Smart Sports Watch

User Guide

Watch 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.

Watch charging and activation

Charge activation is required before using the watch for the first time; Use the adapted 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 USB interface.

Schematic diagram of bracelet charging

Charging diagram

English

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

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

↓

Binding complete

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.

English

Watch operation guide

Sports Information

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.

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 value.

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

Weather information

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.

Massage Push

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.

Smart 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 precautions

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

Hardware Specifications

CPU	JL7012A6
Heart Rate Sensor	VC30F-S
G-Sensor	Triaxial G-Sensor
Memory	640KB SRAM+ 128Mb FLASH
Display	1.43" AMOLED
Screen Resolution	466*466 pixcel
Touch Screen	Full touch capacitive screen
Bluetooth	BLE5.3
Accelerator	YES
Vibration Motor	Built-in
Button	power button
Battery	200mAh Lithium Polymer Battery,3.8V
Charging Method	Magnetic charging pin cable,5V,DC USB

English

Frequently Asked Questions and Answers

1. Off: Connect the charger to activate the bracelet for the first time; If the battery is dead, charge it.
2. Bluetooth connection is unavailable:
A: Please ensure that the bluetooth of the mobile phone is turned on and the bracelet is turned on.
B. When searching for Bluetooth, ensure that the bracelet is not bound to another account.
C. When searching for Bluetooth, try to keep the bracelet close to the phone.
3. Bluetooth is automatically disconnected, so the message cannot be pushed: the notification is enabled (auxiliary functions also need to be enabled): Check to see if it is enabled when you push a message.
If the do not disturb mode is enabled, no messages will be pushed.
4. After the bracelet is connected to the mobile phone, the data of exercise, sleep and heart rate are not synchronized to the mobile phone APP: Please try to disconnect the Bluetooth and reconnect it again.

Note: In order to save electricity, many mobile phone systems will automatically clear background applications and automatically close the bracelet APP, resulting in bluetooth disconnection. In this case, please add the bracelet APP to the whitelist of the mobile phone, find a similar mobile phone manager or security center, Add the APP to the whitelist or allow self-start in the power management or self-start setting options.

Tips:
1. The bracelet is not a medical device, and the measured health data is for reference only.
2. Instructions are subject to change without prior notice.

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 "MT55" 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.

Step3: 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:

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

智能运动手表

使用说明书

User Guide

手表快速说明

注意：刻动心率/血压/血氧时需要将心率传感器完全接触皮肤

手表充电与就活

首次使用手表之前需要充电激活。

使用配备的磁吸充电器吸附手表背面的金属触点，充电器另一端接入USB充电头或者电脑USB接口 即可。

手环充电示意图

充电示意图

中文

开/关机方法:

开机：长按开机键开机，或者充电就开机

关机：长按开机键关机

手表客户端下载

扫描下方二维码下载并安装手表客户端

打开手机客户端安装个人信息

↓

切换至【设备】页面，点击【绑定设备】

↓

在扫描到的设备列表点击你的设备

↓

绑定完成

在其他选项里面可以通过关于选项里面的MAC地址来确定你的设备

手表断运动功能，个别有改打开客户端，手表会自动与手机连接，在客户端数据页面下拉可以同步数据。

中文

手表操作指导

主界面操作示意图

运动信息

手表可以记录并显示你每次的刷锻炼的长以及消耗卡，选择锻炼时长。

更多详细信息分析以及数据记录可以在客户端中查看。

睡眠

手表可以记录并显示你每次的刷锻炼的长以及消耗卡，选择锻炼时长。

更多详细信息分析以及数据记录可以在客户端中查看。

心率

点击心率图标，可以测量当前心率值。

更多详细信息分析以及数据记录可以在客户端中查看。

中文

锻炼

多种运动模式可供选择，包括：走路、跑步、骑行、篮球、足球、羽毛球运动等。

更多详细信息分析以及数据记录可以在客户端中查看。

拨打电话

这个界面可以控制手机拨打电话，查看最近通话等

血氧

点击血氧图标，可以测量当前血氧值。

更多详细信息分析以及数据记录可以在客户端中查看。

天气信息

天气页面会显示当前的天气、空气质量信息，以及明日的状况。

天气信息需要连接客户端后才可以获取数据，如果长时间断开连接，天气信息将无法更新。

消息推送

手表可以接收显示手机上的通知推送，可在客户端个设置推送项目开关。

手表将自动保存以最存最近消息记录。

中文

相机控制

连接手机后，手表可以作为手机相机遥控器。

在手机上打开相机后，在手表相机控制页面点击可触发手机相机快门。

延迟拍照时间可以设置为0秒，3秒和10秒。

智能闹钟

在客户端中可以设置手表的智能闹钟，最多可以设置3个闹钟。

在设定的时间，手表将会显示闹钟图标并震动。

其他功能

手表的超级功能中包含静音模式、亮度调节、恢复出厂设置、关机操作。

音乐控制

在音乐控制界面可以控制手机播放/暂停音乐，上一曲/下一曲，音乐的音量+/-

特别注意事项

请确保必须按照图在智能手表中打开手机音频才能使用音频和通话功能

中文

本机硬件规格参数

主控芯片	杰里7012A6
心率传感器	VC30F-S
重力传感器	三轴重力传感器
内存	640KB SRAM+128Mb FLASH
显示屏	1.43"AMOLED显示屏
屏幕分辨率	466*466像素
触摸屏	全触摸电容屏
蓝牙版本	BLE5.3
电池信息	200mAh, 3.8V聚合物锂电池
马达	线性扁平振动马达
按键	电源按键
充电	磁吸充电，5V 直流 USB
支持手机系统	IOS 10.0以上，Android 5.0以上

中文

常见问题与解答

1、不开机，第一次使用时，请连接充电器以激活手环；如果手环没电，请充电。

2. 无法进行蓝牙连接：

a、请确保手机蓝牙为开启状态，手环在开机状态；

b、搜索蓝牙时，请确保手环未被其他设备绑定；

c、搜索蓝牙时，手环与手机尽量在较近距离内；

3. 蓝牙自动断开，导致消息不能推送：请检查开启状态（辅助功能也需开启），推送消息时注意是否开启了勿扰模式。开启了勿扰模式是不会推送任何消息的。

4、手环连接手机后，运动、睡眠、心率数据未同步至手机APP，请尝试断开蓝牙后再重新连接。

注意：很多手机系统为了省电，会自动清除后台应用，自行关闭手环APP，导致蓝牙断开，此种情况需要相对应的设置手机，在手机管理找到各位手机管家或者安全中心，在电量管理或者自启动设置选项里，把APP添加到白名单或允许自启动即可。

温馨提示：

1. 本手环防尘产品，不测健康数据仅供参考。
2. 说明书如有更新，恕不另行通知。

中文

如何连接智能手表及如何使用呼叫接听和拨打功能？

步骤1: 下载DAFIT应用程序（扫描用户手册中的二维码或在应用商店中搜索 "DAFIT" ）

步骤2: 打开手机的蓝牙设置

步骤3: 打开DAFIT 单击 "添加设备"

步骤4: 搜索"MT55"设备，单击该设备进行配对（需满电）

步骤5:成功连接手机之后，请单击以允许 "配对" 和 "允许" 通知

步骤6: 向下滑动手表界面点击并开启 "呼叫" 功能

步骤7: 现在你可以使用手表来拨打接听和接打电话

*注意：请不要将手表直接连接手机的蓝牙，否则其他功能可能不可用。

中文

警告：

设备符合FCC规则第15部分的要求。设备的操作需遵守以下两个条件：

（1）该设备不得产生有害干扰；

（2）该设备必须接受任何接收的干扰，包括可能造成非预期操作的干扰。本设备未经特审要的责任方明确批准的更改或修改可能会使用户操作该设备的权限无效。

注：该设备已经过测试，符合FCC规则第15部分所规定的B类数字设备的限制。这些限制旨在为住宅安装提供合理的保护，以防止有害干扰。该设备产生、使用并可辐射无线电频率能量，如果未按照说明安装和使用，可能会对无线电通信产生有害干扰。但是，不能保证在特定的安装中不会发生干扰。如果该设备确实对无线电或电视接收造成有害干扰（可通过开启该设备确定干扰），建议用户尝试通过以下一项或多项措施来纠正干扰：

-- 重新定向或重新放置接收天线。

-- 增加设备与接收机之间的距离。

-- 将设备插入到与接收机所连接的不同电路的插座上。

-- 咨询经销商或有经验的无线电/电视技术员寻求帮助。

注：该设备及其天线不得与其他天线或发射器共位或共同操作。

射频暴露：

设备符合FCC规则第15部分的要求。设备可以在不受限制的便携式暴露条件下使用。