

EW4

Smart Watch User Manual



Thank you for purchasing our products. This manual addresses the safety guidelines, warranty, and operating instructions. Please review this manual thoroughly before operating your device.

All pictures in this manual are for illustration purpose only. Actual product may vary due to product firmware upgrade and app upgrade.

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Getting Started

What's in the Box



Smart watch
(EW4 with bands)



Charging cable



Quick start guide

What's in this Document

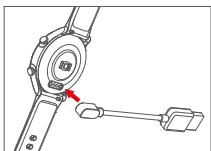
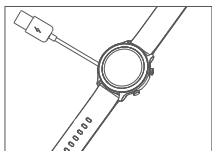
This manual gets you started quickly with setting up your watch. Setup ensures that your watch can synchronize its data with the Letsfit app, where you can get detailed information on your stats, view historical trends, log sleep, and more. As soon as setup is complete, you're ready to start moving. The remainder of the manual walks you through every function on your EW4.

Setting up Your Watch

Charging Your Watch

Please fully charge your watch before initial use.

1. Insert the USB plug of the charging cable into the USB port on your computer or a UL-certified USB wall charger.
2. Hold the other end of the charging cable near the port on the back of the watch until it attaches magnetically.
3. Make sure the pins on the charging cable lock securely with the port. The connection is secure when the watch vibrates and the battery icon with percent charged appears on the screen.



When the watch shows that the battery is low, connect the watch to a USB port with 5V-500mA.

While the watch charges, there is a battery progress bar on the screen and you can check the battery level at any time.



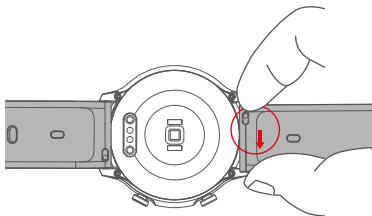
4. Remove the watch from the power supply once fully charged.

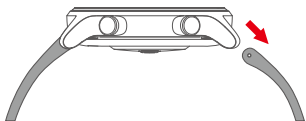
- USB charger requirement: DC USB port (5V-500mA)
- Charging time: Approximately 2 hours

Disassembling / Assembling Your Watch

Disassembly

1. To remove the wristbands, turn over the watch and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the wristband away from the watch to release it.

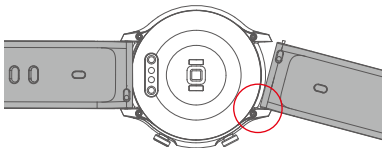




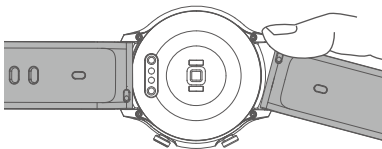
3. Repeat on the other side.

Assembly

1. To reattach the wristbands, slide the pin (the side opposite the quick-release lever) into the notch on the watch. Attach the wristband with the clasp to the top of the watch.



2. While pressing the quick-release lever inward, slide the other end of the wristband into place.

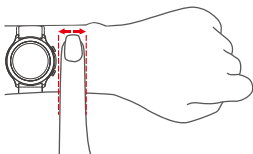


3. When both ends of the pin are inserted, release the quick-release lever.

Wearing Your Watch

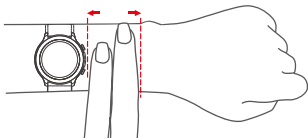
All-day Wear and Exercise

For all-day wear when you're not exercising, wear the device on your wrist horizontally, a finger's width below your wrist bone and lying flat, the same way you would put on a watch.



For optimized heart rate tracking, keep these tips in mind:

1. Experiment with wearing the watch higher on your wrist during exercise. Because the blood flow in your arm increases the farther up you go, moving the watch up a couple of inches can improve the heart rate signal. Also, many exercises such as bike riding or weight lifting require you to bend your wrist frequently, which is more likely to interfere with the heart rate signal if the watch is lower on your wrist.



2. Do not wear your watch too tight. A tight band restricts blood flow, potentially affecting the heart rate signal. This being said, the watch should also be slightly tighter (snug but not constricting) during exercise than during all-day wear.

Using Your Watch

App Installation

Use the watch with our customized **Letsfit app**. You can download **Letsfit** from App Store / Google Play or scan the QR codes below to download.

iOS



Letsfit

Android



Note:

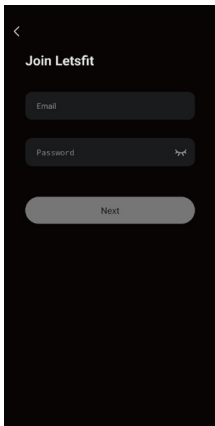
Letsfit app is only compatible with smartphones, not tablets or PCs.

Smart Phone System Requirements

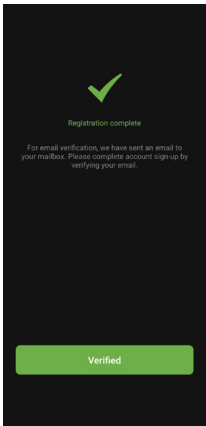
- iOS 11.0 & higher
- Android 6.0 & higher
- Bluetooth 4.0 & higher

Account Registration and Login

Please register an account with a valid email address. After registration, check your email box to complete email verification, and then tap "Verified" to log in.

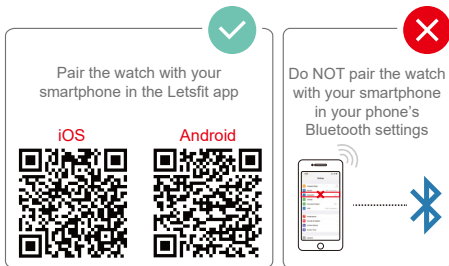




The screenshot shows a dark-themed registration screen titled "Join Letsfit". At the top left is a back arrow icon. Below the title are two input fields: "Email" and "Password". The "Password" field has a small eye icon on the right. At the bottom of the form is a rounded rectangular button labeled "Next".



Pairing the Watch with Your Phone

Please pair the watch with your phone in the Letsfit app, NOT in the Bluetooth settings of your phone.



1. Enable the Bluetooth of your smartphone.
2. Open the Letsfit app on your smartphone and go to the "Device" page, tap "+ Pair new device".
3. Tap , and your smartphone starts scanning.
4. Use the Letsfit app to scan the QR code on the watch screen.
5. Tap  on the watch to connect the watch to your smartphone.

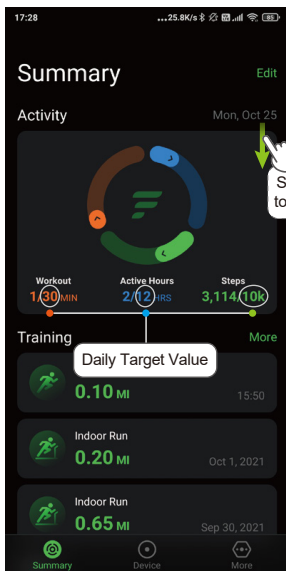




Notes:

- You can also search this device in the app to pair (Go to the "Device" page → "+ Pair new device" → tap "EW4" under "Search Devices").
- Once the watch is connected to your app, the watch will automatically search and reconnect itself if the connection is lost or when Bluetooth is restarted after manual disconnection.
- If you unpair the watch with the app, the information on the watch will be reset and the watch will be restarted. Please do not unpair the watch with the app unless there is an issue that will require a reset.
- The watch can only pair with one smartphone at a time. When pairing, please ensure the watch and your smartphone is within 0.5 meters distance.

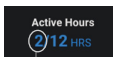
App Interfaces



Summary



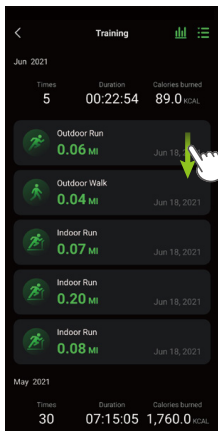
Daily Workout
Minutes



Daily Active Hours

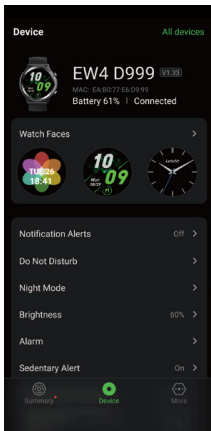


Daily Steps



Training

When you start a sport mode on your watch, detailed data and graphs will be displayed here after the exercise is over (swipe down to sync data first).



Device

Tap "EW4", you can customize call / message / alarm alert or set other parameters.

Getting to Know Your Watch

Button Controls



Up button

- Press to wake the screen, go to the function list, return to the home screen, or pause/resume the sport.
- Hold to end the sport mode or power on/off the watch.

