



**B59001**

User Manual



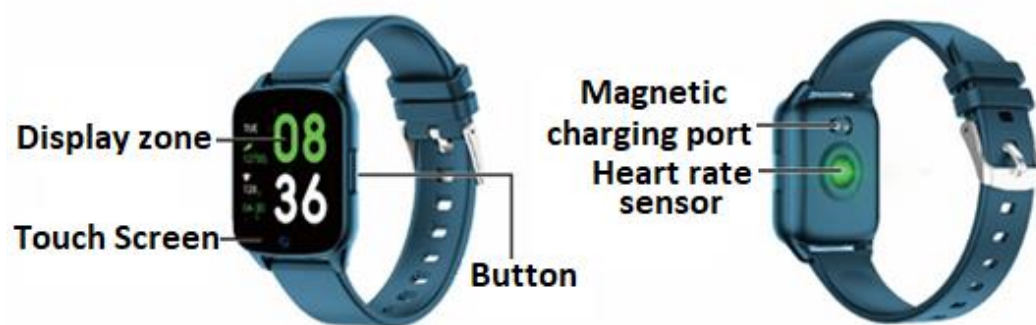
Please refer to this manual before using the product

V1.0

## Notes:

1. The company reserves the right to modify the contents of this manual without any further notification. It is normal that some functions may vary in certain versions of software.
2. Please charge this product with the charger provided for no less than 2 hours before using it for the first time.
3. In the APP, set personal information to sync time before using the smart watch. Please refer to the instructions about synchronization for details.
4. The smart watch lights up when charging and when receiving notifications from the telephone. Bright red during charging, green after fully charged, and color flickering when receiving notifications.

## 1. Product Overview



Models can be paired with:

- Android phone: supports OS 5.0 and above
- Iphone : supports OS 9.0 and above

## 2. APP download and connection

### 1. Please scan the QR code below to download APP

It is recommended to use a browser to scan and download the app. Please give the corresponding permissions in the download and installation process to ensure a good Bluetooth connection.

The APP name is "Da Fit".



### **Notes:**

1. For Apple phone users: If it is in standby or hibernation state for a long time (for example, for 2 hours or more, the phone has not been used and it is in a black screen state), Da Fit will be cleaned up by the iOS system, so the APP and the watch will disconnect and the functions on the APP will not be available. Please re-open it and they will automatically reconnect.

2. For Android phone users: After installing the APP on the phone, you need to enable the background application launch permission in the settings of your phone. Each smart phone is different. Take a Huawei phone as an example. The steps are as follows:

Settings--Application--Application Launch Management-- Da Fit, find the application, change the automatic management to manual management, open all permissions (allow Auto-launch, Secondary launch, Run in background). This is only for the application to maintain the Bluetooth connection with the watch while the phone is in standby mode (the phone does not have a bright screen). This permission will not use network traffic, nor does it affect the power consumption of the phone.

### **2. Link APP and Watch**

2.1 Open the app and set your personal information, such as "Height", "Weight", "Birth Year", etc.

2.2 For Android users: Switch to the home page, click "Add a Device" and click on the icon with the model number of your smart watch.

2.3 It will automatically switch to the home page after a successful connection between app and watch. Click the device icon to switch to the device page to check connection status. This page will also show the device model and picture, battery, device address and other information.

2.4 For iPhone users: when pairing fails, check that the phone is not connected to other devices. If so, in phone settings, enter to Bluetooth settings and ignore the other device on the phone before a new pairing.

### **3. APP settings (functions are available after connected successfully)**

#### **3.1 WATCH FACES**

Select a dial and click on the top left corner to return and save it.

#### **3.2 NOTIFICATIONS**

You can select the notifications you want to receive on your smart watch.

#### **3.3 ALARMS**

There are 3 different alarms available. Click on them to enter the alarm time.

#### **3.4 SHUTTER**

Android phone users: Click the shutter function on the APP and the watch will show a camera icon. Click it to take a photo on your phone. Photos will be automatically saved on the album in your phone.

iPhone users: it is necessary to open the camera on the phone manually (due to the iOS system) and then click to take pictures from the watch.

