

Smart Watch manual

Thank you for choosing our smart watch. You can read this manual to fully understand how to use the equipment. This device is mainly adapted to mobile phones through Bluetooth connection, providing a variety of practical functions and services. To make it easy for you to operate the watch, and has developed many features for human movement and health. The company reserves the right to modify the contents of this manual without any prior notice.

This product does not support IP 68 waterproof, does not support rain, hand washing, swimming, hot shower or sauna, etc. It can't prevent water vapor. If the watch is damaged by water due to failure to follow the instructions, the company will not provide free warranty.

Operating instructions:

Key functions:

1、Switch key: long press to switch on/off, short press to turn on/off the dial interface; enter the function interface and short press to return to the dial; long press to force restart.

Touch gesture: double-click the dial interface to enter the voice assistant; swipe right to enter the message interface; swipe left to enter the widget;Swipe down to enter the status bar interface; Swipe up to enter the style interface.

Dial switching: long press the dial interface to switch the dial.

Strap replacement: quick release design, easy to install.

Charging instructions:

Support magnetic charging, put the watch on the magnetic charger when charging, support computer USB or mobile phone 5V standard charger. It can be filled in about 150 minutes.

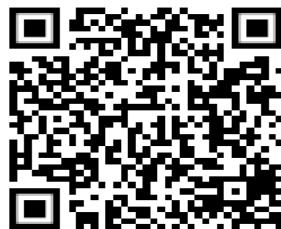
Connection between watch and phone:

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

1. IOS/Android mobile phone users:

Scan QR Code below through the mobile browser, or sweep it with the WeChat, open the interface, and select Android/iOS in the interface. Open the download in the mobile browser.

The QR Code below is the download of RDFit APP



Android/iOS

2. Search for "RDFit" to download from App Treasure, Google Play, and various mobile app stores on Android phones. Apple phones can be downloaded by searching for "RDFit" on the App Store.

After the download is completed, there will be various permission reminders during the installation process, all click to agree. The watch and the phone need to be connected to two Bluetooth: 3.0 and 5.0 to achieve all the functions.

Bluetooth connection method: After the installation is completed, open "RDFit" and open the Bluetooth of the mobile phone. RDFit will have a notification prompt. Click OK. Click more in the lower right corner, enter the scanning device, search for the Bluetooth address and click Connect. Some Android phones need to turn on the phone's GPS to find the Bluetooth name of the watch.

How to identify the success of Bluetooth connection: press the button under the watch in the standby interface to enter the taskbar, and the Bluetooth icon of the watch is highlighted in white. It indicates that the Bluetooth connection is successful; when the color of the Bluetooth symbol is set to gray, it indicates that the Bluetooth is not connected.

A simple treatment method for common problem: because that Bluetooth protocol of each mobile phone brand is not uniform, Sometimes the Bluetooth connection between the mobile phone and the watch is unstable, so you can turn off the Bluetooth of the mobile phone and reconnect it again. Or restore the watch to factory settings.

How to set up incoming mail notifications:

Enter Settings: Application Management, find "RDFit": Permission Management, and open all. Then enter the notification management: find "RDFit" and open all permissions.

Open "RDFit": More: Application Push: Open the background running permission, and enter the unlimited selection. When you return, you will be prompted to open the self-start again and enter the open. Back, select the APP for synchronous information notification, such as QQ WeChat, and select Open.

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

What should I do if I can't receive the notice?

First of all, the notification function of the watch is only to synchronize the notification function of the mobile phone, such as incoming calls and letters, QQ WeChat reminders. If your mobile phone does not receive notifications, then the watch side is not received, to set up in the mobile phone: notification function. Find the corresponding APP and open the permission notification.

Main functions of the watch:

Switch key: single press on the dial interface to turn on or off the screen, and long press to enter the shutdown interface.

Shortcut widget: slide left in the dial interface to enter the shortcut widget, which can be deleted and added by yourself.

Control center: slide down the dial interface to enter the control center, which can quickly

control the watch state.

Dial push: it can push the pointer dial, digital dial and custom dial at the app end.

Exercise: The watch has a variety of sports: such as running, walking, football, badminton, tennis, basketball, table tennis. Riding and other sports; can be connected to APP to view the movement data of the watch synchronously.

Activity data: You can view the number of steps, calories burned, and distance traveled throughout the day. The data of the day will be stored as historical data after crossing the day at 24 o'clock every night, and the interface data will return to 0.

Heart rate: Put the watch close to the wrist, the best position to wear the wrist bone near the upper arm, you can measure the real-time heart rate value.

Blood pressure: Start measuring immediately after entering. Please keep your arm still when measuring. Measure the value after about 18 seconds.

