

I.Product parameters

a.Compatible mobile phone system: Android 5.0 (inclusive) or above, iOS 9.0 (inclusive) or above

b.Screen: 1.96 Square screen Resolution: 320*386

II.Instructions for hands



1.Key presses

Status/Action	function
Button: Power off/press and hold for 3 seconds	Boot
Button: Power on/press and hold for 3 seconds	Shutdown
Button:Screen off/short press	Brighten the screen
Buttons:light screen/short press	Turn off the screen
Button: function interface/short press	Return to the previous interface

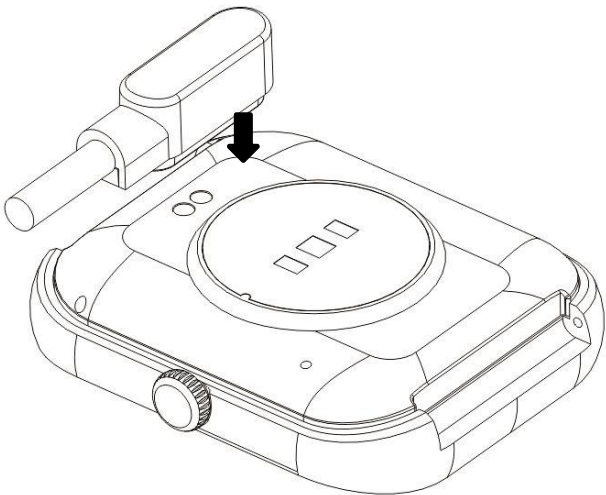
2.Screen operation

Status/Action	function
Single point	Select/Confirm
Main interface / long press for 3 seconds	Switch watch faces
Main interface/swipe up	Message logging
Main interface/slide	shortcut menu
Main interface/swipe left	Call/Alipay/Voice Assistant/Activity Center/Sleep Monitoring/Heart Rate Monitoring/Blood Pressure Monitoring/Blood Oxygen Monitoring/Music Control/Weather/Camera Control
Main interface/swipe right	Go to the main menu



3.Charging instructions

- a.Please use the charging base equipped with the product to align the contacts on the back of the console to charge (Please make sure that the power is sufficient for the first time, if the low power cannot be turned on normally, charge it first and then operate, please charge it correctly as shown on the right)
- b.Do not charge with a power adapter with an output current of more than 2A

