尺寸：60X80MM　来料统一英文片在正面

60.00 mm

80.00 mm

正面

FereFit

user's manual

Smart Watch

Thank you for choosing our smart watch.

You can read this manual to get a comprehensive understanding of how to use the device. This device is mainly adapted for use by connecting to your cell phone via Bluetooth, provides a variety of practical functions and services to facilitate your operation of your cell phone, and develops a lot of functions for human movement and health. The Company reserves the right to make changes to the contents of this manual without prior notice.

This product is not a medical device, and the health data and recommendations provided are for reference only and are not used as a basis for diagnosis and treatment.

The watch is connected to the cell phone

First of all, you need to download the app **"FereFit"** to your cell phone and install it in two ways.

1、IOS/Andriod cell phone users:

Scan the QR code below through your mobile browser or scan it with WeChat to open the interface, then select Android/iOS in the interface and open the download using your mobile browser.

The QR code below is for FereFit APP download

Android/iOS

2、Android cell phone on the application treasure, Google Play search **"FereFit"** download, Apple cell phone can be on the App Store search **"FereFit"** download.

After the download is completed, there will be a variety of permission reminders during the installation process, all click agree, the watch and the phone should be connected to two Bluetooth: 3.0 and 5.0 in order to realize all the functions.

Bluetooth 5.0 connection method: after the installation is completed, open **"FereFit"** and open the phone Bluetooth, **FereFit** will be enabled notification prompt, tap OK. Tap the bottom right corner of more, enter the scanning device, search for Bluetooth address and tap to connect on it, some Android phones need to open the phone GPS to search the watch Bluetooth name.

Bluetooth 3.0 connection method: 1, open the watch 3.0 bluetooth 2, open the cell phone bluetooth, click on the name of the watch bluetooth need to be connected - according to the prompts to connect the bluetooth device, cell phone shows "connected" can be.

How to identify the success of Bluetooth connection: standby interface watch pull up the status bar, watch 3.0 and 5.0 Bluetooth for blue + green, it means that the Bluetooth connection is successful, when the color of the Bluetooth logo gray, it means that the Bluetooth is not connected.

Simple treatment of common problems: Due to the lack of uniformity in the Bluetooth protocol of each cell phone brand, sometimes there will be unstable Bluetooth connection between the cell phone and the watch, you can turn off the Bluetooth of the cell phone and reconnect it again, or restore the watch to factory settings.

How to set up incoming mail notification

Go to Settings-Application Management, find **"FereFit"**-Permission Management, and turn on all the permissions. Then go to Notification Management - find **"FereFit"** and turn on all permissions.

Note: If the computer version of WeChat is online at the same time, the cell phone will not receive notifications of incoming messages. Some phones also need to add "FereFit" to the power saving whitelist to avoid being turned off by the phone when the battery is low.

What if I don't receive the notification?

First of all, the notification function of the watch is only synchronized with the notification function of the cell phone, such as incoming calls, QQ and WeChat incoming message reminders, if your cell phone does not receive the notification, then the watch side is also not received, you have to set up the cell phone - notification function, to find the corresponding APP, to allow notification to be turned on.

Introduction to the main features

Encoder: standby interface rotate button to switch dials, slide up and down in the secondary menu; full star style menu can be zoomed in and out, the interface is put to the maximum to access the application in the middle of this interface.

Dial Push: You can push pointer dials, digital dials and customized dials on APP side.

Phone: you can make a call by dialing a number from the watch, view call logs, contacts, and set incoming calls/buttons to be muted or vibrate

Contacts: You can add contacts to the watch phonebook through the APP.

Call logs: You can synchronize the call logs on your cell phone.

Dialing Keypad: Connects to your cell phone to dial out calls on the watch side.

Activity data: you can view the whole day's step count, historical step count, calorie consumption and walking distance on the same day. The interface data will be reset to 0 every night after 24:00 across the day.

Messages: view the messages pushed by the cell phone, support facebook, twitter, whatsapp, qq, wechat and so on.

Music: Connect to control the playback of music from your cell phone.

Heart rate: the watch is placed close to the wrist, the optimal wearing position is at the wrist bone against the upper part of the arm, and real-time heart rate can be measured.

Blood Oxygen: Enter that is to start measuring, when measuring, please keep the arm in a stationary state, about 20 seconds after the value.

Blood Pressure: Monitoring will begin upon entry. When monitoring, please hold your hand flat and measure the value after about 20 seconds.

Alarm Clock: 3 alarms can be synchronized via APP; alarms can also be set on the watch side.

