

SMART WATCH

User manual



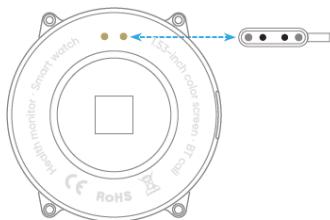
*Please read this manual carefully before use and keep it for spare

•English

PACKING LIST

* Watch X1 * Watch band X1 * Charging cable X1 * Instruction manual X1

CHARGING METHOD



When using it for the first time, please take out the bracelet, and charge the device with the corresponding charger. The bracelet will start automatically when charging.

The charging mode is shown in the left figure:

Align the two contacts of the charger with the charging position on the back of the bracelet, the magnetic suction charging base will automatically close, and the other end will be connected to the standard USB interface for charging

*If power on fails after long pressing the power button, charge the battery and try again

CONNECTING THE PHONE

1. Install the APP

Scan the QR code below or enter the app to download and install "ZmooFit".



ZmooFit



APP Qr code

2. Device connection

When using the watch for the first time, you need to connect to the APP for calibration. If the APP is successfully logged in, you need to set personal information. After the connection is successful, the bracelet will automatically synchronize the time, otherwise the step counting and sleep data will be inaccurate.

After the mobile APP is successfully set, click: select device.

Open the App on your phone, log in or
register your account

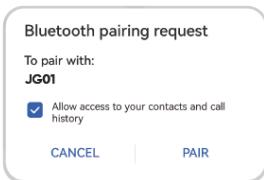
Click [Device>Add Device>Start Search] in the App

Select the Bluetooth name of the watch in the search
results to complete the pairing

*IOS 9.0 and above

*Android 4.4 and above

CONNECTING AUDIO



After the watch and APP are successfully connected, bluetooth pairing request will pop up in about 3 seconds, as shown on the right: After authorizing the communication and call permissions, click to pair, and the watch audio is connected successfully. You can use the bluetooth calling and bluetooth music playback functions. To disconnect the audio, open the watch control center and click the phone icon to disconnect the audio connection.

* Please make sure that bluetooth is turned on before connecting the phone

FUNCTION INTRODUCTION

NFC applications

This watch has NFC wireless function, which can be mainly used for access control (attendance elevator, parking) swiping card, quick command, etc. The related functions require your mobile phone to support NFC and related functional applications.

① Access card application

This watch is equivalent to an NFC tag, which can replace ordinary access control cards or access keys. Please go to your access control card management office (or property management office) for access control entry and card creation.

② NFC shortcut or other applications

You can also use it to make use of other NFC function applications in your mobile phone (such as the shortcut commands of Apple mobile phone, please check the mobile phone NFC related instructions and applications for details)

Introduction to the process of enabling NFC shortcuts on Apple mobile phones!

iPhone enable NFC shortcut instructions process introduction!

① Turn on NFC in the phone settings (Settings - General - Turn on NFC)

② Open the "Shortcut Command" app on your phone, then follow the operation path "Automation - Create Personal Automation - NFC" and click "Scan"

③ Put the watch dial close to the NFC reader of the mobile phone, name the pop-up label, and then "Next - Add Operation - Add the required command"

④ After setting, when the mobile phone approaches the watch with the NFC area, the watch can execute the shortcut command action.

***Note: The NFC function is not standard and is subject to the received item. For specific details, please consult customer service.**

1. Dial switch

Rotate the middle button to replace the dial, or press and hold the screen to replace the dial.

2. Control center

Function overview: Style selection, Bluetooth switch, settings, screen brightness, QR code, no-disturbance mode...

*Swipe down on the main screen to enter this function (the icon is green when it is on, and gray when it is off)

3. Status interface

Switch to this interface to view the current number of steps.

4. Sports interface

Switch to this interface, click the screen to enter the specific sports interface, including outdoor running, indoor running, walking, cycling, rope skipping, mountaineering... slide The screen can switch the specific sports interface.

5. Heart rate interface

Switch to the heart rate interface to automatically enter the detection; It can also be connected to the mobile phone app to test on the corresponding interface, and the measurement is completed in 30-60 seconds.

* If the bracelet is not properly worn or the test fails.

6. Blood pressure interface

Switch to the blood pressure interface to automatically enter the test; you can also connect to the mobile app to test on the corresponding interface, and the measurement is completed in 30-60 seconds.

* If the bracelet is not properly worn or the test fails.

7. Blood oxygen interface

Switch to the blood oxygen interface to automatically enter the detection; you can also connect to the mobile app to test on the corresponding interface, and the measurement is completed in 30-60 seconds.

* If the bracelet is not properly worn or the test fails.

8. Bluetooth calls

In the "Control Panel" click to open the call settings (as shown in the figure ), After it is turned on, the Bluetooth calling function can be turned on, and the dialing function can also be used on the watch side.

9. Call records

The call record can keep up to 10 call records, and the latest call record will overwrite the oldest record.

10. Common contacts

You can add, delete, and sort through "App-Device-Favorite Contacts", up to 30 favorite contacts can be added.

11. Sleep detection function

When falling asleep, the bracelet will automatically determine to enter the sleep monitoring mode, automatically detect your deep sleep/light sleep time all night, and calculate your sleep quality.
Note: Sleep data will only be available when you wear the bracelet to sleep.

12. Bluetooth music

When the watch and mobile phone are connected, open the music control, press the play button to play music through the watch,you can pause the previous song, and the next song.