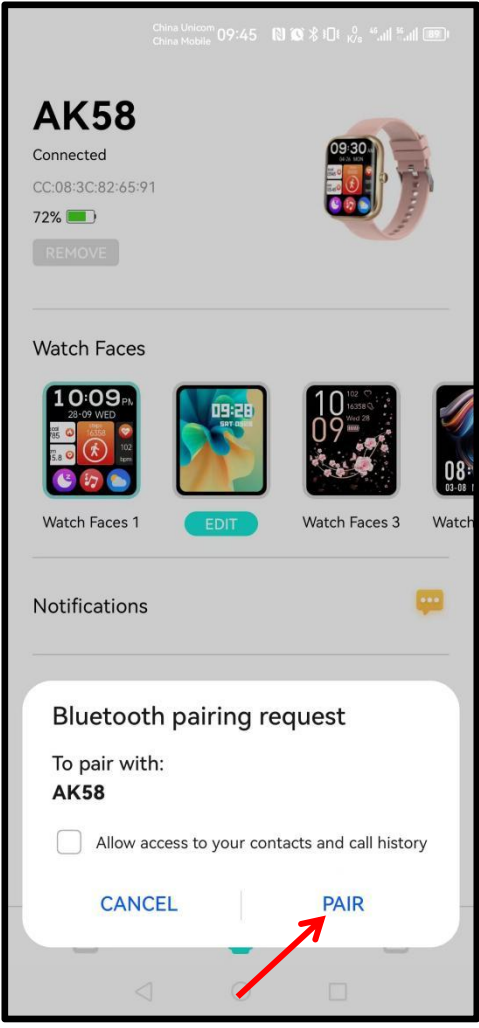
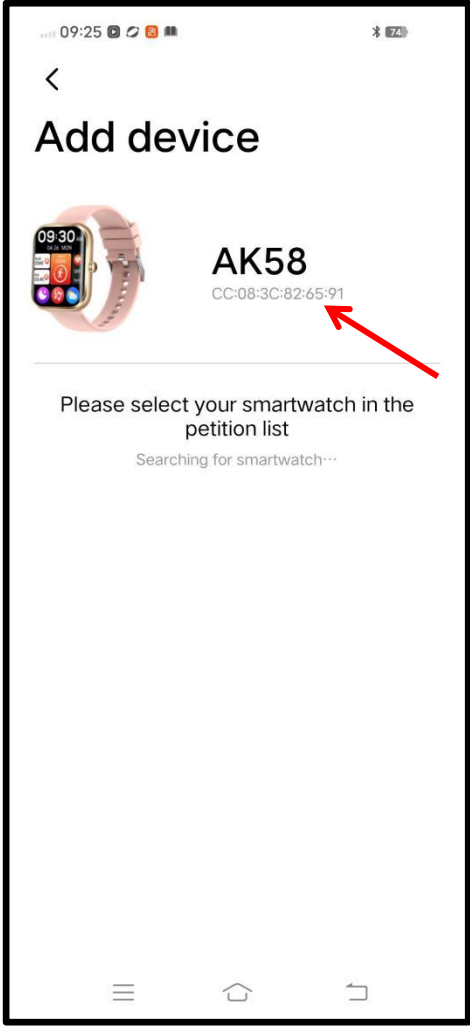
