CARNEO

TIK&TOK

Please read the manual before use.

◆ **The information in this document won't be modified or extended in accordance with any notice.**

◆ **The watch should be charging 2 hours at least before use.**

1. Caution:

1.1 Waterproof and dustproof

The watch supports waterproof and dustproof. Please follow below guidelines to maintain the waterproof and dustproof function. Otherwise your device might be damaged.

· Do not use watch under the strong pressure water.

· Do not use watch when diving, snorkeling or other sports in turbulent water.

· Please dry your hands or watch fully before operating.

· If the watch is exposed to water, please dry it fully with soft cloth. If it is exposed to other liquids (such as salt water, pool water, soapy water, oil, perfume, sunscreen, hand sanitizer) or chemicals (such as cosmetics), please wash it with clean water and dry it fully with soft cloth. Do not follow these instructions may damage its performance and appearance.

· If the watch is dropped or hit, the waterproof and dustproof function may be damaged.

· Do not disassemble your watch. The waterproof and dustproof function may be damaged.

· Do not use watch in extremely high or low temperature environments.

· Do not use blowers and other heated equipment to dry the watch.

· In sauna room, the waterproof function may be damaged.

1.2 Cleaning and management of 019lite2

Follow the below points to ensure that 019lite2 is operating normally and looks good. Otherwise, maybe damage 019lite2 and cause skin irritation.

· Protect watch from dust, sweat, ink, oil and chemical products (such as cosmetics, antibacterial sprays, hand sanitizers, detergents, and insecticides). Otherwise, the internal and external parts may be damaged or causes performance degradation. If 019lite2 is stained with above substances, please clean it with lint-free soft cloth.

· When cleaning 019lite2, do not use soap, detergent, abrasive materials, compressed air, ultrasonic waves or external heat sources. Otherwise, 019lite2 may be damaged. Soap, detergent, hand sanitizer, or detergent residue may cause skin irritation.

· After exercising or sweating, please clean your wrist and strap. Use water to clean 019lite2 and dip a small amount of alcohol to wipe, then dry it thoroughly.

· If 019lite2 is stained or infiltrated with other objects, please use wet soft toothbrush to clean it.

1.3 If you are allergic to material on 019lite2, please pay attention when using

· Manufacturer conducted testing about hazardous materials on 019lite2 by internal and external certification agency, including testing of all materials contact skin, skin toxicity testing, and wearing testing.

· 019lite2 contains nickel. If your skin is very sensitive or you are allergic to the materials on 019lite2, please take necessary precautions.

— Nickel: 019lite2 contains a small amount of nickel. The content is lower than the reference value of European REACH regulations. You will not be exposed to the nickel in 019lite2 and our device has passed the international certification test. However, if you are allergic to nickel, please use 019lite2 with caution.

· All materials used on 019lite2 comply with relevant inspection standards such as REACH and RoHS.

2. Product specification

◆   Model:DW-019lite2

◆   CPU RTL8762C   ARM Cortex-M0   53MHz

◆   Memory:RAM 128KB+ ROM 64Mb

◆   Capacitive touch screen 1.4" 240*240 pixel IPS

◆   Bluetooth version 5.0

◆   Function:Games , Heart Rate, Push Dial, Do not disturb, Daily
activity, Sleep, Notification (G-mail, Facebook, Skype, WhatsApp
and so on)

◆   Battery Lithium-ion 3.7V/160mAh

3.Product details

3.1 Product details

(1) Power on: When the watch is in the off state, press and hold the power key for five seconds to turn it on. The home screen of the watch will be displayed after booting.

(2) Touch screen operation: From the home screen, swipe to the right to the games list menu, then choose one to play.

(3) Wake up screen: When the watch screen is in the off state , you can press the power key to wake up the screen. If the Gesture control button is turned on in the APP, you can also wake up the screen by turning the wrist.

(4) Shutdown: Click the Setting icon, click System - Shut down, click

 to shut down.

4. Products quick into

4.1 Products quick into

(1) Long press the main interface to enter the home page thumbnail. You can view it left and right, click touch to switch the home page.

(2) Swipe to the right: Display games list -> Jigsaw puzzle, Puzzle game, Basketball.

(3) Swipe down: Display Battery, Bluetooth, Date, Timer, Brightness, Setting, Do Not Disturb mode.

(4) Swipe up: Storage information, Heart rate monitoring, Daily activity.

(5) Swipe to the left: Display the static icon list, click to enter the corresponding function, right stroke to return to the previous level.

4.2 Clock Display

Setting method:

Power on. When the watch in clock mode, please long press on the middle screen and set different clock interfaces if you like.