Voice assistant (Siri): After connecting 3.0 /5.0 Bluetooth, the watch side can chat by clicking the voice assistant.

Sleep: It will record the sleep duration and sleep quality from 21.00 of the day to 9:00 am of the next day, which will help to better adjust personal work and rest time and improve the sleep quality, and you can synchronize to view the sleep data by connecting to the APP.

Sports: The watch has a variety of sports specialties: running, walking, soccer, badminton, tennis, basketball, table tennis, cycling and many other sports.

Take photos: when the phone is not locked screen state, the watch enters the Bluetooth to take photos, the phone enters the photo interface, tap the watch to take photos, the photos will be stored in the album on the phone side.

Find Cell Phone: Connect Bluetooth, the watch taps Find Cell Phone, the cell phone will ring until it is canceled.

Find Device: Tap Find Device on the APP side, the watch side will continue to vibrate until it is canceled.

Weather: 3 days of weather conditions can be displayed on the watch side after connecting Bluetooth.

Stopwatch: Turn on this function for single and multiple timing.

Breathing: You can set the length of the exercise and the breathing rate.

Calculator: Access allows for easy calculations.

Menu Style: You can choose different menu styles according to your preference.

Settings: Allows you to make system settings.

Component function: dial interface right slide can quickly access: heart rate, sleep, weather, music function.

Women's health function: menstruation and ovulation safe period reminder function.

Games: The list of games includes the game "Dumb and Dumber".

Settings: Various local settings can be made

Dial Setting: Enter to set your favorite dial.

Theme switching: Enter to set different menu styles.

Menu background: Set different menu backgrounds according to your needs.

Display: Enter the settings that can adjust the screen brightness, turn on the Spirit Island, set the bedside clock, the time of the bright screen, the time of the constant light, and other functions.

Raise hand to light up the screen: enter to set the time to raise hand to light up the screen.

Rest screen dial: enter to set different rest screen style according to your preference.

Vibration setting: enter to set the vibration level, and crown touch vibration

Sound Settings: Enter to set call volume, media volume, etc.

LanguageSettings: After turning on the automatic synchronization, you can automatically synchronize the watch language according to the current language of the phone, and turn off the synchronization to choose the corresponding language by yourself.

Time Settings: Enter to set your own time and time format.

Password Setting: You can set a password, if you forget it, you can use 8888 to unlock it.

Gesture control: open the gesture control function, two fingers can answer the phone by tapping each other 2 times

Connect to your phone: use your phone to scan the QR code, it will jump to **FereFit** APP download.

About: You can check the watch model, software version and watch Mac address.

60.00 mm

80.00 mm

反面

FereFit

用户手册

智能手表

感谢您选择本公司智能手表。

您可以通过阅读本手册，全面地了解设备的使用方法，此设备主要通过蓝牙连接手机进行适配使用，提供了多种实用的功能和服务，以方便您对手机进行操作，并开发了很多针对人类运动和健康的功能。本公司保留在不作任何预先通知的情况下对本手册中内容作修改的权利，恕不另行通知。

本产品非医疗器械设备，所提供的健康数据和建议仅供参考，不作为诊断和治疗的依据。

手表与手机的连接

首先手机要下载 APP **"FereFit"** 到手机上并安装，两种方式。

1、IOS/Andriod 手机用户：

通过手机浏览器扫描下面二维码，或用微信扫一扫，打开界面后，选择界面中的 Android/iOS，在使用手机浏览器打开下载。

下图二维码为 FereFit APP 下载

Android/iOS

2、安卓手机上应用宝、Google Play 搜索"FereFit"下载，苹果手机可上 App Store 搜索 "FereFit" 下载。

下载完成后，安装过程中会有各种权限提醒，全部点击同意，手表跟手机要连二个蓝牙：3.0 跟 5.0 才能实现所有的功能。

蓝牙 5.0 连接方法：安装完成后，打开 "FereFit" 并打开手机蓝牙，FereFitt 会有启用通知提示，点确定。点右下角更多，进入扫描设备，搜索蓝牙地址并点连接就可以了，部分安卓手机需打开手机 GPS 才能搜到手表蓝牙名称。

