Smart watch instruction manual

(((NFC)))
Tap Here

09:30

Download the watch client
Scan the QR code below to download and install the watch client"Vfit"APP.

The appearance shows
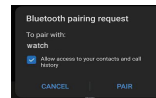
09:30

Wear it correctly
The best way to wear the bracelet is behind the styloid process of the ulna,
Adjust the size of the wrist according to the adjustment hole; Buckle your wrist strap,
Keep the sensor close to the skin and avoid moving.
The mounting strap
1. Adjust the bayonet position according to your wrist.
2. After installing the watchband, put the watchband property to ensure that
the watchband is installed successfully.
Charge the bracelet
Ensure that the battery of the bracelet is normal after the first use. If the battery
is low and cannot be started normally, please connect the charger to charge
the device. Align and fit the charging port to the charging base until the
charging power appears on the watch screen.

Note:
1.Please use the charging base delivered with the package to charge, and dry
it before chargingElectrical port.
2. Connect the USB port to the mobile phone charger with output current 1A or
the USB port on the computer for charging.
Watch the connection
Open the watch client "Vfit" APP downloaded and installed in your phone, click
the "Devices" interface at the bottom, click "Add Watch", and click your device
ID in the list of scanned devices to match

Watch
TPCST816D V1
254.3.1.1.1(0921 1.4.2)
A1:B2:90:18:2C:5E
6A:9D:2F:A6:DE:38
ID:19F0

In the time page of the watch, click the About icon, as shown in the picture
above: the MAC address and ID number of the watch will be displayed. You
can determine your device by the ID number in the device list. After the watch
binding is successful, every time you open the client in the future, the watch
will automatically connect with the mobile phone, and the data can be
synchronized by pulling down the data page of the client.
After the successful connection in the APP, a pairing reminder will pop up (as
shown in the picture below). Please click Pairing and connection, and only
after the audio Bluetooth connection can you make a Bluetooth call.

Bluetooth pairing request
To pair with:
watch
☑ Allow access to your contacts and call history
CANCEL   PAIR

Split screen
On the main interface, swipe right to the left to expand the split screen, and
enter the split screen shortcut interface, which includes: heart rate, exercise,
phone search, QR code, calculator, dialing, phone, phone book, wallet and
other interfaces. Click the function button to enter the corresponding function
Message to remind
If you need to use the watch for message push, please open the message push switch in
the APP after the watch is successfully connected to the APP to allow the permission of
message push. You can select the APP alerts you need to receive in the message notification.

The keyboard

09:30   — Key 1
               — Key 2

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key 1: and rotate the button to switch the dial. Click to enter the function menu. Double
click to switch the menu style. Rotate the key to slide the function menu.

key 2:and click the Recent Tasks menu. Press and hold to enter the On/Off menu

Watch Function Introduction
interface.

☀ 24°C
01–18 TUE
BT call
VFIT PARIS
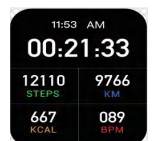
They count

0360   10.00
667
11036   089

The smartwatch automatically tracks steps and displays on the screen,
showing your calorie burn and distance throughout the day. Note: Your mobile
data will reset to zero at midnight.

Call
10086

In the connected state, switch on the call screen of the watch and tap the
keyboard to initiate a dial call. (Please turn on this switch when playing music)
Movement information

11:53 AM
00:21:33
12110   9766
STEPS   KM
667   089
KCAL   BPM

The watch can record and display the calories you burn during exercise, as
well as mileage and real-time heart rate information; More detailed analysis
and data recording can be viewed in the APP client.
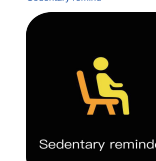

Heart rate

Heart Rate
089
BMP

measuring

The heart rate screen of the watch displays your current heart rate. More detailed
analysis and data recording can be viewed in the APP client.
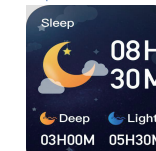Blood oxygen

SPO2
O2   97%

measuring

The blood oxygen interface of the watch can show your current blood oxygen
concentration.

Sedentary remind

Sedentary reminder

After you've been sitting for an hour, the watch will prompt you to get up and walk,
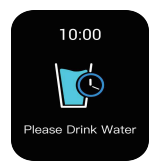The sedentary reminder function can be turned on in the client.
Sleep

Sleep
08H 30M
Deep   Light
03H00M   05H30M

The watch will automatically monitor your sleep after you wear it at night, and
you can view your sleep data on the watch and APP after you get up.

