

APP download

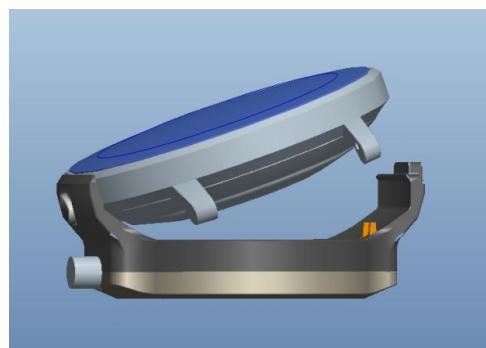
Scan the QR code on the right side to download and install the app to the phone. (Supports iOS9.0 &above ,Android 5.0&above. It does not support all mobile device models)



扫描下载 APP

Smart Watch charging and activated

First time to use the watch, please make sure the battery is fully charged,It takes 2 hours to be fully charged. Use the magnetic charger to attract the metal contacts on the back of watch (as shown on the right), and connect the other end of charger to USB charging Head or computer USB interface (please use 5V / 500mA charging head, the two charging thimbles on the magnetic charger end can not be attached to metal objects,in case short-circuit&fire happens, do not charge with fast charging device

**Connect Smart Watch**

- 1.Switch Smart Watch: long press the touch area of screen for 3-5 seconds
- 2.Please turn on the phone's Bluetooth and location service and make sure the watch is not binded to other devices

Open the Yfit APP on your mobile phone→Device →enter the device interface→Click on “Bind Device” →Click the device name being selected→starting pairing→device is successfully connected

Note:

- 1.When using GPS under sports mode, please turn on location services from phone, the watch does not have GPS function,you can open the GPS function in the app.
- 2.The datas of pedometer, sleeping monitor, heart rate, blood pressure, and blood oxygen saturation of the watch will be synchronized to the app. More detailed information analysis and data recording can be viewed from the APP.

Features**1.Main interface / dial**

Built-in dial switch:

Slide down to up from the home interface of the dial to enter the function menu, select the switch dial

2. Long press from the home interface to switch different dials

Switch the customized dial through the APP: App's device page dial selection→dial's choice→

Click on the dial edit →to select the picture→tick in the upper right corner→save



Set more dials through APP: APP device page → dial selection → find more dials → click on your favorite dial picture → click to download now → Please do not leave the download page during download



2. Pedometer

The watch can record the number of steps taken every day, the walking step data can be synchronized to the APP, the walking steps distance, calories and other data details can be viewed from the APP (the number of steps, distance, calories etc, recorded in the watch end of the day) The data will be cleared at 00:00 every day)



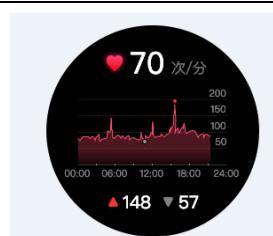
3. Sleeping Monitor

User wear the watch to sleep can detect the length of sleep, as well as deep sleep and light sleep state, adjust your sleeping time according to the data's reference, improve your body's health index. The default sleep monitoring time is from 22:00 pm to 8:00am, the sleeping data result of last night will be displayed after 8:00am, data can be synchronized to the APP, the sleep data detailed information analysis and data record can be viewed from the APP.



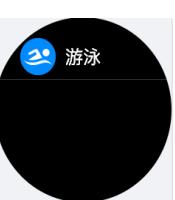
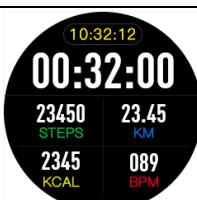
4. Heart Rate

Slide to the heart rate function interface, the heart rate will start automatically after 2 seconds (you can also click the heart rate icon to stop/start during the measurement), the test data will be displayed when the measurement is completed, the heart rate monitoring data can be synchronized to the APP, and the detailed HR information analysis and The data record can be viewed from the APP (Please utilize the correct posture when measuring, the measurement results are for reference only, can not be used as medical data)



5. Sports mode

Click the sport mode icon to enter the multi-sport mode: walking, running, cycling, mountain climbing, Yoga, skipping, badminton, basketball, football and swimming. Click right button to pause/stop, sport mode data can be synchronized to the APP, sport mode monitoring detailed information analysis and data records can be viewed from the APP.



