Smart Watch
TWS Combo 2 in 1
User Manual

Quick-use Instructions

Note: When testing heart rate/blood pressure/blood oxygen, the heart rate sensor is required to be in full contact with the skin.

Charging & Activating

Charging watch is required before using the watch at the first time. Using the magnetic charging cable to contact the charging pin on the back of the watch, and connect with the charger or USB port.

Charging Diagram

Charging Interface

English

Power On/Off Method

Power On: long pressing the Power On/Off button or charging to power on the watch.

Power Off: long pressing the Power On/Off button to power off the watch.

Watch App Downloading

Scan the QR code below to download and install the App.

Open the mobile client to set personal information:

↓

Switch to the "Device" page and click "Device Binding".

↓

Click on your device in the scanned device list

↓

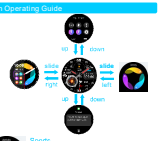
Bind ing complete

In other options, you can determine your device by the MAC address in the options:

After the watch bound successfully, the watch will be automatically connected with App as it runs, and the data can be synchronized by refreshing the app data page.

English

Watch Operating Guide



Sports

The watch is able to record and display your daily steps, calories burned and mileage information.

More detailed information analysis and data records can be viewed in the client.

Sleep

The watch is able to record and display the total length of your sleep last night and the length of deep sleep and light sleep.

More detailed information analysis and data records can be viewed in the client.

Heart Rate

Click the heart rate icon to measure the current heart rate.

More detailed information analysis and data records can be viewed in the client.

English

Exercise

Multiple sports modes are available, including: walking, running, cycling, basketball, football, badminton and rope skipping.

More detailed information analysis and data records can be viewed in the client.

Phone Calling

This interface can control the phone to make calls. View recent calls, etc.

Blood Oxygen

Click on the blood oxygen icon to measure the current blood oxygen value.

More detailed information analysis and data records can be viewed in the client.

Weather

The weather page displays current weather, air quality information, and tomorrow's conditions. The weather information needs to be connected to the client to obtain the data. If the connection is disconnected for a long time, the weather information will not be updated.

Message Notification

The watch is able to receive the notification push displayed on the mobile phone, and the push item switch can be set in the client.

The watch message page can store the latest message records.

English

Camera control

After connecting the phone, the watch can be used as a remote control for the phone camera. After opening the camera on the phone, click on the watch camera control page to trigger the phone camera shutter.

The delayed photo opportunity can be set to 0 seconds, 3 seconds, and 10 seconds

Alarm Clock

The smart alarm clock of the watch can be set in the client, and up to 3 alarm clocks can be set. When setting the time, the watch will display the alarm icon and vibrate.

Other features

Other features of the watch include silent mode, brightness adjustment, factory reset, and shutdown operation.

Music Control

You can control phone playback/pause on the music control interface Music, Previous/Next, Volume of Music+-.

Special Notes

Please ensure that the phone must be opened in the smartwatch according to the diagram

Audio can only be used for audio and call functions

English

TWS Status

You can see the headset state here, including three states: headset removal, charging and full power.

Instructions for using the Bluetooth headset func

A: TWS pairing

1. Headset pairing. Take the headset out of the wristband host, there will be a power-on prompt, turn on Bluetooth in the phone settings, find the corresponding Bluetooth name "G-Pods" for Bluetooth connection, the TWS headset has been paired before the factory. Only the Bluetooth name "G-Pods" is displayed. If the phone is connected, it means that the product has been successfully connected.

2. The TWS headsets have been paired successfully at the factory. When the headsets are removed from the main unit of the bracelet, they will automatically turn on and automatically pair and connect.

3.If the headset is disconnected from the phone during use or the headset is not connected, the phone needs to be reconnected to Bluetooth. There is a previously connected Bluetooth model in the Bluetooth under the phone settings, please clear it first, and then search for Bluetooth G-Pods to connect.