5.Product quick use

5.1 Download and install

You have to download and install the " HitFit Pro " App from APP Store or Google Play Store:
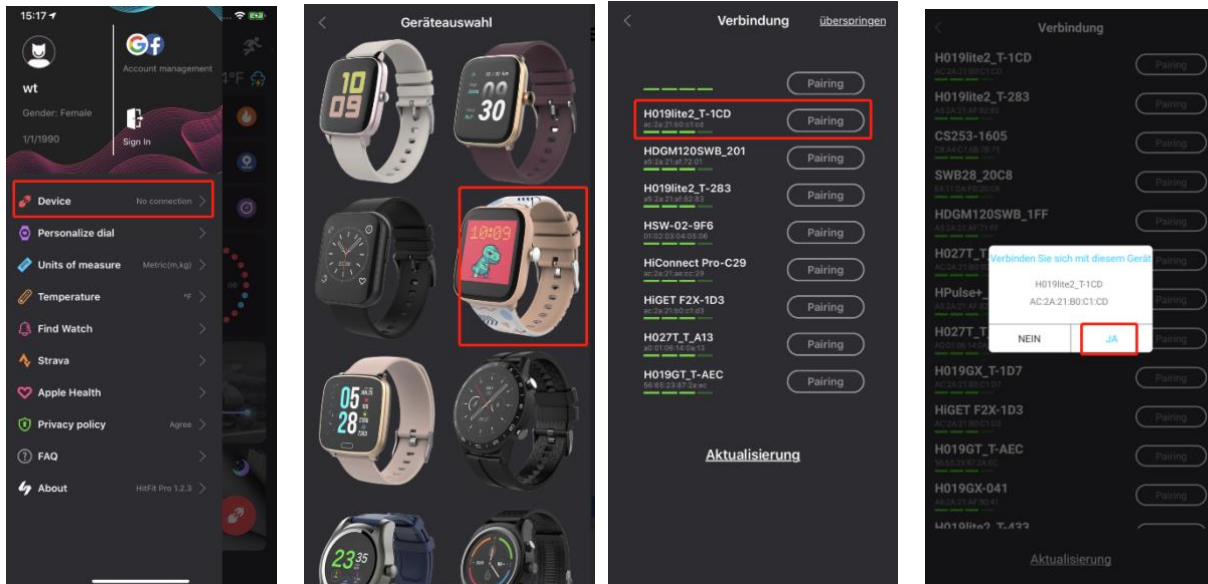

5.2 Connection and Synchronize data

5.2.1 Bluetooth connection

5.2.1.1 For Android:

Open HitFit Pro App -- Click "Device" in bottom -- "Device Connection" --Searching Device.

Click OK and Click Pair to bind watch as below.

Open "HitFit Pro" - left swipe menu bar swipe to left - Device - select the corresponding device icon - search for the corresponding Bluetooth address pairing


5.2.1.2　For IOS:

Connect step 1： Open "HitFit Pro" app, "Add device " on "Me" screen to search Bluetooth devices nearby, find watch name DW-019lite2 and paired it in app. Once DW-019lite2 connected will show in the phone's Bluetooth menu screen as below pictures.

Open "HitFit Pro" - left swipe menu bar - Device - select the -corresponding device icon - search for the corresponding Bluetooth address pairing.
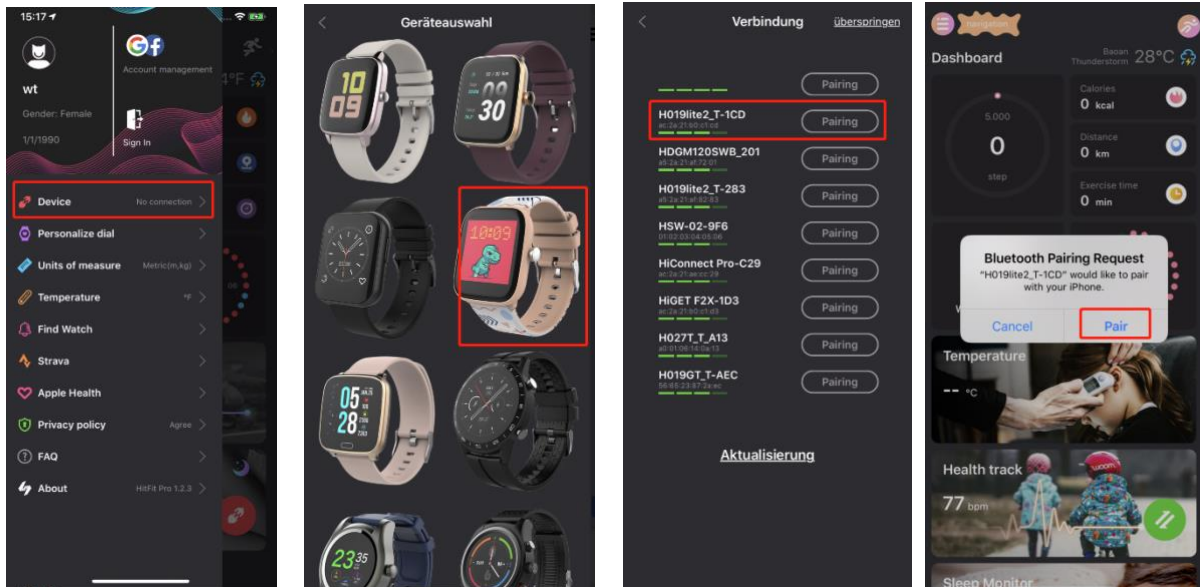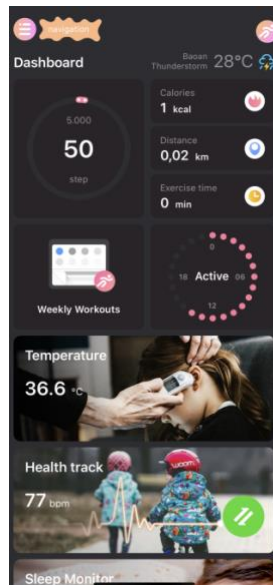
Connect step 2: Now the Bluetooth menu interface displays