The menu style

You can switch the display effect of the UI style of the watch menu in the style selection
function of the watch drop-down bar view. At present, there are ten styles to choose from.
Drink water to remind

10:00
Please Drink Water

Open the drink reminder in the APP terminal, and the watch will vibrate every
half hour to remind you to drink water,

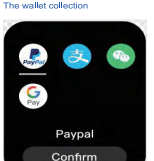Voice assistant

Siri
Press and hold
the screen to speak

Tap the main interface to enter the shortcut interface, click the voice assistant
button, input voice commands according to the prompt, you can control the
phone through the voice assistant.

(Note: This function requires Bluetooth connection. If Bluetooth is not
connected, there will be no voice input prompt.)

Alipay
When the screen is on, double-click the home screen, slide right to the main
menu and enter Alipay. You can use Alipay payment code or barcode to pay.
Double-click the screen on the main interface to quickly open Alipay.
(Note: You need to use the Alipay app to scan the QR code on the screen to
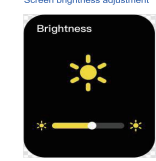bind Alipay.)

The wallet collection

PayPal
Paypal
Confirm

On the right side of the main interface, slide right to the main menu, enter the
wallet, and you can use the Alipay payment code to receive payment. (Note: Please
go to VFIT App -> Device -> wallet to bind the receipt code.)
The calculator

0
7 8 9 C
4 5 6 ÷
1 2 3 X
0 = + —

Slide right to the main menu on the right side of the main interface to enter the
calculator, and you can use the calculator function of the bracelet.

Screen brightness adjustment
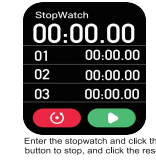
Brightness
☀
☀   ☀

Tap the screen brightness button to enter the screen brightness adjustment interface.
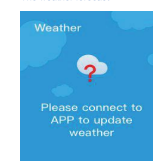Secondary menu deletion function
Slide on the main interface to enter the secondary menu interface. Long press
the option of secondary menu to pop up, Click the Delete button below to
delete the secondary menu that does not need to be displayed.
Slide to the bottom of the main interface and click the + sign to add the deleted
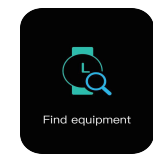secondary menu again.
Stopwatch function

StopWatch
00:00.00
01   00.00.00
02   00.00.00
03   00.00.00

Enter the stopwatch and click the Start button to start the timing, click the pause
button to stop, and click the reset button to clear the timing.

The weather forecast

Weather
?
Please connect to
APP to update
weather

When entering the weather screen, you can display the highest temperature
and low temperature of the day, This function requires linking the APP to
synchronize the time.
Find your Phone

Find equipment

In the connected state, enter the phone search interface and click the "Start"
option, and the phone will vibrate. If the APP is not connected, it will prompt
you to connect to Bluetooth.

The remote picture

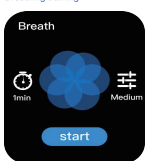Shutter
Shake or tap to
take a photo

In the connected state, enter the photo interface and prompt "Please open the
APP terminal and shake to take photos". After the APP terminal is opened,
click the bracelet to shake to take photos. If the APP is not connected, it will
stop in the prompt interface.
The dial function

THU
09-08
089   80000
1359

Long press the dial to enter the selection interface, and slide left and right to
select the standby dial.
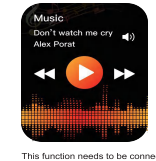

Breathing training

Breath
1min   Medium
start

Enter the interface and click Start, follow the vibration rhythm to do expiratory
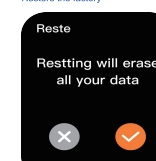and inspiratory training.
Qr code

QR code

Click to enter the two-dimensional code interface, the displayed
two-dimensional code can be scanned with mobile APP Bao, Huawei Market
and other codes to download the VFit APP.

Music playback

Music
Don't watch me cry
Alex Porat
◀◀   ▶   ▶▶

This function needs to be connected to mobile phone Bluetooth and APP first, and
can control the up/next song, pause and play on the bracelet. If Bluetooth is not
connected, clicking on the interface is useless.
Restore the factory

