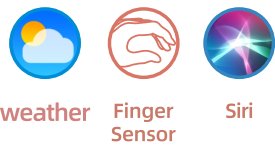




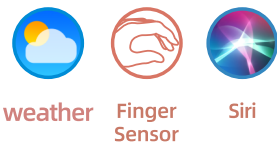
# 说明书

## Smart Watch

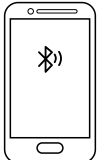


# Instructions

## Smart Watch



### 连接手表



扫码下载: RDRFit APP  
首次使用, 需连接APP进行校准, 连接成功后手环会自动同步时间  
打开手机系统蓝牙开关→进入app设备模块设置→点击“绑定设备, 体验更多功能”  
进入, 会自动搜索到附近手环蓝牙设备, 找到手环设备并与连接。  
1.配对成功后, APP端会弹出引导页, 根据指引跳转到手机系统蓝牙搜索找到  
WellAudio设备并连接, 连接成功后即可拨打/接听电话和听音乐(备注: 如果手机  
系统蓝牙一直搜索不到WellAudio设备, 请进入Dual mode菜单下设置为开  
启, 未连接WellAudio设备是不能拨打电话的。)  
2.APP会自动保存手环蓝牙地址, APP打开或在后台运行, 都会自动搜索并连接手环。  
3.安卓手机使用要读取联系人信息等所有通知权限和手机设置中赋予APP后台运行。

### 如何连接智能手表

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, 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。本产品为生活防水, 支持淋浴、洗手、不支持淋浴、桑拿、游泳等深度防水项目。如因不能按指示使用导致手表进水损坏, 本公司不承担任何责任。

#### 操作说明:

#### 按键功能:

1、上侧键: 功能键-单按进入菜单界面;处于其他应用界面时单按返回上级界面;菜单界面及按切换菜单风格, 表盘界面长按进入按自定义选项。  
2、下侧键: 长按开机关;表盘界面单按亮表屏, 其它界面一键返回表盘界面。  
3、左侧键: 单按进入教练界面;长按进入SOS选项。  
触摸手势: 表盘界面双击进入语音助手;左划切换进入组件界面;右划进入分解菜单;上划进入控制中心;下划进入最近任务。  
触摸手势: 旋转编码器切换表盘。  
表带更换: 快拆设计, 方便安装。

### 充电说明:

支持无线充, 充电时将手表放置圆座上, 支持电脑USB或手机5V标准充电器, 大概150分钟可以充满。

### 手表与手机的连接:

首先手机需下载APP“RDRFit”到手机上并安装, 两种方式。  
1. IOS/Android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RDRFit APP下载



Android/iOS

2、安卓手机上应用宝、Google Play、及各手机应用商店搜索“RDRFit”  
下载。苹果手机可上 App Store 搜索“RDRFit”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“RDRFit”并打开手机蓝牙, RDRFit会有启用通知提示, 点确定, 点右下角更多, 进入扫描设备, 搜索本机型号智能手表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. 打开手机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。  
如何绑定蓝牙连接成功: 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。  
常见问题简单处理方法: 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, 可将手机蓝牙关闭后再重新连接一次, 或将手表恢复出厂设置。  
如何设置来电通知:  
手机进入设置-应用管理, 找到“RDRFit”-权限管理, 全部打开。再进入通知管理-找到“RDRFit”所有权限打开。  
打开“RDRFit”-更多-应用推送-开启后台运行权限, 进入选择无限制, 返回, 会提示再将自动打开, 进入打开。返回, 选择同步信息通知的APP, 加QQ微信, 选择打开。

