

WATERPROOF SMARTWATCH WITH HEART RATE K12



App Download & Pairing

1. Long press the “home” button to turn on.
2. Scan the following QR code to install “Dafit APP” ,or download “DaFit” from App Store, or Google Play to install it.



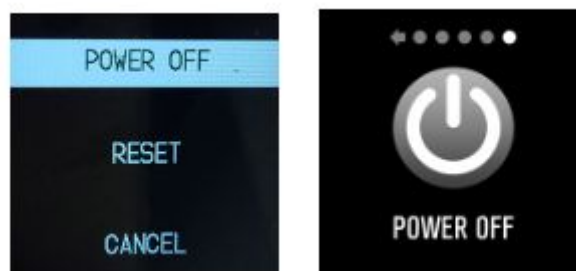
3. Enter the App to connect your device.
 - Step 1: Enable Bluetooth on the mobile phone ;
 - Step 2: Open “DaFit” app, then Tap ”Add a device” to connect it.

Please ensure that Bluetooth on your smartphone is constantly On.

To see the Bluetooth name of the smartwatch, long press the “home” button.

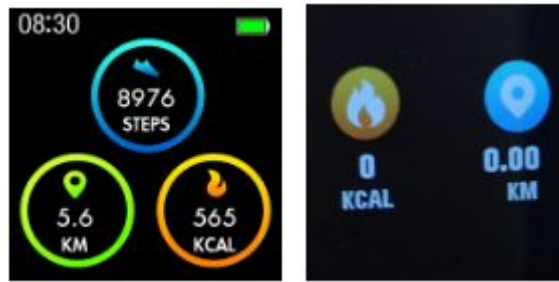
Smartwatch Functions

1. Power On: long press the “home” button to turn the smart bracelet on.
2. Power off: in the time interface, long press the “home“ button for 3 seconds into bluetooth address interface, then again long press “home” key to choose “power off” and long press the "home" button. Or enter Smart bracelet’s “other” menu, click to enter, then find ”Power off” menu and long press the “home” button to power off.



3. Screen-on: shake your wrist or press the “home button” to wake up the smartwatch.

- Pedometer: records steps. To view calories burnt or distance, long press the “home” button.



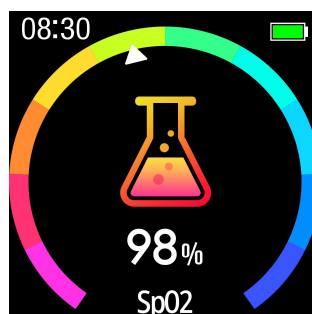
- Sleep monitor: Sleep monitor period is from 20:00PM to 09:00AM
- Heart Rate monitor: allows you to check your heart rate.



- Multiple Sports: go to “Training” menu and choose one of the sports modes, and the data will be synchronized with the “DaFit” app. Long press the “home” key to pause or exit the sport testing.
- Blood Pressure monitor: please make sure you’re rested and relaxed during the measurement.



- Blood oxygen monitor



10. Push notifications: turn on "Notifications" on the "DaFit" app.

11. Remote Capture:

Android: Turn on "DaFit" app, enter "shutter" on smart bracelet, shake the bracelet or click to take a photo.

IOS: Enter "shutter" on smart bracelet, make sure mobile's camera is turned on, shake the bracelet or click "home" key to take a photo

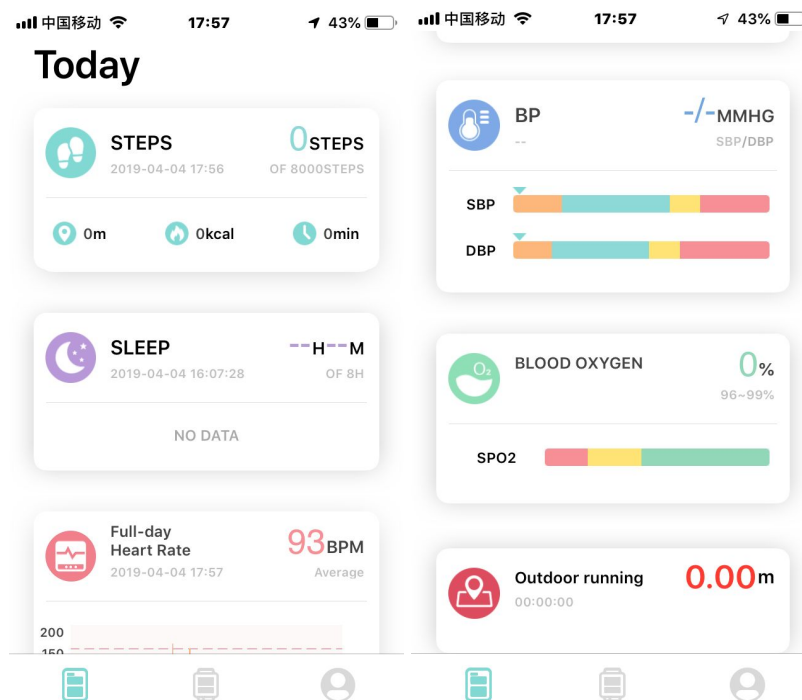


12. BT music: play, pause, or play previous or next song

Functions on Dafit App

1. Data sync

All measured data from the smart bracelet will be synced on Dafit app: steps, sleep monitor, heart rate, blood pressure, blood oxygen and other data as shown below.



2. Watch Faces (3 interface options)



3. Notifications: Turn on social apps notifications
4. Alarms: set an alarm
5. Shutter: take a photo
6. Other: Find my smart bracelet, Time formats, No disturb mode, Sedentary reminder, Quick View screen, Weather info

Friendly reminder:

1. Please power on your phone's Bluetooth and turn on smart bracelet's Bluetooth before connecting
2. Please ensure your smart bracelet didn't connect with other phone before connecting
3. Please turn on mobile phone notifications and allow the app to run in the background if your phone has installed "Mobile manager" or other similar Apps. Otherwise you will not receive the messages.
4. Battery Recharge: if you won't use the bracelet for long period, please ensure a full charging every month and turn it off after being fully charged.
5. To ensure the accuracy of blood pressure data, after entering blood pressure monitor mode, please hold the smart band at the same height as your heart, and relax. Do not talk when the monitor is working.