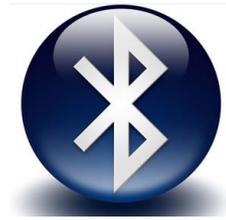# Instruction Manual

Equipment requirements :

IOS8.0 or above　　　Android4.4 or higher　　　Bluetooth 4.0
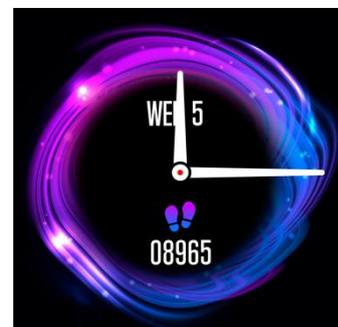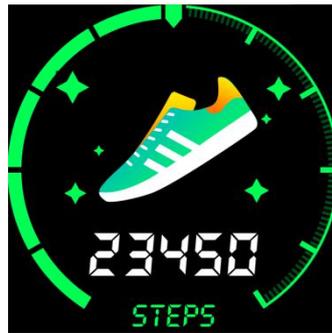
APP—QR code :

Function introduction :

1. Dial interface

Icon 1-1

1.2 Step
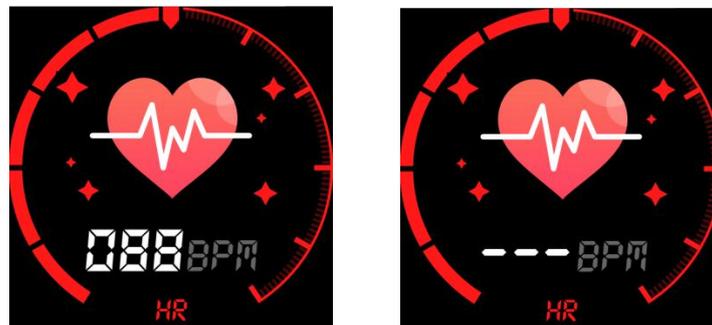

Icon 1-2

1.3 Sleep monitoring

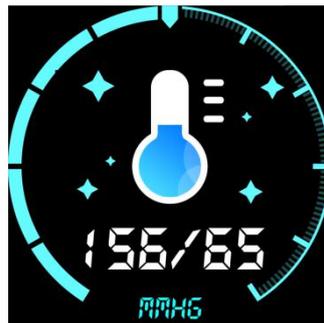Icon 1-3

1.4 Heart rate measurement

Icon 1-4

1.5 exercise

Icon 1-5

1.6 blood pressure measurement

Icon 1-6

1.7 Blood oxygen measurement

Icon 1-7

1.8 the weathe

Icon 1-8

1.9 Photo control

Icon 1-9

2.0 Music control

Icon 2-0

2.1 notification
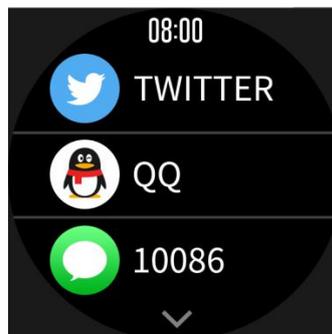
Icon 2-1

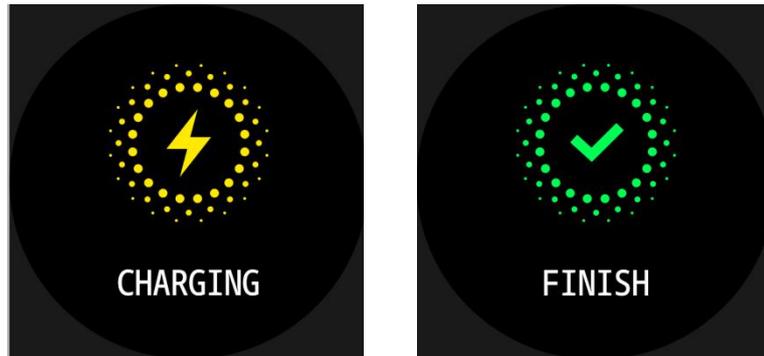## 2.2 Function menu

Icon 2-2

2.3 Charging

Icon 2-3

2, Main function description

chip: NRF52832 + Touch IC

Bluetooth:4.0

Screen size: 1.3 inches full round screen

Screen pixels: 240*240

Compatible system: Android4.4 or above, iso8.0 or above

Standby time: 20 days for regular standby, 7-10 days for use

3、 Handle brief operation

3.1 touch function

Full screen touch

Note: The main interface slides down and enters the message interface; slides to the left to enter the function menu interface; scrolls to the right to enter the version interface.

