Smart Watch
User's Manual
A700

Adapt to platform requirements

📱 Android 5.0 and above mobile phones   🍎 IOS 9.0 and above mobile phones   ❄ Support Bluetooth BLE5.3
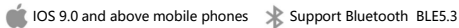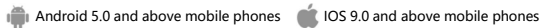
Preparation before use

For the first time, please make sure the Hand has enough power. If the Hand cannot be turned on, please charge the Hand first.

APP download method

Android download method:Search "RWFit" in the Android application market to download the application or scan the QR code to download

IOS download method:Scan the QR code to download the APP application.

Binding use

Long press the power button to turn on, please make sure the mobile phone Bluetooth is turned on (Android needs to turn on GPS)

Open the "HryFine" on the mobile phone-enter my device to match the Hand, select the MAC string matching the Hand to connect, if you can't find the device, you can click the device list in the upper right corner to search.

After the APP is connected to the Hand successfully, a guide page will pop up. According to the guide page, enter the Bluetooth search pairing "Hry 3.0 Bluetooth". After successful connection, you can make / receive calls and play Bluetooth music.

Hand operation instructions

Side button (switch on/off): Power button to sleep/wake up the screen, and return to the clock interface in other application interfaces Clock interface: After the watch is connected to the APP, it will automatically synchronize the date and time of the mobile phone. Press and hold the clock for 2 seconds to switch between different dials interface

Knob circle button function: Rotate this button to change the dial, zoom in and out of the function icon in the main menu interface, turn the menu page, and rotate to adjust the volume when using the volume.

Health: View activity, heart rate, sleep, breathing training, stress, and women's health interface

Activity: Display daily calorie count, steps taken, effective standing, distance, activity time, and other data

Heart rate: After entering the heart rate, it will automatically measure and display the measured heart rate data. After the measurement is completed, the data will be uploaded to the APP

Sleep: Wear a watch to fall asleep. The watch will record the duration of sleep, deep sleep, light sleep, and wakefulness. You can view your sleep data details on the app and set a sleep detection time range

Stress: After entering the pressure, it will automatically measure and display the measured blood pressure data. After the measurement is completed, the data will be uploaded to the APP

Cycle Tracker: The APP opens the physiological cycle reminder switch. After setting the menstrual period, ovulation period, cycle days, menstrual period days, last menstrual period start time, and reminder time, the watch will have a menstrual period and ovulation reminder interface

Call: View contacts, call history, dial interface

Contacts: After the watch is successfully connected to the app, 50 frequently used contacts can be added to the app. After the contact person is successfully added, the watch's phone book will be displayed synchronously. Clicking on the contact person in the phone book can make a phone call (note: the phone needs to be connected to Hry3.0)

Dial Pad: When Bluetooth 3.0 is connected, you can make calls through the dial, and the phone will automatically dial. The phone can set the calling device to a watch

Call History: Keep a record of phone calls made by the watch

Clock: View alarm, timer, and stopwatch interfaces

Alarm: Connected to the app, can add alarms on the app's alarm reminder, synchronize to the watch after adding, and can add up to 5 alarms at most

Timer: Customizable time or selection of existing time for countdown

Stop watch: Enabling this function allows for single or multiple timekeeping; Can be counted up to 50 times, with a maximum value of 99:59.90 pause timing

Workouts: Monitor and record the distance and calorie consumption of running, cycling, indoor sports 1, indoor sports 2, outdoor sports, ice and snow sports, ball sports, dance sports, combat sports, and other related sports

Sport Record: Up to 5 sports records can be saved

Calendar: can view the current day's calendar

Voice Assistant: Enter Siri voice mode

Music: Only with Bluetooth 3.0 connected to the phone can it be used. The guide page that pops up when Apple connects to the app for the first time connects to Bluetooth 3.0, and the Bluetooth music can be used to control the playback/pause of the music model that the phone is playing, as well as the previous/next song

Weather: After connecting to Bluetooth, the watch can display the weather conditions for the current day and the next 4 days

Photograph: When the phone is not locked, the watch enters Bluetooth to take photos, and the phone enters the photo taking interface. Click or shake the watch to take a photo, and the photo will be stored in the phone's photo album

Flashlight: Select to click on or off this function. When the battery level is below 10%, it cannot be used