Down button

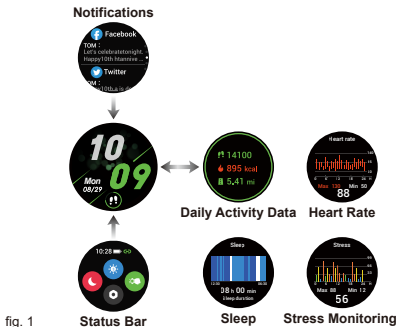
- Press to go to the Training interface, enter the sport tracking mode, or flip through exercise data during sports.

Watch Interfaces

This is a touch screen; swipe the screen to go to different interfaces, tap to enter the function, and swipe the screen to the right to return to the previous interface.

The home screen is the clock. On the clock:

- Swipe down to see notifications.
- Swipe up to go to the status bar (brightness control, do not disturb, settings, wrist sense).
- Swipe left/right to switch among function shortcuts (daily activity data, heart rate, stress monitoring, sleep)



After the watch is paired with your phone, the home screen will display the time and date.

You can customize the home screen by following the steps below:

Method 1 (on the watch):

- 1) Tap and hold the home screen.
- 2) Swipe left/right to choose one and tap to confirm.

Method 2 (in the app):

- 1) Open the Letsfit app, go to the "Settings" page → "EW4" → tap "Watch Faces".
- 2) Select a watch face or choose a photo in your phone album to display on the home screen.
- 3) Tap "Confirm" to finish setting.



Function List



Tracks your exercise data in up to 14 sports modes. Choose the mode that you want to start on the watch.



Guides your breathing for a relaxation.



Records your daily training data.



Use the stopwatch to make your exercise more standardized.



Tracks your real-time heart rate automatically and continuously.



Customize your timer.



Check your daily sleep data.



Set alarms to have the watch vibrates to wake you up, take pills, and more.



Measure your blood oxygen level.



Control the music playing of your smartphone.



Monitors your daily stress and generates a stress score based on your heart rate variability.



Some basic settings and information of the watch.

1. Tracking Sports


The watch tracks your exercise data in up to 14 sports modes.

Start a sport

Press the down button to go to the Training interface →
Swipe the screen to select a sports mode you want to start.

Set a target


Before beginning an exercise, you can set training goals such as distance, duration, calories burned, etc.

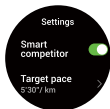
Tap  beside the sport mode and set your target.



Add a virtual running competitor

In the Outdoor run mode, you can set a virtual running competitor and the competitor's running pace, and check the gap between yourself and the competitor in real time to improve your running performance more effectively.

- 1) Tap "Training" in the function list.
- 2) Tap  beside "Outdoor run".
- 3) Tap "Smart competitor" and enable the function.
- 4) Tap "Target pace" → "Customise" to set the competitor's pace.
- 5) Tap "√" to confirm.
- 6) Return to the training interface and tap "Outdoor Run" to start your running with the competitor. You can view the running pace of the competitor and you on the watch during the exercise.



Use your phone's GPS to track sports

(Only for Outdoor Run / Outdoor Walk / Outdoor Cycle / Hiking modes)

You can use the GPS of your phone to track your pace & distance during these sports while mapping out your exercise on your phone (take your phone with you to use the GPS function during exercise).

When you start an outdoor sport, the watch begins searching GPS signal. Please let the Letsfit app run in the background and allow the location services on your phone, then move to an open area and stand still to better receive the signal. After the GPS is connected, the watch will start tracking the sport.



GPS connected successfully

For best results, wait for the signal to be discovered before you start your activity.

If you don't want to wait for the GPS signal to be discovered, tap "Skip" to move to the activity screen and get started. But your movement route cannot be displayed before successful positioning. Sport starts after successful positioning or skipping positioning.

Note:

GPS is required for calculating your distance in Outdoor Cycle. Please wait for successful GPS positioning before start.

During sports

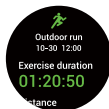
- Swipe the screen up/down to flip through exercise data.
- Press the up button to pause/resume the sport.



End the sport

Hold the up button until the circle is full to end the sport.

Exercise data is displayed after the exercise has ended. Swipe up the screen to flip through exercise data:



Notes:

- After ending an exercise, you can view detailed data and graphs in the app (Go to the "Training" page, swipe down the page to synchronize data, and tap the exercise you just ended).
- After you finish the exercise in GPS mode, your movement route will be displayed in the app (Go to the "Training" page of the app, and then tap on the exercise you just ended to view).
- Data of exercises less than one minute will not be saved.
- When the battery level is less than 10%, the watch enters low battery mode, at which you cannot start a sports mode. Please charge the watch to operate it again.