3.2 Charging

☆ Charge the charger with the main unit.。

☆ When the bracelet is charging, the charging icon will be displayed. When the battery is full, the screen shows charging completed.。

3. 3 Health data

The hand ring is turned on to the sports interface, enters the sports mode, and is divided into walking, running, riding, skipping, swimming, football, basketball, badminton mode; health interface, touch key to enter heart rate, blood pressure, blood oxygen mode, in heart rate mode Contact with the skin, the bracelet flashes and the heart rate detection is turned on. In the blood pressure mode, the bracelet light is long, the blood pressure test is long, and the ring light is long; after the Bluetooth connection is successful, the wristband end step/sleep/heart rate data is successful. It will automatically sync to the mobile phone in real time.

3.4 Bluetooth connection

3.4.1Da Fit down load

1、Download through the application market:
Android: application treasure, pea pod and other application market search Da Fit to download
IOS side: App Store search Da Fit to download
1. Download by QR code:

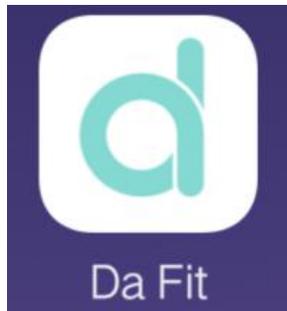ndroid: WeChat or other applications, and the link jumps to the download interface
to download;

IOS side: WeChat or other applications, and choose to jump to the download interface
to download via qq browser or local Safari browser link.
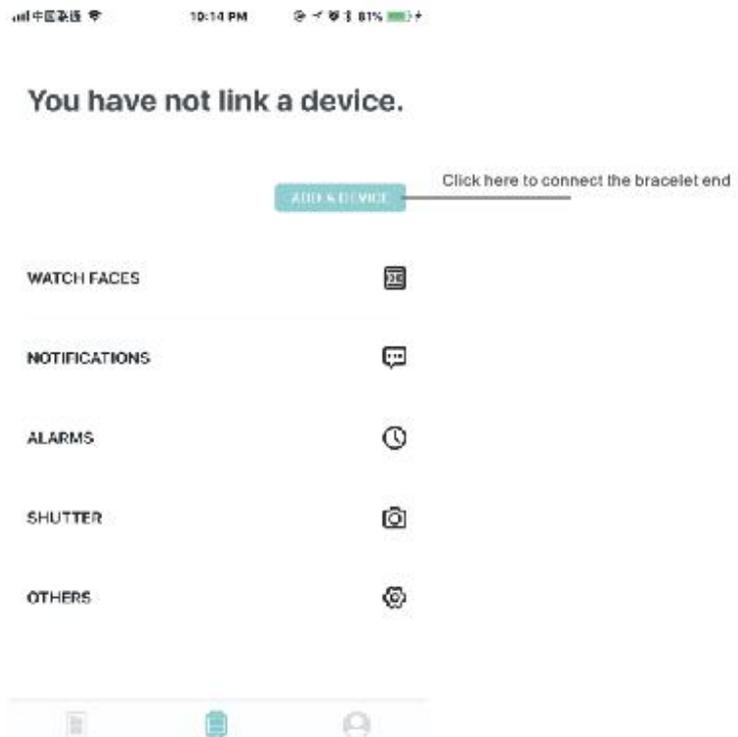
Android phone app name：Da Fit   Apple mobile APP name：Da Fit

Installation completion icon as shown：

3.4.2 log in

Open Da Fit, as shown below：

3.4.3 Bluetooth connection

☆After the bracelet is turned on, Bluetooth is always searched. Go to the Da Fit page, click More Options, click Connect Device, click Search, select the name of the device you want to connect to, and click Connect to connect successfully.

☆After the Bluetooth connection is successful, the time of the bracelet is synchronized with the time of the mobile phone. The APK clicks to find the bracelet, and the bracelet vibrates and displays the prompt icon.

☆ Bluetooth auto reconnection:

    1、1. There is no reminder beyond the Bluetooth connection range. When the bracelet reaches the Bluetooth connection range, the APK will be automatically reconnected when the Bluetooth is connected.

    2、2. Close the application background or restart the phone or click the one-button cleaning that comes with the phone, and enter Da Fit again. Within the valid range of Bluetooth connection, Bluetooth will automatically reconnect.

3.5.3 Switching machine

Long press the touch screen ------ you can boot

Shutdown-----On the main interface related to the machine icon

4. Other functions

  The following functions can be implemented only after successfully logging in to the apk and the Bluetooth connection is successful.

4.1 Notice

Including call notification, SMS notification, message notification, WeChat message notification (Example: Turn on call notification in the setting, when the mobile phone

receives an incoming call, the wristband vibrates and the screen prompts, the interface

will display the caller icon, click the touch button Stop reminding).

4.2 Do not disturb mode

When the Do Not Disturb mode is turned on, all notification notifications that are turned

on in the setting except the alarm clock will no longer have an automatic bright screen

vibration reminder on the wristband end.

4.3 Sedentary reminder

Después de que se active el interruptor de recordatorio sedentario, el tiempo de

recordatorio es de una hora y el tiempo de recordatorio es de 10:00 a 22:00. Cuando

llega el momento de sedentarismo, el extremo de la pulsera se ilumina intensamente y se

muestra un icono de recordatorio.

4.4 Alarm reminder

The APK side clicks the alarm reminder setting to add the alarm time. When the alarm

time arrives, the bracelet end vibrates and the screen prompts and displays the alarm

icon.

4.5 Reminder mode:

☆ Bright screen: When the mobile phone APK side sets the alarm time to arrive or

receives the push message, the wristband end only displays the bright screen reminder;

☆Vibration: When the mobile phone APK sets the alarm time to arrive or receives the

push message, only the vibration reminder appears on the wrist end;

☆ Bright screen + vibration: When the mobile phone APK side sets the alarm time to

arrive or receives the push message, the wrist ring displays bright screen + vibration

reminder;

4.6 Gesture Intelligence:

Select the wearing method (left hand / right hand) and wear the bracelet on the selected

hand (left hand / right hand);

☆ Raise the hand to brighten the screen: Turn on the hand to brighten the screen, raise

the hand so that the bracelet is tilted inward toward the front of the hand, and the

wristband end displays a bright screen;

☆ Turning the wrist screen: Turn on the wrist and brighten the screen. The 90-degree flip

makes the wristband tilt inward toward the front of the wrist, and the wristband displays a

bright screen.

4.7 Unbinding the device:

Open Da Fit, in the "More" interface, click "Connect Device" will pop up "Current Device"

"Disconnected from Current Device", click, it will appear whether to disconnect Bluetooth,

select "OK" to unbind (Under the premise of successful Bluetooth connection).

Synchronize to the Bluetooth device in the system settings.

Precautions:

1. Android4.4 or iOS 8.0 and above devices that support Bluetooth 4.0;

2. When using for the first time, please connect the charger to activate the

bracelet;

3, Bluetooth connection:

A Please make sure that the Bluetooth of the mobile phone is turned on and

the wristband is turned on.

B When searching for Bluetooth, please make sure that the bracelet is not bound by other accounts;

When C searches for Bluetooth, the bracelet and the mobile phone are as close as possible.

4. If the hand ring does not receive the push message, please confirm that Dafit is running in the background, and the message notification is on (the auxiliary function also needs to be turned on);

5. If the exercise, sleep, and heart rate data are not synced to the APK, try disconnecting the Bluetooth and reconnecting.

6. Before binding the bracelet to another account, you need to unbind it with the current account.

7. If the bracelet cannot be illuminated, connect the bracelet to the charger.

8. Long press the dial to enter version information

The product instruction manual contains product functions, usage methods and operation procedures. Please read carefully to achieve the best results and prevent unnecessary damage. Please do not arbitrarily change the accessories of the product and disassemble it yourself, resulting in out of warranty. The box contains 1 smart wrist watch, 1 charger, and 1 product manual.