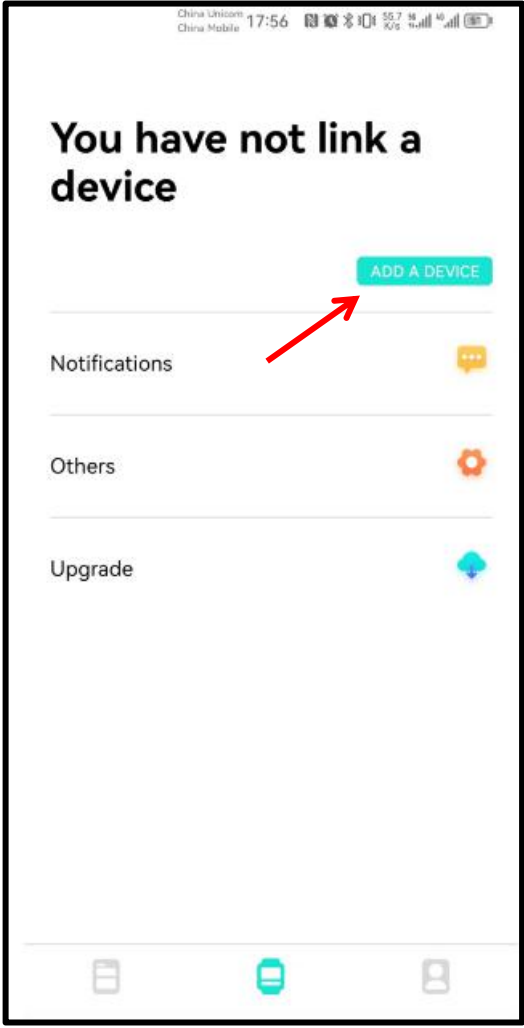
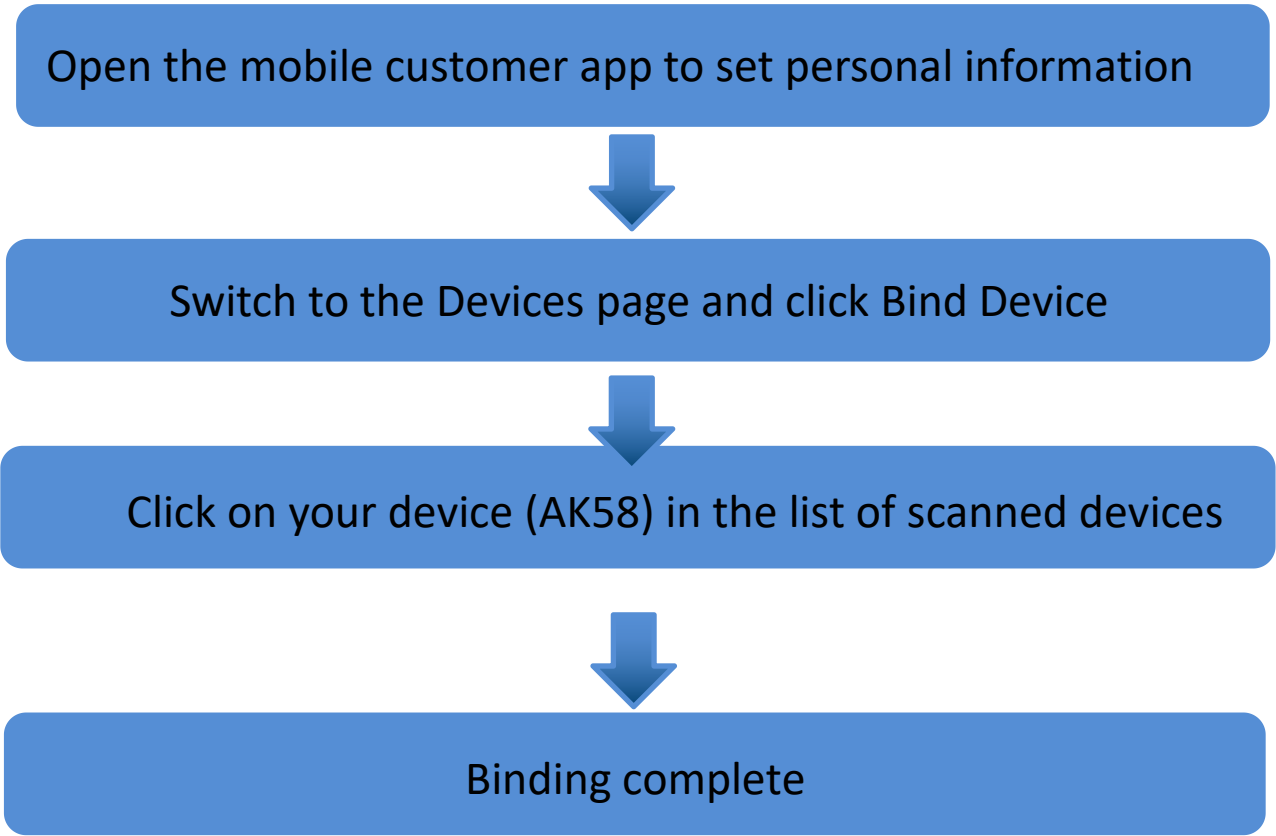


