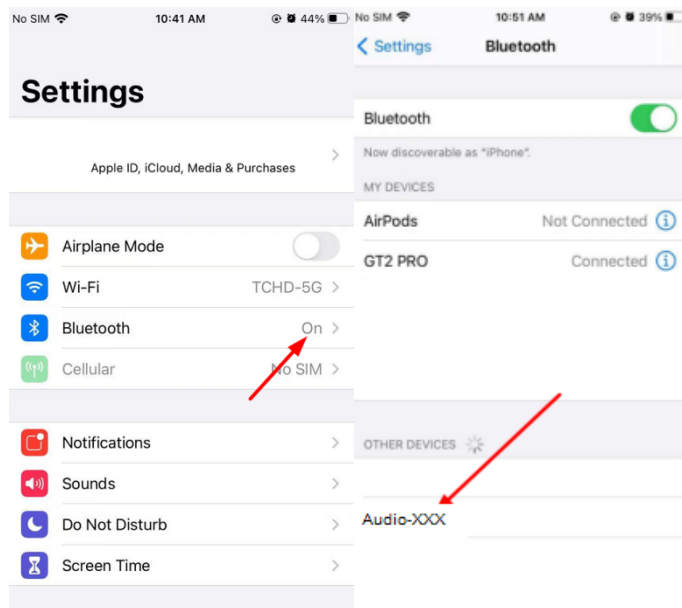
4. Bluetooth phone and Bluetooth music connection

This watch can answer mobile phone calls and play music on the mobile phone, but to use such functions, you need to connect audio Bluetooth. The audio Bluetooth connection method is as follows:

1) Swipe down on the main interface, click the phone symbol icon in the upper left corner, and the background color turns blue to indicate that it is open.



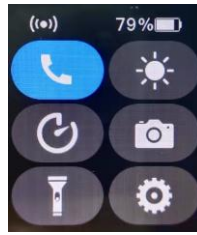
2) The mobile phone enters the Bluetooth connection setting menu, finds the Bluetooth name of the model, and clicks to connect. The name of the audio Bluetooth is Audio-XXX (watch model).



3) If the audio Bluetooth is not used for a long time, the Bluetooth may be automatically disconnected. Turn off the switch in step 1, and then turn on the connection.

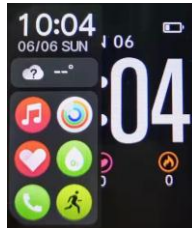
Note: Before connecting, make sure that the Bluetooth of this watch is not connected to other mobile phones, otherwise this model will not be displayed in the device list. If you are connecting to another phone, you need to unpair the watch's Bluetooth on that connecting phone.

5. Basic instructions for watch operation



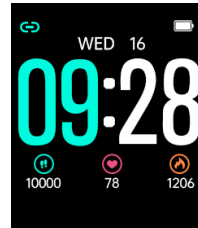
control center

Swipe down

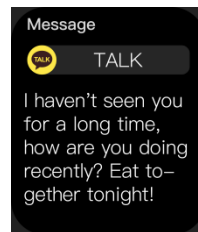


Half screen list

Swipe right

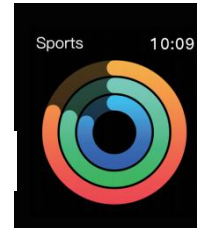


Swipe up



message

Swipe left



Customize shortcut functions

- 1) The main dial displays time, exercise data, heart rate, power, etc. You can switch the dial by rotating the encoder, or you can download the dial and customize the dial in the APP.
- 2) Under the control center, it mainly includes audio Bluetooth switch, brightness adjustment, countdown, camera control, flashlight control, and others (settings).
- 3) Left swipe for custom shortcut functions, mainly including sports data, making calls, voice assistant, playing music and other functions.
- 4) The right side is the split-screen function, mainly for weather conditions, music playback, exercise data, heart rate, blood oxygen, making calls, sleep disturbance, step counting and other functions.
- 5) Mark up the push message display list.