注意: 如果微信电脑版同时在线, 手机是收不到来电通知的, 有的手机还需要在微信白名单中将“RDRFit”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, 如来电信息, QQ微信来信息提醒, 如果您的手机没有收到通知, 那手表也是收不到的, 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; 满足风格菜单可放大和缩小, 界面收到最大后可进入该界面中间的应用。  
分解: 在表盘界面右滑, 可进行分解功能, 且可快速进入相对应功能。  
来电提醒: 可推送APP接听姓名、数字表盘及自定义表盘。  
电话: 可通过手表接听打电话, 查看通话记录, 联系人, 设置来电提醒静音或者震动。  
联系人: 可通过APP增加20个联系人至手表端电话簿。  
通话记录: 可同步手机端通话记录。  
拨打电话: 连接手机发出电话, 可在手表端实现通话。  
紧急呼叫: 默认拨打第一个联系人的电话。  
计步: 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小时后将存储当天数据为历史数据, 界面数据会重新归0。  
天气: 连接蓝牙后, 手表端可显示未来7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。

信息: 查看手机端推送的消息, 支持facebook, twitter, whatsapp, qq, 微信等。  
音乐: 可控制播放手机中的音乐, 连接5.0蓝牙, 仅支持手机端播放歌曲; 连接3.0支持手机端播放歌曲。  
心率: 将手表佩戴牢固, 最佳佩戴位置在手腕骨关节上方, 可测出实时的心率值, 正常范围值为60-90次/分。  
血压: 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, 大概20秒后测出数值。  
体温: 进入即开始监测, 监测时, 请把手平放, 大概20秒后测出数值。  
闹钟: 可通过APP设置五个闹钟; 手表也可设置闹钟。  
语音(Siri): 连接3.0/5.0蓝牙后, 手表端点击Siri可进行聊天。  
睡眠: 将记录当天2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习惯, 提高睡眠质量, 可通过连接APP同步查看睡眠数据。  
骑行: 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11种运动; 可连接APP同步查看手表端运动数据。  
远程拍照: 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, 手表端将会持续震动直至取消为止。  
天气: 连接蓝牙后, 手表端可显示未来7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。

计时器: 可进行自定义时间或者选择已有的时间进行倒计时。  
计算器: 进入可进行简单计算。  
菜单风格: 可根据自己喜好选择满足天气风格、列表风格、旋转风格、三列表风格、宫格列表等。  
设置: 可进行系统设置。  
日历: 可查看当日日历。  
运动快速: 手表连接APP, APP端进入运动专项: 户外跑、健走、骑行、登山、室内跑时可同步至手表端同时进行显示。  
组件功能: 表盘界面右滑点加号可开始添加组件, 组件有: 心率、血压、睡眠、天气、呼吸、计步、天气、音乐、体温; 最多可添加5个组件, 长按组件点击减号可删除组件。  
水色: 可点击水色, 测试当前心率。  
游戏: 点击游戏进入游戏进入游戏即可开始。  
海拔气压: 可显示当前海拔与气压。

### 设置: 可进行各种本机设置

灵动岛: 开启后即可在表盘查看充电、倒计时、音乐等功能, 不需要可手动关闭。  
常亮时间: 进入可设置常亮时长。  
睡眠时间: 进入可设置睡眠时长。  
抬腕亮屏: 按自己需求打开或关闭。  
连接APP: 使用手机扫一扫二维码, 将会跳转RDRFit APP下载。  
亮度: 进入可调节屏幕亮度。

按键定义: 可自定义双击及长按功能。  
勿扰模式: 可设置全天或定时勿扰。  
振动强度: 可调节强度。  
排水功能: 通过振动排水功能。  
密码设置: 可设置密码, 如忘记, 可用8888解锁。  
省电模式: 开启会自动调暗亮度、关闭3.0蓝牙、振动、熄屏时间为5秒。

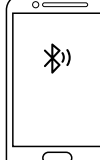
语言: 支持多国语言, 按需求选择。  
时间/日期设置: 可同步APP, 或者自定义时间。  
NFC: 仅支持未加密IC类, 不支持ID类绑定。  
关机: 进入可对手表进行关机。  
重启: 进入可对手表进行重启。  
恢复出厂设置: 一般出现什么软件问题时, 恢复出厂设置可以解决。  
关于: 可查看手表型号、软件版本及手表Mac地址。