蓝牙 3.0 连接方法：1、打开手表 3.0 蓝牙 2、　打开手机蓝牙，点击所需要连接的手表蓝牙名称--根据提示连接蓝牙设备，手机上显示 "已连接" 即可。

如何鉴定蓝牙连接成功：待机界面手表上拉状态栏，手表 3.0 跟 5.0 蓝牙为蓝色+绿色时，则说明蓝牙连接成功，当蓝牙标志颜色置灰时，则说明蓝牙未连接。

常见问题简易处理方法：由于各个手机品牌的蓝牙协议没有统一性，有时会出现手机跟手表蓝牙连接不稳定的情况，可将手机蓝牙关闭了再重新连接一次，或将手表恢复出厂设置。

如何设置来信通知

手机进入设置-应用管理，找到 "FereFit" -权限管理，全部打开。再进入通知管理-找到 "FereFit" 所有权限打开。

注意：如果微信电脑版同时在线，手机端是收不到来信通知的。有的手机还需要在省电白名单将 "FereFit" 添加进来，避免低电量时被手机关闭。

收不到通知怎么办？

首先手表的通知功能只是同步手机通知功能，如来电来信，QQ 微信来信提醒，如果你的手机没有收到通知，那手表端也是收不到的，要在手机设置-通知功能，找到对应的 APP，把允许通知打开。

主要功能介绍

编码器：待机界面旋转按钮可切换表盘，在二级菜单中可上下滑动；满天星风格菜单可放大和缩小，界面放到最大后可进入该界面中间的应用。

表盘推送：可推送 APP 端指针表盘、数字表盘及自定义表盘。

电话：可通过手表接号打电话，查看通话记录，联系人，设置来电/按键静音或者振动

联系人：可通过 APP 端添加联系人至手表端电话簿

通话记录：可同步手机端通话记录。

拨号键盘： 连接手机拨出电话，可在手表端实现通话。

活动数据：可查看当天全天步数、历史步数，卡路里消耗和行走距离。每晚 24 点跨天后，界面数据会重新归 0。

信息：查看手机端推送的消息，支持 facebook、twitter、whatsapp、qq、微信等。

音乐：连接后可控制播放手机中的音乐。

心率：将手表贴紧手腕，最佳佩戴位置在手腕骨靠手臂上方，可测出实时的心率值

血氧：进入即开始测量，测量时，请保持手臂处于静止状态，大概 20 秒后测出数值。

血压：进入即开始监测，监测时，请把手平放着，大概 20 秒后测出数值。

闹钟：可通过 APP 同步 3 个闹钟；手表端也可以设置闹钟。

语音助手（Siri）：连接 3.0 /5.0 蓝牙后，手表端点击语音助手可进行聊天。

睡眠：将记录当天 21 点至第二天早上 9 点时间段的睡眠时长和睡眠质量，帮助更好的调整个人作息时间，提高睡眠质量，可通过连接 APP 同步查看睡眠数据。

运动：手表拥有多样运动专项：如跑步、健走、足球、羽毛球，网球，篮球。乒乓球。骑行等多种运动。

拍照：手机不锁屏状态下，手表进入蓝牙拍照，手机进入拍照界面，点手表拍照，照片将存储在手机端相册里。

查找手机：连接蓝牙，手表点击查找手机，手机铃声将会响起直至取消为止。

查找设备：APP 端点击查找设备，手表端将会持续振动直至取消为止。

天气：连接蓝牙后，手表端可显示 3 天天气情况。

秒表：打开此功能可进行单次、多次计时。

呼吸：可设置练习时长和呼吸速度。

计算器：进入可进行简易计算。

菜单风格：可根据自己喜好选择不同菜单风格。

设置：可进行系统设置。

组件功能：表盘界面右滑可快速进入：心率、睡眠、天气、音乐功能。

女性健康功能：月经排卵安全期提醒功能。

游戏：游戏列表有 "笨鸟先飞" 游戏。

设置：可进行各种本机设置

表盘设置：进入可设置喜欢的表盘。

主题切换：进入可设置不同的菜单风格。

菜单背景：按自己需求设置不同的菜单背景。

显示：进入可调节屏亮度、打开灵动岛、设置床头钟、亮屏时间，常亮时间等功能的设置。

抬手亮屏：进入后可设置抬手亮屏时间。

息屏表盘：进入后可根据自己的喜好设置不同的息屏风格。

振动设置：进入后可设置振动等级，以及表冠触摸振动

声音设置：进入可以设置通话音量、媒体音量等

语言设置：打开自动同步后，可根据手机当前语言自动同步手表语言，关闭同步可以自己选择对应语言。

时间设置：进入可以自己设置时间和时间格式。

密码设置：可设置密码，如忘记，可用 8888 解锁。

手势控制：打开手势控制功能，双指互点 2 下可接听电话

连接手机：使用手机扫一扫二维码，将会跳转 **FereFit** APP 下载。

关于：可查看手表型号、软件版本及手表 Mac 地址。

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.

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