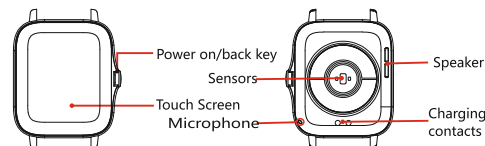


## Download the App

Scan the QR code to download and install the App or download the DaFit App from Google play store from Apple app store.



## Introduction to UWATCH 1+



Note: Press and hold the power-on key to turn the watch on

## Watch activation

Before you use the watch for the first time, you need to charge the watch by connecting the magnetic charger to the contact port on the back of the watch. You can use the charging cable with an adaptor or using the USB port on your computer to charge the device.



## Connecting UWATCH 1+

This watch has dual Bluetooth connection mode, connect the watch as follows:

### 1.APP-end connection (for data transfer)

Open the DaFitAPP and click "Binding Watch" to find the UWATCH 1+ Press connect , the watch will now be connected.



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## 2: Mobile phone connection (for calls)

1) Turn on the audio icon on the watch: swipe down on the main interface of the watch, on the control center, tap the audio call icon, turn on the audio status as shown:



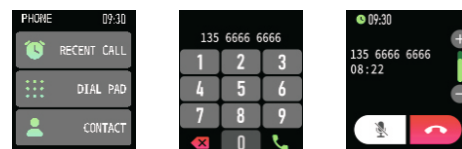
2) Go to the mobile phone bluetooth search page, search for UWatch 1+, connect the icon, the watch is successfully paired as shown:

### PAIRED DEVICES



After the watch is successfully paired, the watch will automatically connect to the phone, the data will be synchronized, by dragging the interface screen downward.

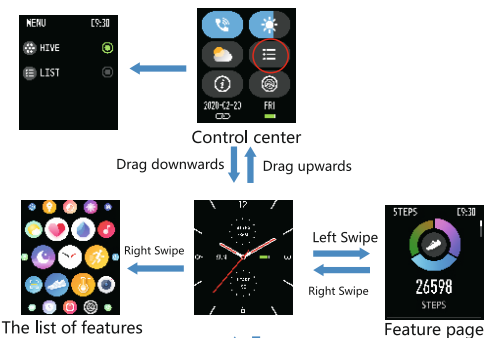
## Introduction to the calls function



When the watch is connected to your phone, you can use your watch to dial to make calls and answer calls, you can also answer calls from your phone on your watch using the speaker option. You can also view your watch's call history. When using the call function, you need to make sure that the watch is connected to the phone.

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## UWATCH 1+ operating instructions

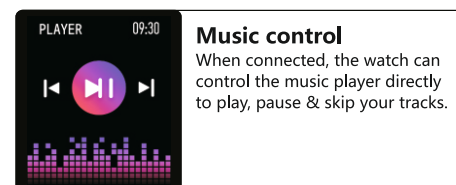


The list of features

Note:

\*Click on the icon to enter corresponding function.  
\*Click on the dial icon to go to the list of functions.

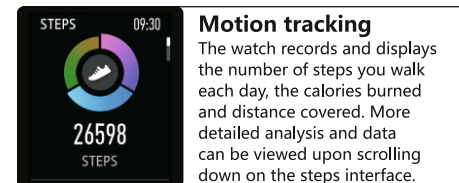
## Introduction to UWATCH 1+ functions



### Music control

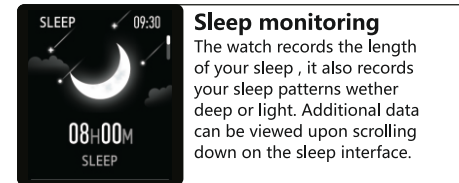
When connected, the watch can control the music player directly to play, pause & skip your tracks.

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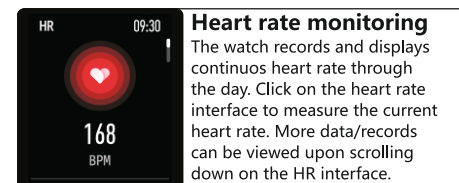
### Motion tracking

The watch records and displays the number of steps you walk each day, the calories burned and distance covered. More detailed analysis and data can be viewed upon scrolling down on the steps interface.



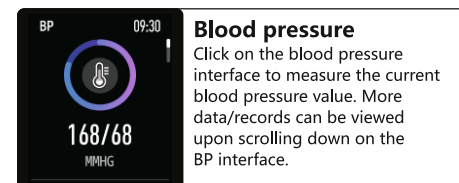
### Sleep monitoring

The watch records the length of your sleep, it also records your sleep patterns wether deep or light. Additional data can be viewed upon scrolling down on the sleep interface.



### Heart rate monitoring

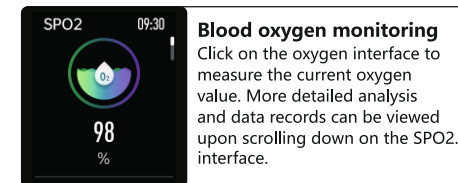
The watch records and displays continuous heart rate through the day. Click on the heart rate interface to measure the current heart rate. More data/records can be viewed upon scrolling down on the HR interface.



