

# Quick start manual

## APP download method

1、Scan QR codes: Scan the QR code below to download and install the APP.



2、iPhone: search “Qa Fit” from App store to download and install the APP.

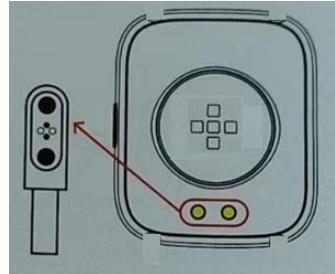
3、Or scan the QR code on your watch to download the APP.

## Ready for use and charging

For the first time, please long press the power button to start the device. If the device cannot be started, please charge the watch first.

### How to charge

As the right picture shown, the magnetic charging cable is automatically adsorbed to the watch charging port



## The connection between the watch and APP

- Long press the power button to turn on the smart watch, please ensure that the Bluetooth of the phone is enabled (Android requires the GPS location permission to be enabled).
- Open the Qa Fit APP on the phone, enter [Device - Add Device], and select the Bluetooth code matching the watch for connection.
- After the APP connects to the watch successfully, the data will be automatically synchronized, and the watch will automatically synchronize the date, time, language and weather of the phone.

## Watch function

### Button

- Below button: long press to power on/power off, short press to back on Home screen.
- Upper button: On the watch home screen, press the Up button to enter the menu list. On other application screens, press the power button to return to the upper-level menu. Double-click quickly to switch the menu style.



### Main interface

- Left slide the home interface to switch the interface, or enter the Qa Fit APP [Device-interface], select the interface you want, install and remove the interface.
- Down slide the home interface to access the shortcut menu settings.
- Right slide the home interface to enter into the shortcut interface.
- If the dial screen slides upward, the notification screen is displayed.



### Measure step/distance/heat

Check the number of steps taken, distance covered, and calories burned at any time throughout the day. It can be synchronized to the APP to view the sports data.



### Heart rate interface

Switch to the heart rate test interface to enter the real-time heart rate monitoring. Click on the screen to start measurement. The test results are directly displayed on the watch interface, and the measurement data can be synchronized to the APP in time.

**Note: Test results are for reference only and cannot be used as medical data.**



### Blood pressure interface

Switch to the blood pressure interface to enter real-time blood pressure monitoring. Click on the screen to start measurement. The test results are directly displayed on the watch interface, and the measurement data can be timely synchronized to the APP.

**Note: Test results are for reference only and cannot be used as medical data.**



### Blood-oxygen interface

Switch to the interface of blood oxygen test to enter the real-time monitoring of blood oxygen. Click on the screen to start measurement. The test results will be directly displayed on the watch interface, and the measurement data can be timely synchronized to the APP.

**Note: Test results are for reference only and cannot be used as medical data.**



### Weather interface

The weather interface will display the current weather, and the weather information can only be obtained after connecting to the APP. If the connection is disconnected for a long time, the weather information will not be updated.



### Sleep interface

The sleep time of the day can be synchronized to the APP to analyze the sleep quality.



### Music interface

The music interface can control the music player.



### Message reminder function

The reminder function needs to be set on the APP side to enable the reminder switch, and keep the mobile phone and watch under the status of Bluetooth connection and the mobile APP running in the background. When the message or call comes, it will vibrate to remind.

### More functions

Alarm clock, stopwatch, dial and other screens, click the icon to enter the corresponding function Settings.



### Notes

- Don't scratch the watch's display and sensors to protect it from damage.
- Use a wet cloth to wipe the surface of the watch, with mild soapy water to remove oil or dust.
- Do not expose the watch to strong chemicals, such as gasoline, cleaning solvents, propanol, alcohol, or insect repellent. Chemicals can damage the tightness of the watch and the surface of the case.
- Avoid your watch from strong impact, extreme high temperature exposure.
- The lens and shell remain intact is waterproof, belongs to life waterproof. Violence after disassembly will affect waterproof, do not put the watch into the water, chemical soaking.
- Please use the original charging cable to charge the watch.

Note: This device is not a medical device, and the data and information provided are for reference only.

### Product parameters

Product : Smartwatch

Display screen: 1.8 inches TFT

Size: 45\*37.5\*10.6mm

battery capacity: 3.7V/180mAh

Material: PC+ABS

Operating time: 7-10 days

DPI: 240\*284

operating temperature: -15°C-50°C

Waterproof grade: IP67

synchronization method: Bluetooth V3.0&5.2

Packing list: 1\*packaging box, 1\*instruction, 1\*host , 1\*charging cable

Compatible system: IOS12.0 or above, android6.0 or above

## FCC WARNING

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.

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