Blood oxygen: Start measuring immediately after entering. When measuring, please keep your arm still. Measure the value after about 30 seconds.

Electrocardiogram (ECG): Start the measurement immediately after entering. When measuring, please keep your arm still. The value will be measured after about 26 seconds.

Sleep: The length and quality of sleep will be recorded from 21 o'clock to 9 o'clock in the morning of the next day. Help to better adjust personal work and rest time, improve sleep quality, and view sleep data synchronously by connecting to APP.

Phone: Dial through the watch to make calls, view call logs, contacts, and set incoming calls/buttons to mute or vibrate.

Contacts: 20 contacts can be added to the phone book of the watch through the app.

Call record: The call record of the mobile phone can be synchronized.

Dial pad: Connect the mobile phone to make a call, and you can make a call on the watch side.

SOS: Call the first contact by default.

Message: View the message pushed by the mobile terminal, support Facebook, Twitter, whatsapp, QQ, WeChat, etc.

Breathing: You can enter the breathing training and set the breathing speed and time.

Music: Play the music of the mobile phone, and switch the music in the mobile phone up and down.

Find mobile phone: Connect Bluetooth, watch and click Find mobile phone. The mobile phone will ring until it is cancelled.

Find the device: Click to find the device on the app side, and the watch side will continue to vibrate until it is cancelled.

Weather: After Bluetooth is connected, the watch can display the weather status of the day and the weather conditions in the next three days.

Calendar: The calendar can be viewed.

Timer: You can customize the time or select the existing time to count down.

Alarm clock: five alarm clocks can be synchronized through APP; alarm clock can also be set on the watch side.

Stopwatch: Turn on this function for single and multiple timing.

Calculator: Enter for easy calculations.

Take a picture: When the phone is not locked, the watch enters the Bluetooth camera, the phone enters the camera interface, and the watch is clicked to take a picture. The photos will be stored in the photo album on the phone.

Voice assistant: After connecting 3.0/5.0 Bluetooth, click the voice assistant on the watch side to chat.

Women's health: Open the female assistant through APP, and set the menstrual period and ovulation period reminder function.

Medication reminder: set the medication reminder function through APP.

Facebook: Categorize Facebook information.

X: Classification X information.

Whatsapp: Categorize Whatsapp messages.

Prayer alarm clock: Prayer alarm clock can be set on the watch end. It's time to ring the bell to remind.

Praise beads: Click the finger icon button/slide the praise beads up and down.

Sedentary: You can turn on and off the sedentary reminder and set the reminder frequency through the APP.

Drink water: through the APP, you can turn on and off the water reminder and set the reminder frequency.

Settings: Various local settings are available.

Notifications: When notifications are turned on and there are unread messages, a red dot will be displayed at the top of the watch face.

Do not disturb mode: can be set all day or regular do not disturb.

Bluetooth: Call audio and media audio can be turned on and off

Gesture touch: open or close according to your own needs. After opening, it can control the incoming call to be answered by gesture, and the alarm clock is turned off.

Screen-off time: screen-off time can be set.

Brightness: the screen brightness can be set;

Constant light setting: constant light time and style can be set;

Raise the wrist to light up the screen: open or close according to your own needs.

Vibration intensity: Enter to turn the vibration on or off, and select the vibration intensity.

Password setting: You can set the password. If you forget it, you can unlock it with 8888.

Language: multiple languages are supported and can be selected as required.

Time and date setting: APP can be synchronized, or time can be customized.

Connect the mobile phone: bind the device QR Code.

Restore factory settings: Generally, when there is any software problem, it can be solved by restoring factory settings.

Restart: Enter to restart the watch.

Shutdown: Enter to shut down the watch.

About: Version information.

Warranty description:

1. During the normal use of this product, if there is any product quality problem caused by manufacturing, material, design and other reasons, From the date of purchase, the motherboard is guaranteed free of charge for one year, and the battery and charger are guaranteed for half a year.

2. No free warranty will be provided for the failure caused by the user, as follows:

- 1) Faults caused by unauthorized disassembly and modification of watches.
- 2) Failure caused by accidental drop during use.
- 3) All man-made damage or misuse due to the fault of a third party (such as water ingress of the main engine, external shock crack, damage caused by scratches on peripheral components, etc.), Not covered by warranty.
3. When asking for free warranty, please provide a warranty card with the date of purchase and the seal of the place of purchase.
4. When the user repairs the product, please take the product to our company or our company's distribution point.
5. All functions of the product are based on physical objects.

Date of purchase:	Customer Signature:
IME code:	Signature of shop assistant:
Shop for purchase:	Store Stamp:

FCC Caution:

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.