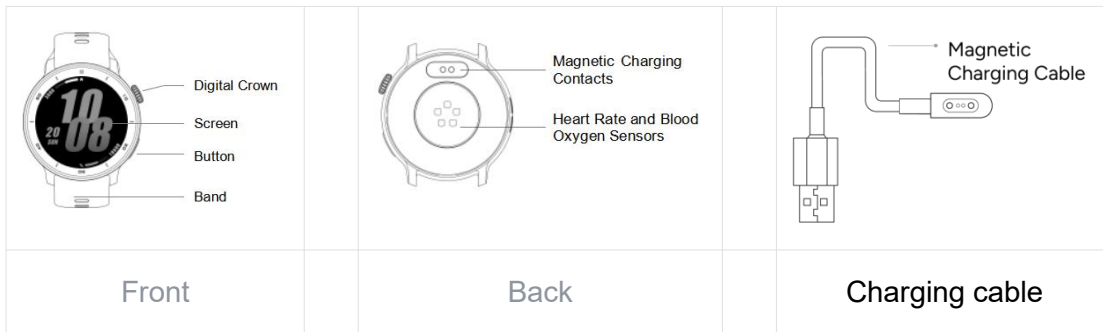


# Product User Manual

## Understand the product

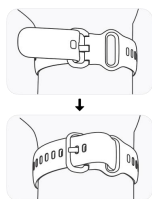


## Getting Started with

1 Wear → 2 Power On → 3 Set up → 4 Start Using

The following steps will take approximate 5 to 10 minutes. Please choose a convenient time to begin.

### 1 Wear the Watch

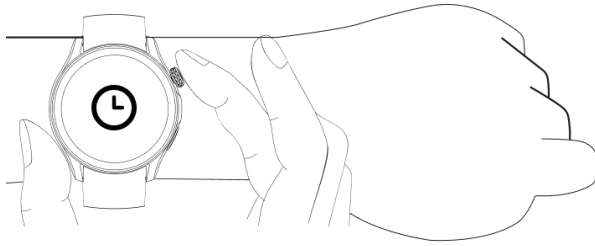


**To ensure accurate measurement of your data, please keep the following two points in mind:**

1. Step 1: Thread the longer band through the first loop of the shorter band.
2. Step 2: Adjust to a comfortable tightness, then press the holes on the longer band onto the metal pin buckle of the shorter band.
3. Step 3: Insert the longer band into the second loop of the shorter band and tighten.

### 2 Power on

Long press the "digital crown" until the startup screen appears.



Note: If the watch cannot turn on, it might be due to the battery being completely drained after a long period of inactivity. Please charge it for about 10 minutes and wait for it to turn on automatically.

### ③ Set up the watch

#### First: Download the Fitbeing app



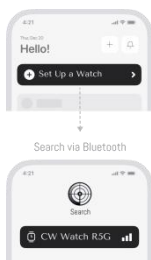
Please go to the app store on your mobile phone and search for "Fitbeing" to install it.

- For Android users, go to the Google Play Store.
- For iPhone users, go to the App Store.

You can also use your phone to scan the QR code below to quickly access the app store and find the **Fitbeing app** for installation.



#### 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 following the instructions. After completing the process, you can start using the watch.

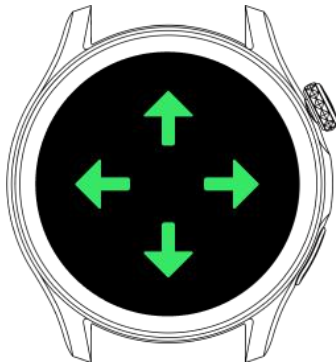
Notes:

1. Do not directly pair the watch with your phone's Bluetooth settings as it may prevent the Fitbeing app from being able to connect.
2. Please grant the Fitbeing app permissions such as Bluetooth, location, and camera access to ensure a successful pairing process.