Attention: This app is not a medical device. Data obtained during the use of this app is for reference only, and should not be used for clinical diagnosis , medical research, diagnostic, or treatment purposes.

English

B: The middle surface of the headset is a touch surface, which is used to touch control to answer/hang up the phone, control the previous/next song, AI voice assistant.

C: Answer and hang up calls

When you call, remove the headset from the bracelet, and touch the left ear or right ear for two consecutive times. Answer the phone, then touch the phone two and hang up

D: Music operation

Double click to pause / play, triple Click to previous / next

E: AI voice assistant and call

When the headset is connected to Bluetooth, press and hold the touch button for knock for three to activate the siri of the iphone and the voice assistant of the Android phone. The voice assistant can be used to make calls, query the weather, navigate maps and other functions. Voice activation is only effective when the phone is in the standby interface or the main time interface.

Q: Why is the earphone not sensitive to touch when it is put in

The headset is touched, and sometimes it wears ears, which makes the touch insensitive. Just turn the headset in a direction.

English

Frequently Asked Questions and Answers

Q: Why is there a deviation between the blood pressure value and the sphygmomanometer?

A: The deviation of the measured values between the watch and the sphygmomanometer is mainly caused by the fact that the wrist mount side of the sphygmomanometer is at the brachial artery, and the measured wrist side of the watch is in the two main trunkbes of the arteries. Under normal circumstances, the difference between the aortic blood pressure measurement value and the micro-arterial blood pressure measurement value will be three to forty. When the watch and the sphygmomanometer are used for measurement at the same time, because the wrist is far from the heart, the blood flow in the original direction, the stop will cause the part below the middle of the elbow to be compressed when the sphygmomanometer measures, causing the blood to temporarily fail to flow smoothly to the branch of the artery below. At the same time, the vascular tension will increase, so that the deviation of the upper and lower blood pressure measurements will be greater.

Q: Why can't the watch be used when taking a hot bath?

A: The waterproof function of the watch is designed to prevent it from generating a lot of water vapor. Since water vapor is in the gas phase, its molecular radius is small, and it is easy to penetrate into the gap of the watch case. When the temperature drops, it will no condensate into water droplets in the liquid phase, causing a short circuit in the watch's internal circuit, damaging the watch's circuit board, and then damaging the watch.

Q: Why can't the watch receive message push?

A: Android phone settings:

1. Confirm that the message push switch is turned on in the mobile client;
2. Confirm that the message can be displayed normally in the notification bar of the mobile phone (If a 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.) It is required to find the notification settings in the phone settings, turn on the notification switch of WeChat, QQ, phone, SMS, mobile client)
3. Confirm that the watch is bound to the phone.

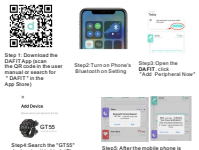
(It is required to find the auxiliary function in the phone settings, open the auxiliary function settings of the bracelet client)

A: Apple phone settings:

1. Confirm that the message push switch is turned on in the mobile client;
2. Confirm that the message can be displayed normally in the notification bar of the mobile phone (It is required to find the notification setting in the mobile phone settings, turn on the notification switch of WeChat, QQ, phone, SMS, mobile client)

English

How to connect to a smartwatch and use call answering and dialing functions



Step 1: Download the DAFIT App (scan the QR code in the user manual or search for "DAFIT" in the App Store)

Step2: Turn on Phone's Bluetooth on Setting

Step3: Open the **DAFIT**, click "Add Peripheral Now"

Step4: Search the "GT55" device, tap it to bind. (Please fully charged it when the first time to use.)

Step5: After the mobile phone is successfully connected, please click to allow "Pair" and "Allow" notification.

Step6: Swipe down the watch homepage, tap and turn on the "Call" function.

Step 3: You can now use your watch to receive and make calls.

*Note: Please do not connect the watch to the phone's Bluetooth directly, otherwise some functions may not be available

English

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.

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

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

RF exposure:

This device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

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English