

# 50\*95



SMART WATCH

## M SMART 7.0

USER MANUAL



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### M Smart 7.0 User Manual

This high-performance smartwatch measures Heart Rate, Steps, Blood Pressure, SPO2, Calories, and Distance while a person is Exercising/ Jogging/ Running. M Smart 7.0 can monitor your daily exercises. To get complete data, statistics and to step up your fitness game download the Da Fit app.

**Please read the manual completely before using M Smart 7.0:**

**Important points before you start using M Smart 7.0:**

- Fully Charge the M Smart 7.0 before using it.
- Clean the M Smart 7.0 regularly, especially its inner surface and keep it dry.
- Adjust the smart watch tightness to ensure better air circulation.
- Do not apply surplus skincare products on your wrist while wearing this smart watch.
- Please stop wearing this smart watch, in case of skin allergy or any discomfort.



#### Power-On:

Press the side button for 3 seconds to power on the device.

### How to Download/Install Da Fit App: For iOS/Android Users:

- Go to Play Store/App Store
- Search Da Fit App.
- Download and Install It.
- Or simply scan the QR code to download this app



Da Fit iOS



Da Fit Android

**Note:** Your mobile phone must support Android 5.1 (or above versions) or iOS 8.0 (or above versions), and the wireless version should be 4.0 or above.

### To Automatically Sync and Get Notifications on Your Phone:

1. Turn on your wireless connection.
2. Open **the Da Fit App**.
3. After launching the app, **the Da Fit App** dashboard will appear.
4. Complete your profile information (Gender, Height, Weight, Birth year, Step Length, Goal).
5. Then, select **Add a Device**.
6. Choose M Smart 7.0 from the list of scanned devices.
7. It will now successfully be paired and synced with your android phone.

Similarly, for iOS system, it will ask for a wireless pairing request and you just have to select "Pairing" to confirm and pair the device successfully.

### Charging :

Please connect charger to the watch as follows.



When the watch is in charge mode it will display this image.



### Introduction to Various Feature List of M Smart 7.0:

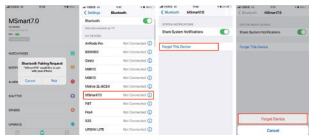
1. Full-screen touch.
2. TFT color screen.
3. Daily Tracking: Steps / Distance / Calories / Heart Rate.
4. 24/7 Heart rate Monitoring.
5. 24/7 SpO2 Monitoring.
6. Da Fit App.
7. Sleep Monitoring.
8. Call and Message Notification.
9. Up to 7-days of Non-Stop working time.

10. IPX 67 Waterproof rating.
11. Find your phone.
12. Music Control.
13. Shutter Control.
14. Weather information



#### How to unpair Your Device?

- For Android users click on Remove device to disconnect the device from your phone.
- For Apple phone users after unpairing, one needs to click on Settings options and choose Remove device.



#### Frequently Asked Questions (FAQs)

##### Q. Incorrect Counting Of Steps?

A. To fix this problem, please follow these steps :

- Make sure you walk at least over 10 steps to keep a count on your total steps.
- Maybe the way you are wearing your watch is not proper.
- Make sure the back of your watch is in proper contact with your wrist.
- Always walk with a correct posture. Do not slide or incline while walking.

##### Q. Why my MSmart 7.0 is not receiving any push message or notifications?

A: Please follow these options:

1. Please check that you have turned on the options for message push on your Da Fit App.
2. Ensure your phone is within 30 feet of your **MSmart 7.0** device and notifications are turned on. If your phone is unlocked, **MSmart 7.0** won't show any notification.
3. Turn Wireless off and then on through your phone's settings. Turn 'Share System **Notifications**' off and then on (Wireless> **MSmart 7.0** > System **Notifications**).
4. You need to find notification options from app settings and switch ON your Call/Whatsapp/ Facebook/WeChat/Instagram/messages notification options.

##### Q. Why can't I take a hot bath with this MSmart 7.0?

A: Hot water generates lot of vapours which can easily permeate into the smart watch through shell gaps. When the temperature dips low, these vapour molecules will turn into liquid droplets which may cause a short circuit inside the watch and can damage the entire circuit.

##### Q. How to Reset Your MSmart 7.0?

A. Steps to Reset your MSmart 7.0

- On your MSmart 7.0, swipe down and tap the Settings icon.
- On the Settings screen, swipe down to System.
- You'll have to choose the Reset option.
- Please note that after resetting the watch you will lose all previously saved data.

##### Q. No Display?

A. Check out these points.

- In case of completely drained battery, the display will be in off mode.
- You need to charge your MSmart 7.0.

##### Do's and Don'ts:

- While wearing the MSmart 7.0, adjust its tightness to enable smooth blood circulation.
- Always make sure the back of MSmart fits snugly to the skin while exercising.
- Always use a clean and damp cloth to clean and dry the watch regularly.
- Do not apply skincare products excessively on your wrist where Msmart 7.0 is worn.
- Never try to remove the product shell.
- Never replace the built-in battery of this watch by yourself.
- Never use corrosive products to clean the product.

- When it is wet, please do not charge it.
- Avoid direct sunlight for a longer period.
- Never wear the watch in a sauna or steam room. Do not expose this watch at high or low temperatures.
- Do not use it with a damaged screen.
- Never put the product in a dishwasher, dryer, or washing machine.
- Keep this watch away from fire to avoid any kind of explosion.
- Do not try to access the screen information while driving. It can be dangerous.

**WARNING : This MSmart 7.0 watch is strictly not advisable for any medical purposes.**

#### Medical Related Caution :

- MSmart 7.0 watch's applications are not meant for any diagnosis or as an aide to treat any disease or any medical condition.
- Always refer to qualified medical professionals before changing your exercise routine, sleep patterns or nutritional diets.
- In case of any pre-existing medical conditions, wearing this watch may exaggerate the situation. Consultation with your doctor is always a better option.
- If you encounter any kind of allergy, itching, or swelling after wearing this watch, please discontinue wearing the watch and contact your doctor immediately.