### ④ Start Using

## 1. Touchscreen operation

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

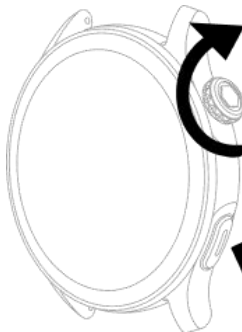


- ↑ Swipe up
- ← Swipe left
- Swipe right
- ↓ Swipe down

## 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 the crown

Press the button

### 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".



## Status Information

|                                                                                   |                                                                                                     |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
|  | Battery: Indicates the current remaining battery level of the watch.                                |
|  | Bluetooth connection: Shows the Bluetooth connection status between the watch and the paired phone. |

## Quick Settings

|                                                                                     |                                                                                                                              |
|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
|    | Focus: Allows you to choose sleep mode or do not disturb mode.                                                               |
|    | Sleep: Disables always-on display and wrist raise functions, and adds do not disturb mode.                                   |
|    | Do not disturb: Disables sound notifications for messages and calls, but alarms and timers still function.                   |
|    | Always-on Display : Enables the always-on display feature, where the screen remains on even in the dimmed state.             |
|  | Raise to Wake: Enables the wrist raise feature, with the screen automatically lights up when you raise your wrist.           |
|  | Flashlight: Opens the flashlight app and emits light from the watch.                                                         |
|  | Lock/Water lock: When enabled, the watch will be locked to prevent water damage. Press and hold the crown to unlock and dry. |
|  | Find My Phone: Helps you locate your paired phone when it is nearby.                                                         |
|  | Sound Alerts: Activating this option will switch to silent mode.                                                             |
|  | Screen brightness: Adjusts the brightness of the screen by swiping up or down.                                               |

---

## 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.

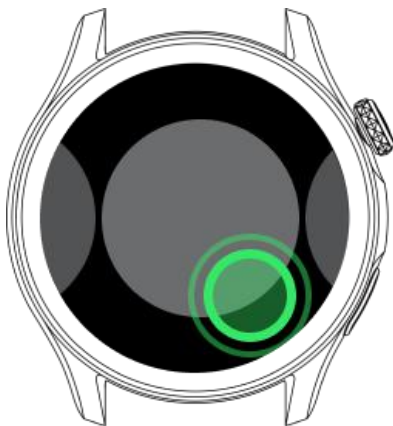
**Suggestions:** Recently used applications, quick browsing of health, exercise and other data, and control of music playback

**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.

4. **Enable Always-on Display:**

a. In the Control Center, you can quickly toggle the "Always-On Display" setting for the watch face.

b. In the watch's settings, go to "Settings → Display & Brightness" and enable or disable the "Always-On Display" setting.

c. You can also go to the app's "Profile → My Watch → Display & Brightness" section to toggle the "Always-On Display" switch for the watch.

5. **Status Bar:**

Priority: Water lock > Sleep > Do not disturb > Notification dot > Low battery

|                                                                                     |                                                                                                                                                           |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Water lock: When the water lock mode is enabled, a water lock icon will be displayed at the top of the watch face.                                        |
|  | Sleep: When sleep mode is activated, a sleep icon will appear at the top of the watch face.                                                               |
|  | Do not disturb: When do not disturb mode is enabled, a do not disturb icon will be shown at the top of the watch face.                                    |
|  | Unread indicator: When the notification dot reminder is enabled and there are unread notifications, a dot will be displayed at the top of the watch face. |
|  | Low battery: When the battery level is below 20%, a low battery notification will be shown at the top of the watch face.                                  |

---

## 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 your heart rate:

1. Wear the watch properly and place your arm flat.
2. Stay still for 10 seconds to measure your current heart rate.

You can browse more historical data about Heart Rate through the Fitbeing app.

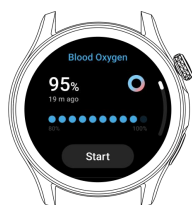
**For all-day automatic measurement:** When the watch is connected to your phone, you can go to the Fitbeing app → Profile → My Watch, and enable or disable all-day automatic tracking in the "Health Data Measurements" section. Once enabled, the watch will automatically measure and record your heart rate 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.

**HRV:** or heart rate variability, refers to the variation in sequential heartbeats. It contains information about the regulation of the cardiovascular system by neurohumoral factors, which can be used to assess the condition and prevention of cardiovascular diseases.

3. The watch will perform automatic measurements throughout the day.
4. If you want to disable automatic measurement, you can simply turn off all-day heart rate monitoring in the app.
5. After syncing the data with the app, you can view HRV data in the app.

## 4. Blood Oxygen



#### 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. Stress



#### To measure Stress:

1. Wear the watch properly and place your arm flat.
2. Tap on "Start" and remain still for 20 seconds to measure your current Stress level.

You can browse more historical data about stress through the Fitbeing app.

