Instructions manual

Thank you for choosing our product. To have a complete understanding about the use of this device, to know all the features and the simplest operation method, please read this manual first. This device is mainly adapted for use with phone through Bluetooth connection, which provides a variety of practical functions and services, the measurement data and results are for reference only, not taken as a basis for medical diagnosis or treatment. If we have updates, this manual will be subject to change without notice. Our company reserves the right of final interpretation.

Remark: This product is water resistant, it can be used while washing hands, swimming, in the rain, etc. Do not use for deep dives, hot showers or saunas, this may cause irreparable damage to the inside of the equipment.

Function of side keys:

Upper side key: function key: single press to enter menu interface; in other application interfaces, press to return to main interface; double press in menu interface to change menu style.

Bottom key: long press to turn on/off; In the dial interface, press the light button to turn off the screen, and in other interfaces, single press to return to the dial interface.

Left button: press the default button in the dialing interface to enter the movement; press and hold to enter the key definition setting, you can customize the function of the left button.

Touch gesture: double click on the dial interface to enter the voice assistant; scroll left to switch to the component interface; scroll right to enter the split screen menu; scroll down to enter the last task; scroll up to enter the control center.

Wallpaper switch: The rotating crown toggles the display.

Strap change: quick-release design, convenient installation.

Insert the strap by sliding from one side to the other along the rail on the watch

Charging instructions: Connection between the watch and cell phone: Supports wireless charging. When charging, place the watch on the disc, it supports computer USB or standard 5V cell phone charger. It can be fully charged in about 150 minutes.

Instructions for the APP

Firstly, download the APP "RDFit" to the cell phone and install it in either of the following two ways:

1. i0S/Android phone user: scan the QR code below via mobile browser, or scan it with WeChat. When the interface opens, click the download option for Android/i0S and choose to open the download with the mobile browser.

The QR code in the figure below is the RDFit APP download link

Android/iOS

2, For Android phones, search for "RDFit" and download on App Store, Google Play, and various mobile app stores, and for Apple phones, search for "RDFit" and download on App Store. Once the download is finished, there will be several permission reminders during the installation process, click to accept all; the watch and cell phone must be connected to both Bluetooth, 3.0 and 5.0 to perform all functions.

Bluetooth 5.0 connection method: After installation is complete, open "RDFit" and activate Bluetooth on the cell phone. RDFit will show an activation notification, click OK.

Click More at the bottom right, enter Scan device, scan for Bluetooth address and click Connect.

Bluetooth3.0 connection method:

1. Android Phone: When connected to the APP, it will connect to Bluetooth 3.0 at the same time, as long as you agree with the pop-up permission and requested permission.

2. Apple phone: When connecting to the APP, enter the Bluetooth interface in the settings according to the APP's message, and find the Bluetooth 3.0 name to connect, the cell phone will show "Connected".

How to verify that the Bluetooth connection is successful: On the watch scroll down to see the status bar, when the Bluetooth 3.0 and 4.0 of the watch are shown in color, it means the Bluetooth connection is successful, when the Bluetooth logo color is in gray, it means the Bluetooth is not connected.

Use the phone's GPS to search for the Bluetooth name of the watch.

Simple handling methods for common problems: Since the Bluetooth protocol of each brand of cell phone is not the same, sometimes the Bluetooth connection between the cell phone and the watch may be unstable. You can disable Bluetooth on the cell phone and reconnect it, or reset the watch to factory settings.

How to configure notifications: On the cell phone enter the settings - you must have the management, find "RDFit - permissions management, open. Then enter the notification management - look for all permissions "RDFit" to accept all. Go back, select the APP for notification sync information, such as QQ WeChat, and select Accept, do the process with all the call or message apps you want to receive notifications.

Note: If the computer version of WeChat is online at the same time, the cell phone will not receive notifications. Some cell phones also need to add "RDFit" to the power-saving whitelist to prevent the cell phone from turning it off when the battery is low.

Encoder: the dial can be changed by turning the button in the standby interface, and can be slid up and down in the secondary menu; All Star style menu can be zoomed in and out, and the application can be accessed in the center of the interface after maximizing the interface.

Split screen: slide right on the dial interface to access the split screen function, and quickly access the corresponding function.

Press dialing: you can press the pointer dialing, digital dialing and user-defined dialing in the APP.