2. Tracking Daily Activity Data

The watch tracks your all-day activity data, including steps, calories burned and distance.



3. Monitoring Heart Rate

Tap "Heart Rate" in the function list to enter the heart rate interface, the watch will automatically measure your real-time heart rate. You can also view your all-day heart rate data in the heart rate interface of the watch or in the app.



Note:

To monitor heart rate more accurately, wear the watch on the upper position of your wrist and a bit tighter than usual when you exercise. In addition, complete your profile in the app.

4. Tracking Sleep

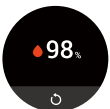
The watch automatically tracks your sleep duration and consistency with a comprehensive analysis of sleep quality data. Tap "Sleep" in the function list so you can check your sleep records and improve your routine.




5. Measuring Blood Oxygen Level

Before measuring, wear the watch a finger-width below the wrist bone and a bit tighter than usual.

- 1) Tap "Blood Oxygen" to enter the blood oxygen level detection mode.
- 2) When measuring, keep your arm flush with your chest and the watch screen facing up. Keep your arm still to ensure the accuracy of the data.



Note:

The measurement data may be incorrect due to movement or finger tapping. Please keep still and tap  to measure again.

6. Monitoring Stress Level


Based on your heart rate variability, your stress score helps you see if your body is showing signs of stress on a daily basis. The score ranges from 1 to 100, where a higher number means your body is showing more signs of physical stress. To see your daily stress score, wear your watch to sleep.

- 1) Tap "Stress" in the function list to enter the stress measuring mode.

- 2) When measuring, keep your arm flush with your chest and the watch screen facing up. Keep your arm still to ensure the accuracy of the data.




7. Breath Training

Tap "Breath training" in the function list to enter breathing mode. Select the rhythm and duration of the breathing training. Then tap  to start and follow the instructions to breathe. If you want to end the breathing training, press the up button to exit.



8. Setting Alarms

Method 1 (On the watch):

- 1) Tap "Alarm" in the function list.
- 2) Tap "+" to add an alarm. Set the alarm time, and repeat days.
- 3) Tap  to add the alarm.



Notes:

- You can set up to ten alarms on the watch.
- To enable/disable the alarm, tap "Alarm" on the watch and then choose to turn on/off the alarm you set.

Method 2 (In the app):

- 1) Go to the "Settings" page in the Letsfit app and tap "EW4".
- 2) Tap "Sleep Alarm" to enter the alarm setting interface.
- 3) Tap "Add" to add an alarm.
- 4) Set the alarm time, title, vibration period and repeat days.
- 5) Tap "Confirm" to save your settings.

9. Controlling Phone Music

After the watch is connected to your phone, tap "Music" in the function list and control the music playing on your phone.



Note:

You can only control the music player that's running on your phone.

10. More Functions


10.1 Call Notification

When there is an incoming call, the watch vibrates to alert you, and the screen displays the caller ID.

Tap  on the watch screen to reject the call.



Notes:


- Only when "Notification alerts" is enabled in the app ("Settings" page → "EW4" → "Notification alerts", turn on "Notification alerts"), will calls be notified.
- When the "Do not disturb" function is enabled in the app ("Settings" page → "EW4" → "Do Not Disturb") or on the watch (Status bar → ) , calls will not be notified on the watch during the do-not-disturb period.

10.2 Message Notification

When messages (like Facebook, Twitter, and Instagram messages) come in, the watch vibrates to alert you, and the screen displays the message content.



Notes:

- Only when "Notification alerts" is enabled in the app ("Settings" page → "EW4" → "Notification alerts", turn on "Notification alerts"), will messages be notified.
- When the "Do not disturb" function is enabled in the app ("Settings" page → "EW4" → "Do Not Disturb") or on the watch (Status bar → ) , messages will not be notified on the watch during the do-not-disturb period.

10.3 Sedentary Reminder

The watch vibrates to remind you to get up and move around when you have been sitting too long ("Activity" page → "Active Hours" → "Sedentary Alert Settings", enable the movement reminders function and set the remind interval.)

Basic Specifications

Model No.: EW4

Sync: Bluetooth 5.0

Screen: 1.28" color LCD

Battery Capacity: 300mAh

Working Voltage: 5V-500 mA

Working Temperature: -10°C to 40°C

Weight: 1.48oz (42g)

Waterproof Rating: 5ATM

Working Time: about 10 days

FAQs

● Failure to pair the watch with the Letsfit app on your smartphone again

1. Tap "Settings" → "Reset" on the watch, and tap "√" to confirm.
2. Use the Letsfit app to scan the QR code displayed on your watch to pair.

