User Manual

Please read the instruction manual carefully before use for correct installation and quick use. Please refer to the actual product!

Product configuration:

1. Smart watch *1

2. Charging cable *1

3. Manual *1

Wear it correctly

The watch is best worn after the ulnar styloid process. Adjust the size to fit the wrist according to the adjustment hole, and buckle the wrist strap; the sensor should be close to the skin and avoid movement.

Charge the watch

Please make sure that the watch has normal power for the first use. If the watch cannot be turned on normally at low power, please connect the charger to charge the watch.

Button definition

Up key (power key): Long press on/off, and short press the information screen under the dial interface; Under the non-dial interface, short press to return to the dial interface. When the screen is closed, short press to light the screen.

Down key: Under the dial interface, press briefly to enter the movement mode; In the non-dial interface, short press to return to the dial interface; When the screen is resting, briefly press to light the screen.**Sliding operation**

●Slide the left side of the dial interface to access the widget function;

●Right slide the dial interface to enter the main menu;

●The dial interface slides downward to enter the control center;

●The dial interface slides up to enter the information notification.

Install APP on mobile phone

Scan QR code, download and install it to mobile phone

PGfit QR code

System requirements: Android 5.0 and above; IOS 10.0 and above; Support Bluetooth 4.0.

Device connection

When it is used for the first time, it needs to connect to the APP for calibration. After successful connection, the watch will automatically synchronize the time.

Open "PGfit" and turn on mobile phone Bluetooth. PGfit will be prompted to enable it. Click OK. Connection method: click Add Device on the APP device interface, search the Bluetooth address of the bracelet and click Connect; Some Android phones need to turn on the mobile GPS to find the Bluetooth name of the bracelet. (The MAC address of the watch can be viewed by "System" in the watch setting menu).

After successfully connecting to the APP, a 3.0 Bluetooth connection reminder will pop up. Click Pair. After the connection is successful, you can answer and make calls. Note: If the watch has been connected by other mobile phones, please unbind and restore the factory settings at the watch end. Keep within 5 meters of the phone during a Bluetooth call, otherwise the call quality will be affected.

Call connection prompt: mobile phone operation, mobile phone settings -- Bluetooth

-- search for device name, and then answer and make calls after connecting.

Function introduction

Heart rate/blood pressure/blood oxygen: When measuring, please wear your watch, keep your wrist stable, and the measurement results will be automatically recorded in the APP.

Sport mode: Open the motion mode menu, select the corresponding motion mode, and conduct real-time monitoring and analysis.

Breathing training: Calm down and take a deep breath for 1-2 minutes, which has a good effect on relieving pressure. Long term exercise can increase cardiorespiratory function.

Sleep: It automatically enters the sleep monitoring mode at night, and the data is updated in the APP at the same time.

photograph: The watch is successfully paired with the mobile phone Bluetooth. When the mobile phone is unlocked and the screen is lit and the mobile phone APP photographing function is turned on, the watch side can click remote photographing to take a successful photo, and the photo is saved on the mobile phone side.

Tel/Contact: After connecting to Bluetooth, you can make a call; Frequently used contacts can be added on the APP.

music: After connecting the mobile phone, play music through the watch Bluetooth.

Other functions: Alarm clock, female physiological cycle, timer, stopwatch, weather and other functions.

Common use problems

Please refer to the following terms to solve any problems during use. If the problems still exist, please contact the dealer or designated maintenance personnel.

1. The watch cannot be turned on?

Press the power button for too short, please press for more than 3 seconds, the battery power is too low, please connect the charger to charge.

2. Will the watch automatically shut down?

The battery is too low, please connect the charger to charge.

3. The watch is used for a short time?

The battery is not fully charged, please make sure there is enough charging time.

4. How to use magnet charging?

Connect the USB end of the charging cable to the power supply, align the magnetic suction head to the charging contact point of the watch, and it will automatically absorb for charging.

5. Why can't the watch receive information push?

Android phone settings:

(1) Confirm that the information push switch is turned on on the mobile phone;

(2)The confirmation message can be displayed normally in the notification bar of the phone. The watch push is pushed by reading the message in the notification bar of the phone. If there is no message in the notification bar of the phone, the watch will not be able to receive the push. (You need to find the notification settings in the phone settings and turn on the notification switch of twitter/facebook/phone/SMS/mobile client);

(3)Open the auxiliary function setting of the watch client (find the auxiliary function in the phone

settings, open the auxiliary function setting of the watch client)

Apple phone settings:

⑴ Confirm that the mobile client has turned on the information push switch;

⑵The confirmation message can be displayed normally in the notification bar of the mobile phone. You need to find the notification setting in the mobile phone settings and turn on the notification switch of twitter/facebook/phone/SMS/mobile client.

Exemption clause

1) The heart rate data obtained through the smart watch is for reference only and cannot be used as a basis for medical treatment and diagnosis;

2) Self-diagnosis and treatment are very dangerous. Only professional doctors can diagnose and treat high blood pressure and heart diseases. It is recommended to contact a doctor for more professional diagnosis opinions;

3) The heart rate data provided by the smart watch may not be completely accurate due to environmental interference, wearing posture, changes in the climate environment, and the physical condition of the person;

4) Do not make any adjustments to medications and treatments based on the monitoring data provided by this product. When taking medications and treatments, you should follow your doctor's advice; our company will not be responsible for the inaccuracy of the monitoring data and the consequences of misuse of the monitoring data and information. Take legal responsibility.

5) Without the company's personal permission, it is strictly prohibited to modify, copy, distribute, store, or distribute part or all of the contents of this manual in any form

6) Under no circumstances will the company be liable for any direct or indirect losses caused by accidental data or other aspects.

7) The company reserves the right to modify this manual without prior notice.

FCC Statement

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.

To assure continued compliance, any changes or modifications not expressly approved by the party.

Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).

This equipment 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.

RF warning statement:

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

The device can be used in portable exposure condition without restriction.