User Manual

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Charging Method

Charge the watch before using your company's smart health Watch. Please treat the watch and charger with care. Improper operation may affect the measurement accuracy or damage the watch and charger. Please only use the charging cradle provided with the watch.

Place the watch face down into the charging cradle, aligning the charging contacts on the back of the watch with the charging contacts on the cradle. Ensure a secure connection for optimal charging efficiency.

Download Method

Download and install the app used to connect the device after downloading the app on the mobile phone. Open the app, enter the interface, click add device, find and connect the device, and complete the pairing according to the prompts. Many sports modes can be downloaded from other application stores, such as Google Play and App Store. Search for "Wearfit" or "Wearfit Pro" to download the app, or scan the following two download and install methods (iOS/Android).

Download Wearfit Pro App

Download Wearfit App

Notes on Using the Watch

1. Please read the instructions carefully before first use.
2. Do not expose the watch to high temperatures, high humidity, or corrosive environments. Do not crush, drop, or puncture the watch.
3. Do not disassemble or modify the watch yourself. Unauthorized modifications may cause malfunctions or damage to the watch.
4. Do not use the watch while charging. Ensure the charging contacts are clean and dry before charging to prevent short circuits or damage to the watch.
5. Do not use the watch in environments with extreme temperatures (below -10°C or above 45°C). Prolonged exposure to extreme temperatures may affect the watch's performance and battery life.
6. Clean the watch regularly with a soft, dry cloth. If the watch gets wet, dry it immediately before charging.
7. Do not use the watch for underwater activities or in environments with high pressure. The watch is not waterproof and may be damaged by water pressure.
8. Avoid using the watch in environments with strong electromagnetic interference, as this may affect the accuracy of the heart rate monitor and other sensors.
9. If you experience any skin irritation while wearing the watch, discontinue use and consult a dermatologist.
10. Replace the watch band if it shows signs of wear or damage to ensure comfort and prevent skin irritation.

Bluetooth Connection Method

1. Turn on the watch Bluetooth and enter the Bluetooth interface of your mobile phone. Search for Bluetooth devices, find the watch name, and click to pair. After successful pairing, the watch will automatically connect to the app and synchronize data.

2. Method of Unpairing iOS Devices:
Go to your iOS device, select "Settings" > "Bluetooth," find the watch name, and click the "i" icon to the right. Select "Forget This Device" to unpair the watch. Alternatively, you can unpair the watch in the app by clicking "Unpair" in the app's Bluetooth settings. After unpairing, the watch will no longer automatically connect to the app. To reconnect, you will need to pair the watch with the app again.

Charging Method

Place the watch face down into the charging cradle, aligning the charging contacts on the back of the watch with the charging contacts on the cradle. Ensure a secure connection for optimal charging efficiency. The charging cradle provides a stable and convenient way to charge the watch. Please only use the charging cradle provided with the watch to avoid damage to the watch or charger.

Heart Rate Monitor

The watch is equipped with a heart rate monitor that continuously monitors your heart rate in real-time. The heart rate data can be viewed on the watch or synchronized with the app for more detailed analysis and tracking over time.

Sleep Monitor

The watch automatically tracks your sleep patterns, including sleep duration and quality. The app provides detailed sleep reports, allowing you to understand your sleep patterns and make adjustments to improve your sleep quality.

Sedentary Reminder

When you have been sitting for a prolonged period, the watch will vibrate and display a reminder to stand up and move. This feature helps you maintain a healthier lifestyle by reducing the risks associated with prolonged sedentary behaviors.

Alarm Clock

The watch can be set to vibrate at specified times to wake you up or remind you of important events. The app allows you to set multiple alarms with different settings.

Sports Modes

The watch supports various sports modes, including walking, running, cycling, and more. The app provides detailed sports reports, including data on distance, calories, and heart rate, to help you track your fitness progress.

Notes on Using the Watch

1. Avoid prolonged exposure to extreme temperatures (below -10°C or above 45°C) to prevent damage to the watch.
2. Do not use the watch while charging to ensure safe and stable charging.
3. Regularly clean the watch and charging contacts with a soft, dry cloth to maintain hygiene and ensure proper charging.
4. Do not disassemble or modify the watch yourself to avoid damage and voiding the warranty.
5. Ensure the watch is fully charged before first use for optimal performance.

Troubleshooting

Problem	Solution
Watch not responding	Restart the watch by holding the power button for 10 seconds.
Bluetooth connection issues	Ensure Bluetooth is enabled on both the watch and the mobile device. Try unpairing and repairing the devices.
Inaccurate heart rate readings	Adjust the watch band for a tighter fit. Ensure the sensor is clean and dry.
Short battery life	Reduce screen brightness and disable unnecessary features. Ensure the watch is fully charged before use.
Charging issues	Check the charging cradle and contacts for dirt or damage. Try charging with a different cable or adapter.

Warranty card

Product name:
Model:
Name:
Contact phone number:
Address:

Distributor company:
Contact phone number:
Address:

Sales date: