

J02 Smartwatch



Preface

Welcome to use this product. J02 is a stylish smartwatch equipped with outdoor GPS positioning and track recording functions, which can help you easily achieve your sports goals.

Package contents:

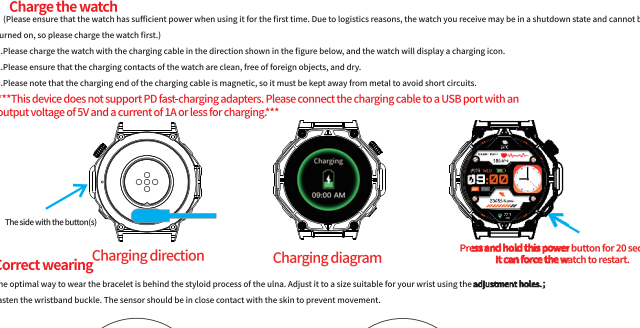
- J02 Smartwatch x1PCS
- Silicone strap x1PCS
- Instruction Manual x1PCS
- Charging cable x1PCS

Preparation before use:

- Remove the protective film, install the strap first, and assemble the strap according to the direction and method shown in the following diagram.

You can change the strap according to your personal preference, using the same method. When replacing, please choose a strap of 22mm specification.

3.Pull and push inward



Charge the watch

(Please ensure that the watch has sufficient power when using it for the first time. Due to logistics reasons, the watch you receive may be in a shutdown state and cannot be turned on, so please charge the watch first.)

- Please charge the watch with the charging cable in the direction shown in the figure below, and the watch will display a charging icon.
- Please ensure that the charging contacts of the watch are clean, free of foreign objects, and dry.
- Please note that the charging end of the charging cable is magnetic, so it must be kept away from metal to avoid short circuits.

*****This device does not support PD fast-charging adapters. Please connect the charging cable to a USB port with an output voltage of 5V and a current of 1A or less for charging.*****

Correct wearing Charging direction Charging diagram Press and hold this power button for 20 seconds. It can force the watch to restart.

The optimal way to wear the bracelet is behind the styloid process of the ulna. Adjust it to a size suitable for your wrist using the adjustment holes;

Fasten the wristband buckle. The sensor should be in close contact with the skin to prevent movement.

Initial setup: First, download the CO-FIT application.

When you receive the watch, the time and display language on the watch may not match those of your phone. You need to download and install the CO-FIT application on your phone. Once the application is correctly paired with the watch, the time and language of the watch will synchronize with those of your phone.

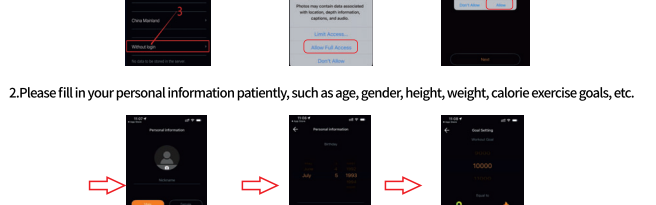
Please use your phone's camera to scan the QR code.

The CO-FIT APP supports iOS 11.0 and above as well as Android 5.0 and above operating systems, and is compatible with more than 150 models of smartphones.



- Download and install the APP: CO-FIT: Select the operating system corresponding to your mobile phone to download and install it.

******When using the APP for the first time, it will prompt that it needs to obtain permissions such as location and notification. Please confirm to grant all permissions, as shown in the figure below.******



******When the registration interface pops up, you can select the last option "Skip login for now" to skip it.******



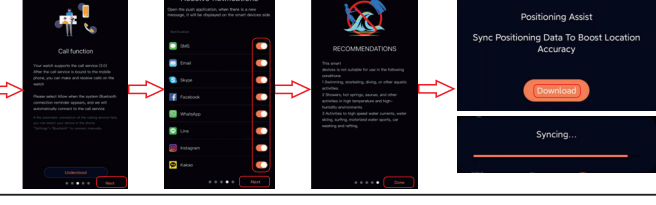
- Please fill in your personal information patiently, such as age, gender, height, weight, calorie exercise goals, etc.



