

Smart Watch (TD-LTE Wireless Data Terminal)

Manual

Watches



Quick Start

Thank you for choosing our smart sports watch, the watch integrates a number of intelligent functions such as exercise, health, goal achievement, message push, smart reminder, etc., which can enrich your smart life and scientifically guide the exercise and health. For a better experience, please read the operation guide carefully before using the watch!

Note: Please refer to the actual product (including but not limited to color, size, screen display, etc.)

1. Before use, please check whether the equipment model is correct and whether the accessories are complete.

2. Watch SIM card is built-in card, can not be removed and replaced; (support LTE Band 38 and band 41) SIM card use needs to open the voice, data services and LTE call function in the watch.
3. Power on: When the watch is turned off, press and hold the power button on the device until you see the screen light up and then release your finger, the watch will enter the power on state.
4. Turn off the watch: 1) Slide the watch interface to – Settings → Turn off the watch → OK. 2) Long press the power button on the side of the watch to turn off the watch.
5. Charging: Suction charging head on the back of the device, connect the phone charger to charge. When charging, the watch will enter the charging reminder state, and full charge will be displayed on the watch. Note: If the watch has a serious power loss, it may need to be charged for more than 30 minutes before the charging icon appears on the screen.

Product Features

- activity center
- sleep
- pulse rate
- hold a conversation
- engage in physical exercise
- Sports Records
- cholesterol
- oximetry
- climatic
- messages
- camera control
- music control
- voice assistant

- timekeeping device (sundial, water clock)
- alarm
- stopwatch
- physiological period
- electric hand torch
- Find a cell phone
- set up

Instructions for use of the watch

1. activity center

Record daily daily steps, active calories, and workout duration.

2. sleep

Wearing the watch in the evening after going to sleep, the watch will monitor your sleep condition to help you better adjust your work schedule and improve the quality of sleep.

3. pulse rate

Turn on all-day heart rate measurement can be real-time monitoring of heart rate values, the normal heart rate of adults is 60~100 beats per minute, click on the heart rate page can also measure the value; wear the watch correctly, the best wearing position in the wrist bone by the top of the arm.

4. hold a conversation

Support 4G independent call and Bluetooth call two ways, dialing from the watch side to select the call mode, in the watch side to realize the call function, the call contains contacts and call records, you can also add frequently used contacts in the client.

5. engage in physical exercise

128 exercise modes, including outdoor exercise and indoor exercise, your exercise data can be monitored during the workout, and the heart rate

measurement will be turned on, and you can pause or end it on the exercise page.

6. Sports Records

Historical exercise log data can be viewed.

7. cholesterol

Support blood pressure measurement, during the measurement, please relax your body, put your hand flat and wait for the value to be measured.

8. oximetry

Click Start on the measurement page and wait for the measurement to come out. Normal oxygen saturation is 94~99%.

9. climatic

After connecting to your phone and synchronizing the data you can view the weather information for the last 7 days at any time, including the minimum temperature, maximum temperature and current temperature.

10. messages

After successfully connecting with the APP on the cell phone, the message notification on the cell phone can be viewed on the watch.

11. camera control

After connecting to your phone and opening the camera control, the watch can be used as a remote control for your phone's camera.

12. music control

After connecting Bluetooth, you can play and control the music in your phone, adjust the current volume, switch songs, pause and play.

13. voice assistant

The watch supports smart voice wake-up function, so you can easily wake up the smart assistant on the watch side as well.

14. timekeeping device (sundial, water clock)

Turn on this function to select or set your own countdown time to turn on the countdown.

15. alarm

Add your own alarm reminders and the watch will display the alarm icon and vibrate at the set time.

16. stopwatch

Click the stopwatch icon to enter the stopwatch function, and you can count the times during the time period.

17. physiological period

Add cycle length, period length within the app, and the watch will make alerts at the beginning of the period, the end of the period, and when ovulation is approaching.

18. electric hand torch

Turn on the flashlight function in a dark environment the screen will remain white and always lit, tap the screen to toggle on or off.