If you still fails to connect the watch to the app, please kindly take the following steps:

1. Make sure your smartphone's Bluetooth is enabled and make sure the watch is not connected to other smartphones.
2. Make sure the distance between your smartphone and the watch does not exceed 0.5 meters and keep the watch screen always on when pairing.

● Occasional failure to connect with Bluetooth

Reboot your smartphone or restart your smartphone's Bluetooth.

● Failure to receive message / calls notifications

Message / calls notification function works when the watch connects to your smartphone via the app. Please kindly refer to the following tips:

1. Go to your smartphone Settings, find Letsfit app, and enable the Location and all Notifications.
2. Enable your phone's Bluetooth and go to the Letsfit app to pair the watch.
3. Open the app. Go to the "Settings" page → "EW4" → "Notification alerts", turn on "Notification alerts".
4. Make sure the "Do not disturb" function is not enabled in the app or the watch.

● **The watch is disconnected from the Letsfit app on your smartphone**

The watch will disconnect from your smartphone in the following cases:

1. Smartphone Bluetooth is off or exceeds the Bluetooth connection range (the maximum Bluetooth connection range is 10 meters and can easily be reduced by walls, furniture, etc.)
2. The Letsfit app is closed on the phone. (This can occur automatically under certain circumstances.)

To reconnect the watch to your smartphone, please kindly take the following steps:

1. Go to your smartphone system Settings, find the Letsfit app, and enable the Location and Bluetooth.
2. Clear all running / background processes on your smartphone. Open the Letsfit app, go to the "Settings" page, tap "EW4", and then the watch will reconnect to your smartphone and update data. You can also restart your smartphone and Bluetooth, then re-pair the watch in the app.

● **Blood Oxygen Level Measurement Accuracy**

The Blood oxygen level will be affected by factors such as motion, watch placement on the wrist, skin temperature and skin perfusion. These factors will cause fluctuations in blood oxygen measurements.

For a single measurement on the watch, please wear the watch a finger-width below the wrist bone, snug but comfortable on your wrist. When measuring, stay still and make sure your wrist is flat with the watch facing up. If you are sitting, you can rest your arm on a table with the watch facing up.

The smart watch blood oxygen sensor isn't a medical device and won't be able to diagnose or monitor any medical conditions. If there is a problem with the measurement, we recommend you consult your doctor.

Warranty

We strive to build our products with the highest attention to detail and craftsmanship. However, sometimes there are occurrences of a defect, so we are happy to offer a ONE-year hassle-free warranty on all our devices as we continue to make amazing products. Please contact us if you have any questions about our devices.

Important Safety Instructions

The device contains electrical equipment that may cause injury if not used properly. For example, prolonged contact may contribute to skin allergies for some users. To reduce irritation, please read the safety guidelines on the following pages to ensure proper use and care.

- Do not expose your device to liquid, moisture, humidity or rain while charging; do not charge your device when it is wet, as this may result in electrical shock and injury.
- Consult your doctor before use if you have any preexisting conditions that might be affected by using this device.
- Do not expose your watch to extremely high or low temperatures.
- Do not leave your watch near open flames such as cooking stoves, candles, or fireplaces.
- This product is NOT a toy - never allow children or pets to play with this product. Always store the product out of the reach of children. The devices themselves or the many small parts they contain may cause choking if ingested.
- Never try to abuse, crush, open, repair or disassemble this device. Doing so will void the warranty and can result in a safety hazard.
- If any parts of your product require replacement for any reason, including normal wear and tear or breakage, please contact us.
- Do not use your device in a sauna or steam room.
- Dispose of this device, the device's battery and its package in accordance with local regulations.
- Do not check any notifications, GPS, or any information on your device's display while driving or in other situations where distractions could cause injury or hazard. Always be aware of your surroundings while exercising.
- Dispose of this device, the device's battery and its package in accordance with local regulations.
- Do not check any notifications, GPS, or any information on your device's display while driving or in other situations where distractions could cause injury or hazard. Always be aware of your surroundings while exercising.

Battery Warnings

A lithium-ion battery is used in this device. If these guidelines are not followed, batteries may experience a shortened life span or may cause fire, chemical burn, electrolyte leakage, and/or injury.

