



USER manual

Download Watch Client

Install App and Bind Device

Requirements for mobile phone configurations: Android system 4.4 or higher, IOS system 9.0 or higher, Bluetooth version BLE 4.0 or higher

Scan the QR code below and download the Android or iOS app to install on your phone (App: Dafit)



After the phone is installed, click the app icon. Then follow the prompts to switch on the phone Bluetooth and start to search the binding device for the bracelet.

Connect the Watch

Start the client and set up the personal information



Switch to the "Device" page and click "Bind Device"



Click on your device in the list of scanned devices

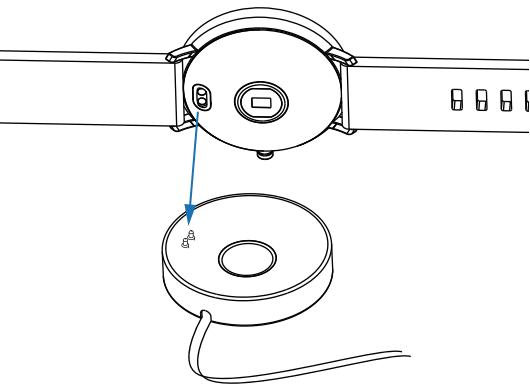


Binding is complete

Press and hold on the time page of the watch, the watch MAC address will be displayed. You can determine your device through the MAC address in the device list. After the watch is successfully bound, the watch will automatically be connected with the phone each time the client starts in the future. The data can be synchronized by pulling down the data page.

Charging and Active

Charging the device to active before the first time using;
To charge your device, plug the charging cable into the adapter or USB port on your computer.



Smart Watch Features



Sports

Smart Watch automatically tracks Steps taken, Calories burned, Distance traveled and displays on the screen.

NOTE: Your movement stats reset to zero at midnight.



Sleep

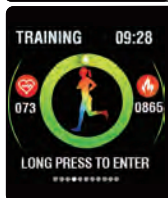
If you keep wearing Smart Watch in your sleep, it can provide the hours slept and quality of sleep stats on both the screen and the APP.

NOTE: Sleep stats reset to zero at 8:00 pm.



Heart Rate Test

the heart rate page to start measuring your heart rate. On the heart rate page, It can show the heart rate measured data of the last-7-times.



Training

Long press on the training page to start a new training measure recording, there are 8 sport modes to be chosen. The last training recording will be shown on the training page.



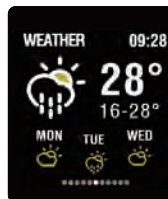
Blood Pressure Test

on the blood pressure page to start measuring your blood pressure .On the blood pressure page, It can show the blood pressure measured data of the last-7-times.



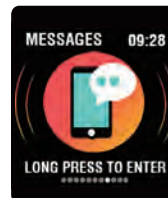
SpO2 Test

the SpO2 page to start measuring your SpO2. On the SpO2 page, It can show the SpO2 measured data of the last-7- times.



Weather

It could show the weather info of current and tomorrow on the weather page.Weather info is synced after connecting with the APP, it will not be updated after a long disconnected.



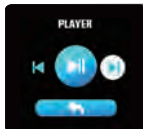
Messages Reminder

The device can sync incoming notifications from Twitter, Facebook,Whatsapp, Instagram etc. Recently 3 messages can be stored. Note: You can switchof/ off the incoming notification in the APP.



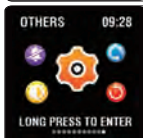
Remote Shutter

After connecting the device can remote control the camera on your phone.



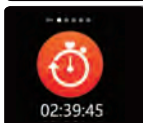
Music Play Controller

After connecting the device can remote control the music player on your phone.



Other Features

Other features include stopwatch, brightness adjustment, mute mode, factory reset, and power off.



Stop Watch

Long press on the stopwatch page to start timing, and long press again to stop timing.



Silent Alarms

Set up the alarm on the APP, the device will vibrate to remind on time

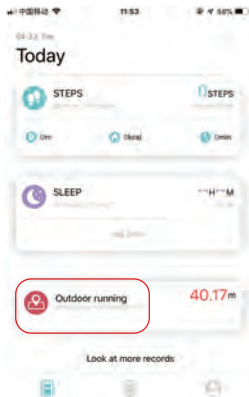


Remind to Move

The device will vibrate to remind you to make a relax after 1 hour sitting.

Note: You can switch on/off the feature in the APP.

GPS Running Track



Connect the mobile phone with the device

Start the phone app, and click GPS Run. When you use the track function, you must keep the phone connected.



GPS track signal

Verify that the GPS signal is normal, and then click "Start"



After entering the GPS running track, you can switch to data mode or map mode to view the running route at any time.



When you want to stop running, click and hold the stop button to switch off

Getting to Know Your Device

1. Why is there difference between blood pressure values and sphygmomanometer?

The deviation of measurement values between watch and sphygmomanometer is caused by many factors. Firstly, the sphygmomanometer measures the brachial artery, while the watch measures two main branches of the arteriole. Normally speaking, the difference between the blood pressure measurement values of aorta and that of arteriole is 30-40; if you use the watch and sphygmomanometer to measure blood pressure at the same time, as the blood flowing through the arteries is centrifugal, the band puts pressure on the area below the middle of your elbow when using a sphygmomanometer to measure blood pressure, so that the blood cannot flow smoothly to the lower branches of the artery temporarily; in this case, vascular tension will increase, thus leading to greater deviation of pressure measurement values.



(Figure 1)



(Figure 2)

PS : When the bracelet appears (Figure 1) screen, this is for testing of the touch panel function. There are two methods to shut the testing mode of touch screen.

First: when the interface screen of Figure 1 appears, touch to select the white grid until the Figure 2 appears, the bracelet will be automatic Exit to the Time mode screen.

Second: When the bracelet appears (Figure 1) screen, you can ignore this interface screen. When the screen is off, the bracelet will automatically exit back to Time mode screen.

2.Why can't you wear the watch to take a hot bath?

As the temperature of bath water is quite high, there will be a lot of steam. Moreover, as the steam is gaseous and its molecular radius is small, it will easily infiltrate into the watch through the gap. When the temperature drops, the steam condenses back into liquid droplets, which will easily lead to internal short circuit and damage circuit board, thus damaging the watch.

General Info & Specifications

Why can't the watch receive message prompt?

Android system setting:

1. Please confirm that the message prompt function at mobile phone terminal is activated.
2. Please confirm that messages can be displayed normally in the notification bar, for the messages that the watch receives are from the notification bar. If there is no message in the notification bar, then the watch cannot receive any message.

(Please find the notification setting and activate the message prompt functions of WeChat, QQ, mobile phone, short message and mobile phone terminal.)

3. Please open the auxiliary function setting of the bracelet client-side.

(Please find the auxiliary function in mobile phone settings and activate the the auxiliary function setting of the bracelet client-side.

IOS system setting:

1. Please confirm that the message prompt function is activated at mobile phone terminal.
2. Please confirm that messages can be displayed normally in the notification bar.

(Please find the notification setting and activate the message prompt functions of WeChat, QQ, mobile phone, short message and mobile phone terminal.)