## 6. Sleep

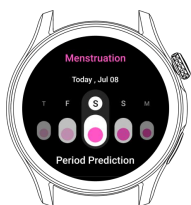


By wearing the watch while sleeping, it will automatically detect when you fall asleep, wake up, and provide insights on your deep sleep, light sleep, REM sleep, and awake durations.

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.

## 7. Menstrual Cycle



#### To track and predict your menstrual cycle:

1. During your menstrual period, you can easily record your period and its conditions in the menstrual tracking app.
2. The watch will automatically calculate and predict future menstrual periods, fertility windows, and safe periods based on the cycle length you set.

After syncing to the app, you can browse history and conveniently view menstrual cycle predictions.

## 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.
- 

## More

### 1. Breathe



1. Press and rotate the watch crown to enter the App Center, and then tap on "Breath Training" to enter the interface.
2. You can set the "Breathing Rate" or "Training Time", and then click on "Start" to begin breath training.
3. As the animation unfolds, take a slow inhale, and then exhale as the animation contracts.
4. If you want to end before the animation completes, swipe right on the screen and then tap "Finish".



## 2. Alarms

To set an alarm:

1. Press and rotate the watch crown to enter the App Center, then tap on "Alarm" to access the alarm interface.
2. Tap on the "+" button to add an alarm. If you don't select any repeat days, it will be a one-time alarm. You can also choose repeating alarms, such as daily, weekdays, weekends, or specific days of the week.
3. Tap on the "Done" icon to complete the setup.

**Snooze:** After setting the alarm, you can enable the snooze function, which will delay the alarm for 10 minutes.

**Stop:** When the alarm vibrates and rings, tap on "Stop" to end the alarm. If you have enabled the snooze function, you can tap on "Snooze" to delay the alarm by 10 minutes.

**Delete:** In the "Alarm" interface, tap on the alarm you want to delete and enter the alarm editing page, then tap on "Delete" to remove the alarm.



## 3. 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.

Note: Call functionality requires maintaining a good Bluetooth connection with your phone.



#### 4. Compass

In the application center, click "Compass" to enter the application

1. You can judge the actual direction of your front by the direction and scale of the arrow.
2. The directions and readings displayed on the screen can help you find the correct direction.
3. Through the "altitude" displayed on the screen, you can know the height of your current location compared to standard sea level.

Note: Altitude is calculated based on the standard atmospheric pressure through the air pressure sensor. You need to connect the App to calibrate the measurement accuracy. It is recommended to calibrate every 12 hours or open the app when you are ready to obtain the altitude to ensure that the accuracy is accurate enough.



## 5. Stopwatch

1. Press the crown to enter the App Center, then tap on "Stopwatch" to access the stopwatch interface.
2. Tap on "Start" to start counting time. Tap on "Lap" to record a lap time. Tap on "Stop" to pause the stopwatch. Tap on "Reset" to reset the stopwatch to zero.
3. Swipe right or press the watch crown to exit the stopwatch application without ending the stopwatch function.



## 6. World Clock

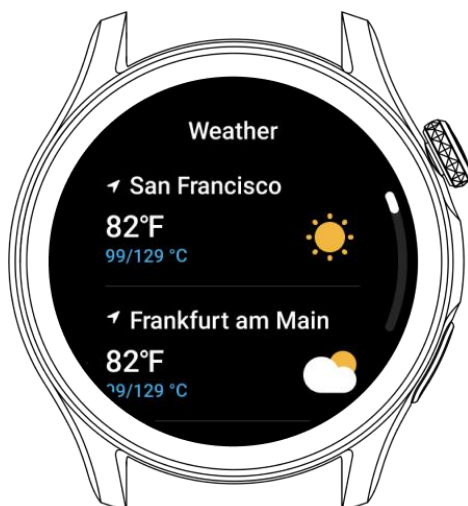
1. Press the crown to enter the App Center, then tap on "World Clock" to access the world clock interface.
2. you will see time cards displayed for different cities, including the city name, current time, and the time difference with the location city.
3. You can add or delete cities displayed on the world clock interface in the Fitbeing app. You can also rearrange the order of the cities as needed. The world

clock can display up to 10 cities.



## 7. Timers

1. Press the crown to enter the App Center and then tap on "Timer" to access the timer interface.
2. You can choose from preset timer durations, such as 1 min, 2 min, 5 min, 10 min, 30 min, and 60 min. Tap on any duration to start the timer.
3. You can also set a customized timer by selecting "Custom". Set the desired countdown time and tap on "Start" to begin the countdown. Tap on "||" to pause the countdown and tap on "X" to stop and reset the timer.