#### **3.5 OTHERS**

3.5.1 Find Device: The smart watch will vibrate so you can find it.

3.5.2 Time Formats: Click to set 12-hour or 24-hour time. It syncs with the clock after clicking DONE

3.5.3 "Do not disturb": Default mode is OFF. You can set the "do not disturb" mode according to your personal needs. The smart watch will not receive notifications while it is ON.

3.5.4 "Reminders to Move": Default mode is OFF. It can only be activated for period from 10:00 to 22:00.

3.5.5 Quick View: Default mode is ON. It can be set to be ON all day or for a period of time. When it is ON, the smart watch screen will automatically turn on when the wrist is turned.

3.5.6 Weather: You can manually set the city or select automatic positioning. For automatic positioning to be available, you must have the location permission enabled. The weather information is updated every 2 hours. If it is turned OFF, it takes 2 hours before disappearing on the watch.

### 3.6 UPGRADE

When a new version of the software is detected, it can be upgraded.

### 3.7 REMOVE

To unlink the phone and smart watch.

**Note: For iPhone users, go to “Settings” - “Bluetooth”, to ignore current Bluetooth pairing in order to unlink completely.**

## 3. Main functions

### 3.1 Basics

3.1.1 Power ON: When watch is power off, long press the side button for 5 seconds to power on. In the standby state, short press the side button to wake up it.

3.1.2 Power OFF: When watch is power on, long press the side button for 5 seconds to power off directly.

3.1.3 Check Device information: Long press the touch key to enter the Message interface. You can see the Bluetooth name, device type, device address, etc.

### 3.2 Steps

You can view pedometer data on watch and APP. When watch is successfully paired with APP, your sport data will automatically synchronize (or manually refresh) from watch to the APP, including steps count, distance, calories and other parameters.

### 3.3 Sleep monitor

The default sleep monitor time for the watch is from 20:00 pm to 10:00am. If you wear the watch when sleeping, you can check last night's sleep time on the watch after getting up the next morning. When watch is successfully paired with APP, the sleep data will be automatically synchronized (or manually synchronized) to the APP. The watch will automatically recognize and judge which is the sleep state. If you just get up briefly from bed, the sleep data displayed on the watch is different from the actual data because the watch is still detecting sleep. It is only when the watch completes detection that will show results of the whole night, and is consistent with the actual data. It will be acceptable to have some errors with the actual data due to different sleep states.

### 3.4 Heart rate monitor

When the heart rate data is empty, it displays “000Bpm”. Go to the heart rate icon, long press the touch key for more than 2 seconds to start the test. The data is displayed on the watch after the test. It is measured for 30 seconds and the watch only keeps the last data. If you exit from the this function during the test, the data will not be recorded.

### **3.5 Training**

3.5.1 Training mode includes: Walking, Running, Cycling, Skipping, Badminton, Basketball, Football.

3.5.2 Switch to the corresponding training icon: Long press to enter the corresponding exercise mode. It will show data such as steps, distance, calories, heart rate and exercise duration. Long press to pause and exit.

3.5.3 Activity data can only be viewed on the APP, not on the watch.

Note: Sport data saving rules:

1. The exercise time must be more than 2 minutes
2. Includes testing heart rate data

It needs to meet any of the two conditions so the data can be saved. If not, the app will not keep any exercise data.

### **3.6 Blood Pressure**

Go to the blood pressure icon and long press the touch key to start the test. You can stop pressing after the data is obtained.

### **3.7 Blood Oxygen**

Go to the blood oxygen icon and long press the touch key to start the test. You can stop pressing after the data is obtained.

### **3.8 Weather**

After the weather function is enabled on the APP, it will be displayed on the watch. It won't display if it's OFF on the APP. The weather information will be updated once every 2 hours.

### **3.9 Message**

Go to the message interface and long press to view the saved messages. In order to do this, you must first turn ON the function in the application and allow time to synchronize with the smart watch. The last 5 messages will be saved. Long press the current message to delete it.