19. Find a cell phone

After connecting the phone, turn on this feature click and the phone will beep to help the user quickly find the phone.

20. set up

Perform different setting operations of the watch, including brightness, duration of resting, flipping the wrist to light up the screen, vibration and ringing, do-not-disturb mode, call settings, shutdown, factory restore, and local information.

1) demonstrate

Brightness, rest time, dial switching, main menu view, etc.

2) Vibration & Ringer

Adjustable mode and vibration intensity

3) Do Not Disturb mode

Turning on and off

4) Battery saving mode

Turning on and off

5) 4G calling

Turn on and off, view SIM card detail information

6) hold a conversation

Bluetooth calling and media audio on and off

7) systems

Reboot, shutdown and factory restore

8) with respect to

Version & App Download

Software APP Client

1. Download APP

1) iOS/Android cell phone users: scan the QR code in the picture through the cell phone scanning function, when the page jumps, select the corresponding way to download.



2) Android phones can also be downloaded by searching for "DaFit" in the app market, and iOS phones can be downloaded by searching for "DaFit" in the AppStore.

2. Connecting the Watch

Open the APP, follow the guidelines to enter the device scanning page, click on your device in the scanned device list; the Bluetooth pairing box pops up on the page and Bluetooth connection pairing is completed after successful pairing.

Functional Description

3. APP homepage function

1) Home page

Contains activity data, sleep data, heart rate, blood pressure, blood oxygen, pressure, HRV, physiological cycle, weight management, drinking water reminder and other functional sections, wearing the watch will display the recorded physical health data indicators;

2) Courses



fitness program

Fitness programs can help users work out at home or in the gym. The programs include fat burning, muscle building, stretching and many other types of fitness classes. Fat burning can help reduce weight, improve body shape and fitness, and muscle building can help maintain body shape, improve strength and increase endurance.

Meditation Program

The course includes breathing training and mindfulness meditation; awareness of current emotions that need to be healed, let's start a meditation journey, after the course you can view the trend of heart rate changes during the training, goodbye to anxiety, gratitude, improve our concentration and intuition; mindfulness meditation, not only to bring our spirit back to the calm, and listen to the deepest voice of the heart.

engage in physical exercise

Includes running, walking, outdoor cycling and other major types of exercise, anytime and anywhere to open the free exercise, exercise can be viewed after the end of the exercise path and exercise during the pace, calories, heart rate and other data details.

3) Equipment

- ① Device: View device name, battery level and Bluetooth address information
- ② Dial gallery: you can switch to download dials, and download and use dials according to categories in the discovery dials
- ③ Da GPT: Conversational Operations with Artificial Intelligence
- ④ Message Push: Select the type of message that needs to be displayed for push, and the watch will display the message content when it receives the message
- ⑤ Find Watch: Tap to find your watch when successfully connected.

- ⑥ Daily Alarm Clock: App side can add alarm clock to display on the watch side.
- ⑦ Remote control photo: the watch side supports remote control photo function
- ⑧ E-card packs: customize to add e-cards for display on the watch side
- ⑨ Shortcuts: add 8 contacts to add their shortcuts to the watch
- ⑩ Other Settings: Operation Settings Watch End Functions

4) Personal Center

Personal Information Settings Modification, Daily Workout Goal Setting, Binding WeChat or Apple Sports Synchronized Data, Comments and Feedback, About APP.

Frequently Asked Questions and Solutions

a. How to wear the watch/bracelet correctly?

1. Ensure that the back of the device is clean, dry and free of debris to avoid incorrect measurement of heart rate, blood oxygen, sleep and other records, and fit the monitoring area to the skin of the wrist to maintain a comfortable, snug fit.
2. In order to ensure the accuracy of the measurement, please wear it loosely at a distance of one finger from the wrist joint.

b. Watch/bracelet won't charge?

Make sure the plug part is charged, adjust the charger to make sure the charging port is in full contact with the charging slot of the device, the watch bracelet will make a reminder during charging.

c. Watch/bracelet pairing failed?

