FCC Statement

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. The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restrictio

Charging and Activation

a. Connect the watch charging cable to a 5V-1Aadapter and plug it in.Ensure proper alignmentofthe cable with the metal contact pins on theback cover of the watch.The built-in magnetswill automatically attach to the correct poles forcharging.

b.Ifthe watch is newly received or has not beenused for a long time, the battery may be in a 0voltage protection state. Charge the watch for atleast 15 minutes to accumulate enough power toactivate it.The built-in magnets will automaticallyattach to the correct poles for charging.

c.It is recommended to charge the device once amonth.Keep the device fully charged and powe!itoffwhen not in use to ensure longevity andoptimal performance.

App Download

①Download the" Fitbeing" appfromthe App Store or Google Play.

②Scan QR code to download.

APP Store

Google Play
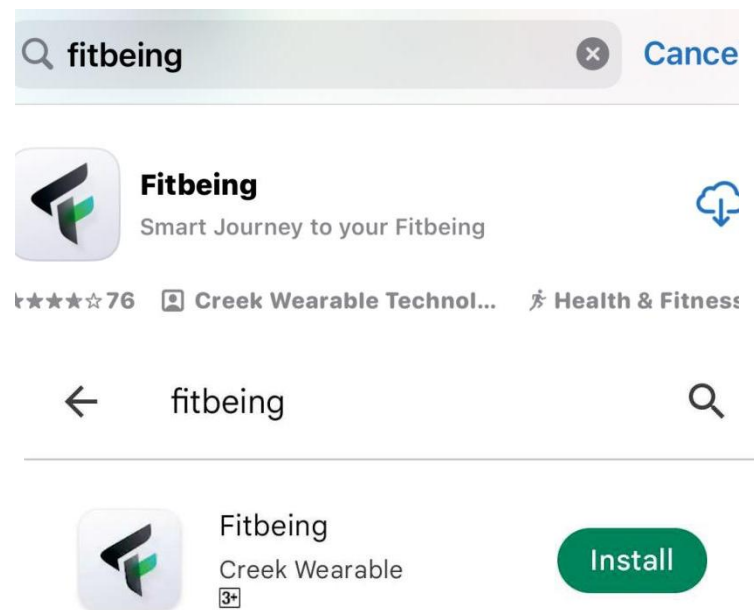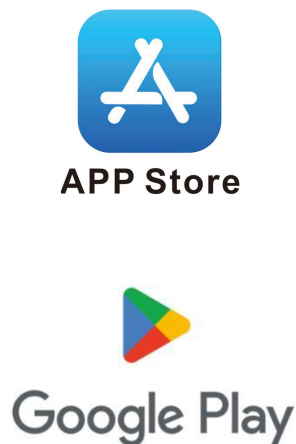
Second: Pair with the App

Open the Fitbeing app, tap on "Set up a Watch" on the homepage. Use the "Bluetooth search" function to pair and set up the "AK****" following the instructions. After completing the process, you can start using the watch.
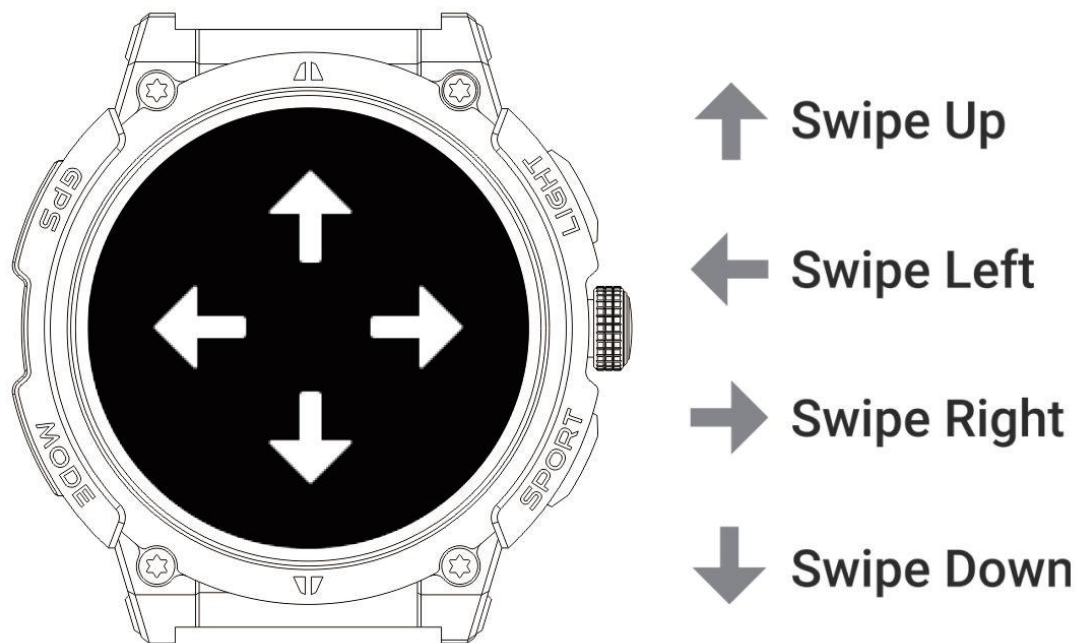
1. Do not pair directly in the Bluetooth list of the mobile phone system to avoid causing the Fitbeing app to fail to connect to the watch.

