

# User Manual



BT11

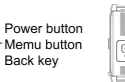
## APP Download

Scan the QR code below with your mobile phone to download the App.

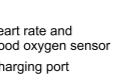


## Smart Bracelet Introduction

The bracelet features press-buttons and color screen design, integrating multiple functions into one. The large color display provides a broader field of view.



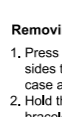
Power button  
Menu button  
Back key



Heart rate and  
blood oxygen sensor  
Charging port

**Wake up:** (1) Single press any button to wake up the screen.  
(2) Raise or inwardly flip your wrist to light up the screen.

**Screen off:** (1) After turning on the screen with a button press or wrist raise, the screen will automatically turn off after a period of inactivity.  
(2) Select "setting" on the bracelet > "Display & Brightness" > "Sleep", set screen off time.



## Charging Guidelines

**Charging:** Align the charging cable with the charging area on the back of the device, connect the other end to a charger and power it on until the screen shows the charging indicator.

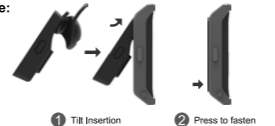
**Power On:** The device will power on automatically when charging, or you can long-press the top button to turn it on.

**⚠ Please keep the charging cable and device dry when charging.** It is recommended to use a power adapter with a rated output voltage of 5V and a rated output current of 1A to power the charging cable. Consumers should use a CCC certified power adapter that meets the requirements of charging standards.

## Instructions for Detaching / Installing the Smart Bracelet Case

### Installing the bracelet Case:

1. Align the earbuds with the bracelet case and insert them at an angle.
2. Press the bottom of the bracelet case to lock it in place.



### Removing the Bracelet Case:

1. Press the buttons on both sides to release the bracelet case automatically.
2. Hold the bottom of the bracelet case and pull it downward to remove it.



## Instructions for Detaching / Installing the Earbuds

### Detaching the Earbuds:

Gently rotate the earbud counterclockwise until it aligns with the unlock mark, lift the earbud upward to remove it.



### Installing the Earbuds:

Align the earbud with the unlock mark and attach it to the bracelet case. Then gently rotate the earbud clockwise until it aligns with the lock mark to secure it.



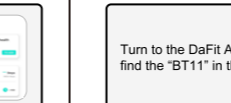
## Connect Smart Bracelet With the APP

After the first power on, the device Bluetooth is in pairable status by default. Please download and install the latest version of DaFit App before pairing.

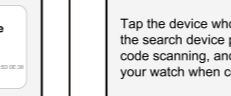
**⚠ Please make sure your phone has Bluetooth and location services turned on.**

## Harmony OS and Android User

Turn to the DaFit App, click on "add device" button, the App will automatically scan for connectable devices, then click on the target device to connect and pair according to the prompts on the interface.

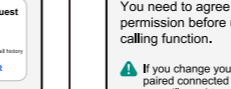


Click the Bluetooth name BT11 to bind or scan the QR code to connect.

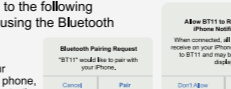


You need to agree to the following permissions before using the Bluetooth call function.

**⚠ If replacing a paired connected phone, you will need to go to App > Remove Device.**



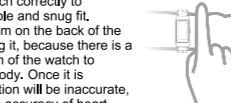
**⚠ If you change your paired connected phone, you will need to go to the App > Devices page > Slide to the bottom and tap Unbind.**



**⚠ If you change your paired connected phone, you will need to go to the App > Devices page > Slide to the bottom and tap Unbind.**

## For iOS Apple Users

Turn to the DaFit App, click "Add Device", find the "BT11" in the list to pair.



Tap the device whose Bluetooth name is BT11 on the search device page to bind or connect using code scanning, and you need to confirm twice on your watch when connecting.



You need to agree to the following permission before using the Bluetooth calling function.

