



USER MANUAL

The pictures and descriptions in this manual are used to guide the user's operation for reference only, please refer to the actual goods.

APP Download

Scan the QR code to download and install Da Fit APP on the phone (supports IOS9.0 and above & Android 4.4 and above, not fit all mobile phone models, please refer to the actual one)



Watch charging and activated

First time to use the watch, please make sure the battery is fully charged and it takes 2 hours to be fully charged. Put the watch in the center of the wireless charger for charging. (as shown)



APP Download

Open the Da Fit APP on your mobile phone, set your personal information



Enter the device interface and click on "ADD A DEVICE"



Scan the watch and start binding



Bind the watch and complete the pairing

Note:

Right-slide on the main dial interface of watch to view MAC address, You can use the MAC address from the device list to determine your device. The device name and the corresponding MAC address are paired. The device is

Features

Performance/Performance Data

The watch can record the number of steps taken every day, the walking distance, the number of calories burned, and other data. It can also record the heart rate, blood pressure, and other data.



Sleeping Monitor

User wear the watch to sleep can detect the length of sleep, the number of awakenings, and the quality of sleep. It can also record the heart rate and blood pressure during sleep.



Heart Rate Monitor

Monitor the heart rate in real-time, and it can also record the heart rate history. It can also record the heart rate during sleep and during exercise.



Breath Training

Click breathe can start breathing the instruction to do breathe action. It can also record the breathing time and the number of breaths.



Hand Pressure Monitor

Monitor the hand pressure in real-time, and it can also record the hand pressure history. It can also record the hand pressure during sleep and during exercise.



Hand Temperature Monitor

Monitor the hand temperature in real-time, and it can also record the hand temperature history. It can also record the hand temperature during sleep and during exercise.



Weather Report

Weather forecast will be displayed today and tomorrow's weather forecast. Weather forecast will be displayed today and tomorrow's weather forecast.



Message Notification

At each page, click down to view the message notification page. It can also record the message notification history.



Camera control

Click camera control can start the camera control. It can also record the camera control history.



Music Control

Click music control can start the music control. It can also record the music control history.



Secondary monitor

Click secondary monitor can start the secondary monitor. It can also record the secondary monitor history.



Main Interface / Watch

Click main interface can start the main interface. It can also record the main interface history.



FAQ

Why does the blood pressure data is different from the hypertension?

The difference between the measurement data and hypertension is determined by a variety of factors, the measurement data of the hypertension is to the actual artery, and the measurement data of the watch is to the peripheral artery. Therefore, the difference value between the blood pressure measurement and the actual measurement is 2-4 mmHg. The blood pressure measurement is to the actual artery, and the measurement data of the watch is to the peripheral artery. Therefore, the difference value between the blood pressure measurement and the actual measurement is 2-4 mmHg.

Why can't I wear the smart watch to take a bath & hot springs & swim?

The watch water resistance is relatively high, it will produce a lot of water vapor, and the water vapor is not clean. The water vapor will enter the watch, it will cause the watch to be damaged. Therefore, the watch is not suitable for taking a bath & hot springs & swim.

Why the watch can't receive the message notification?

Check whether the phone background will automatically close up the App which not commonly used, it will cause the watch connection to fail and the App will not receive the message. Check whether the phone background will automatically close up the App which not commonly used, it will cause the watch connection to fail and the App will not receive the message. Check whether the phone background will automatically close up the App which not commonly used, it will cause the watch connection to fail and the App will not receive the message.

For Android :

1. Confirm that the watch which is paired with the phone is in the watch list.

2. Confirm that the message can be displayed normally in the notification bar.

For iPhone :

1. Confirm that the watch which is paired with the phone is in the watch list.

2. Confirm that the message can be displayed normally in the notification bar.

FCC Warning Statement

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

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.