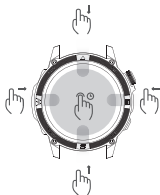# Smart Watch

Quick guide

Please read this manual carefully before use and keep it for future reference

Touch and buttons

Slide: SMS notification
Swipe up: Control Center
Swipe right: Split screen function
Swipe left: Quick card

Encoder

Short press: return to the watch face interface and enter the menu list
Double click: switch menu mode
Long press: Enter the shutdown and restart interface
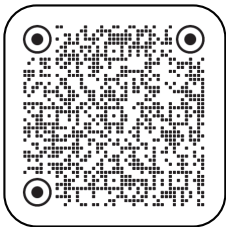Rotate: switch interfaces

Motion keys

Short press: enter the exercise list
Long press: enter SOS

※ If power on fails after long pressing the power button for 3 seconds, please charge and try again.

APP download

Scan the QR code below to download and install the watch client.

(Fitbeing APP)

Connect to phone

Open the mobile client and set personal information

⬇

Switch to the [My] page and click [Bind Device]】

⬇

Click your device in the scanned device list

⬇

Binding completed

Notice:
1. Do not pair directly in the Bluetooth list of the mobile phone system to avoid causing the app to be unable to connect to the watch.
2. Please allow the app to obtain your phone's "Bluetooth, location, camera" and other permissions to ensure successful pairing.

Features

Sports

The watch supports 60 sports modes including outdoor walking, indoor walking, outdoor running, indoor running, outdoor cycling, indoor cycling, elliptical machine, yoga... etc.
More detailed analysis and data logging can be viewed in the client.

GPS positioning:

When you are doing outdoor sports, the watch GPS needs to stay connected to the satellite. Please note:

1. When starting positioning, you need to wait for the GPS to connect to the satellite, which can greatly shorten the positioning time in open areas.

2. When the icon flashes, it means positioning is in progress. When it stops flashing, it means positioning is successful.

3. When passing through tunnels, dense forests, high buildings, or under bridges, the connection with the satellite may be affected, resulting in temporary signal loss. Please exercise outdoors in open areas as much as possible.

Activity

The watch can record and display the number of steps taken, calories burned and mileage information every day.

More detailed analysis and data logging can be viewed in the client.

Features

Heart rate

The watch can record and display heart rate values 24 hours a day. Click on the heart rate interface to measure the current heart rate value.

More detailed analysis and data logging can be viewed in the client.

Blood oxygen

Put the watch close to your wrist, and the best wearing position is above the wrist bone and arm, and you can measure the real-time blood oxygen value. The normal range of the value is generally 95% to 100%.

Pressure

Wear the watch normally and keep your arm flat; click "Start Measurement" and stay still for 20 seconds to measure your current pressure value.

Features

Notification
The watch can receive push notifications from the display phone, and the push item switch can be set in the client.

Sleep
Wear the watch to sleep, and the watch will automatically identify when you go to sleep, when you wake up, and when you sleep deeply, lightly sleep, REM, and wake up.

Menstrual cycle
When you are menstruating, you can quickly record your menstrual period and menstrual status in the menstrual tracking app; the watch will automatically calculate based on the cycle you set to predict your future menstrual period, fertile window, safe period and other key information. The date of the stage.

Features

Breathing training

You can set the "Respiratory Rate" or "Training Time", and then click to start breathing training。

Alarm clock

Click the "+" sign to add an alarm. If you do not select a repeating date, it is a single alarm. You can select a repeating alarm, such as: every day, weekdays, weekends, or select a specific repeating week; click " Done" icon to complete the settings.

Call

You can make phone calls through recent call history, frequently used contacts, and dialing keys; when your phone receives an incoming call, you can click the "Answer Button" to answer the call on your watch.

Features

Compass

You can use the pointing and scale of the arrow to determine the actual direction you are facing; the direction and readings displayed on the screen can help you find the correct direction; and the "altitude" displayed on the screen can help you find the correct direction. "Height," you can know the height of your current location compared to the standard sea level.

Stopwatch

Click "Start" to start timing, click "Segment" to count times, click "Stop" to pause timing, click "Reset" to clear the stopwatch; swipe right or press the rotating crown to exit the stopwatch application but not end the stopwatch function.。

World clock

The time card is displayed according to the city, including: city name, current time, and time difference with the positioned city; you can also add and delete cities displayed by the world clock in the APP, or sort them as needed, with up to 10 cities displayed.

Features

Timer
You can choose a default timer, including: 1 minute, 2 minutes, 5 minutes, 10 minutes, 30 minutes, 60 minutes. Click on any time to start timing, or you can choose a custom timer.。

Weather
The weather page will display the current location, weather, temperature and other information. Weather information needs to be connected to the client to obtain data. If the connection is disconnected for a long time, the weather information will not be updated.

Remote control photography
It is necessary to turn on the camera function of the mobile phone in advance and ensure that the Bluetooth connection between the watch and the mobile phone is successful. During use, you need to ensure that the distance between the two is not too far, try to keep it within 10 meters, and there is no object blocking the middle.

Features

Music control
After connecting to a mobile phone, the watch can control the mobile music player.

Tips: It is recommended to use the system's own or mainstream music player, otherwise it may be impossible to control the phone to play music due to compatibility issues.

Find phone
Make sure the watch and mobile phone are connected, and the app needs to be opened. Press the rotating crown to enter the application center, and click "Find Phone" to enter the music control page. Click the icon and the phone will sound a ringtone and vibrate。

Settings
It includes system functions such as notifications, focus, application view, display and brightness adjustment.

Precautions

1. Please do not disassemble, repair, or modify the product without authorization.

2. Please do not violently collide with the product to avoid damage to the product.

3. Please avoid strong magnetic field, direct light or high temperature environment.

4. This product is not intended for disease diagnosis, treatment or prevention.

5. Please avoid wearing the watch strap too tightly, and keep the contact area between the watch and your skin clean.

6. Children should use this product under the guidance of their parents to avoid harm.

* This app is not a medical device. Data obtained during the use of this app is for reference only, and should not be used for clinical diagnosis,medical research, diagnostic, or treatment purposes.

Information to User

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

—Reorient or relocate the receiving antenna.
—Increase the separation between the equipment and receiver.
—Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
—Consult the dealer or an experienced radio/TV technician for help.

Important: Change or modifications not expressly approved by the manufacturer responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) This device may not cause harmful interference, and
(2) this device must accept any interference received, including interference that may cause undesired operation.