

Watch Quick Instructions

Component Introduction

Charging interface

Upper button

Sensor

Slide ECG button

Back electrode/temperature sensor

Touch panel

Long press the upper button to turn on/off the machine

Charging method

Before using the watch for the first time, it needs to be charged and activated. Use the equipped magnetic charging cable to attach to the charging contact on the back of the watch, and connect the other end of the charging cable to a USB charging head or computer USB.

How to Use the Watch

Method 1: Scan the QR code on the right to download and install it. "Deepfit"

Method 2: Android phone users enter the "Google Play" to download and install "Deepfit". Apple mobile phone users enter the "App Store" to download and install "Deepfit". (When installing the APP, a pop-up will appear in the right management window of the mobile phone. Please click "Allow" to authorize).

The mobile phone must support: iOS 11.0 and above; Android 6.0 and above; Support Bluetooth version 4.0 or above.

English

Open the mobile client to set up 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

Main function interface

Micro physical examination

Switch to the micro examination interface, where multiple health indicators can be measured. Click on "Measure" to start the test, which will complete and generate the micro examination report and evaluation results can be automatically synchronized to the APP (already when connected to the app.)

Note: The evaluation results are for reference only and cannot be used as medical data.

Step count/distance/calories

Check the number of steps taken, distance traveled, and calories burned at any time throughout the day, and synchronize them with the app to view exercise data.

Phone call

Call function menu contains dialing, contact, communication log (call function must be in connected state to use).

English

Sleep

When falling asleep, the watch will automatically detect entering sleep detection mode, automatically detect your entire night's deep/light sleep/awake duration, and calculate your sleep quality. Sleep data can be synchronously updated to the app.

Note: Wearing a watch to fall asleep at night will provide sleep data.

Heart rate

Switch to the heart rate testing interface to enter real-time heart rate detection, and the detection data can be synchronously updated to the APP.

Electrocardiogram

In the ECG testing interface, long press the ECG button and allow the sensor to fully contact the skin for testing. The test report needs to be viewed in the APP.

Note: The test results are for reference only and cannot be used as medical data.

Body fat

Switch to the body fat interface, press and hold the ECG button, and allow the sensor to fully contact the skin to enter real-time body fat detection. The detection data can be synchronized to the APP.

Note: The test results are for reference only and cannot be used as medical data.

Blood oxygen

Switch to the blood oxygen testing interface to enter real-time blood oxygen detection, and the detection data can be synchronously updated to the APP.

English

Five organ detection

Switch to the five organ detection interface, where multiple health indicators can be measured. Click on the measurement to start the detection, and the organ physical examination report can be completed and generated. The evaluation results can be automatically synchronized to the APP (if the APP is connected).

Note: The evaluation results are for reference only and cannot be used as medical data.

Temperature

Switch to the temperature testing interface to enter real-time temperature detection, and the monitoring data can be synchronously updated to the APP with a test report.

Note: When testing body temperature, the bottom temperature sensor must be in full contact with the skin (test after wearing it for ten minutes). The temperature test will be affected by environmental temperature differences and only serves as a warning/awakening effect, please refer to medical professional equipment and doctor's diagnosis for specific details.

Weather

The weather interface will display the current weather, and weather information needs to be connected to the client before data can be obtained. If the connection is disconnected for a long time, the weather will be affected. The information will not be updated.

Note: The watch does not have a weather interface before of continuous improvement, the principle of continuous development, the company reserves the right to change product specifications and functions, and any product described in this manual is hereby and m.

English

Exercise

Tap the watch menu screen to enter the workout mode, there are a variety of exercises there are various exercises to choose from. Tap the sport icon to enter the corresponding sport detection. Swipe up and down to switch sports, enter the Sports start calculation, and Press the upper button to exit the current exercise monitoring.

Basic parameters

Connection method: Bluetooth.
Connection input: 50mA/2A.
Device requirements: Android 8.0 or iOS 11.0 and above, supporting Bluetooth 4.4.

Caution

1. Prohibit the use of an adapter with charging voltage greater than 5V, charging current greater than 2A, and charging time of 2-3 hours.
2. Prohibit charging in the presence of water damage.
3. Do not disassemble the case of this product without permission, the product will be damaged and lose warranty eligibility.

Special note

1. This product is not a medical device, the measurement results are for reference only, not for any medical purposes and data. Please follow your doctor's instructions and do not rely on the test results for self-diagnosis and treatment.
2. This manual is based on existing information, in the spirit of continuous improvement, the principle of continuous development, the company reserves the right to change product specifications and functions, and any product described in this manual is hereby and m.

English

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.

English

-- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure condition without restriction.

English