6. Blood Pressure

Slide to the blood pressure function interface, the blood pressure will automatically start measuring after 2 seconds (the blood pressure icon can also be stopped/started during the measurement), the test data will be displayed when measurement is completed, the blood pressure monitoring data can be synchronized to the APP, monitoring detailed information analysis and data record can be viewed from the APP side (Please utilize the correct posture when measuring, the measurement result is for reference only, can not be used as medical data)



7. Blood pressure

Sliding to the blood oxygen function interface, the blood oxygen will be automatically measured after 2 seconds (the blood oxygen icon can also be stopped/started during the measurement), the test data will be displayed when measurement is completed, and the blood oxygen monitoring data can be synchronized to the APP. Monitoring detailed information analysis and data recording can be viewed on the APP side (Please utilize the correct posture when measuring, the measurement results are for reference only, can not be used as medical data)



8. Weather forecast

Display current weather information and tomorrow& the day after tomorrow' s weather information. Note: it needs to be connected to the APP to get weather information.



9. Notifications remind

On the main dial interface, slide to the message display interface. When there is a new message, the watch will vibrate to remind and display the message content. The watch stores the last 5 messages received from mobile phone, and automatically overwrites the first stored message when the later message is received. Including SMS and other messages



10. Other functions menu

When the APP is connected, the Android mobile phone can directly click the remote camera function on the APP to automatically turn on the camera. The iOS phone needs to manually turn on the camera from watch, then click the camera button to shoot or shake it (Shake the arm) to take photo



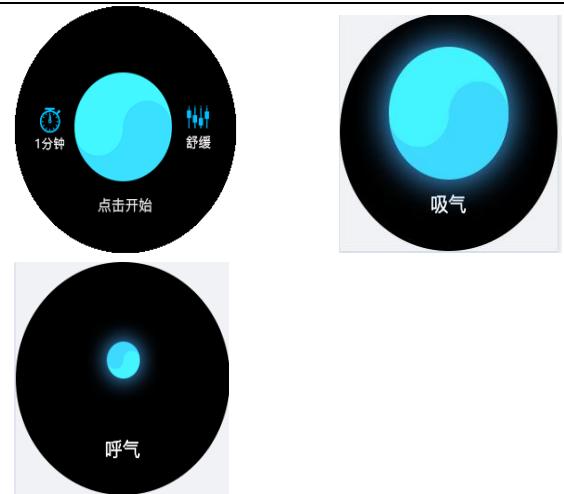
11. Music Control

When connected to the APP, open the music player from the mobile phone manually. You can control the previous, next, pause / play of the music from watch end.



12. Breathe training

Enter the breathing training interface, you can choose the time and rhythm. For example, if the time is 1 minute, the rhythm is slow, click the breathing training icon to start breathing training, and follow the prompts for inhale/exhale training. Help to reduce stress and also good for changing lung function



13. Other functions menu



Scroll down on the main dial interface to enter other function menus. You can view the power display, Bluetooth connection status, date and week. Click the function button to quickly turn on the Do Not Disturb function, brightness adjustment, flashlight switch on/off and more.

14.1. Stop watch

Click the stopwatch to enter the stopwatch interface, click the red button to pause / start, and click the gray button to reset



14.2. Brightness adjustment

Click the brightness adjustment function to adjust the screen brightness you need according to the actual situation



14.3. factory reset

When you click Restore factory settings, the watch returns to the initial state and automatically restarts. At this time, all data on the watch end will be cleared.



14.4. Turn off

Click on turn off, the watch will enter the shutdown state. You need to press and hold the touch screen for more than 3-5 seconds to re-starting.



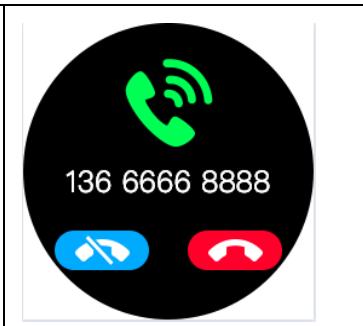
14.5. Sedentary reminder

This function need to be activated when App is on, when you sitting for a long time, the watch would remind you every hour to walk around for a break.



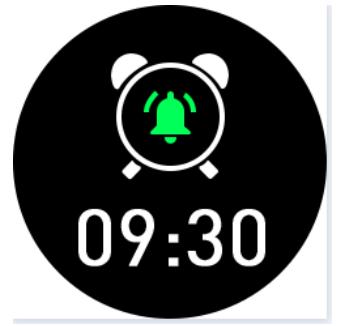
14.6. in-coming call

When connected to the APP, turn on the call reminder function of the APP. When there is an incoming call, the watch will vibrate to remind



15. Alarm clock

The alarm function can be set in the APP, and up to 5 alarms can be set (the alarm time will be reminded when the set alarm time is over 2 minutes)



Why can't the watch receive the message push?

A: Because the Android mobile phone background will automatically clean up the software which is not commonly used, it will cause the watch to drop and no longer push the message.