**⚠ If you change your paired connected phone, you will need to go to the App > Devices page > Slide to the bottom and tap Unbind.**

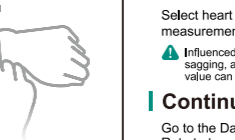


**⚠ If you change your paired connected phone, you will need to go to the App > Devices page > Slide to the bottom and tap Unbind.**

## Watch Wearing

Please wear the watch correctly to maintain a comfortable and snug fit. Please tear off the film on the back of the watch before wearing it, because there is a sensor on the bottom of the watch to identify the human body. Once it is blocked, the recognition will be inaccurate, which will lead to the accuracy of heart rate, blood oxygen, and other records.

Please avoid wearing the watch at least one finger distance from the bone joints, and keep the strap loosened and tightened moderately, and try to wear it as tight as possible when you are exercising.



## Button and Screen Control

The smart watch support full screen touch, slide up, slide down, slide left, slide right, long press operation.



## Key-POWER:

1. Short press to light up/return to dials/Go to main menu
2. Long press to switch on/off/restart/SOS

## Heart Rate Measurement

In order to ensure the accuracy of heart rate measurement, please wear the device normally, avoiding the bone joints, not too loose, and please wear it as tight as possible when exercising.

## Single Heart Rate Measurement

Select heart rate in the device application list for single heart rate measurement.

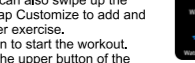
**⚠ Influenced by external factors (such as hairy arms, tattoos, darker skin color, arm sagging, arm shaking), the measurement results may not be accurate, or the value can not be out of the situation.**

## Continuous Heart Rate Measurement

Go to the DaFit app device page and tap Other Settings > All Day Heart Rate to turn on the Continuous Heart Rate Measurement switch. Once turned on, the device will continuously measure heart rate based on the set time.

## Exercise Mode

1. Tap Workout in the app list of the watch.
2. Select the workout type in the workout screen. You can also swipe up the screen and tap Customize to add and select another exercise.



3. Tap Start icon to start the workout.
4. Short press the upper button of the bracelet during the workout and tap the end icon on the pause screen to end the exercise.

## Frequently Asked Questions

1. Why can't the watch turn on?

- 1.1 Use the original charger to charge the watch for more than 30 minutes.
- 1.2 Use high power charger to charge the watch (e.g. 9V/2A) and other fast chargers.
- 1.3 Please contact customer service to replace the data cable.

## 2. Why can't the watch pass the APP?

- 2.1 Unpair all Bluetooth devices on your phone, delete the APP and reconnect according to the user manual.
- 2.2 Reset the watch and restart the phone.
- 2.3 Switch to another cell phone to reconnect the watch.

## 3. Why is the data collected by the watch inaccurate?

- 3.1 Fill in actual personal information such as gender, age, height, weight and other information on the APP.
- 3.2 Make sure the protective film on the back of the watch is removed.
- 3.3 Make sure the watch is worn neither too loose nor too tight.
- 3.4 Reset the watch to recheck the accuracy of the data.
- 3.5 Considering that different brands use different software algorithms. The way in which data is collected varies from device to device (e.g., smartwatch, smartphone, treadmill, etc.).

## 4. Can't synchronize WhatsApp or Facebook with my watch?

- 4.1 Please make sure to allow the app to access the notifications on the phone.
- 4.2 Please make sure WhatsApp or Facebook notifications are turned on in the phone.
- 4.3 Please make sure WhatsApp or Facebook notification in app has been opened.
- 4.4 Disconnect the watch and reconnect it.

## 5. Why is the battery life too short?

- 5.1 Reduce the screen brightness and adjust the screen timeout to five seconds.
- 5.2 Turn off 24-hour heart rate monitoring without notifications.

## 6. Touch screen not responding?

Try to see if the touch is back to normal after clicking Restore Factory Settings through the App.

## 7. No vibration on the watch?

- 7.1 Check if the watch is on Do Not Disturb mode and Power Saving mode.
- 7.2 Check if the watch is on silent mode.

## 8. The watch does not display contacts when an incoming call comes in?

Go to cell phone settings-Bluetooth-Find the corresponding watch name and click the right icon to enter the settings and open the contact information and call record sharing function.

## **FCC Caution:**

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's 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.

This device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

**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.