6. Button function

Press and hold the button to turn on and off the machine. After powering on, press the button once to return to the main interface, and press the button twice quickly to turn off the screen. Click the upper button to enter the main menu, double-click to switch the menu display mode, and rotate to switch the dial. On the menu interface, rotate the up button to zoom in or zoom out the menu or turn the menu pages.

7. Introduction to the basic functions of the watch:

1) Sports information

The watch can record and display daily steps taken, calories burned and mileage information. More detailed analysis and data logging can be viewed in the client.

2) Phone

The phone function must be connected to the audio Bluetooth first. On the premise that the audio Bluetooth connection is successful, you can make and answer calls. You can also set 8 frequently used contacts on the APP to sync to the watch.

3) sleep

The watch can record and display the total sleep duration and the duration of deep sleep and light sleep last night. More detailed analysis and data logging can be viewed in the client.

4) Heart rate

The watch can record and display the 24h heart rate value throughout the day. Click on the heart rate interface to measure the current heart rate value. More detailed analysis and data logging can be viewed in the client.

5) Blood pressure

Click the blood pressure interface to measure the current blood pressure value. More detailed analysis and data logging can be viewed in the client.

6) Blood oxygen

Click the blood oxygen interface to measure the current blood oxygen value. More detailed analysis and data logging can be viewed in the client.

7) Exercise

28 sports modes to choose from, including: walking, running, cycling, basketball, football, badminton, skipping rope, swimming, etc. More detailed analysis and data logging can be viewed in the client.

8) Weather information

The weather page will display the current weather conditions and weather temperature

information. Pull up to view the weather conditions for the next week. The weather information needs to be connected to the client before the data can be obtained. If the connection is disconnected for a long time, the weather information will not be updated.

9) News push

The watch can receive notification pushes on the display phone, and the push item switch can be set in the client. The watch message page can store the latest 5 message records.

10) Camera Control

After connecting the phone, the watch can be used as a remote control for the phone's camera. After opening the camera on the phone, click on the watch camera control page to trigger the phone camera shutter.

11) Timer

6 countdowns are possible.

12) Breathing training

Practice breathing to improve lung function.

13) Smart Alarm Clock

The smart alarm clock of the watch can be set in the client, and up to 3 alarm clocks can be set. When setting the time, the watch will display the alarm icon and vibrate.

14) Music Control

After connecting to the phone, the watch can control the phone's music player.

15) Stopwatch

This function is timed with a stopwatch.

16) Flashlight

This feature maximizes display brightness for emergency lighting

17) Find your phone

This feature can be used to find the phone connected to it. In addition, the mobile APP client can search for the watch connected to it in reverse.

18) Games

This feature contains several decompression mini-games.

19) Other functions (settings)

Other functions of the watch include display brightness settings, screen time settings, dial settings, menu display mode settings, do not disturb settings, power saving mode settings, restart, shutdown, factory reset, password settings, and information viewing.

8. There are also reminders for drinking water, sedentary reminders, and self-contained dials in the APP.

Drink water reminder

The watch will remind you that it is time to drink water when you plan to drink water. The drinking water reminder function can be set in the client.

Sedentary reminder

The watch will prompt you to get up and walk after you have been sitting for an hour. The sedentary reminder function can be switched on and off in the client.

9. Precautions for use

1) This product is IP67 waterproof, but please do not wear it for swimming, and do not soak it in water for a long time, because the water pressure for swimming is much greater than the static water pressure. In addition, this product is not resistant to hot water and high temperature,

please do not wear this product for bathing, hot springs, saunas, etc., to avoid damage.

2) This product is not equipped with a charger. In order to ensure the safety of family members and property, use a charger that does not exceed 5V1A when charging. Please purchase chargers through regular channels and refuse to use inferior chargers, so as not to burst or catch fire. Do not charge in a wet environment with water.

3) The measurement of blood pressure, blood oxygen and heart rate of this product is for reference only, not for any medical purpose or basis.

4) The company reserves the right to modify the contents of this manual without prior notice. Some functions are different in the corresponding software version, which is normal.

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.

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

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.