Calculator: Enter for easy calculation

⚙ Settings: View brightness, sound and vibration, raise the wrist to light up the screen, rest the screen clock, light up duration, do not disturb mode, menu view, about calls, device information, bedside clock mode, QR code, password, language, restart, shut down, restore factory, S0S and other interfaces

☀ Brightness: default brightness level 3, with 5 brightness levels available for selection

🔔 RINGTONE VIBRATION: Enter the interface to adjust the vibration intensity; Turning on mute mode means turning off watch vibration

📳 Wrist Awake: default to all day on, can choose any time or automatically turn off this function

🕐 Screen saver: Enter and select any number or pointer dial

⏳ BRIGHT SCREEN TIME: Enter to set any on screen duration or constant on screen duration

🌙 DND: default 23:00-07:00; You can freely choose not to disturb the time

🔲 Menu View: Grid View and List View

📞 About calling: Turn on or off BT Bluetooth in the status panel interface

❗ Device Info: can view watch information such as Bluetooth name, version number, MAC, etc

🔋 Bedside clock: allows the horizontal screen of the watch to act as a bedside alarm clock

🔲 QR code: Scan the QR code with your phone and you will be redirected to download from the RWFit app

Password: You can set a password and modify or disable it

Language: Supports multiple languages and can be selected according to needs

Reboot: Enter to restart the watch

Shutdown: Enter to shut down the watch

Reset: Generally, when software problems occur, restoring factory settings can solve them

SOS: Only one phone number can be saved. Clicking on it defaults to dialing

Message: Can view the latest 10 push messages

Sedentary reminder: The duration of the sedentary reminder cycle and the effective time range of the sedentary reminder need

to be set in the sedentary reminder on the APP

Water reminder: The duration of the water reminder cycle, the effective time range of the water reminder, and the water switch need to be set in the water reminder on the APP

end

Phone search: When connected to the app, entering the phone search function and long pressing the

icon will prompt the phone with a ringtone

Dual mode switch: Independently select dual Bluetooth switches.

Precautions:
It should not be worn when taking a bath or swimming.
 When synchronizing data, please connect the Hand. Use the built-in charging cable to charge.Do not expose the handle ring to a place with high moisture or extremely high or low temperature for a long time. The wristband restarts unexpectedly. Please check the memory information of the phone to clear it and try again, or exit the APP and reopen it.
Hand maintenance:
Do not scratch the sensor, protect it from damage; Wipe the surface of the Hand with a damp cloth and use mild soapy water to remove oil or dust; Do not expose the Hand to the environment with strong chemicals, such as gasoline, cleaning solvents, propanol, alcohol or insect repellent. The chemicals will damage the sealability of

the Hand and the surface of the casing; Prevent your Hand from being subjected to strong impact and extreme high temperature exposure; When the lens and casing are intact, it is waterproof. Violent disassembly will affect the waterproofness.

Common problem:
What should I do if Bluetooth cannot be connected? (Failed to connect / reconnect or slow connection / reconnect)
- Please confirm whether the mobile phone supports (IOS9.0 or Android 4.2 or above, mobile phones or tablet products with Bluetooth 4.0)
- Due to the problem of signal interference in the Bluetooth wireless connection, the connection time may be different every time. If you cannot connect for a long time, please make sure to connect in a place where there is no magnetic field or too much Bluetooth device interference.
- Turn off the phone's Bluetooth and then turn it on; 4. Clear the phone background application or restart the phone
5. Do not connect your phone to other products of the same type at the same time

Should the Bluetooth connection be always on? Will there be any data if it is closed?
    Before synchronizing the data, exercise and sleep data will be kept on the wristband host. When the mobile phone and the Hand Bluetooth are successfully connected, the Hand will automatically upload data to the mobile phone, but the data stored by the Hand is limited, and only about one week of Bluetooth data can be stored. When the space is full, the earliest data will be automatically overwritten to generate the latest data , So please sync the Hand to your phone in time.

Remarks: If you turn on the incoming call and SMS reminder function, you need to keep Bluetooth connected, and the alarm reminder supports offline.

What should I do if the Hand cannot be charged ?
1. Please confirm whether the direction of the charging stand is correct and whether the charging clip is in good contact with the Hand.
2. When the Hand power is lower than 3.6V, there will be a period of battery precharge time

Remarks: After plugging in the charger, it will immediately enter the charging state. If there is no display, it will take 3-5 minutes to enter the charging state.

Will wearing the Hand for a long time cause harm to the human body?