2. Please allow the Fitbeing app to get your phone's "Bluetooth, Location, Camera" and other permissions to ensure successful pairing.
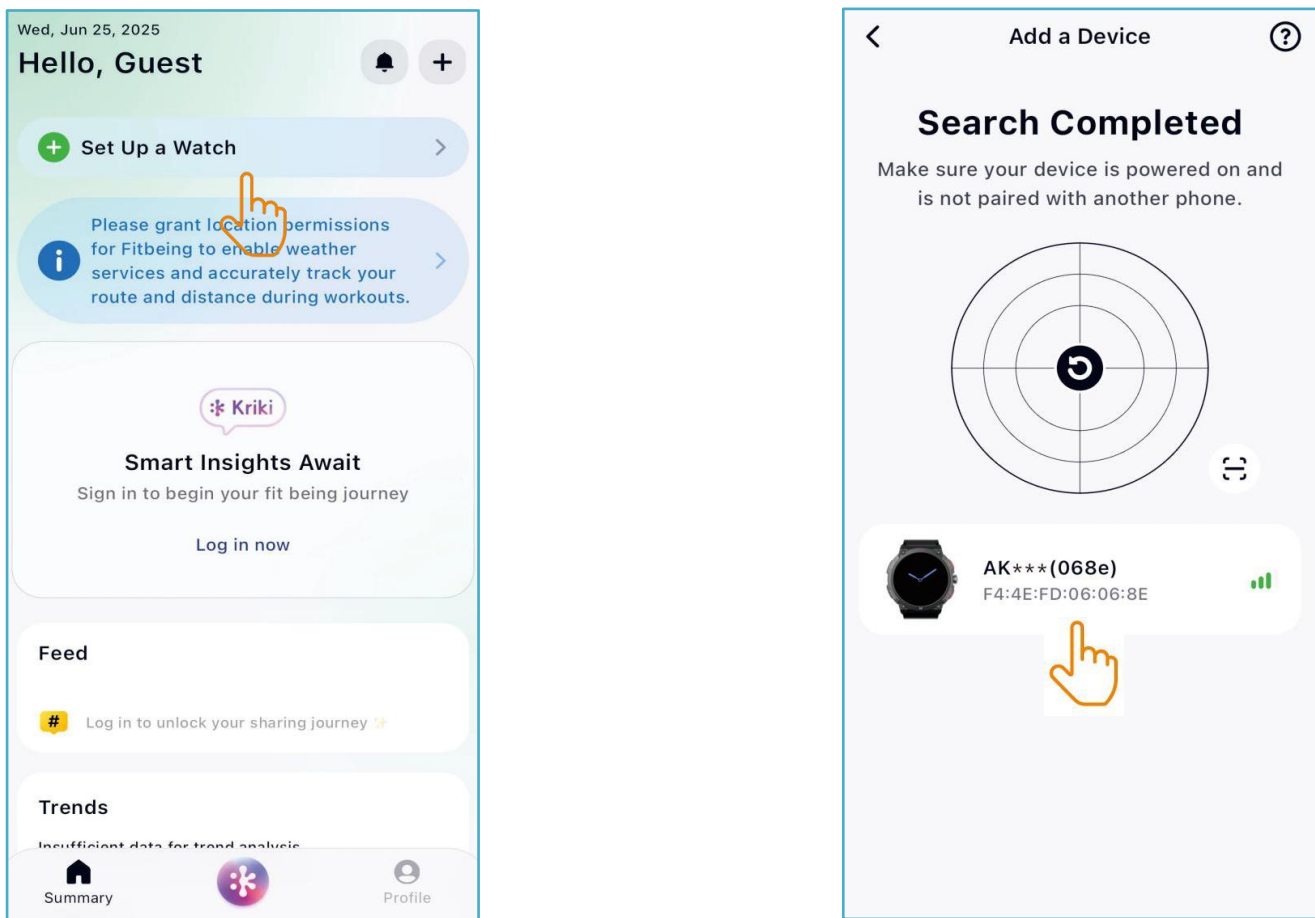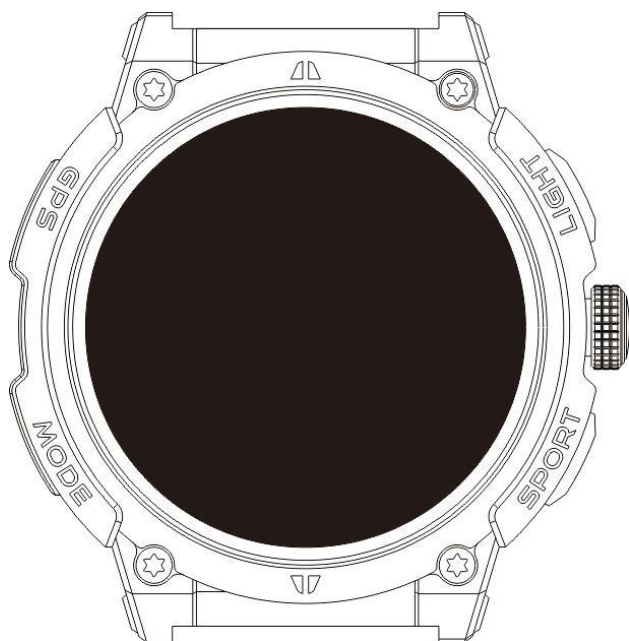