#### 保修说明:

1. 本产品在正常使用中, 如果出现因制造、材料、设计等原因引起的产品质量问题, 自购买之日起, 主板一年内免费保修, 电池、充电器保修半年。  
2. 因使用者个人造成的故障, 不提供免费保修, 如下:  
1) 擅自拆装、改装手表等造成的故障。  
2) 在维修过程中不慎拆卸造成的故障。  
3) 一切人为损坏或因第三者过失, 使用(如: 主机进水, 外力震裂, 外部部件的刮痕的损坏等), 不在保修范围内。  
3. 在要求提供免费保修时, 请务必提供有购买日期和商家处盖章的保修卡。  
4. 用户维修产品时, 请把产品拿到本公司或本公司经销商。  
5. 产品的所有功能都以实物为准。

购买日期:	客户签名:
IME 码:	店员签名:
购买商店:	商店盖章:

### Connect the watch



Scan code to download RDRFit APP  
Device connection  
For the first use, you need to connect the APP for calibration. After the connection is successful, the bracelet will automatically synchronize the time.  
1. After the pairing is successful, the APP will pop up a guide page. According to the instructions, jump to the mobile phone system Bluetooth search to find the WellAudio device and connect it. After the connection is successful, you can make receive calls and listen to music. (Note: If the mobile phone system Bluetooth has not been searched WellAudio equipment, please enter the Dual mode menu and set it to On, you cannot make calls without connecting the WellAudio equipment.)  
2. APP will automatically save the Bluetooth address of the bracelet, and the APP will open and run in the background and will automatically search and connect the bracelet.  
3. Android phones use all notification permissions to read contact information and give the app background running in the phone settings.

### Product name: sports smart watch

Thank you for choosing our smart watch. You can read this manual to fully understand how to use the device. This device is mainly connected to the mobile phone through Bluetooth for adaptation and use. It provides a variety of practical functions and services to facilitate your operation of the mobile phone, human movement and health functions. The company reserves the right to modify the contents of this manual without any prior notice without notice.  
This product is waterproof for life and supports rain and hand washing, but does not support deep waterproof items such as shower, sauna and swimming. We do not provide free warranty if the watch is damaged by water due to the inability to use it according to the instructions.

#### Operating instructions:

#### Side key function:

Up side key: function key: single press to enter the menu interface; In other application interfaces, press to return to the parent interface; Double press the menu interface to switch the menu style.  
Lower key: long press to turn on/off. On the dial interface, press the light button to turn off the screen, and on other interfaces, press one key to return to the dial interface.  
Left button: press the default button on the dial interface to enter the

movement; Press and hold to enter the key definition setting, and you can customize the function of the left key.  
Touch gesture: Double click the dial interface to enter the voice assistant; Swipe left to switch to the component interface; Right stroke to enter the split screen menu; Draw down to enter the latest task; Scribble upward to enter the control center.  
Dial switch: the rotary encoder switches the dial.  
Band replacement: quick removal design, convenient installation.

#### Charging instructions:

#### Connection between watch and mobile phone:

It supports wireless charging. When charging, place the watch on the disc. It supports USB of the computer or 5V standard charger of the mobile phone. It can be fully charged in about 150 minutes.

First, the mobile phone must download the APP "RDRFit" to the mobile phone and install it in two ways.

#### 1. IOS/Android phone user:

Scan the QR code below through the mobile browser, or scan it with WeChat. When the interface is opened, click the Android/iOS download option and choose to open the download with the mobile browser.

The QR code in the figure below is the RDRFit APP download



Android/iOS

2. For Android phones, search for "RDRFit" and download in App Store, Google Play, and various mobile app stores, and for Apple phones, search for "RDRFit" and download on the App Store.

After the download is complete, there will be various permission reminders during the installation process, click to agree to all, and the watch and the mobile phone must be connected to two Bluetooth 3.0 and 5.0 to realize all functions.