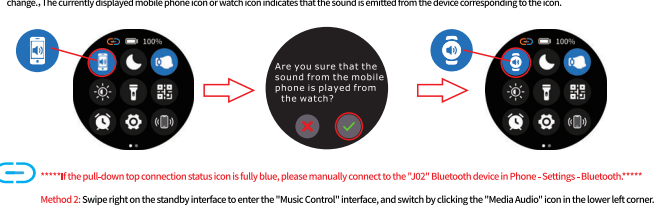
3.Connection between the APP and the watch(Please make sure that the Bluetooth switch is turned on before connecting the phone.)

Open COFIT > "Device" in the bottom bar > Add device > Select the "J02" model device.(You can also scan the QR code on the watch at the upper right corner of the "Add Device" interface to add.)

At this point, please pay attention to the binding reminder information displayed on the screen of the watch product, and click the "binding icon" in a timely manner. Proceed to the next step. At this point, you will be asked to grant notification permissions. Please select or turn on the push switches for all apps as needed. For a better sports trajectory experience, please enable auxiliary positioning.

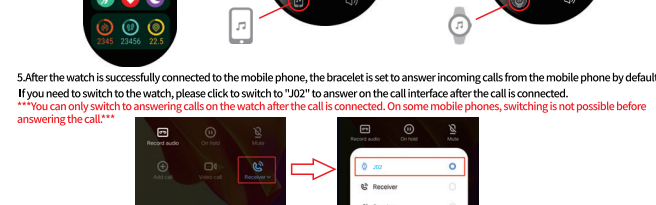


******During the binding process, the APP needs to obtain permissions such as notifications, message reminders, incoming call reminders, and location information. Please select "Allow" for all of them, and turn on the required app reminder switches at the same time.******



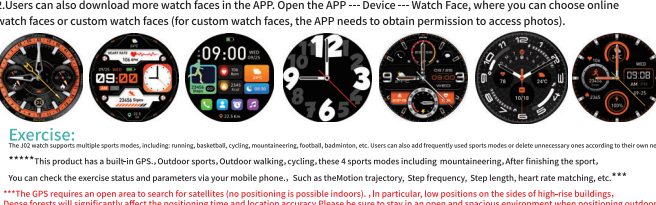
******If the pull-down top connection status icon is fully blue, please manually connect to the "J02" Bluetooth device in Phone - Settings - Bluetooth.******

Method 2: Swipe right on the standby interface to enter the "Music Control" interface, and switch by clicking the "Media Audio" icon in the lower left corner.



5.After the watch is successfully connected to the mobile phone, the bracelet is set to answer incoming calls from the mobile phone by default. If you need to switch to the watch, please click to switch to "J02" to answer on the call interface after the call is connected.

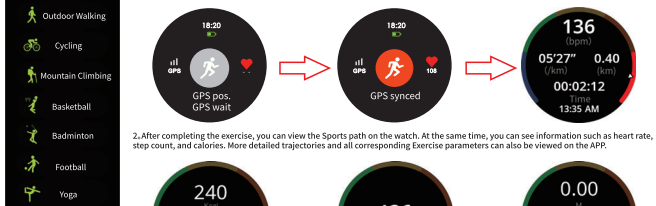
******You can only switch to answering calls on the watch after the call is connected. On some mobile phones, switching is not possible before answering the call.******



Introduction to the Main Functions of the Watch

Changing the watch face:

- On the watch face page, rotate the knob to quickly switch watch faces, or long-press and then slide left or right to switch watch faces, and click to complete the replacement.
- Users can also download more watch faces in the APP. Open the APP --- Device --- Watch Face, where you can choose online watch faces or custom watch faces (for custom watch faces, the APP needs to obtain permission to access photos).

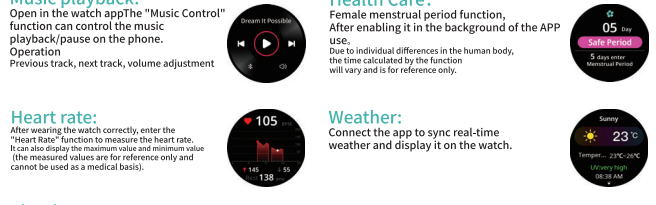


Exercise:

The J02 watch supports multiple sports modes, including: running, basketball, cycling, mountaineering, football, badminton, etc. Users can also add frequently used sports modes or delete unnecessary ones according to their own needs.