Answer: The radiation of the equipment is far lower than the FCC standard of the United States, and it is basically negligib

FCC Warning

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.

智能手表
使用说明书

A700

适配平台要求

📱 Android 5.0 及以上手机　🍎 IOS 9.0 及以上手机　❄ 支持蓝牙BLE5.3

使用前准备

初次使用请确保手环电量充足，若手表无法开机使用，请先将手环进行充电。

APP下载方式

IOS/安卓手机用户：扫描上面二维码下载安装应用

安卓：通过软件应用商店搜索"RWFit"下载安装应用

苹果：通过App store搜索"RWFit"下载安装应用

连接手表使用

长按电源键开机，请确保手机蓝牙开启（安卓需要开启GPS）。

打开手机端的"RWFit"——进入我的设备进行匹配手表，选择与手表匹配的MAC串码进行连接，如搜索不到设备可点击右上角设备列表搜索。

APP连接手环成功后会弹出引导页，根据引导页的指引进入蓝牙搜索配对"Hry 3.0蓝牙"连接成功后可拨打/接听电话及播放蓝牙音乐。

注：APP只连接蓝牙4.0功能、只能与手表进行数据交互，无法进行音乐播放及使用语音通话功能，需要连接蓝牙3.0功能才能使用，蓝牙3.0的连接方式需仔细阅读APP连接完成后弹出的引导页。

手表操作说明：

侧按键（开关机）：电源键唤醒屏幕，在其他应用界面也能返回到时钟界面

时钟界面：手表连接APP后会自动同步手机的日期和时间，长按时钟2秒可以切换不同的表盘界面

旋钮圆按键功能：旋转该按键可以进行更换表盘、在主菜单界面时可进行放大缩小功能图标、菜单翻页。

 健康：查看活动、心率、睡眠、呼吸训练、压力、女性健康界面

 活动：显示当天的卡路里、步数、有效站立、距离、活动时间等数据

 心率测量：进入心率后会自动测量并显示测量的心率数据，测量完成后数据会上传到APP

 睡眠检测：佩戴手表入睡，手表会记录睡眠时长、深睡、浅睡和清醒的时长，在APP端可以查看您的睡眠数据详情，也可以设置睡眠检测时间范围

 压力：进入压力后会自动测量并显示测量的血压数据，测量完成后数据会上传到APP

 女性健康：APP端开启生理周期提醒开关，设置好经期、排卵期、周期天数、经期天数、上次经期开始时间、提醒时间后，手表端会有月经期、排卵期提醒界面

 通话：查看联系人、通话记录、拨号盘界面

 联系人：手表与APP成功连接后，可以在APP中添加50个常用联系人，联系人添加成功后手表电话本会同步显示，手表点击电话本中的联系人可以拨打电话（备

注：手机需要连接Hry3.0)

拨号盘：已连接蓝牙3.0的情况下，可以通过拨号盘打电话，此时手机会自动拨号，手机可将通话装置设置为手表

通话记录：保留手表拨打电话的记录

时钟：查看闹钟、计时器、秒表界面

闹钟提醒：已连接APP、可以在APP端闹钟提醒添加闹钟、添加完成后同步到手表，最多可以添加5个闹钟

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

秒表：打开此功能可进行单次、多次计时；最多可计数50次，最大值可达到99:59.90暂停计时

运动：监测且记录跑步运动、骑行、室内运动1、室内运动2、户外运动、冰雪运动、球类运动、舞蹈运动、搏击运动、其他运动等相关运动的或者距离以及卡路里消耗

运动记录：最多可保存5条运动记录

日历：可查看当天日历

语音助手：进入可使用Siri语音模式

音乐：已连接手机蓝牙3.0 才可以使用，苹果首次连接APP跳出的引导页连接3.0蓝牙，可以通过蓝牙音乐控制手机正在播放的音乐机型播放/暂停，上一首/下一首

🌤️ 天气：连接蓝牙后，手表端可显示当天及未来4天天气情况

📷 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，点击或者摇一摇手表拍照，照片将存储在手机端相册里

🔦 手电筒：选择点击开启或关闭此功能，低于电量10%时，不能使用

🖩 计算器：进入可进行简易计算

⚙️ 设置：查看亮度、声音和振动、抬腕亮屏、息屏时钟、亮屏时长、勿扰模式、菜单视图、关于通话、设备信息、床头钟模式、二维码、密码、语言、重启、关机、恢复出厂、SOS等界面