4.Download and install the "Da Fit" app

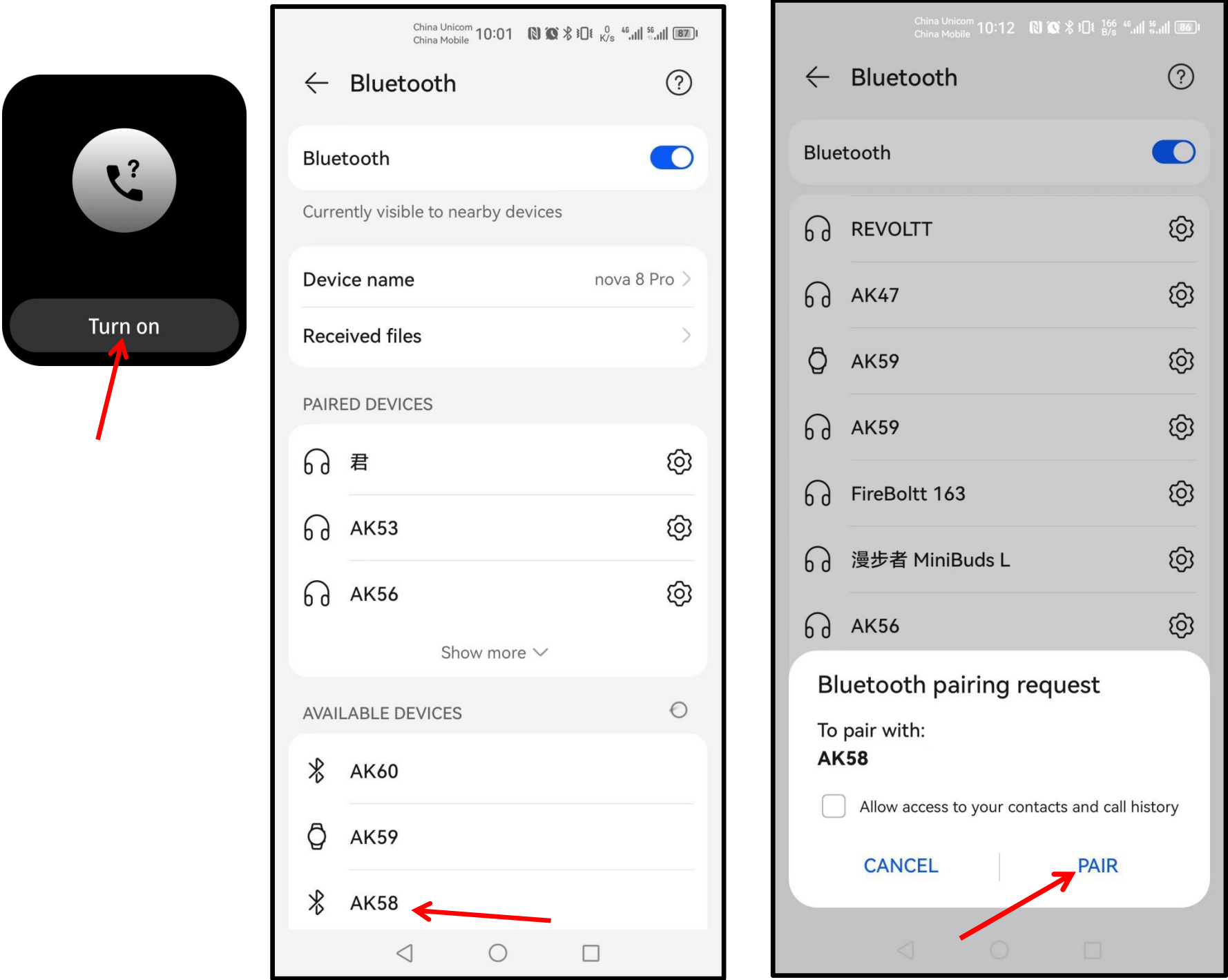
- 1).Download and install by scanning the QR code on the right
- 2).2) Download and install through the application market
Android system: search for "Da Fit" through the application market such as App Treasure, Google Play, Android Market and other application markets to download and install; IOS system: Search for "Da Fit" through the App Store to download and install



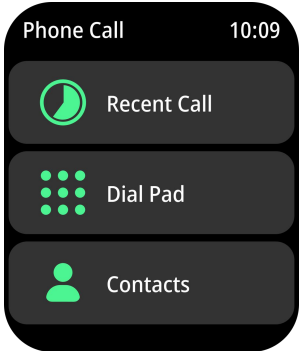
5.APP connection (The phone Bluetooth is turned on and cannot be connected with other devices) The shortcut menu → Settings → About screen, the MAC address of the watch will be displayed, and your device can be determined by the MAC address in the device table. After the watch is successfully bound, every time you open the APP in the future, the watch will automatically connect with the mobile phone, and you can synchronize the data by pulling down on the APP data page。



6 Bluetooth connection:Open the watch "Turn on call function", the phone will automatically pop up "AK58" Bluetooth pairing, click pair. When the call Bluetooth is connected with the mobile phone, you can use the watch to dial to control the mobile phone to make calls, listen to music, and view the call log information of the watch. If you click Unpair, when you need to pair the call Bluetooth again, open the watch "Turn on call function" → open the Bluetooth option → the phone settings, view all devices, and tap "AK58" to connect.