DW-019lite2 connected successfully as below picture shows.
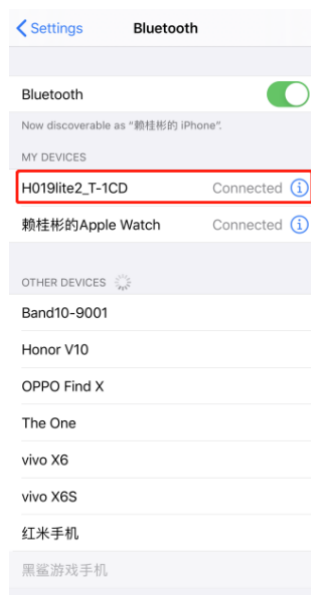
After connected successfully, as shown by the icon on the left.

5.2.2 Synchronizing data

Pair your watch with " Hitfit Pro " App, press "   " to sync data.

Your data will be shown on App accordingly.

Notice:

Please don't shut the Bluetooth notify service when you are clearing software by background or close background application software. It will affect the sync function between watch and phone if shut it.

5.3 Basic functions

5.3.1 Daily activity

(1) Function introduction: The watch will display the user's total number of steps on the day, walking distance, calories burned on the same day, and the data will be cleared at 0 o'clock (midnight) every day.

(2) Operation instructions: The main interface swipes left and right and clicks the motion data to switch to the step counter interface. After no operation for 5 seconds, the screen is automatically turned off.

5.3.2 Sports

In sports mode: the single-point function icon allows you to enter sports modes such as Walking, Running, Climbing, Riding and Basketball.

5.3.3 Heart rate

(1) Function introduction: The watch will measure the user's heart rate under the heart rate measurement interface. After the test is completed, the vibration will display the result. After no operation, the screen will automatically go out.

(2) Operating instructions: Swipe to the left on the main interface and click the heart rate static icon to switch to the heart rate measurement interface. Once the interface is entered, the measurement will start. During the measurement, the interface value will be zero. After the measurement is completed, the value will be displayed. If the result cannot be detected, it will always be displayed. The display value is zero until standby.
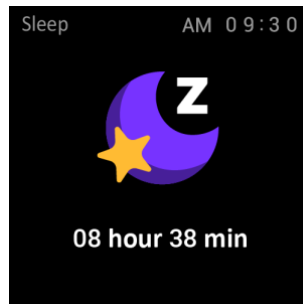

5.3.4 Sleep

(1) Function introduction: The watch will display the user's sleep time

the night before. (Sleep measurement time 21:30 - 12:00 next day)

(2) Operation instructions: Swipe the main interface left and right, click sleep to switch to the sleep interface, you can view the sleep time of the previous day.

5.3.5 Weather

After connected with HitFit Pro, the watch will show local weather.

5.3.6 Message

When connected to Bluetooth, notifications from your phone will be sent to your watch. (You need to open the push switch in the app in advance)

5.3.7 Music

After connected with the Bluetooth, you can manipulate Mobile to play music and adjust the volume, voice will come out from mobile phone.

5.3.8 Timer

Swipe left on the main page and click the stop icon static icon to switch to the stopwatch interface. Click to start timing. During the timing, you can pause/start switching with a single touch. Swipe the

stopwatch function to the right of the stopwatch interface and return to the static function page.

5.3.9 Find phone

When you connect your phone, the phone vibrates and rings when you click the Find Phone icon.

5.3.10 Relax

Adjust your breathing and relax.

5.3.1 Setting

- **Language:** Including different languages you can choose.
- **Screen display:** Including **Change dial**, **Brightness**, **Screen time**, **Turn wrist wake** setting.
- **Do not disturb:** Set enter or exit do not disturb mode.
- **Vibration:** Set vibration intensity.
- **System:** Including **System version**, **Shut down**, **Reset** settings.

6. Caveat

Please follow the doctor's instructions and measure the results of self-diagnosis and treatment. Users with blood circulation disorders and blood diseases should be treated under the guidance of a doctor. The measurement results of this product are for reference only and are not intended for any medical use or basis.