🔆 亮度：默认亮度3档、有5档亮度可进行选择

🔔 声音和振动：进入界面可调整振动强度；打开静音模式是指关闭手表振动

📳 抬腕亮屏：默认全天开启，可选择任意时间或自动关闭此功能

🕐 息屏时钟：进入可任意选择数字或指针表盘

⏳ 亮屏时长：进入可设置任意亮屏时长或常亮

🌓 勿扰模式：默认23:00-07:00；可任意选择勿扰时间

🔲 菜单视图：宫格视图和列表视图

关于通话：在状态面板界面打开或关闭BT蓝牙

设备信息：可查看蓝牙名、版本号、MAC等手表信息

床头钟模式：可让手表横屏充当床头闹钟

二维码：使用手机扫一扫二维码，将会跳转RWFit APP下载

密码：可以设置密码及修改、关闭密码

语言：支持多国语言，按需求选择

重启：进入可对手表进行重启

关机：进入可对手表进行关机

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

SOS：只能保存一个电话号码，点击默认拨打

消息：可查看最近的10条推送信息

久坐提醒：久坐提醒的周期时长、久坐提醒的生效时间范围内，久坐开关需要在APP端久坐提醒内设置

喝水提醒：喝水提醒的周期时长、喝水提醒的生效时间范围内，喝水开关需要在APP端喝水提醒内设置

找手机：已连接APP的情况下，进入找手机功能长按图标手机会发出铃声提醒

双模开关：自主选择双蓝牙开关。

注意事项：

1、洗澡和游泳时不宜佩戴；　2、同步数据时请连接手表；　3、使用标配的充电线充电；

4、不要把手表长时间暴露在水分较高、温度极高或极低的地方；　5手表出现死机重启现象，请注意检查手机内存信息清除再试，或退出APP重新打开。

手环保养：

1. 　　　　不要划伤传感器，保护它避免受损
2. 　　　　可用湿布擦拭手表表面，用温和的肥皂水去油污或灰尘
3. 　　　　请勿将手表暴露在有强烈化学物质的环境中，如汽油，清洁溶剂、丙醇、酒精或驱虫剂，化学物质会损坏手环的密封性和外壳表面
4. 　　　　避免你的手表遭受强烈的撞击、极度高温的暴晒
5. 　　　　当镜片和外壳保持完整才是防水的，暴力拆装后会影响防水性

常见问题：

1、蓝牙连不上怎么办？（连接/重连失败或连接/重连速度很慢）

答：1）请确认手机是否支持（IOS9.0或安卓4.2系统以上，带蓝牙4.0的手机或平板产品）

2）由于蓝牙无线连接存在信号干扰的问题，可能每次连接的时间会不一样，如果长时间连接不上请保在无磁场或没有太多蓝牙设备干扰的地方进行连接。

3）关闭手机蓝牙再打开；　　4）清除手机后台应用或重启手机；　　5）手机不要同时连接其他同类型产品；　　6）APP是否还在后台运行，如果不在后台运行则连接不上

2、无法搜到手表？

答：因为手表的蓝牙广播没有被手机搜索到，请确保手表处于有电和激活状态，且没有被其他手机连接上，将手表靠近手机重新搜索，如果仍然无效，关闭手机蓝牙20秒后重新开启蓝牙再去搜索。

3、蓝牙连接要一直开启吗？关了的话还会不会有数据？

答：没有同步数据时，运动和睡眠数据会保留在手表主机上。当手机和手表蓝牙成功连接时，手表会自动上传数据到手机端，但手表存储的数据有限，大约只能存储一周的蓝牙数据，空间满后会自动覆盖最早的数据来产生最新数据，所以请及时将手表同步到手机上。　　备注：如果开启了来电、短信提醒功能则需要保持蓝牙处于连接状态，闹钟提醒支持离线.

4、手表出现不能充电怎么办？

答：1、请确认充电架的方向是否正确，充电线与手手表接触是否良好。　2、当手环电量低于3.6V时，会有一段时间的电池预充电时间

备注：支持插上充电器后会立马进入充电状态，如果没有显示则需要充3-5分钟就可以进入充电状态。

5、手表长期佩带会不会对人体造成伤害？

答：设备辐射远低于美国的FCC标准，基本可以忽略不计，长期佩带不会对人体造成辐射伤害。