## 8. Weather

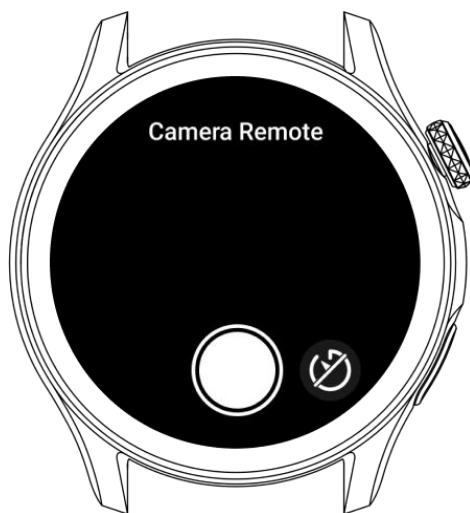
To view local weather information on your watch, you need to grant location permission to the app and sync it with your watch.

The weather information displayed on the watch can show the weather conditions of the last 12 hours. To keep the weather information updated, please open the app and sync the weather conditions at least once every 12 hours.

**Weather Shortcut Card:** Swipe right twice on the main interface of the watch to access the weather shortcut card, which displays your location, weather conditions, temperature, and other information.

#### **Weather App:**

1. Press and rotate the watch crown to enter the App Center, then tap on "Weather" to access the weather interface, which displays your location, weather conditions, temperature, and other information.
2. You can also add weather information for up to 5 cities in the Fitbeing app. Go to the "Watch" page and tap on "Weather" to set up the cities.



## **9. Camera Remote**

To use the remote camera control feature, please make sure to activate the camera function on your phone and ensure a successful Bluetooth connection between your watch and phone. Additionally, maintain a distance of no more than 10 meters between the two devices and ensure there are no obstructions in between.

1. Press and rotate the watch crown to enter the App Center, then tap on "Camera Control" to enter the remote camera interface.
2. You can control the camera on your phone by tapping on the "Shutter Button" on your watch.
3. Ensure that your watch is connected to your phone and the camera function is activated on your phone.



## 10. Music

After establishing a connection between your watch and phone, you can control music playback on your watch. If not connected, you will be prompted to connect to the Fitbeing app.

1. Press and rotate the watch crown to enter the App Center, then tap on "Music" to access the music control page.
2. Tap on the "Play/Pause" button to control the playback or pause on your phone.
3. Tap on the "Previous Track" or "Next Track" buttons to switch to the previous or next song respectively.

Note: It is recommended to use the built-in or mainstream music player on your phone to avoid compatibility issues that may prevent music control.



## 11. Find My Phone

Please ensure that your watch and phone are connected, and Fitbeing is open.

1. Press the crown to enter the App Center, then tap on "Find My Phone" to access the find phone feature.
2. Tap on the icon, and your phone will ring and vibrate to help you locate it.

Note: For iPhone users, please ensure that your phone is not in silent mode.

---

## Update Firmware

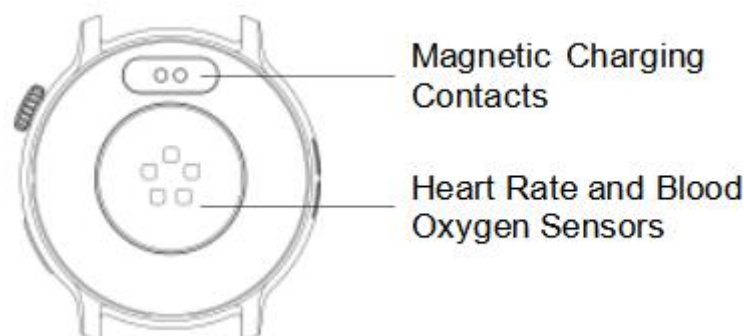
1. Open the app and go to "Profile" > "My Watch". If there is a firmware update available, you will find the update option in the details list. Tap on the update option to enter the update page. Select the "Install" option to start the update process and follow the prompts to complete the update.
2. During the firmware update, ensure that your watch remains connected to your smartphone and has sufficient battery life. The update process may take several minutes or even longer, depending on your watch model and the size of the installation file.

### Note:

3. Do not disconnect the connection before the update is finished, as it may cause system abnormalities and prevent normal usage of the device.
  4. After the update is completed, your watch will automatically restart and be updated to the latest firmware version.
  5. Make sure to keep your watch connected to your smartphone and check if all functions are working properly.
- 

## Charge the Watch

To charge the Watch, connect the charging cable to a USB power source. Attach the other end to the charging contact on the back of the watch. The watch will display a charging icon while it is being charged.