13. Weather interface

Displays the weather conditions and temperature for the day, as well as the weather and temperature for the next six days.

14. Information interface

Slide down on the main interface to quickly enter the message interface, view messages on the stand-alone screen, slide the screen to turn pages, and press the side key to return or exit after viewing the information

15. Alarm screen interface

Switch to this interface, click to add an alarm clock, you can set the alarm time and repeat time, you can set multiple groups of alarm clocks, and click to enter the set alarm clock to delete this group of alarm clocks.

16. Breathing rate

Switch to this interface to measure the respiration rate. Normal adults breathe 16 ~ 20 times per minute, the ratio of breath and pulse is 1:4, that is, for every breath, the pulse pulses 4 times.

17. Breathing training

Switch to this interface, and you can know the safety period, easy pregnancy period and menstrual period of each month.

18. Setting interface

The setting function includes:About, menu selection, theme, brightness adjustment, language selection, bright screen duration, phone search, factory reset, restart, and shutdown.

Q&A

(1) Is the waiting time for the first test heart rate too long?

For the first test, you need to collect longer signals according to different groups of people to accurately calculate your heart rate

(2) What should I do if the bluetooth connection fails?

Confirm whether the device is IOS9.0 and Android 4.4 and above and supports Bluetooth 5.0. Due to the problem of signal interference in the Bluetooth wireless connection, the time of each connection may vary. If you cannot connect for a long time, please ensure that the operation is performed in an environment without magnetic fields or interference from multiple Bluetooth devices.

1. Turn off the bluetooth and turn it on again;
2. Close the mobile phone background application or restart the mobile phone;
3. Do not connect the phone to other Bluetooth devices or functions at the same time;
4. Whether the APP is running normally in the background, if it is not in the background, it may not be able to connect.

(3) Can't find the bracelet?

Because the bracelet is not searched by the mobile phone during the Bluetooth broadcast, please ensure that the bracelet is powered and activated, and not bound to other mobile phones, and then move the bracelet close to the mobile phone. If it still does not work, please turn off the Bluetooth of the mobile phone for 20 seconds. Then restart the phone's bluetooth.

(4) Why should the bracelet be worn tighter when measuring heart rate?

The bracelet adopts the principle of light reflection. After the light source penetrates the skin, it collects the signal reflected to the sensor to calculate your heart rate. If it is not worn tightly, ambient light will enter the sensor, which will affect the measurement accuracy.

(5) Why did I not receive a reminder when the reminder function is turned on?

Android phone: Confirm that the phone and the bracelet are connected, and open the corresponding permissions in the phone settings after connecting, allowing the "ZmooFit" APP to access incoming calls, text messages, and contacts, and "ZmooFit" to run in the background; if the phone is installed with Security software, please add "ZmooFit" add as trust.

Apple mobile phone: If there is no reminder after connecting, it is recommended to restart the phone to reconnect. When connecting the bracelet again, you must wait for the phone to pop up [Bluetooth Pairing Request], and click [Pairing] to have a reminder.

(6) Is the bracelet waterproof?

It supports IP67 waterproof, and can be worn as you like when washing hands, raining, showering in cold water, and washing cars.

(7) Does the Bluetooth connection need to be turned on all the time? Is there still data after disconnection?

Before the data is synchronized, the data is retained on the band host (the data can be retained for seven days). When the Bluetooth connection between the mobile phone and the bracelet is successful, the data of the bracelet will be automatically uploaded to the mobile phone, please synchronize the data to the mobile phone in time.

Note: If you turn on the call and SMS reminder function, you must keep the Bluetooth connected, and the alarm clock reminder supports offline.

PRECAUTIONS

- ① Please avoid strong impact, extreme high temperature and exposure to the sun.
- ② Do not disassemble, repair or modify the machine by yourself.
- ③ This machine is charged with 5V 1A, and it is strictly forbidden to use overvoltage load power supply for charging.
- ④ The operating environment of this machine is 0 degrees to 45 degrees. It is forbidden to throw it into the fire to avoid explosion.
- ⑤ When the bracelet is wet, please dry it with a soft cloth before charging, otherwise it will corrode the charging contacts and cause charging failure.
- ⑥ Do not come into contact with chemicals such as gasoline, cleaning solvents, propanol, alcohol or insect repellent.
- ⑦ Do not use this product in a high-voltage and high-magnetic environment.
- ⑧ If you have sensitive skin or wear the bracelet too tightly, you may feel uncomfortable.
- ⑨ Please dry the sweat on your wrist in time. The watch strap may be in contact with soap, sweat, allergens or pollutants for a long time, which may cause skin allergies and itching.
- ⑩ If you use it frequently, it is recommended to clean the bracelet every week. Wipe with a damp cloth, and use mild soap to remove oil or dust. It is not advisable to wear a bracelet in a hot bath.

DISCLAIMER

Warning: This product is not a medical device, and the bracelet and its applications should not be used for diagnosis, treatment or prevention of diseases and illnesses. If you want to change your habits of exercise, sleep, etc., be sure to consult a qualified medical professional first to avoid serious injury or death. Our company reserves the right to modify and improve any functions described in this manual without prior notice. At the same time, the company maintains the right to continuously update the product content. Please refer to the actual product for all content.

FCC Warning Statement

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

FCC Radiation Exposure Statement

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

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.