- Do not disassemble, modify, remanufacture, puncture or damage the device or batteries.
- Do not remove or attempt to remove the non-user-replaceable battery.
- Do not expose the device or batteries to fire, explosion, or other hazards.

Health Warnings

- If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.
- The optical wrist heart rate monitor emits green light and flashes occasionally. Consult your physician if you have epilepsy or are sensitive to flashing lights.
- Always consult your physician before beginning or modifying any exercise program.
- The device, accessories, heart rate monitor, blood oxygen level measurement and related data are intended to be used only for recreational purposes and not for medical purposes and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.
- The heart rate and blood oxygen level readings are for reference only, and no responsibility is accepted for the consequences of any erroneous readings.
- While the optical wrist heart rate monitor technology typically provides the best estimate of a user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.
- The smart watch relies on sensors that track your movements and other metrics. The data and information provided by these devices are intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate, including step, sleep, distance, heart rate, blood oxygen, stress and calorie data.

Safety Instructions for Skin Irritation

If you experience discomfort or skin irritation when wearing your smart watch, then we recommend you try cleaning your device. Sometimes residue or foreign materials build up

around your device and may aggravate your skin. It's also possible that you are not wearing the watch correctly. We recommend making sure to clean and adjust your watch regularly for a more comfortable fit.

Caution:

- If you experience skin irritation when wearing your watch, please refrain from wearing, and wait two to three days to see if your symptoms ease. If symptoms persist or worsen, please consult a physician.
- If you have eczema, allergies or asthma, you may be more likely to experience a skin irritation or allergy from a wearable device.

Clean your watch

Clean your wrist and watch band.

- Please clean your wrist and watch band after exercising or sweating. You can clean it with fresh water, wipe it with a little rubbing alcohol, and dry thoroughly.
- When you wear sunblock, lotion, or oil, please clean your watch with soap-free detergent, making sure to rinse and dry thoroughly.

- If the watch gets stained or contains any foreign materials, wipe it with a moistened, soft bristle toothbrush.

Avoid certain cleaning substances and products.

- Do not use soap, cleaning agents, abrasive materials, or compressed air to clean your watch.
- Skin irritation may be caused by soap, detergent, hand sanitizer, or cleaning agents left on your watch.
- Do not clean the watch using ultrasonic waves or external heat sources.

Note: Moisture or the build-up of any substance on the back of your watch can cause the device to charge slowly, or not at all. It may also cause inaccurate heart rate measurements, and skin irritation.

Keep your watch dry

To help the watch run its best and prevent skin irritation, you'll need to keep your watch nice and dry. Whenever it gets wet, dry it thoroughly with a clean, soft cloth. Also dry the charging surface on the backside of your watch before attaching it to a charger or wearing it.

Please also keep in mind:

- If you sweat for more than two hours while wearing your watch, be sure to wash your band and your wrist using the directions above to avoid skin irritation.
- Prolonged rubbing and pressure may irritate the skin, so give your wrist a break by removing the watch regularly.
- If your watch is exposed to any liquid other than fresh water (like salt water), rinse it with fresh water immediately and dry it thoroughly with a clean, soft cloth.
- To minimize damage to your watch, avoid any direct contact with sunscreen or insect repellent sprays. Remove your watch while applying these sprays.

Wear your watch properly

- For all-day wear when you're not exercising, wear the device on your wrist horizontally, a finger's width below your wrist bone and lying flat, the same way you would put on a watch.
- When exercising, wear the watch higher on your wrist. The blood flow in your arm increases the further up you go, moving the watch up a couple of inches (about 2-3 finger widths above your wrist bone) can improve your heart rate signal.
- Do not wear your watch too tight. Wear it loose enough so that it can move back and forth on your wrist. The watch should also be slightly tighter (snug but not constricting) during exercise than during all-day wear. Lower the watch on your wrist and loosen it after exercise.

Maintenance

- Regularly clean your wrist and the smart watch, especially after sweating during exercise or being exposed to substances such as soap or detergent which may adhere to the internal side of the watch.
- Do not wash the watch with household cleanser. Please use soapless detergent, rinse thoroughly and wipe with a soft towel or napkin.
- While the watch is water resistant, wearing a wet band is not good for your skin.
- If your bands get wet—for example after sweating or showering—clean and dry them thoroughly before putting them back on your wrist.
- Be sure your skin is dry before you put your bands back on.
- Do not bring your device into contact with any sharp objects, as this could cause scratches and other damage.
- For light-colored arm bands, minimize direct contact with dark-colored clothing, as color transfer can occur.

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