******This product has a built-in GPS, Outdoor sports, Outdoor walking, cycling, these 4 sports modes including mountaineering. After finishing the sport, you can check the exercise status and parameters via your mobile phone. Such as the Motion trajectory, Step frequency, Step length, heart rate matching, etc.******

*****The GPS requires an open area to search for satellites (no positioning is possible indoors). In particular, low positions on the sides of high-rise buildings. Dense forests will significantly affect the positioning time and location accuracy. Please be sure to stay in an open and spacious environment when positioning outdoors.. Meanwhile, due to environmental influences on positioning, the trajectory may have varying degrees of deviation.*****



Activity:

After wearing the watch correctly, standby left on the standby screen to enter the "Activity" interface, where you can check the data of steps, calories, and distance for the day.

Sleep:

After wearing the watch correctly, go to sleep and wake up. (Half an hour) You can view the sleep data. (Measurements vary from individual to individual. The data is for reference only and cannot be used as a medical basis.)



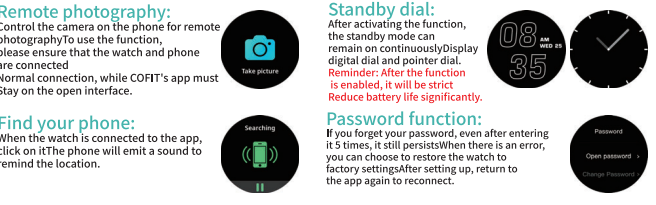
Music playback:

Open in the watch appThe "Music Control" function can control the music playback/pause on the phone.

Operation Previous track, next track, volume adjustment

Health Care:

Female menstrual period function. After enabling it in the background of the APP use. Due to individual differences in the human body, the time calculated by the function will vary and is for reference only.



Heart rate:

After wearing the watch correctly, enter the "Heart Rate" function to measure the heart rate. It can also display the maximum value and minimum value (the measured values are for reference only and cannot be used as a medical basis).

Weather:

Connect the app to sync real-time weather and display it on the watch.

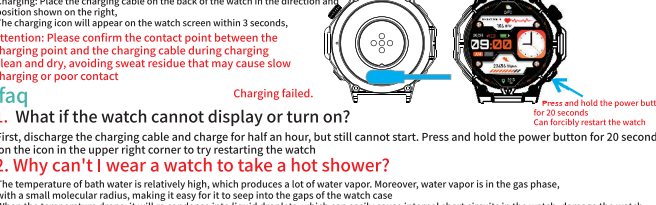


Blood oxygen:

After wearing the watch correctly, enter the "Blood Oxygen" function to measure the oxygen content. (The measured value is for reference only and cannot be used as a medical basis.)

Message reminders:

You can view text messages pushed from your phone to the watch as well as other real-time information pushed to the watch.

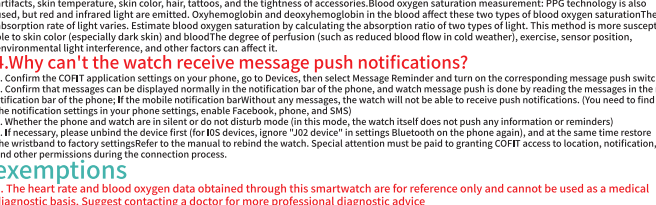


Pressure:

After correctly wearing the watch, enter the "pressure" function. Can view the current emotional stress situation (measured values) For reference only

Make/receive phone calls

The watch supports Bluetooth calling. After successful connection, you can directly make and receive calls on the watch. Refuse to answer phone calls



Breathing training:

Follow the prompts and rhythm on the watch to exhale And inhalation training

Alarm clock:

The alarm function can be found on the main function icon. A regular alarm clock can be set up to 5 times.



Anti loss reminder:

When the Bluetooth between the watch and the phone is disconnected, the watch will emit sound or vibration to remind users Prevent loss.

World Clock:

Up to five countries' world clocks can be set (Please add on the app, watch cannot be directly added)

Remote photography:

Control the camera on the phone for remote photographyTo use the function, please ensure that the watch and phone are connected. Normal connection, while COFIT's app must Stay on the open interface.

Standby dial:

After activating the function, the standby mode can remain on continuouslyDisplay digital dial and pointer dial. Reminder: After the function is enabled, it will be strict Reduce battery life significantly.