Start Using

1.Touchscreen operation

Support full-screen touch(Swipe, Tap, Long press)

2. The common usage methods of the watch crown

Press the crown

1. Press the crown to wake up the screen when it's off

2. Press the crown to enter the app center, when on the main watch face.

3. Exit the application

Rotate

1. Toggle between screens or navigate through menus.

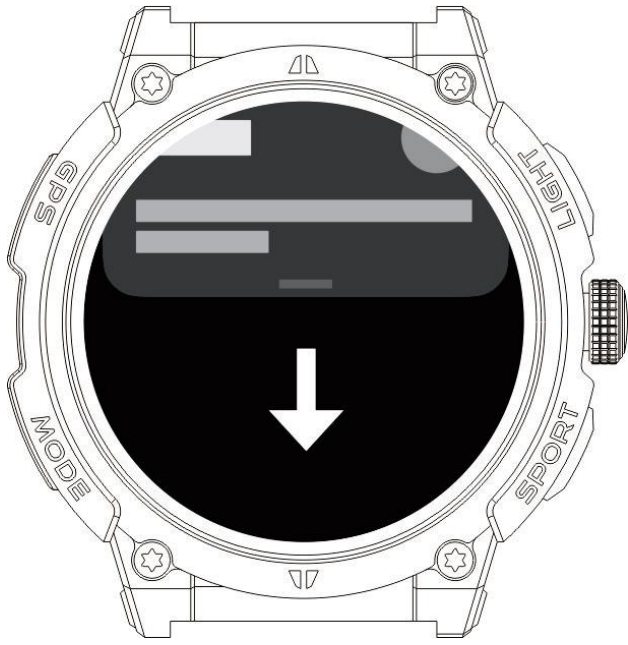2. Adjust the volume of prompt tones and phone calls.

Press the button

1. Press to start Workout quickly.

2. Long press to activate SOS.

Product Features

Notifications

Swipe down from the main watch face to access the Notifications.