Solution: Set YFit to start automatically in the background of the phone

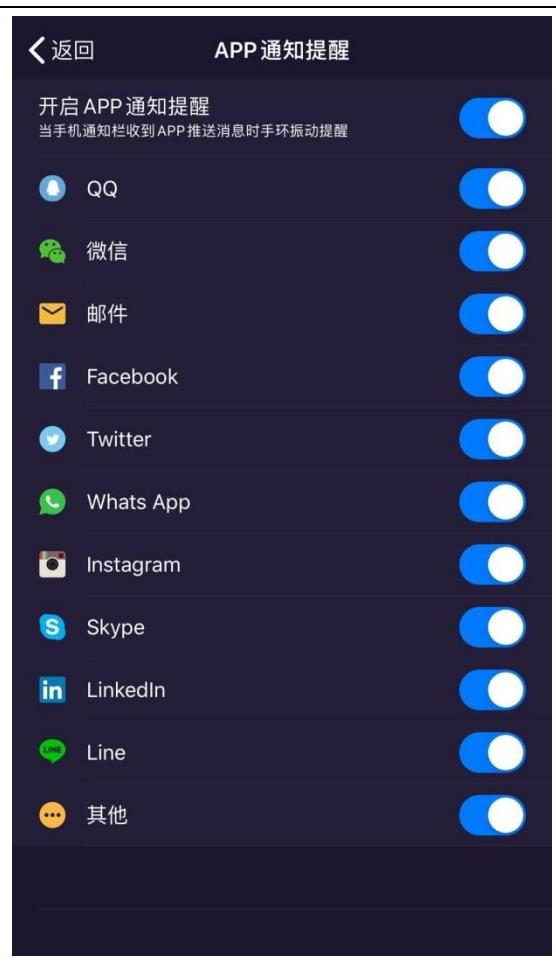
1: Confirm that the message push switch is enabled on the mobile APP side.

2. To make sure messages could displayed normally in the mobile phone's notification bar. The watch message push is pushed by reading the mobile phone notification bar message; if there is no message in the mobile phone notification bar, the watch will not be able to receive the push. Note: You need to find the notification settings from the phone's settings, Turn on the notification f mobile end such as WeChat, QQ, phone, SMS, etc. (Depending on the area or software version difference, some functions may not support push, such as: QQ only supports the Chinese version's Push)

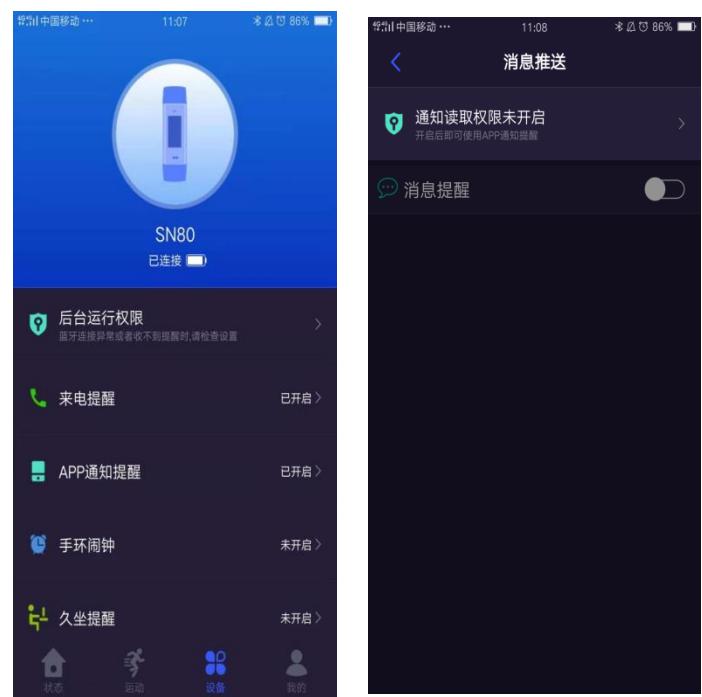
3. YFit Android background running permission: Open YFit APP, select the device page,click to enter the "Background running permission". The APP automatically recognizes the phone model and follows the prompts to perform the jump operation (iPhone phone does not need this operation)

