

# SMART WATCH

## Quick Guide

### Connect to phone



You need to download and install the CO-FIT PRO app application on your phone. The CO-FIT app supports iOS 11.0 and Android 5.0.

1. Turn on Bluetooth on your phone, open the app to register and log in to the homepage.
2. Pair the watch with the app. When pairing, ensure that the watch and app can communicate with each other (synchronize data); Open APP>Devices>Bind the device>Select the appropriate Bluetooth model.
3. In the searched binding list, Select the Bluetooth name that corresponds to the strongest signal and click match. The Bluetooth icon on the watch is blue, indicating that you are connected to Bluetooth 5.0.
4. Bluetooth 3.0 connection method:  
iPhone users support Bluetooth 5.0+3.0 dual Bluetooth one click link (follow the system prompt box when matching)  
1. The Android user system will pop up a Bluetooth pairing request, check the prompt permission and click "pairing" to complete Bluetooth 5.0+3.0 pairing;  
2. If there is no Bluetooth pairing request popped up on the Android user system, you need to remind the Bluetooth pairing prompt. Click "Debind" on the "Call Service Pairing Options" and then follow the interface operation prompts to finish Connect to Bluetooth, and subsequent connection to the mobile phone will generate a memory of the watch 3.0 Bluetooth, thus realizing dual Bluetooth one-click Connect (if you are not automatically connected to Bluetooth 3.0, please manually search for the Bluetooth name corresponding to your watch on your phone Connect).

01

### Function Introduction



Sport

Enter the sports mode selection interface and click again to activate the corresponding sports mode data detection: sports time, distance, calories, heart rate, and other data.



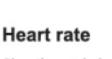
Activity

Collect activity data for the day. The APP can set the daily steps to reach the standard value, reaching the set steps, and the watch also has a standard prompt.



Dial

Connect your phone to Bluetooth and make a call on the watch.



Heart rate

Place the watch close to the wrist, with the best wearing position above the wrist bone and arm. Real time heart rate values can be measured, with a normal value of 60-100 beats per minute for most people. Heart rate records can also be viewed.



Blood oxygen

Place the watch close to the wrist, with the best wearing position above the wrist bone and arm. Real time blood oxygen values can be measured, with a normal range of 95% to 100%



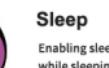
Message

Real message push content, such as SMS, QQ, WeChat, etc. (SMS reminders will be disabled by default for systems above OS 12)

02

### Sleep

Enabling sleep detection can detect sleep quality while sleeping, and can view data such as sleep duration, deep sleep, and light sleep.



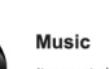
### Weather

Not connected to the APP, enter the weather display prompt, and after connecting to the APP, the current weather temperature will be displayed.



### Music

It can control the playback of music on the phone, switch between the previous and next music, and adjust the volume.



### Voice Assistant

When connecting to Bluetooth on a mobile phone, click "Speak" to achieve remote control.



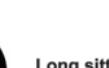
### Alarm clock

You can customize the alarm clock and delete it.



### Long sitting reminder

Long sitting reminder, always pay attention to health.



03

### Stopwatch

Start stopwatch timing and end timing.



### Timer

Start stopwatch timing and end timing.



### Brightness

Adjust the backlight brightness.



### Theme

You can freely switch themes.



### Settings

Including functions such as dial switching, brightness adjustment, language setting, password lock, etc.



04

### Note

- ① Do not disassemble, repair, or modify the product without authorization.
- ② Do not forcefully collide with the product to avoid damage.
- ③ Please avoid using in strong magnetic fields, direct sunlight, or high temperature environments.
- ④ This product is not intended for disease diagnosis, treatment, or prevention purposes.
- ⑤ This product is only waterproof in life, avoid being submerged for long periods of time.
- ⑥ Please avoid wearing the strap too tightly and keep the contact between the watch and the skin clean.
- ⑦ Children should use this product under the guidance of their parents to avoid harm.
- ⑧ If the product has any functional problems, it can enjoy the guarantee service, and the warranty period is 1 year.
- ⑨ Artificial damage, breakage, and scratches are not covered by the warranty.

### 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.

NOTE 1: 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.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

05