Contact addition: Enter the "Da Fit" APP, click "Quick Communication" → select contacts to add (currently you can add up to 8 contacts)



7. Watch function mode

a.Switch the main interface:The main interface is long pressed for 3 seconds to enter the interface of selecting the watch face, swipe left and right to select the main interface, and long press to confirm



Customize the watch face: Go to the "Da Fit" APP and click -> watch face selection - > editor can choose the watch face you want.

Discover more watch faces:Go to the "Da Fit" APP and click "Watch Face Selection" - > more watch face settings

b.Voice assistants: Voice Assistant is a smartphone app that allows you to command your phone through smart conversations, such as texting and making calls



c.Activity Center: Wear the watch normally, the watch shows the current number of steps, distance and calories (The data of the previous day is automatically cleared at 0:00 every day)



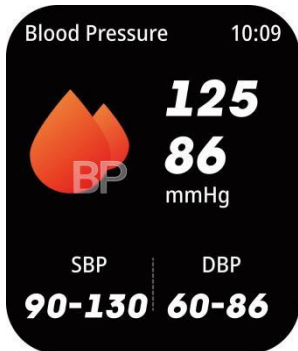
d.Sleep monitoring: Wear the watch to sleep, and the watch will automatically monitor yesterday's deep, light sleep and total sleep. Display detailed data on the APP, and users can view sleep quality, sleep duration distribution map, etc. in the APP.



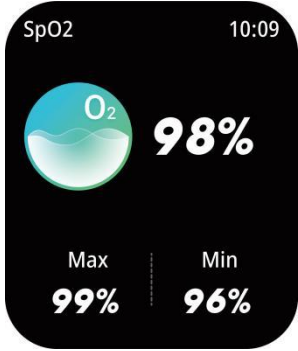
e.Heart rate measurement: The heart rate interface taps the screen to measure the current heart rate value. It can also be manually measured on the heart rate interface of the APP (The data is for reference only and is not for medical use)



f.Blood pressure: The blood pressure interface clicks the screen to measure the current blood pressure value. icon flashes for the test, swipe right to exit. It can also be manually measured at the APP blood pressure interface (The data is for reference only and is not for medical use)



g.Blood oxygen: The blood oxygen interface can be clicked on the screen to measure the current blood oxygen value. The icon flashes for the test, and it can also be manually measured on the blood oxygen interface on the APP side (The data is for reference only and is not for medical use)



h.Music control: When the phone is connected, the watch can control the pause/play, previous track, and next music on the phone。



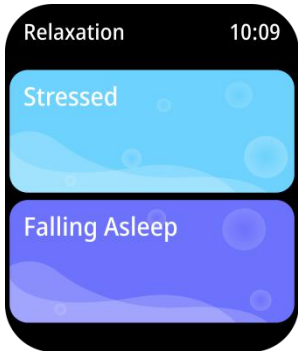
i.Weather: The weather interface will display the current weather and air quality information, and the weather interface can slide up to view the weather conditions in the next 6 days. Weather information needs to be connected to the APP to obtain data, if it is disconnected for a long time, the weather information will not be updated。



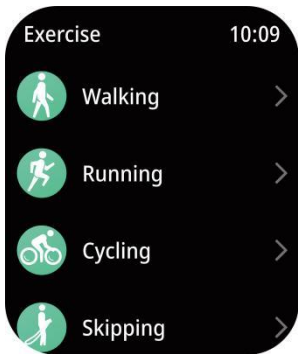
j.Camera control: When the phone is connected, the watch can be used as a remote control for the phone camera. Open "Photo Control" on the APP and click on the watch camera control page to trigger the mobile phone camera snapshot。