Find your phone:

When the watch is connected to the app, click on the location phone will emit a sound to remind the location.

Password function:

If you forget your password, even after entering it 5 times, it still persists:When there is an error, you can choose to restore the watch to factory settingsAfter setting up, return to the app again to reconnect.

Stopwatch:

Electronic timer, capable of recording one or more A time period.

set up:

Standby dial Raise your hand to turn on the screen Language switching Menu Style motion recognition Brightness adjustment Alarm clock ringtone and vibration system menu about

Compass (geomagnetic):

You can find the compass icon before using: for the first timeCalibration is required first, and attention should be paid to the influence of the environment on geomagnetic fieldThere are varying degrees of deviation.

Shutdown

Restore factory settings Restart

count down:

Customizable countdown time

Pull down status bar:

Audio switching Brightness adjustment alarm clock Do not disturb mode flashlight set up Flip your wrist and turn on the screen Search for mobile phone

Charging instructions

Charging: Place the charging cable on the back of the watch in the direction and position shown on the right. The charging icon will appear on the watch screen within 3 seconds.

Attention: Please confirm the contact point between the charging point and the charging cable during charging. Clean and dry, avoiding sweat residue that may cause slow charging or poor contact.

Charging failed.

1. What if the watch cannot display or turn on?

First, discharge the charging cable and charge for half an hour, but still cannot start. Press and hold the power button for 20 seconds to try restarting the watch

2. Why can't I wear a watch to take a hot shower?

The temperature of bath water is relatively high, which produces a lot of water vapor. Moreover, water vapor is in the gas phase, which is easy to seep into the gaps of the watch case. When the temperature drops, it will re-condense into liquid droplets, which can easily cause internal short circuits in the watch, damage the watch circuit board and components, and ultimately damage the watch.

3. Why are there blood deviations in heart rate, blood oxygen, and other values?

******The heart rate and blood oxygen data obtained through this smartwatch are for reference only and cannot be used as medical or diagnostic basis.******

Watch heart rate measurement: mainly using photoplethysmography. The principle is to use LED green light to illuminate the skin, and the sensor captures the light caused by blood flow. Calculate heart rate by absorbing changes. This method is susceptible to interference from factors such as motion artifacts, skin temperature, skin color, hair, tattoos, and the tightness of accessories. Blood oxygen saturation measurement: PPG technology is also used, but red and infrared light are emitted. Oxyhemoglobin and deoxyhemoglobin in the blood affect these two types of blood oxygen saturation. The absorption rate of light varies. Estimate blood oxygen saturation by calculating the absorption ratio of two types of light. This method is more susceptible to skin color (especially dark skin) and blood. The degree of perfusion (such as reduced blood flow in cold weather), exercise, sensor position, environmental light interference, and other factors can affect it.

4.Why can't the watch receive message push notifications?

- Confirm the COFIT application settings on your phone, go to Devices, then select Message Reminder and turn on the corresponding message push switch
- Confirm that messages can be displayed normally in the notification bar of the phone, and watch message push is done by reading the messages in the notification bar of the phone; If the mobile notification bar without any messages, the watch will not be able to receive push notifications. (You need to find the notification settings in your phone settings, enable Facebook, phone, and SMS)
- Whether the phone and watch are in silent or do not disturb mode (in this mode, the watch itself does not push any information or reminders)
- If necessary, please unbind the device first (for iOS devices, ignore "J02 device" in settings Bluetooth on the phone again), and at the same time restore the wristband to factory settingsRefer to the manual to rebind the watch. Special attention must be paid to granting COFIT access to location, notification, and other permissions during the connection process.

exemptions

1. The heart rate and blood oxygen data obtained through this smartwatch are for reference only and cannot be used as a medical diagnostic basis. Suggest contacting a doctor for more professional diagnostic advice

2. Due to factors such as environmental signal interference, wearing posture, changes in climate environment, and human physical condition, smartwatches provide heart rate and blood oxygen levels. The data may not be completely accurate. Do not make medical diagnosis and treatment adjustments based on the monitoring data provided by this watch without authorization. When medication and treatment are needed, should follow the doctor's advice; Our company is not legally responsible for the accuracy of monitoring data or the consequences of misuse of monitoring data and information.

3. Do not wear this watch while taking a shower

FCC Warning:

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.