### Blood pressure

Click on the blood pressure interface to measure the current blood pressure value. More data/records can be viewed upon scrolling down on the BP interface.

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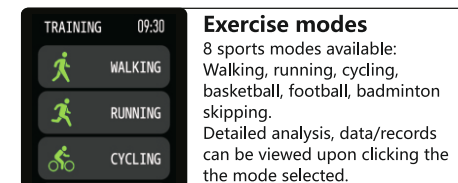
### Blood oxygen monitoring

Click on the oxygen interface to measure the current oxygen value. More detailed analysis and data records can be viewed upon scrolling down on the SPO2 interface.



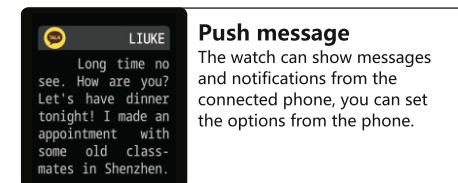
### Weather information

The weather interface shows the current weather, air quality and the next days expected conditions. The watch must be connected to the phone to get updated weather information.



### Exercise modes

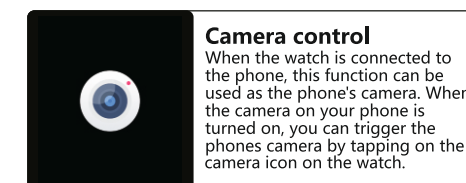
8 sports modes available: Walking, running, cycling, basketball, football, badminton skipping. Detailed analysis, data/records can be viewed upon clicking the the mode selected.



### Push message

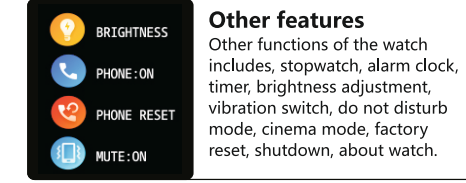
The watch can show messages and notifications from the connected phone, you can set the options from the phone.

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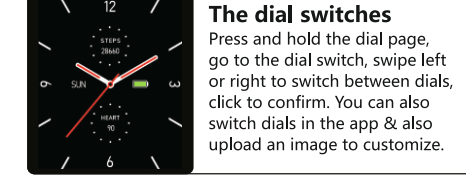
### Camera control

When the watch is connected to the phone, this function can be used as the phone's camera. When the camera on your phone is turned on, you can trigger the phones camera by tapping on the camera icon on the watch.



### Other features

Other functions of the watch includes, stopwatch, alarm clock, timer, brightness adjustment, vibration switch, do not disturb mode, cinema mode, factory reset, shutdown, about watch.



### The dial switches

Press and hold the dial page, go to the dial switch, swipe left or right to switch between dials, click to confirm. You can also switch dials in the app & also upload an image to customize.

## Precautions

1. Do not charge using voltage greater than 5V, direct current greater than a 2A adapter, charge up to 2-3 hours appx.
2. Do not charge using wet hands or use moist products.
3. This is an electronic monitoring device, do not use as a medical reference, measurement data is for reference purpose only.

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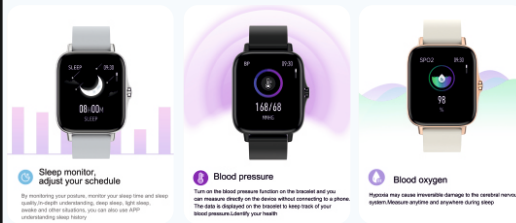


## USER MANUAL



## UWATCH 1+

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**Sleep monitor, adjust your schedule**  
By recording your schedule, monitor your sleep time and sleep quality, on sleep understanding, sleep alarm, light alarm, snore and other situation, you can also use APP understanding sleep history.

**Blood pressure**  
Turn on the blood pressure function on the bracelet and you can measure directly on the device without connecting to a phone. This APP is equipped on the bracelet to keep track of your blood pressure liberally your health.

**Blood oxygen**  
Monitor the blood oxygen saturation in the bracelet and you can measure directly on the device without connecting to a phone. This APP is equipped on the bracelet to keep track of your blood pressure liberally your health.

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## Multiple sports modes, scientific training and accurate calculation

Built-in multiple sports modes, not only can cover the needs of most sports enthusiasts, it can also provide a wealth of data records, and generate analysis reports after the exercise, help continuously improve the exercise plan, enable you to understand your exercise status and improve appropriately.



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## Message push, remind to view

Facebook, Twitter, SMS, QQ, WeChat and other messages can be pushed directly to the watch. Synchronized vibration alerts, no need to check with your phone, you can check with your hand up!



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## Bluetooth call Phone sync address book

Can answer rejected calls, when connected, the bracelet can make calls with call records whether it's sports or driving, when the phone calls, it will be pushed to the watch in time. One-click answering, free hands, make communication more free.



2.5 d Toughened Curved Glass

1.7" HD IPS Screen

Sleep Monitoring

Notifications

Weather

Stopwatch

Music Control

Bluetooth Calls

Bluetooth Music

Multi-Sport Mode

Heart Rate Monitoring

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