Bluetooth 5.0 connection method: After the installation is complete, open "RDRFit" and turn on the Bluetooth of the mobile phone. RDRFit will have an enable notification prompt, click OK. Click More in the lower

right corner, enter Scan Device, search for Bluetooth address and click Connect. Some Android phones need to turn on the GPS of the phone to search for Local model Bluetooth name of the watch.

Bluetooth3.0connection method:  
1.Android phone: When connecting to the APP, it will connect to 3.0 Bluetooth at the same time, as long as you agree to the permission of the pop-up box and click pairing.  
2.Apple phone: When connecting to the APP, jump to the Bluetooth interface in the settings according to the APP prompt, and find the 3.0 Bluetooth name to connect, and the mobile phone displays "Connected".  
How to verify that the Bluetooth connection is successful:  
When the watch pulls down the status bar, when the watch 3.0 and 4.0 Bluetooth are colored colors, it means that the Bluetooth connection is successful. When the color of the Bluetooth logo is grayed out, it means that the Bluetooth is not connected. GPS of the phone to search for the Bluetooth name of the watch.  
Simple handling methods for common problems: Since the Bluetooth protocol of each mobile phone brand is not uniform, sometimes the Bluetooth connection between the mobile phone and the watch may be unstable. You can turn off the Bluetooth of the mobile phone and reconnect it again, or reset the watch to factory settings.  
How to set the notifications: Mobile phone enters settings-should have management, find "RDRFit"-permission management, open all. Then enter the notification management-find all the permissions of "RDRFit" to open. Open "RDRFit"-more-application push-open the background

running permission, enter the option unlimited. When you return, you will be prompted to open the auto-start again and enter the open. Go back, select the APP for synchronization information notification, such as QQ WeChat, and select Open.

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

#### Main functions:

Encoder: the dial can be switched by rotating the button on the standby interface, and it can slide up and down in the secondary menu; The All Star style menu can be zoomed in and out, and the application in the middle of the interface can be accessed after the interface is maximized.  
Split screen: slide right on the dial interface to enter the split screen function, and quickly enter the corresponding function.  
Dial push:pointer dial, digital dial and user-defined dial at APP can be pushed.  
Telephone: dial the phone through the watch, check the call records, contacts, set the incoming call/key mute or vibration  
Contacts: 20 contacts can be added to the watch phone book through

the APP.  
Call record: can synchronize the call record of mobile phone.  
Dialing keyboard: connect the mobile phone to dial the phone, and you can call at the watch end.  
Emergency call: call the first contact by default.  
Step counting: you can view the whole day's steps, historical steps, calorie consumption and walking distance. The data of the day will be stored as historical data after 24 every night, and the interface data will be reset to 0.  
Information: View the messages pushed by the mobile terminal, and support Facebook, Twitter, whatsapp, qq, WeChat, etc.  
Music: You can control the music in your phone. Connect 5.0 Bluetooth, and only support the mobile phone to play songs; Connection 3.0 supports the watch to play songs.  
Heart rate: Keep the watch close to the wrist, and the best place to wear it is above the wrist bone against the arm. Real time heart rate can be measured, and the normal range is 60-80 times/minute.  
Blood oxygen: start to measure immediately after entering. Please keep your arm at rest during measurement, and measure the value after about 40 seconds.  
Blood pressure: start monitoring immediately after entering. Please keep your hands flat when monitoring, and measure the value in about 20 seconds.  
Alarm: five alarm clocks can be synchronized through APP; An alarm clock can also be set at the watch end.