- Make sure the USB charging plug is at the same side as the crown.

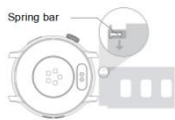
- Ensure to use a standard USB power source with an output of 5V $\overline{=}$  1A or above.
  - Prior to charging, ensure cleaning the charging contacts of the watch to eliminate any lingering sweat or moisture.
- 

## Wear and Care

- It is advised to remove the watch for approximate one hour daily. If you experience discomfort or irritation like redness, tingling, or a burning sensation, take off the watch and rest your wrist.
- To maintain hygiene, regularly clean your watch and wrist, particularly after workouts and sweating. Avoid using hand soap, shower gel, dishwashing liquid, or cleaning wipes to clean the watch as they can cause skin irritation. Instead, use mild soap and fresh water to clean the band.

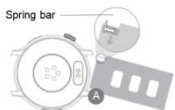
### 1. Change the Band

#### Remove band



1. Lift the spring bar from the groove.
2. Push and hold the spring bar.
3. Pull it out gently to remove the

#### Install band

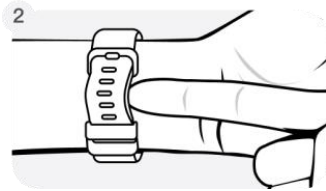
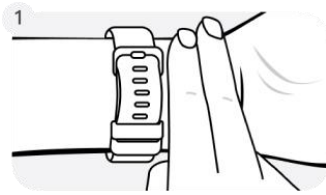


1. Insert the metal pin at position "A" in the hole.
2. Push and hold the spring bar.
3. Press the band into the body and release the spring bar.
4. Pull the watch band to confirm the firm installation.

### 2. Wear Your Watch

For optimal data accuracy, please observe the following guidelines while wearing the watch:

1. Wear the watch at a position approximately two finger-widths from your wrist bone.
2. For comfort, adjust the band to allow a finger's width between it and your wrist. This ensures both contact and fit.



## Precautions

- Disassembling the watch by oneself, except for replacing the strap, will void the warranty and compromise safety.
- Avoid forcibly opening the watch case, as it may cause short circuits and overheating.
- Keep the watch away from environments exceeding 60°C to prevent battery leakage or explosion.
- While the product complies with IP68 waterproof standards, it is not recommended for activities such as bathing, diving, or water skiing that involve high temperatures, steam, or rapid water flow. Note that the waterproof performance may be compromised if the product structure is damaged.
- The watch should be regularly cleaned to prevent dirt and dust buildup. Gently wipe the surface with a soft cloth to keep the watch clean and dry, avoiding the use of excessively damp cloths or any external heat sources (e.g., hairdryers) to dry the watch. Do not clean it while charging and do not use cleaning products or compressed air for cleaning.
- Do not forcefully press the digital rotating crown of the watch, as this may cause damage that is not covered by the warranty.
- When connecting the charging cable with the charging components, avoid bending the cable sharply or combining it with any other metal wires or cables. Regularly check the cable and interface for tangles, breakage, bending, or other damage.
- Be aware that firmware upgrades can lead to interface and usage changes. For detailed information, please refer to the product's upgrade instructions.
- In the event of abnormal situations such as safe mode, sensor malfunctions, or interface lagging, perform a 12-second long press on the button to restart and restore the watch.

---

# Help and Guide

## Frequently Asked Questions

If you encounter any problems while using the product,you can access the "Profile — 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.



---

# Key Specifications

|                        |                          |
|------------------------|--------------------------|
| Product Name           | S666                     |
| Body Dimension         | 45.6mm × 45.6mm × 11.6mm |
| Display                | 1.43" HD AMOLED          |
| Resolution             | 466 × 466                |
| Battery Capacity       | 400 mAh                  |
| Wireless Connection    | Bluetooth 5.3            |
| Satellite positioning  | Support GPS              |
| Air pressure sensor    | Supports Elevation       |
| Geomagnetic sensor     | Support Compass          |
| Water resistance garde | 3ATM                     |

|                              |                                           |
|------------------------------|-------------------------------------------|
| Working Temperature          | 0°C ~ 50°C                                |
| Compatible Operating Systems | iOS 13.0 and above, Android 9.0 and above |

**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.