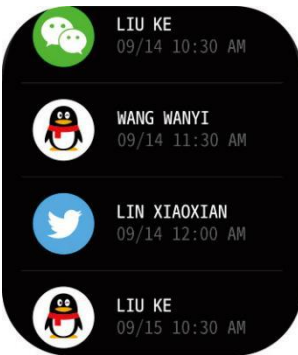
k.Stress relief and sleep aids: Respiratory exercises, which are exercises for effective breathing, strengthening respiratory muscles, and deep breathing can help you relieve stress。



l.Workout mode: More than 100+ sports modes to choose from: walking, running, cycling, basketball, football, badminton, skipping rope...., after turning on the sports mode, swipe left to select pause/end sports, if you need to add a sports mode, slide down to the bottom and click Add to select the desired sports mode。



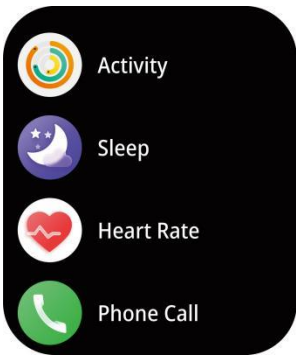
m.Information push: This watch supports phone/SMS/WeChat/QQ/other application information push, this page only saves the last 5 information records, you can turn on the corresponding switch according to your needs。(Note that when the Android phone turns on the message reminder, you must set the APP to use the notification right of the mobile phone, otherwise the watch will not receive the reminder)



n.Other functional interfaces: Other features of the watch include: stopwatch, alarm, timer, phone switch, call reset, menu view, brightness adjustment, vibration switch, games, menstrual period, cinema mode, factory reset, shutdown, about。



Menu view: It is divided into 8 modes of list view, honeycomb view, parallel line view, grid view, plan view, full moon view, crescent moon view, and rudder view:



List view



Crescent view



Full moon view



Rudder view

Note: More detailed information analysis and data logging can be viewed in the app

Why does the blood pressure value deviate from the sphygmomanometer?

The deviation between the measurement values of the watch and the sphygmomanometer is determined by many factors. The measurement part of the sphygmomanometer is in the brachial artery, and the measurement part of the watch is in the two main public branches of the micro artery. Under normal circumstances, the measurement value of aortic blood pressure and micro arterial blood pressure will differ by 30 to 40. If you use a watch and a sphygmomanometer to measure at the same time, since the blood flowing in the artery is in the centrifugal direction, when the sphygmomanometer measures, the lower part of your elbow is under pressure, and the blood cannot branch smoothly to the artery below. Flow, increased vascular tension, will make the upper and lower blood pressure measurements more deviations.

Why can't user take a hot bath with the watch?

The ambient temperature during bathing is relatively high, which will produce a lot of water vapor, and the water vapor is gaseous, its molecular radius is small, and it is easy to seep into the gap of the watch. When the temperature drops, it will condense into liquid water droplets again, which is easy to cause The internal circuit of the watch is short-circuited, destroying the circuit board, and then destroying the watch.

Frequently asked questions and answers

Why can't the watch receive the message push

Android phone settings;

Confirm that the message push switch is turned on on the mobile client

The confirmation message can be displayed normally in the mobile phone notification bar. The watch message push is pushed by reading the message in the mobile phone notification bar. If there is no message in the mobile phone bar, the watch will not be able to receive the push. (You need to find the notification settings in the phone settings, and turn on the notification switch of WeChat, QQ, phone, SMS, and mobile client)

Open the accessibility settings of the bracelet client

(Find the accessibility in the phone settings, open the accessibility settings of the bracelet client)

iPhone settings

Confirm that the message push switch is turned on on the mobile client

The confirmation message can be displayed normally in the notification bar of the phone (You need to find the notification settings in the phone settings, and turn on the notification switch of WeChat, QQ, phone, SMS, and mobile client)

Precautions

Do not throw this product into the fire to avoid explosion

This product is waterproof only for cold water. If it is used for hot water, it may cause white fog in the lens

The battery life of this product varies with the use environment and use mode

Disclaimer:

This product is not a medical device. The bracelet and its application program are not used for diagnosis, treatment, or prevention of diseases and diseases. If you want to change your habits such as exercise and sleep, you must consult qualified professional medical personnel first to avoid serious casualties. Our company guarantees that without prior notice, The right to modify and improve any function described in this manual, and the company maintains the right to constantly update the product content. All contents shall be subject to the real object