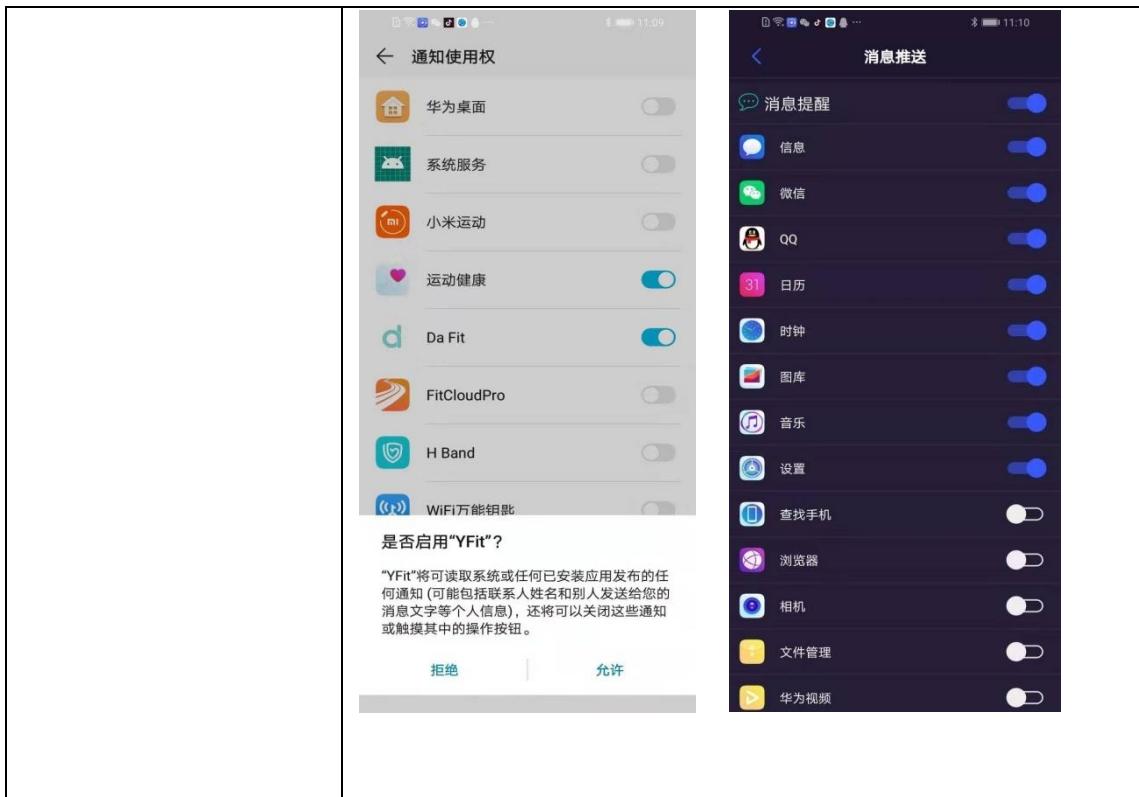
4. Specific setup steps(for iOS phone)

Open the YFit → device page → message push, and then open the message you want to push as shown in right.



Connect to YFit APP, open YFit→device page→APP notification message → turn on notification read permissions → select Enable YFit. Then open the messages you want to push as shown right





5. Specific setup steps(For Android Phones)



Disclaimer:

It is forbidden to throw this product into the fire to avoid an explosion. The battery life varies according to the environment and usage mode.

Warning: This product is not a medical device. The watch and its application should not be used for diagnosis, treatment, or prevention of diseases. If you want to change your habits such as exercise and sleep, please consult qualified medical personnel first. in case suffering serious casualties. Our company reserves the right to modify and improve any of the functions described in this manual without prior notice. At the same time, the company reserves the right to continuously update the contents of the products. All contents are subject to the actual product.

FAQ:**1. Warranty:12 months from the date of purchase****2.Why is the blood pressure value deviated from the sphygmomanometer?**

The deviation of the measurement values of watch and sphygmomanometer are caused by various factors. The sphygmomanometer measurement place is in the brachial artery, and the watch measurement place is the two main branches of the arteriole. Under normal circumstances, the aorta blood pressure measurement and The arterial blood pressure measurements will vary from three to forty; if you use a watch and a sphygmomanometer to measure at the same time, since the blood flowing in the artery is the centrifugal direction of the blood, when using the sphygmomanometer measures,your elbow is under pressure, the blood cannot flow smoothly to the branch of the artery below; the increase in vascular tension will cause the deviation of the upper and lower blood pressure measurements to be larger.

3.Why can't you wear watch for hot water baths, hot springs, saunas, etc.

The bath water temperature is relatively high, it will produce a lot of water vapor, and the water vapor is gas phase. Its molecular radius is small, it is easy to infiltrate from the shell gap of the watch, and when the temperature drops, it will recondense into a liquid phase. Water droplets can easily cause short circuit inside the watch, damage the circuit board and damage watch

Special attention: For other issues of watch' s usage, you can get detailed answers in the app→ suggestion feedback.

FCC statement

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.

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 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.

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

FCC Radiation Exposure Statement

This device complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.