Voice (Siri): After connecting 3.0/5.0 Bluetooth, click Siri at the watch end to chat.  
Sleep: The sleep duration and sleep quality from 21:00 to 9:00 in the morning of the next day will be recorded to help better adjust personal work and rest time and improve sleep quality. You can view sleep data synchronously by connecting to the APP.  
Sports track: the watch is connected to the APP, and the APP end enters the special sports: outdoor running, walking, cycling, football, badminton, tennis, basketball, table tennis cycling and other 100+ kinds of sports; You can connect the APP to synchronously view the movement data of the watch.  
Remote photography: When the mobile phone is unlocked, the watch will enter the Bluetooth photography interface, and the mobile phone will enter the photography interface. Click the watch to take photos, and the photos will be stored in the mobile phone end album.  
Find a mobile phone: Connect Bluetooth, click the watch to find a mobile phone, and the phone ring will ring until cancelled.  
Search device: click Search Device on the APP side, and the watch side will continue to vibrate until cancelled.  
Weather: After connecting Bluetooth, the watch can display the weather in the next 7 days.  
Stopwatch: Open this function to time single or multiple times.  
Breath: You can set the exercise duration and breathing speed.  
Timer: you can customize the time or select an existing time to count

down.  
Calculator: enter to perform simple calculation.  
Menu style: According to your preference, you can choose the full sky style, list style, rotation style, triple list style, palace list, etc. Settings: system settings are available.  
Calendar: you can view the calendar of the current month.  
Sports track: the watch is connected to the APP, and the APP end enters the special sports: outdoor running, walking, cycling, mountaineering, indoor running can be synchronized to the watch end for simultaneous display.  
Component function: Right side the dial interface and click the plus sign to add components, including heart rate, blood pressure, sleep, blood oxygen, respiration, step counting, weather, music; Up to 5 components can be added. Long press the component and click the minus sign to delete the component.  
Wooden fish: Tap and tap to test the current heart rate.  
Game: The stupid bird first launches the mini-game and it can be opened after entering.  
Altitude pressure: Displays the current sea wave and air pressure.

### Settings: Various native settings can be performed.

Smart Island: Turn on to view charging, countdown, music and other functions in the watch face, and you don't need to turn it off manually. Constant lighting time: enter to set the constant lighting time. Screen out time: Enter the bright screen time. Lift your wrist bright screen: open or close according to your own needs.  
Connect APP: use the mobile phone scan QR code, will jump to RDRFit APP download.  
Brightness: Enter the adjustable screen brightness.  
Key definition: you can customize the double-click and long-press functions.  
No disturbance mode: can be set all day or at time.  
Vibration strength: adjustable vibration sensation.  
Drainage function: Drainage function by vibration.  
Password setting: you can set the password, if forgotten, it can be unlocked with 8888.  
Power saving mode: Turn on to automatically dim the brightness, turn off 3.0 Bluetooth, vibrate, and set the screen off time to 5 seconds.  
Language: Support multiple languages, choose on demand.  
Time date setting: synchronize APP or customize the time.  
NFC: Only unencrypted IC classes are supported, not ID class binding. Shutdown: Enter and shut off the watch.

Restart: Enter to restart the watch.  
Restore factory settings: generally when what software problems occur, restore factory settings can be solved.  
About: View the watch model, software version, and watch Mac address.

#### Warranty description:

1. During normal use of this product, if there are product quality problems caused by manufacturing, material, design and other reasons, the motherboard will be guaranteed for free within one year, and the battery and charger will be guaranteed for half a year from the date of purchase.  
2. Free warranty is not provided for failures caused by users, as follows:  
1) Failure caused by unauthorized disassembly or modification of the watch.  
2) Failure caused by accidental fall during use.  
3) All man-made damage or misuse due to the fault of a third party (such as: water in the main unit, external force cracking, damage to the scratches of peripheral components, etc.) are not covered by the warranty.  
3. When requesting free warranty, please provide the warranty card with the date of purchase and the stamp of the place of purchase.  
4. When the user repairs the product, please take the product to our

company or our company's sales office.  
5. All functions of the product are based on physical objects.

Purchase date:	Customer signature:
IME code:	Signature of clerk:
Where to buy:	Store stamp:

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.

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