Smart watch manual

Please refer to this manual before using the product

V0.0.1

Introduction

Welcome to our product. This is a fashionable smart watch that can help you

Content in the package:
• smart watch x 1
• User manual   x 1
• Charging dock   x 1

Precautions before use:
① The company reserves the right to modify the contents of the manual without notice. The software version will be updated and upgraded from time to time. Some functions of different versions of software may be different. Please refer to the actual product functions.
② Please use the equipped charging line to charge the product for at least 2 hours before use.
③ Before using the product, you need to connect to the APP to synchronize time and set your personal information.
④ This product supports waterproof. The waterproof function is not permanent and may weaken over time. It is applicable to general life waterproof situations, such as washing hands, getting wet, sweating in sports, etc. It is not suitable for swimming, bathing, and contacting with acidic, alkaline and other corrosive liquids. If the above situations cause damage to the watch, you will not be able to enjoy the free warranty service of the product.

[1] Wear

During daily wear, wear the watch about a finger away from the wrist bone, and adjust the tightness of the wrist strap to a comfortable position.
Tip: Wearing too loosely may affect the data collected by the heart rate sensor.

Setting Up Your

First, you need to download and install the CO-FIT app on your phone. The CO-FIT app will allow you to set your fitness goals, track your progress, share progress with friends and more.

Connect to via your mobile phone

CO-FIT APP supports the operating system of IOS 11.0 and Android 5.0 or above, and BT 5.0&3.0. It is available for more than 150 mobile devices.
1. Turn on Bluetooth on the mobile;
2. Download APP: CO-FIT;

Download on the App Store
App Store: CO−FIT

Android app on Google Play
Google Play: CO−FIT

4. How to pair the watch for iOS users:
First step: Open APP>Devices>Add a new device>Select a watch model
5. In the search list, select the with the strongest signal and confirm the pairing by clicking the pairing button on the
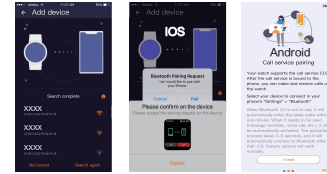
watch screen as prompted by your phone ✅ . The Bluetooth icon on the watch will be blue in color 🔵 , indicating that you are connected to Bluetooth 5.0.

* Bluetooth 3.0 connection:
iPhone users support Bluetooth 5.0 + 3.0 dual Bluetooth one-key link 🔵(match according to the system prompts box operation)
Android users need to first time in the Bluetooth pairing interface in the "call service pairing options" click "to bind" and then follow the interface operation prompts to complete the Bluetooth 5.0 + 3.0 pairing, subsequent links to the phone will be on the watch 3.0 Bluetooth memory, so as to achieve dual Bluetooth one-key link🔵(If Bluetooth 3.0 is not automatically connected, please manually search the Bluetooth watch model connection pairing on the Bluetooth settings of your phone

Quick Fit Strap

Watch contains two parts(watch body and Strap), you can purchase separately strap and switch as your preference.

Functions

Change watch face：

Rotate the button with encoder or press the watch dial page for a long time, slide left and right to browse the dial, and click to complete the replacement. You can download more dials from the APP and open APP - Equipment - Dial. You can select online dials or custom dials.

Sports：

This watch supports up to 100+ sports modes, fitness, leisure, competition Classes, ball games, dance classes. including: running, walking, treadmill, mountaineering, cycling,Spinning bike, yoga, basketball, football, badminton and other sports. watch supports sports customization, which can be customized in more than 100 sports modes favorite sport.

| Run | Walk | Climbing | Treadmill | Cycling |
| Yoga | Basketball | Football | Badminton | Free movement |

Sports customization:Watch Menu "sports" – "custom" – " add" to jump to sports category page, click the sport name to add.

Activity:

After wearing the watch correctly, open the " Activity" application in the watch application; display the number of steps,calories, distance and other parameters of the day's exercise.

Play music:

Open the "Music Control" app in the watch app; you can control the music playback of your phone, and support operations such as previous track, play/pause, next track, and volume adjustment.