Phone: dial the phone through the watch, check call logs, contacts, set the incoming call / mute or vibrate key.

Contacts: 20 contacts can be added to the watch phonebook through the APP.

Call log: you can synchronize the call log of cell phone.

Dial pad: connect the cell phone to dial the phone, you can call on the end of the watch.

Emergency call: call the first contact by default.

Step count: ou can view the whole day's steps, step history, calorie consumption and distance walked. The day's data will be stored as historical data until 24 o'clock every night, then the data will be reset to 0.

Information: display incoming messages by mobile terminal, the watch supports Facebook, Twitter, whatapp, qq, WeChat, etc.

Music: you can control the phone music through Bluetooth connection between phone and watch.

Heart rate: keep the watch fit on the wrist, the best place to wear it is above the wrist bone against the arm. Real-time heart rate can be measured; the average normal range is 60-90 times/minute.

Blood oxygen: it starts to measure immediately after activating the function. Please keep the arm at rest during measurement, measure the value after about 40 seconds.

Blood pressure: starts measuring immediately after activating the function. Please keep your hands at rest during the measurement and measure the value in about 20 seconds.

Alarm: five watch alarms can be synchronized via APP; a watch alarm can also be set directly from the watch.

Voice (Siri): After connecting via Bluetooth 3.0/5.0, click Siri from the watch to chat.

 Sleep: Measure the duration and quality of sleep from 21:00 to 9:00 in the morning the next day, will be recorded to help better adjust personal work, rest time and improve sleep quality. You can view the sleep data synchronously by connecting to the APP.

Exercise: watch has a variety of sports: such as running, walking, soccer, badminton, tennis, basketball, table tennis and so on; you can connect the APP to synchronously view the watch movement data.

Remote photography: With the cell phone is unlocked, the watch will enter the Bluetooth photography interface and the cell phone will enter the photography interface. Click the watch to take photos, and the photos will be stored in the final album of the cell phone.

Search for a cell phone: Connect Bluetooth, click the watch to search for a cell phone, and the ringing of the phone will ring until it is cancelled.

Search device: click Search device from the APP on the phone, and the watch will vibrate until it finds you and the alarm is cancelled.

Weather: After connecting Bluetooth, the watch can display the weather in the next 7 days.

Stopwatch: Open this function to time once or several times.

Breathing: You can adjust the exercise duration and breathing speed.

Timer: you can customize the time or select an existing time to count down.

Calculator: enter to perform simple calculations.

Menu style: According to your preference, you can choose full sky style, list style, rotation style, triple list style, palace list, etc.

Settings: system settings are available.

Calendar: you can view the calendar of the current month.

My QR code: the watch connects to the APP, and can enter through the APP: WeChat, QQ, Alipay, Whaapp, Twitter, Linkedin, Instagram, Facebook, Weibo, Line, Tim, Snapchat, Viber, and others.

QR code from a third party can be scanned to the watch to add friends, or pushed through the APP: WeChat, Alipay, PayPal QR code can be scanned to the watch for payment.

Component function: Slide right the dial interface and click the plus sign to add components, including heart rate, blood pressure, sleep, blood oxygen, respiration, step count, time, music; Up to 5 components can be added. Press and hold the component and click the minus sign to remove the component.

Compass: can display the current specific orientation in real time.

Game: Stupid Bird starts and the racing mini-game can be opened.

Altitude pressure: Displays the current tide state and atmospheric pressure.

Constant illumination time: enter to set the constant illumination time.

Screen off time: Input the bright screen time, open or close according to your own needs.

Connect APP: Display the QR code to download the RDFit APP.

Brightness: Input the adjustable screen brightness.

Key definition: you can customize the functions of double click and long press.

Do not disturb mode: you can set all day or hourly.

Vibration strength: adjustable vibration feeling.

Drain function: Vibration drain function.

Password setting: can set password, if forgotten, can be unlocked with 8888.

Power saving mode: Power on to automatically dim the brightness, turn off Bluetooth 3.0, vibrate, and set the screen off time to 5 seconds.

Language: Support multiple languages.

Date and time setting: synchronize APP or customize the time.

Reset: Input to reset the watch.

Restore factory settings: usually when what software problems occur, through restoring factory settings can be solved**.**

About: View the watch model, software version and Mac address of the watch.