**Messages received on the phone can be displayed on the smart watch, but cannot be answered from the watch. For incoming calls, they are displayed on the smart watch but cannot be heard or answered on the watch.**

### **3.10 Shutter**

You can take a photo with your phone camera by remote control.

For Android users: Click "Shutter", your phone turn on the phone's camera, the camera icon will appear on the watch. Press and hold the touch area of the smart watch to take a photo.

For iPhone users: Click the "Shutter", on your phone you must manually enter the camera interface and then click to take photos from the smart watch.

### **3.11 Player**

Long press to enter the music control interface. Long press to pause or play the previous song or the next song. Short press to switch the current operation. It is recommended that the phone music player runs on the foreground. If not, some smart phones probably will have compatibility problems.

### **3.12 Others**

Long press to enter the other functions:

3.12.1 Back: Long press to return to the previous interface.

3.12.2 Stopwatch: Long press to start timing, short press to pause timing, long press to clear and exit timing.

3.12.3 Mute: Long press to switch on and off.

3.12.4 Brightness: Long press to enter the brightness interface, short press to set the brightness level, long press to confirm setting.

3.12.5 Reset: Long press to restore factory settings, the watch will return to the factory state.

3.12.6 Power off: Long press to turn off the watch.

## **4. Precautions**

4.1 Only one smart watch pairing application should be installed on the phone to ensure that the connection with the smart watch is normal. If several applications are connected, they can affect the connection between the watch and the phone.

Note: Some Android phones will prompt you that you cannot install them. Please go to 'settings' of the phone and authorize the 'Unknown source'.

4.2 When the mobile phone requests permissions, click "Allow". On the contrary, you may not receive notifications, scan QR codes, open the remote camera or use other functions. These permissions do not affect the flow of the phone or other information on the phone.

4.3 Some Android phones may accidentally close the app when cleaning the applications. Please keep the app running in the background.

Android phone settings (background running method): open the phone settings - application management - Da Fit - Rights management - Backstage management - select background running. (The setting method may be different due to different mobile phone versions and models).

4.4 Heart rate monitoring requires that the watch and arm are in contact, and the watch should not be too tight or too loose. The test may be inaccurate if it is too tight because it will affect blood flow, and if it is too loose because it will affect heart rate sensor monitoring.

4.5 Avoid hitting the smart watch, it could break the glass.

4.6 Use 5V, 1A for charging. This product does not support fast charging. Do not charge if the watch has water (or sweat) to avoid short circuits and damaging the product.

4.7 This product is an electronic monitoring product, not for medical reference.

## **5. Troubleshooting**

In case there is a problem when using the smart watch, please solve it accordingly to the following steps. If the problem is not solved, please contact the seller or designated maintenance personnel.

5.1 The watch cannot be turned on:

5.1.1 Press the display touch area for over 3 seconds.

5.1.2 Make sure there is enough battery. Battery power may be too low, please charge it.

5.1.3 If the smartwatch has not been used for a long time and the normal charger does not respond, please try charging it with an output power of 5V/1A.

5.2 It shuts down automatically:

5.2.1 Battery power may be too low, please charge it.



### 5.3 Short battery life:

5.3.1 It may occur when the battery has not been fully charged, please ensure there is enough time for charging (at least 2 hours is required).

5.3.2 Charger or data cable may not work properly, please change to new ones.

5.3.3 Please check the port of the data cable and try again to ensure a proper connection.

### 5.4 Bluetooth disconnects or unable to connect:

5.4.1 Please restart it.

5.4.2 Please turn off Bluetooth of mobile phone and open it to reconnect.

### 5.5 Inaccurate sleep data:

The sleep monitor is designed to mimic the natural pattern of falling asleep and waking up. Please use the smart watch during the day, otherwise a deviation may occur if you go to bed late or only use it while you sleep. Sleep data may not be generated if you go to bed during the day, since the default sleep time is set between 9:00 p.m. and 9:00 a.m.