蓝牙智能手表
用户指南

一、 所需说明

二.设备充电

首次使用前需激活充电；

使用自带的磁性充电线将充手表背面的金属触点，充电器的另一端可以连接USB充电头或电脑的USB接口；

三、手表使用说明

a.主界面（时间界面）长按可切换不同风格的表盘

b.在主界面往上划进入信息页面

c.在主界面往下滑进去快捷界面

d.在主界面往左划进入一级界面（计步，睡眠，心率，锻炼，血压，血氧，天气，相机，音乐控制）

e. 在主界面往右划进入功能列表界面（计步，睡眠，心率，锻炼，血压，血氧，天气，相机，音乐控制，其他功能，共中点击其他功能-关于-可查看手表的mac地址

世界面：

计步，计步信息

睡眠，记录详睡和浅睡的时间,睡眠监测时间为20：00-10：00

心率，点击界面，正确佩戴手表进行心率监测，心率设定为每隔5分钟自动检测

锻炼，点击界面进有走路，跑步，骑行，爬绳，羽毛球，篮球，足球，游泳八种运动模式，点击相应的界面进行运动并记录

血压和血氧，点击界面，正确佩戴手表进行血压血氧监测

天气，在气压表会显示当前的天气，空气质量信息，以及后面5天的天气状况，

天气信息需要在app后才可以获取数据

相机，连接app后，手表可作为手机相机前身，点击界面即可拍照

音乐控制，连接手机后，手表可以控制手机内音乐播放器，手机在播放音乐时，可以使用手表的时手机进行播放/暂停，上一首，下一首操作

其他功能界面：秒表，闹钟，计时器，范发调节，震动开关，弱玩模式（开启后手表处于静音模式不接收手表屏幕亮度），恢复出厂，关机，关于，app下载（二维码）界面

四、手表APP “Da fit”下载

1.扫描下方二维码下载并安装 “Da fit”。

1、iOS 到APP Store 搜索下载“Da Fit”，

安卓到Google Play，应用宝，豌豆荚等应用市场搜索下载 “Dafit”

App 连接：

打开手机蓝牙→打开app设置个人信息 > 切换至 “设备 ”界面，点击绑定设备 在扫描设备列表中点击你的设备 > 绑定完成

在手表 “其他功能 ”中的 “关于 ”界面会 显示手表MAC地址，可以通过设备列表中的MAC地址来确定你的设备。

手表绑定成功后，今后每次打开app，手表会自动与手机连接，在app页面底下拉可以同步数据

会注意：为确保数据有效，请在 APP 个人资料输入真实性别、身高、体重、和出生年月

五、App功能设置

1. 表盘选择，在app设备界面可自由切换表盘风格，并且可以任意使用手机中的相册图片设为表盘

2. 消息推送，打开消息推送开关，手表可以接收显示手机上的通知推送（手表消息页面可以储存最近30条的历史记录）

3. 来电提醒（手表和app连接后，来电时手表会持续震动提醒，可选择点击拒接或静音，来电期间可显示来电标志，号码（若手机通讯录有记录该号码则显示来电人名称）

4. 久坐提醒，手表在你久坐1小时后，会提示你起身走走。

5. 喝水提醒，设定喝水次数和间隔

6. 翻腕亮屏，用户在通过转腕亭能实现亮屏

7. 生理周期提醒，有经期管理，备孕调理，两性健康三种提醒模式

常见问题

血压数值为什么跟血压计有偏差？

手表和血压计测量数值出现的偏差是由多种因素决定的，血压计测量部位是在肱动脉，手表测量部位是在指尖端的两个主要分支，正常情况下主动脉血压测量值和指尖血压测量值会相差二到四十，如果你使用手表和血压计同时进行测量，由于动脉里承动的是两心力的血液，血压计测量时带管收的肘正中以下部位如下受压状态，暂时血液无法顺畅的向下面的动脉分支流动，血管紧张感增加，将使上下血压测量值偏差会更大

为什么不能佩戴手表洗热水澡？

在温水的温度以较高，会产生很多的水蒸气，而且水蒸气是气相的，其分子半径小，容易从手表的充体空隙渗进去，当温度降下来后又会重新凝结成相对的水滴，容易造成手表内部线路短路，损伤手表电路板，造成损坏手表

为什么手表接收不到信息？

安卓手机设置

1、确认在手机客户端开启了消息推送的开关

2、确认您在手机通知栏都可以正常显示，手表消息推送是通过获取手机通知栏消息进行推送，若手机通知栏没有消息，手表将无法接收推送（需要在手机设置中视频通知设置，开启微信，qq电话，短信，手机客户端的通知开关）

3、打开手表客户端的辅助功能设置（在手机上设置中找到辅助功能，打开手表客户端的辅助功能设置）。

苹果手机设置

1、确认在手机客户端开启了消息推送的开关。

2、确认您在手机通知栏都可以正常显示（需要在手机设置中找到通知设置，开启微信，qq电话，短信，手机客户端的通知开关）。

Bluetooth Smart Watch
User Manual

1.Description of appearance

2.Charging the device

Watch charging and activation

Recharge activation is required before using the watch for the first time;

Use the equipped magnetic charger to attract the metal contacts on the back of the watch, and the other end of the charger can be connected to the USB charging head or the computer USB interface.