In the Fitbeing app, you can set the apps that you want to receive notifications on your
smartwatch, and you can also disable notifications for certain apps.

To sync notifications from an iOS system phone:

1. Make sure that the Bluetooth on your paired phone is enabled and within the connection range of the watch (within 10 meters).

2. In the Bluetooth settings of your phone, enable the "Share System Notifications" permission for your watch.

To sync notifications from an Android system phone:

1. Make sure that the Bluetooth on your paired phone is enabled and within the connection range of the watch (within 10 meters).

2. Ensure that your phone has granted permissions such as "Bluetooth," "Location," and "Notifications" to the Fitbeing app, and keep the app running in the foreground.

Control Center

Swipe up from the main watch face to bring up the control center, where you can access
functions such as "Focus mode, Always-on display, Water lock," and adjust settings like "Brightness".
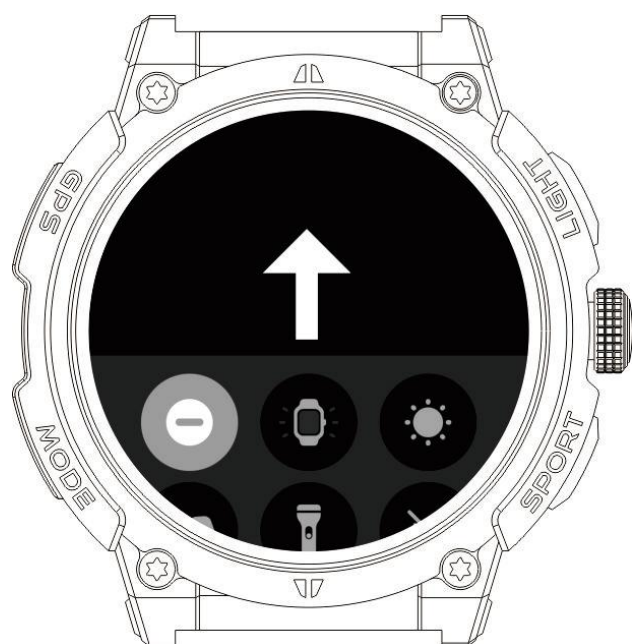
Tiles

To switch quickly between the Suggestions, Activity, Heart Rate, Sleep, Weather, or Workout tiles, swipe left or right on the watch face screen.

Activity: You can view the steps, calories, and distance for the current day.

Heart Rate: It will automatically measure your heart rate and displays the past 6 hours of heart rate data.

Sleep: You can view sleep duration, bedtime, wake time, and the past seven days of sleep data. Suggestions: Recently used applications, quick browsing of health, exercise and other data, and control of music playback

Weather: You can view the weather conditions for the past 4 hours.

Exercise: You can view your exercise history for the week and quickly start the most recent workout.

Watch Face
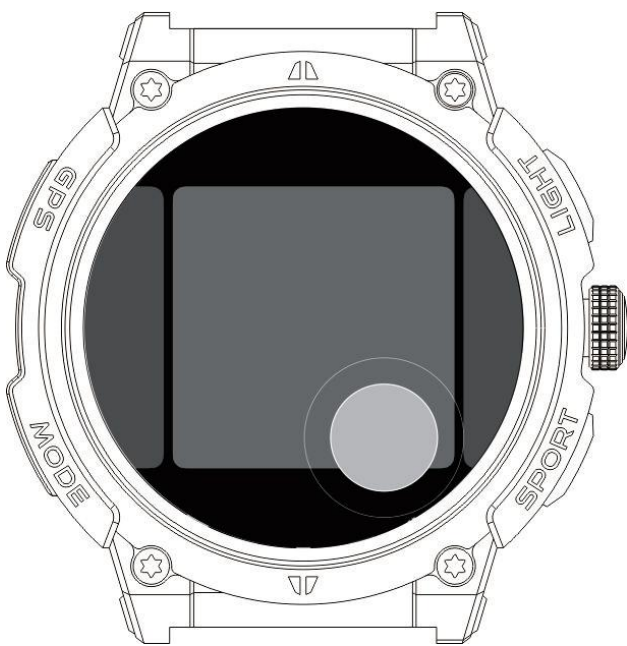
1. Change the watch face: Press and hold the screen for 1 second on the watch face to enter the list of watch faces.

