

Smart Watch

User Guide



Watch quick use instructions

Power on/off method:
Power on: Long press the power on button to start the machine, or charge it to start the machine.
Power off: Press and hold the power on button to shut down

Watch client download:
Scan the QR code below to download and install the watch client

Charging contacts, Heart rate sensor

Note: When using heart rate detection, please avoid oxygen, the heart rate sensor is required to be in full contact with the skin.

Watch charging and activation
Charge activation is required before using the watch for the first time. Use the supplied magnetic charger to attract the metal contacts on the back of the watch and connect the other end of the charger to a USB charging head or a computer with a mouse.

In other options, you can determine your device by the MAC address in the options
After the watch is successfully bound, each time the client is opened in the future, the watch will automatically connect with the phone, and the data can be synchronized by pulling down on the client data page.

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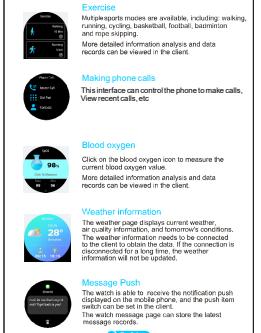
Watch operation guide

Sports Information
Click on the sports information icon to measure the current heart rate, calories burned and mileage information. More detailed information analysis and data records can be viewed in the client.

Weather information
The weather page displays current weather, air quality index, and the current weather conditions. The weather information needs to be connected to the client to obtain the data. If the connection is disconnected, the weather information will not be updated.

Message Push
The watch is able to receive the notification push displayed on the message page, and the push can be viewed in the client. The watch message page can store the latest message records.

Special precision



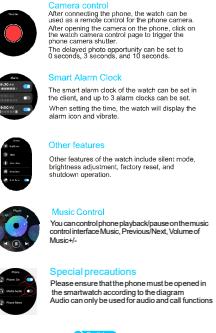
Exercise
Multi-sports modes are available, including: walking, running, cycling, basketball, football, badminton and more. More detailed information analysis and data records can be viewed in the client.

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

Other features
Other features of the watch include stem 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 and Music.



Smart control
After connecting the phone, the watch can be used as a remote control for the phone cameras. After opening the camera on the phone, click on the watch camera control page to trigger the camera. The delayed photo opportunity can be set to 0 seconds, 5 seconds, and 10 seconds.

Frequency Asked Questions and Answers

Q: Why is there a deviation between the blood pressure value and the measured value?
A: The deviation of the measured values between the watch and the sphygmomanometer is determined by many factors. The measurement site of the watch is in the two main branches of the aortic blood pressure measurement value and the intra-arterial blood pressure measurement value. The measurement site of the sphygmomanometer is used for measurement. At the same time, because the measurement site of the watch is in the two main branches of the aortic blood pressure measurement value and the intra-arterial blood pressure measurement value, the measured value will cause the part before the middle of the elbow to be compressed when the sphygmomanometer is used for measurement. The blood will flow smoothly to the branch of the artery below. At the same time, the vascular tension of the blood vessels will increase, so the measured blood pressure measurement will be greater.

Q: Why is the watch not able to take a hot bath?
A: The lens curvature of the bath water is relatively high, which will cause the watch to be submerged in water. At the same time, the interocular radius is small, and it is easy to penetrate into the gap of the watch. When the watch is submerged in water, the water droplets will penetrate into 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: Apple phone settings:
1. Confirms that the message push switch is turned on in the mobile client.
2. Confirms that the message push switch is turned on in the mobile phone notification bar, the watch message push is pushed by reading the message push in the mobile phone notification bar. If the message push is not turned on in the mobile phone notification bar, the watch will not be able to receive the message push.
3. Confirms that the message push switch is turned on in the mobile phone notification switch of WinOne, QQ, phone, SMS, mobile client.
4. Open the notification switch of the mobile phone.
(It is required to find the auxiliary function in the phone settings, open the notification switch of the mobile phone.)
Android phone settings:
1. Confirms that the message push switch is turned on in the mobile client.
2. Confirms that the message push can be displayed normally in the notification bar of the mobile phone. (It is required to find the notification setting in the phone settings, open the notification switch of WinOne, QQ, phone, SMS, mobile client.)



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

Step 1: Download the DAFIT App (use the DAFIT App to search for "DAFIT" in the App Store)

Step 2: Turn on Phone's Bluetooth on Setting

Step 3: Open the DAFIT, click "Add Peripheral Now"

Step 4: Search the "MT55" device, tap its bind. (Please tap "Add Device" when the first time to use.)

Step 5: After the mobile phone is successfully connected, please click to allow "Pair" and "Allow" notification.

Note: Please do not connect the watch to the phone x Bluetooth directly, otherwise some functions may not be available.

Step 6: Swing down the watch homepage, tap and turn on the "Call" icon.

Step 7: You can now use your watch to receive and make calls.

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

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

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.