The watch/bracelet pairing fails, please retry in the following order:

1. Ensure that the watch/bracelet is within the communication range of your phone's Bluetooth throughout the pairing process;

2. Check if Bluetooth is connected, turn off your phone's Bluetooth, turn it back on and try pairing again;
3. Try turning the watch back on and searching for and connecting the watch again on the paired device.

d. Why does Bluetooth disconnect so often?

Android phone: add the app to the app device whitelist, and turn on the app device protection function in the background to prevent Bluetooth disconnection caused by the system clearing the background. Apple phone: When binding the device, the page pops up the Bluetooth pairing box click pairing.

caveat

1. The health data measurement results of this product is for reference only, not as any medical use and basis, if you feel unwell, please consult a doctor in a timely manner, follow the doctor's instructions, not according to the product measurement results of self-diagnosis and treatment;
2. The watch/bracelet does not protect against water vapor, warm water, hot water, it can protect against life splash water (it is not recommended that the watch/bracelet swim, it may be affected by water pressure).
3. Some functions may vary according to the software version, please check the version and update it in time.

Personal Information Security

Thank you for choosing to use our watch products. In order to protect the security of your personal information, we are committed to providing safe and secure products and services. Please read the following Personal Information Security Statement carefully to better understand our data processing practices.

Information Collection: We may collect some basic information about you, such as gender, height, weight, etc., in order to facilitate product service and to improve the product experience. We ensure that we only collect the necessary information when it is necessary.

Use of Information: We are committed to using your personal information only for legitimate product-related purposes. This includes, but is not limited to, providing product support, improving product functionality, and processing after-sales service requests.

Information Protection: We take a number of physical, technical and administrative measures to ensure that your personal information is protected from unauthorized access, use or disclosure. We establish reasonable confidentiality agreements with third party partners to ensure that your information is properly protected.

Information Sharing: We are committed to not sharing your personal information with third parties without your express consent, except as required by law or regulation or to protect your and our legitimate interests.

Privacy Settings: We provide you with privacy setting options that you can adjust to your personal preferences to better control your personal information.

Please note that this statement may be updated in accordance with changes in laws and regulations. We recommend that you periodically review the most recent version of the Personal Information Security Statement.

If you have any concerns or questions about the security of your personal information, please contact our customer service team. Thank you for your confidence in our products!

affirming that

Thank you for choosing our smart sports watch, the product configuration mainly includes host, manual, strap, charging cable, which need to be used together to realize the function of the watch. Before operating the hardware, please read the operating instructions and the safety information in this manual to ensure safety and correct use. For the smartphone client software, please refer to the introduction of the software.

- 1) Human damage is not covered by warranty
- 2) Please use original factory supplied parts to avoid unanticipated damage. If you do not follow the correct procedure

Using this product or connecting incompatible accessories, such behavior will automatically void the warranty and may even endanger you and others. The Company assumes no responsibility for this.

- 3) Due to different models, the product may not include all of the above accessories, please refer to the actual sales configuration of the product shall prevail.
- 4) The equipment is not a device for medical purposes and the health data and advice it provides is for information purposes only and does not should be used as the sole basis for developing a diagnosis or treatment plan. Users should consult with a professional healthcare provider for advice and recommendations before making any health-related decisions. Users are strongly advised to always rely on the advice of a medical professional or other qualified healthcare professional to ensure accurate and personalized medical advice.

FCC Compliance 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 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 RF Exposure Information and Statement

The SAR limit of USA (FCC) is 1.6 W/kg averaged over one gram of tissue.

Device types: Smart Watch (TD-LTE Wireless Data Terminal) (FCC ID: 2BFM9-TL66) has also been tested against this SAR limit. The highest SAR value reported under this standard during product certification is 0.482W/kg when properly worn on the body. This device was tested for typical body-worn operations with the back of the Laptop kept 00mm from the body. To maintain compliance with FCC RF exposure requirements, use accessories that maintain a 00cm separation distance between the user's body and the back of the Laptop. The use of belt clips, holsters and similar accessories should not contain metallic components in its assembly.

The use of accessories that do not satisfy these requirements may not comply with FCC RF exposure requirements, and should be avoided.