

Thank you for choosing our smart watch. You can fully understand the use of the device by reading this manual. This device is mainly connected to the mobile phone via Bluetooth for adaptation and use. It provides a variety of practical functions and services to facilitate your operation of the mobile phone, and has developed many functions for human exercise and health.

The company reserves the right to modify the contents of this manual without any prior notice.

This product is not a medical device. The health data and suggestions provided are for reference only and are not used as a basis for diagnosis or treatment .

Charging Tips

Please use the standard charger provided by our company for charging; our company is not responsible for any after-sales failure caused by charging with non-standard chargers.

Instructions

Button function: long press to turn on or off, single press to enter the menu interface , single press to return to the previous interface when in other application interfaces , double press on the menu interface to switch menu styles .

Touch gestures: swipe left to switch to the quick function component interface ; swipe down to enter the application bar ; swipe up to enter the message ; after entering each function, swipe right to return .

Connection between watch and mobile phone

Download the APP " Fere Fit" to your mobile phone and install

it

1. iOS/Android mobile phone users

Scan the QR code below through your mobile browser, or scan it with WeChat. After the interface opens, select Android/iOS in the interface and open the download using your mobile browser.

The QR code below is for downloading the Fere Fit APP



Android/iOS

2. On Android phones, search for "Fere Fit" in App Store, Google Play, and various mobile app stores to download it. On Apple phones, search for "Fere Fit" in App Store to download it.

After the download is complete, there will be various permission reminders during the installation process. Click to agree to all of them. The watch and mobile phone must be connected to two Bluetooth: 3.0 and 5.3 to realize all functions.

Bluetooth 5.3 connection method: After the installation is complete, open "Fere Fit" and turn on the Bluetooth of your phone. Fere Fit will have an activation notification prompt,

click OK. Click More in the lower right corner, enter Scan Device, search for the Bluetooth address and click Connect. Some Android phones need to turn on the phone GPS to search for the watch Bluetooth name.

Bluetooth 3.0 connection method: 1. Turn on the watch 3.0 Bluetooth 2. Turn on the phone Bluetooth and click the name of the watch Bluetooth you want to connect to - connect the Bluetooth device according to the prompts, and the phone will display "Connected".

How to identify a successful Bluetooth connection: Pull up the status bar on the watch in the standby interface . If the Bluetooth icon on Watch 3.0 and 5.3 is blue + green, it means the Bluetooth connection is successful. If the Bluetooth icon is gray, it means the Bluetooth is not connected.

Simple solutions to common problems: Since there is no uniformity in the Bluetooth protocols of different mobile phone brands, the Bluetooth connection between the mobile phone and the watch may be unstable sometimes. You can turn off the Bluetooth of the mobile phone and reconnect it, or restore the watch to factory settings.

How to set up email notifications

Go to Settings on your phone - Application Management, find "Fere Fit" - Permission Management, and enable all permissions. Then go to Notification Management - find "Fere Fit" and enable all permissions.

What should I do if I don't receive notifications?

First of all, the notification function of the watch is just to

synchronize the notification function of the mobile phone, such as incoming calls, letters, QQ and WeChat message reminders. If your mobile phone does not receive the notification, the watch will not receive it. You need to go to the phone settings-notification function, find the corresponding APP, and turn on the notification permission.

Function Introduction

Encoder: Rotate the button on the standby interface to switch the dial, and slide up and down in the secondary menu; the starry sky style menu can be enlarged and reduced, and when the interface is maximized, you can enter the application in the middle of the interface .

Altitude and air pressure: After connecting to the APP, you can view the current altitude and air pressure on the watch .

Location information : After the APP is connected, enable the phone's location permission and the watch can display the current location information.

Calendar : You can view the calendar for the current month .

Payment code : You can set the payment code for WeChat, Alipay, PayPal, etc. through the APP.

Settings: Allows you to make system settings.

Alarm : You can set 3 sets of alarms on the watch .

Information: Check the messages pushed by the mobile phone, supporting Facebook, Twitter, WhatsApp, QQ, WeChat, etc.

Breathing training: You can set the breathing rhythm according to your own situation to exercise your lung capacity.

Business card holder: You can set up WeChat, QQ, WhatsApp,

Twitter, Facebook and other QR code business cards through the APP .

Menu style: You can choose different menu styles according to your preferences .

Music: After connecting to the watch, you can control the music played on the phone .

Activity data : You can view the number of steps taken throughout the day, historical step count, calorie consumption and walking distance.

Telephone : Connect to the APP to synchronize contacts and you can view contacts, dial numbers, call logs, etc. from the APP.

Women's Health : You can set female health reminders after connecting to the APP.

Calculator: Enter to perform simple calculations.

Display settings : You can set the screen brightness, screen on time , etc.

Weather: The Weather page displays current weather, air quality information, and weather conditions for the next three days.

Sports : The watch has a variety of sports features: such as running, treadmill, cycling , walking, mountaineering, yoga , basketball, football, badminton, baseball, table tennis, volleyball, spinning bike, rowing machine, golf, rope skipping and many other sports .

Taking photos: After connecting to a mobile phone, the watch can be used as a remote control for the mobile phone camera .

Exercise records : You can view the recorded data of your past exercises .

Sleep: The watch can record and display the total sleep time of the night as well as the duration of deep sleep and light sleep.

Voice Assistant : After connecting to Bluetooth 3.0/5.3 , you can click the voice assistant on the watch to have a simple conversation .

Do Not Disturb : You can set Do Not Disturb at a certain time or for the whole day .

Find phone: Connect Bluetooth, click on the watch to find phone, and the phone ringtone will sound until canceled.

Stopwatch: Turn on this function to perform single or multiple timing.

Timer : Allows for a brief countdown.

Games: The game list includes the casual game of whack-a-mole.

Screen off pointer: You can set different styles of screen off pointers. There are two styles to choose from: pointer and number.

Language selection: You can choose different national languages.

Watch face push: After connecting to the APP, you can push the APP-side pointer watch face, digital watch face and custom watch face.

Thank you for your purchase and reading

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.