Heart rate:

Wearing F18 correctly, not too tight or loose, make sure no green light leak, there is two measuring ways:
· Turn on the heart rate icon on the watch and measuring heart rate by manual.
· Set automatic monitoring time interval in app (monitoring once every 15/ 30/ 60/ 120 minutes).

Blood pressure:

Wear the watch in a right way, and open the menu--blood pressure, measure it manual.

SpO2:

After wearing the watch correctly, open the "SpO2" in the watch; manual blood oxygen measurement is required.

Stress:

After wearing the watch correctly, open the "stress" in the watch; check how much psychological pressure you are feeling.

Dial:

The smart watch supports Bluetooth calls, and users can make, answer, and reject calls directly on the watch.

Notice:

You can view the text messages in the mobile phone and the real-time information pushed to the watch.

Sleep:

After wearing the watch correctly, open the "Sleep" in the watch; record the sleep status through out the night.

Stock market:

APP "Device" - "Stock market" - "Add" jump to the search page, click the search icon at the top right to enter the stock name to search and add.

Camera:

Control the camera on the mobile phone to take pictures remotely. When using it, please click "Device-Take Picture" on the APP to turn on the camera.

Alarm:

Set the alarms in APP and sync to watch, maximum 5 alarms.

Find phone:

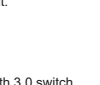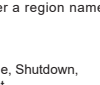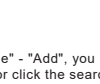When the watch is connected to the APP, the phone will make a sound after clicking smart watch this function.
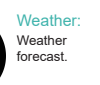
Timer:

Custom time countdown.

World clock:

APP "Device" - "World Time" - "Add", you can Scroll down to select or click the search icon at the top right to enter a region name Search to add.

Settings:

Brightness, Language, Theme, Shutdown, Restart, Factory Reset, About.

Shortcut menu:

1.Long screen   2.Bluetooth 3.0 switch
3.Do Not Disturb   4.Brightness
5.Settings

Stopwatch:

Electronic timer can record one time or record multiple times.

Weather:

Weather forecast.

Troubleshooting

Heart-rate signal missing

Thesmart watch keeps paying attention to your heart rate data during your exercise and your daily life. Sometime the watch may not get a suitable heart rate signal. At this time, the missing heart rate data will appear at the dotted

If you can't get the heart rate signal, first you should confirm that you wear the watch correctly, adjust it to avoid being too high or too low, neither too tight nor too loose on your wrist. After adjustment, turn on real-time heart rate monitoring to get the data.
If there is still no heart rate data, check if the heart rate monitoring function is turned on at CO-FIT APP.

Other problems

If your mobile cannot pair the watch, click Settings Bluetooth in your mobile and check if there is signal of . If yes, it means there is no problem with the Bluetooth signal. Please check if the watch is paired with other phones, please unbind it. IOS device users should click Setting - Bluetooth - ignore this device and then pair it.

Exemption Clause

1. Health data such as heart rate and blood oxygen obtained through smart watch are only for reference and cannot be used as medical and diagnostic basis
2. Self-diagnosis and self-treatment are dangerous. Only qualified physicians are allowed to diagnose and treat high blood pressure or any other heart diseases. Please contact your physician for more professional diagnostic opinions.
3. smartwatch data such as heart rate, blood pressure,

etc. may not be completely accurate due to factors such as interference with environmental signals, wearing posture, changes in the climate environment, and physical condition.
4. DO NOT carry out drugs and treatment on the basis of the monitoring data provided by , and should follow medical advice when medication and treatment are required, and we are not liable for the inaccuracy of monitoring data and the consequences of misuse of monitoring data and information.

Warranty Clause

Our company always pursues the service concept of "creating value for customers" .
We offer 1 year warranty period for smart watch. If there is any damage or malfunction during normal use, the warranty service will be provided to the customer for free after confirmation by our technician. The following conditions are not covered by the warranty:
A. Accident or human damage
B. Testing, repairing or disassembling without authorization
C. Contamination due to human reasons
D. Damage caused by connection with equipment which is not compatible
E. Natural aging
F. Damage caused by Force majeure