2. Add a new face:

a. In the Fitbeing app, go to the Face Gallery and select your preferred watch face.

b. Customize the chosen watch face in the "Face Gallery" section and tap "Install".

c. In "My Faces", you can delete installed watch faces and modify customized options for the watch faces.

3. Personalization settings:

a. Photo Watch Face: You can add multiple photos as the wallpaper for your watch face and quickly switch between them by tapping on the watch face.

b. Customized Watch Face: Some watch faces support customization, allowing you to set the colors, style, or quick functions according to your preferences. Tapping on the quick functions on the watch face will quickly launch the corresponding apps on the watch.

Activity and Health

1. Daily Activity Records

Browse Activity Data

1. Press the crown to enter the app center, select 'Activity' to access the app and view activity calories, exercise duration, standing duration, steps, distance, as well as daily workout data and breathing exercise data

2. On the right side of the watch face, there is a quick access card labeled 'Activity' to quickly show key information.

Set goals: You can set daily goals for activity, exercise, standing, and step count in the Fitbeing app → Activity → Set Goals.

2. Stepping

Record the step count every hour.

1. Press and rotate the crown to enter the app center, then tap on "Step Count" to enter the step counting interface.

2. Calculate the average step count for the day.

3. Heart Rate

The watch is equipped with a wrist optical sensor that supports 24-hour continuous measurement and recording your heart rate, helping you monitor changes in your health condition.

	To measure blood oxygen: 1. Wear the watch properly and place your arm flat. 2. Tap on "Start" and remain still for 30 seconds to measure your current blood oxygen saturation level. You can browse more historical data about Blood Oxygen through the Fitbeing app

For all-day automatic measurement: When the watch is connected to your phone, you can go to the Fitbeing app → Profile → My Watch, and enable or disable all-day automatic tracking in the "Health Data Measurements" section. Once enabled, the watch will automatically measure and record your heart rate changes throughout the day when you wear it. Resting heart rate, also known as quiet heart rate, refers to the number of times your heart beats per minute in a calm and inactive state. Resting heart rate can be maintained within a relatively slow and stable range through activities that exercise heart function.

4.Blood Oxygen

Blood Oxygen 95% 19 mins ago ●●●●●●●●● 80% 100% Start	To measure blood oxygen: 1. Wear the watch properly and place your arm flat. 2. Tap on "Start" and remain still for 30 seconds to measure your current blood oxygen saturation level. You can browse more historical data about Blood Oxygen through the Fitbeing app.

5. Sleep

	By wearing the watch while sleeping, it will automatically detect when you fall asleep, wake up, and provide insights on your deep sleep, light sleep, REM sleep, and awake durations.
	1. Press and rotate the crown to enter the app center, then tap on "Sleep" to view your sleep records.
	2. The watch will display the sleep data for the current day and the duration of each sleep stage. You can also view your historical sleep data through the Fitbeing app.

To track your workouts

Go to the "Workout" option and select the type of workout you want to track.

Workout

The watch supports 60 different sports modes, including outdoor walking, indoor walking,

outdoor running, indoor running, outdoor cycling, indoor cycling, elliptical, yoga, and more. Choose the appropriate exercise mode based on your activity.

Start Workout:

1. Start your workout by pressing the crown button to enter the exercise interface. Swipe left or right to choose the most recent activity.

2. During the workout, you can press the crown button to pause the session (if enabled in the Fitbeing settings).

3. You can also swipe left or right to perform actions such as "pause workout," "end workout," and "control music playback on your phone."

4. After each workout, you can view detailed exercise data on the summary screen

GPS Tracking:

When engaging in outdoor activities, the watch's GPS needs to establish a connection with the satellites. Here are some important points to note:

1. When initiating location services, you need to wait for GPS to connect to satellites. In open areas, this can significantly reduce the time it takes to establish a location.

2. The ➡ icon will blink to indicate that the watch is searching for GPS signals. When it stops blinking, it means successful GPS positioning.

3. GPS signal connection may be affected by tunnels, dense forests, among tall buildings, or
under bridges, causing temporary signal loss. It is advised to perform outdoor activities in open areas whenever possible.