3.Watch Instructions

a. Long press one of the main interface (time page) to switch to different styles of dial

b. Swipe up to enter the messages list at the main interface

c. Swipe down to enter shortcut interface at main interface

d. Swipe left to enter one class interface at main interface(step count / sleep /**heart rate**/ exercise / blood pressure and oxygen / weather / control of music and camera)

e. Swipe right to enter function interface at main interface(pedometer / sleep /**heart rate**/ exercise / blood pressure and oxygen / weather / control of music and camera)**a**t settings ,and click "other" ---about ---see the mac address

One class interface

Step count: data of step count

Sleep : Record deep and shallow sleep times, sleep monitoring time 20:00-10:00

Heart rate: Click on the interface to correctly wear the watch for heart rate monitoring, heart rate set to automatically detect every 5 minutes

Exercise: walk, run, ride, jump rope, badminton, basketball, football, swimming eight sports modes, click on the appropriate interface for sports and record

Blood pressure and oxygen : click on the interface and wear the watch correctly for blood pressure blood oxygen monitoring

Weather:The weather page will show the current weather, air quality information, and weather conditions for the next 5 days. Weather information needs to be connected to the app before you can get the data

Camera When the app is connected, the watch can be used as a remote control for your phone's camera. Click on the interface to take a picture

Music:After connecting your phone, the watch can control your phone's music player. When your phone plays music, you can use your watch to control your phone to play/ pause, play, and play the next song.

Other feature interfaces: stopwatch, alarm clock, timer, brightness adjustment, vibration switch, theater mode (the watch is in silent mode and lowerthed the screen brightness after turning on), factory restoration, shutdown, about, app download (QR code) interface.

4. App download

Scanned below QR code to download "Da fit" app

Search and download "dafit"app in app store for ios

Search and download "dafit"app in google play for android,

Connecting the device

Turn on your phone Bluetooth --- Open the app to set personal information --- switch to the device page and click on the binding device---click on your device in the list of scanned devices--- binding completed

Click Other--about---see mac address,which can be determined by the MAC address in the device list.

After the successful connection of the watch, each time you open the app in the future, the watch will automatically connect with the phone, in the app data page drop-down can sync the data.

Note: To ensure that the data is valid, please enter the real information in the APP profile

5. App feature settings

1. Watch dial selection: in the app device interface can self-switch dial style, and can use the phone in the album picture set to the dial

2. Message push: turn on the message push switch, the watch can receive phone's messages (watch message page can store the last 3 message records)

3. Call reminder: **When calling, the watch will continuously vibrate to remind you.** You can choose to click "Reject" or "mute".

4. Sedentary Reminder: The watch will prompt you to get up and walk after you have been sitting for 1 hour

5. Drink water reminder: set the number and interval of drinking water

6. Flip wrist bright screen: users can also achieve a bright screen by turning wrists

7. Physiological cycle reminder: menstrual management, pregnancy preparation conditioning, sexual health three reminder mode

Frequently asked questions and answers

Why is the blood pressure value deviated from the sphygmomanometer?

The deviation between the measurement value of the watch and the sphygmomanometer is determined by a variety of factors. The measurement site of the sphygmomanometer

is in the radial artery, and the measurement site of the watch is the two main branches of the arteriole. Normally, the aortic blood pressure measurement and the arteriole Blood pressure measurements will vary by three to forty; if you use a watch and a sphygmomanometer to measure at the same time, because the blood flows in the artery in the direction of the centrifuge, the sphygmomanometer measures the straps so that the lower part of your elbow is under pressure. Temporary blood cannot flow smoothly to the branch of the artery below, and the vascular tension is increased, which will make the upper and lower blood pressure measurement values more biased.

Why can't I wear a watch to take a hot bath?

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

Why can't the watch receive the message push?

Android phone settings

1. Confirm that the message push switch is enabled on the mobile client.
2. The confirmation message can be displayed normally in the mobile phone 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 message. (You can set the notification bar in the phone settings -open WeChat- QQ phone SMS -notification button of mobile client.)
3. Open the auxiliary function settings of the watch app (see the auxiliary function in the settings on the phone, and open the auxiliary function settings of the watch app).

Iphone settings:

1. Confirm that the message push switch is enabled on the mobile client.
2. the confirmation message can be displayed normally in the mobile phone notification bar (need to find the notification settings in the phone settings, open WeChat, QQ phone, SMS,mobile phone client notification switch)

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.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.