Reste
Restting will erase
all your data
✕   ✓

When you enter the screen, a prompt is displayed asking you whether to
restore factory Settings. Click OK to confirm that the machine will restart and
the pedometer data on the bracelet end will be cleared. Use this function with
caution.
APP terminal function and setting
Dial the market
With this function, you can select the dial to be pushed on the mobile APP. You
can also edit the picture on the mobile phone and push it to the watch. The
massive dial needs to be downloaded on the mobile phone before it can be
pushed.
Remind function
Call Reminder:
In the connected state, if the call notification function is enabled, the bracelet
will vibrate when there is an incoming call.
Other reminders :(APP notification, sedentary, alarm clock, target, drink water)
In the connected state, if this function is enabled, the bracelet will vibrate when
there is a message from wechat, QQ,Facebook, etc., and the content received
by the APP will be displayed. When other reminder functions are enabled, the
bracelet will vibrate,
To find a bracelet:
If you click this function, the bracelet will vibrate and the screen will light up.
Do not disturb mode:
After this function is enabled, all notification functions on the bracelet end stop
receiving notifications.
Automatic heart rate detection:
After this function is enabled, the bracelet will automatically detect the heart
rate, which will greatly reduce the battery life of the bracelet
Think pat
In the connected state, start the photo taking from the bracelet terminal or
enter the remote photo taking interface from the APP terminal, shake/flip the
wrist/touch the bracelet, and automatically take photos after a countdown of 3
seconds. Please allow the APP to access the album to save the selfie photos.
Tips for Android users:
When using the reminder function, it should be set to allow "APP" to run in the
background; It is recommended to add "APP" as trust in permission
management and open all permissions.
Frequently Asked Questions and Answers
Why does blood pressure value have deviation with sphygmomanometer?
Watches are the trend of dynamic blood pressure measurement, watches and
blood pressure measurement in the numerical deviation due to a variety of

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external factors, you at ordinary times in brachial artery blood pressure monitor
is used to measure the parts measurement, the watch is in the arteriole are the
main two branches, under normal circumstances the main artery will and
arteriole measurement vary by 30-40; if you at that time is measured at the
same time, And because of the flow of blood in the artery is centrifugal
direction, blood pressure measurement of your elbow below the center of the
site due to pressure, temporary blood has no way to flow smoothly to the
following arterial branches; There is increased vascular tension, which leads to
greater deviation in blood pressure measurements.

Why can't the watch receive notifications?

Android phone Settings:
1. Confirm that the message push switch is enabled on the mobile client and
the watch APP is allowed to obtain relevant control rights. 2. Check whether
the notifications can be displayed normally in the notification bar of the mobile
phone. If there is no message in the notification bar, the watch will not receive
a push.
(You need to find the notification Settings in the mobile phone Settings, and
turn on the stop switch of wechat, QQ, phone, SMS and mobile phone clients.
Permission to read messages by running APP) 3, Open the watch client's
accessibility Settings
(Find the auxiliary function in the mobile phone Settings and open the auxiliary
function Settings on the watch client)

IPhone Settings:
1. Ensure that the message push function is enabled on the mobile client. 2.
Open the mobile phone Settings - click Notification - click wechat, SMS, Phone
- enable the allow notification and confirm that the message can be displayed
normally in the mobile phone notification bar.
Note: The push failed after the connection, It is recommended that you click
Ignore device in Bluetooth Settings, disconnect the connection, restart the
watch and bind the watch again through the client.
Why can't watch a hot bath?
Not recommended for hot showers.
One of the main causes: water vapor from hot showers
The temperature of the bath water is relatively high, easy to produce a lot of
water vapor, and water vapor is a gas body, its molecular radius is small, easy
to penetrate into the shell gap from the watch, when the temperature will
gradually condense into water drops, thus damaging the watch circuit board.

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and then damage the watch.
Why is GPS not available on APP display?
You need to turn on the GPS function of the mobile phone first, and affected by
the GPS signal of the mobile phone, you cannot receive the signal indoors,
and you need to go to the open place to receive the GPS signal.
Why are there no sleep records?
The watch records your sleep time from 8 PM to 10 am the next day. Wearing
the watch to sleep automatically monitors your sleep status.
Should the Bluetooth connection always be on? Will the watch data be saved if
disconnected?
The exercise and sleep data are saved on the watch console until they are
synchronized. When the watch is connected to the mobile APP, the watch data
will be automatically synchronized and uploaded to the mobile APP. The watch
can store data for about 7 days. When the space is full, the system will
automatically cover the earliest data. Please pay attention to the timely
synchronization of data to the mobile APP.
* Note: If you need to enable the call and message reminding function, you
must keep the watch Blue tooth connected to the APP, and support offline after
the alarm is set successfully.
Why does Bluetooth occasionally fail to connect?
The Bluetooth service of some mobile phones will occasionally appear
abnormal when starting, which leads to the failure of Bluetooth connection.
Usually, the connection can be established normally by restarting the mobile
phone or re-switching the Bluetooth.

Special statement
1. Do not wear it when bathing or swimming.
2. Connect the watch to synchronize data.
3. Use the built-in charging cable to charge the battery.
4 do not put the watch for a long time exposed to high moisture, high
temperature or very low place.
5. System support: Android8.0, iOS9.0 and above.
6. Non-professional blood pressure measuring equipment, watch measuring
blood pressure parameters for reference only, not for medical use.
7. Due to the continuous upgrading of product functions, the specific
instructions shall be subject to the APP user manual.

QUALIFIDE
CERTIFIC A TE
MODEL : Smart watch
QA
CHECKER :   PASS

RoHS C€ ⌧