Note:
• If the exercise time is too short, the results will not be recorded.
• After completing each exercise session, please click the "End" button to ensure the accuracy of the recorded exercise data.
• You can view the detailed exercise data history by clicking on the exercise records in the Fitbeing app page.

Phone
Tap on "Calls" in the App Center to enter the calling interface. Here, you can browse through your recent call history and frequent contacts.
1. You can make calls using the recent call history, frequent contacts, or the dial pad.

2. When you receive an incoming call on your phone, you can tap on the "Answer" button on your watch to answer the call.

3. You can manage your frequent contacts in the Fitbeing app by going to "My Watch" - "Bluetooth Call". You can edit, add, or delete contacts in the frequent contacts list, with a maximum of 20 contacts.

Help and Guide

Frequently Asked Questions

If you encounter any problems while using the product,you can access the "Profle — Help & Support" section in the Fitbeing app for assistance. If you encounter any issues with product usage, please scan the QR code below for further assistance.
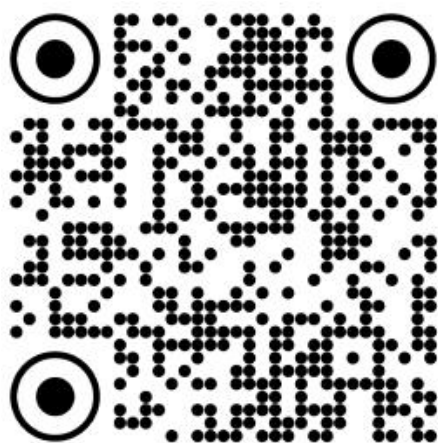
Téléchargement de l'application

①Téléchargez l'application" 🦋 Fitbeing"   depuis l'App Store ou Google Play.

②Scannez le code QR pour télécharger.
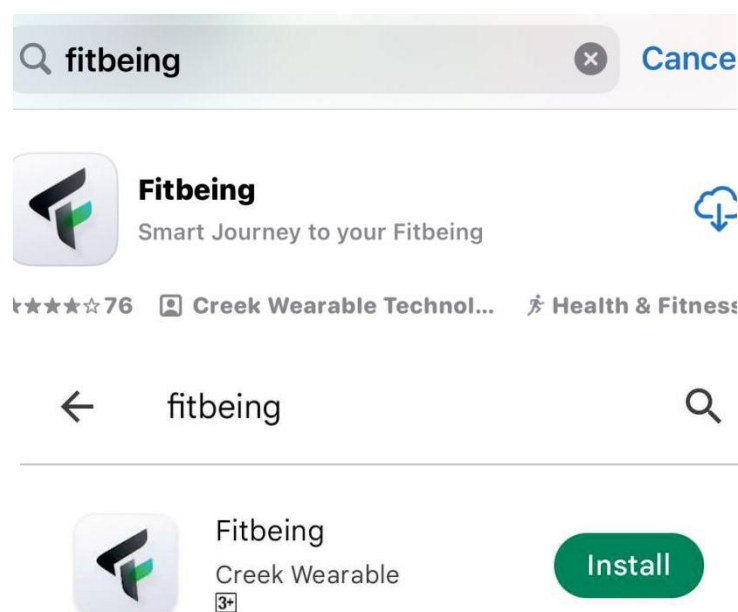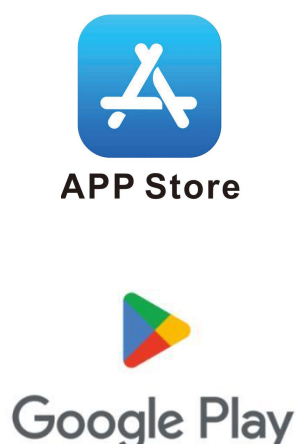
Deuxième étape : Appairage avec l'application

Ouvrez l'application Fitbeing, appuyez sur "Configurer une montre" sur la page d'accueil. Utilisez la fonction "Recherche Bluetooth" pour appairer et configurer l'"AK****" en suivant les instructions. Après avoir terminé le processus, vous pouvez commencer à utiliser la montre.

1. Ne procédez pas à l'appairage directement dans la liste Bluetooth du système du téléphone portable pour éviter que l'application Fitbeing ne puisse se connecter à la montre.