

Smart Watch

User Manual



LEADING A HEALTHY LIFESTYLE

Thank you for choosing our product!

To have a comprehensive understanding and using this device, to know all the features and simple operation method, please read this manual first.

The functions on the user manual may be little different with physical, please make the final products as the standard. The typing errors in this manual and discrepancies will be timely updated with the latest products. If we have updates, this manual will be subject to change without notice. Our company reserves the right of final interpretation.

Remark: The product supports waterproof with IP68 level, it is available to wear it while wash hands, swim, in raining, etc.

Instructions:

Switch button: Long press to switch watch, short press ON/OFF the display.

Touch panel gestures: Tap the icon to enter each function, swipe right to return; swipe down to enter the Status Bar; swipe up enter Notification center; swipe left to enter Main menu; Swipe right enter Workouts mode.



Watch face switch: Hold the home watch dial for 2 seconds to switch different watch faces.

Watch band change: Easy-kit changeable watch band, it is standard 22mm width watch band.



Charging instructions:

This product adopts magnetic charging. Put the charging points connect to the back of the device charging pins, it will charge automatically. It supports PC USB or standard 5V charger. 150 mins to full charge the device, normal use for 5-7 days.

- Caution: Do not make the magnetic charging cable any 2 pins connect with conducting material at same time, it may cause short circuit.

Watch connects to Phone, download the App "TFit" in the Phone at first, reference following 2 methods:

1)Android/iOS Phone: Scan following QR code image by browsers or any Scanner to Download "TFit".

2)Android Phone: search and download "TFit" app from Google Play;iOS phone: search and download "TFit" app from Apps Store.



After downloading and installation of the TFit app, please turn on Bluetooth and start TFit, enable app permissions and notifications and add your personal information. Enter search Bluetooth device interface search for "L18" device (turn on the GPS in the smart phone before binding) and tap connect.

Unbind the device:

In TFit, tap device — Add device — Connected, tap confirm disconnect device. Then into phone setting, unpair the device and phone. Then you are all set for unbind the L18 between your phone.

Firmware upgrade:

When Bluetooth connected, in same interface of "TFit", click "More— "Updates", if there is new firmware available, click to update to the latest watch firmware version.

Notice: If it is unsuccessful to upgrade, please reconnect the Bluetooth and try to upgrade again.

As the Bluetooth protocol is different between all the mobile phone brands. Sometimes the Bluetooth connection will be instability between mobile phone and smartwatch, Please restart the Bluetooth, then try to connect again. Some settings on the phone need to be done for the data transmission work smoothly. Please ignore if your phone does not have those functions.

Main function introduction:

- **Language/Time/Date:** It will synchronize the date & time from the phone when Bluetooth is connecting.
- **Standby interface:** There are couples of dials for options, long press 2 seconds on the home button to change when on the homepage.
- **Sleep monitor:** Sleep monitoring will be automatically active from 10:00pm to 8:00am the next morning. You can check the details of sleep quality with the TFit app on the phone.
- **Status Bar:** Pull—down from the standby state screen. There will show Bluetooth connection status, power percent information and brightness adjust. Slide left in status bar to enter weather information, data sync from App, need keep phone GPS and network on.
- **Activity info:** Showing the workout and health data including Steps, Distance, Calories consumption. This data will be saved until midnight (12:00 am) every day and then reset to 0 values for coming day. You can look up previous data in History.
- **Notifications:** Synchronizing and display of app notifications such as Facebook, WhatsApp, SMS, Email etc., between the mobile phone and the Smart Watch. Up to 5 notifications can be displayed on the watch. Please adjust the settings in the TFit app and allow notifications to be displayed (app permissions).
- **Remote Control (Music):** Allows to activate and control music playback on the phone via the Smart Watch (a music playback app should be installed on the phone).
- **Weather Forecast:** Current weather data are being synchronized via the TFit app to the watch screen. GPS and local weather information should be turned on to obtain local weather data.
- **ECG:** The device combines an optical heart rate sensor and ECG sensor to show information about the user's heart function for reference. When this function is activated it needs about 30 seconds of measuring and reading to provide a result.

Please note: The device is not a medical device. Any values shown are for reference only.

- **Blood pressure:** Please put your hands flat on a surface and do not move. When this function is activated it needs about 45 — 50 seconds of measuring and reading to provide a result.

Please note: The device is not a medical device. Any values shown are for reference only.

- **Blood Oxygen:** Blood oxygen (SPO2H) level is the amount of oxygen circulating in the blood. Please refer to information about healthy or abnormal blood oxygen percentage for your age group and gender online and/or ask your medical practitioner for advice.

Please note: The device is not a medical device. Any values shown are for reference only.

- **Heart rate:** When this function is activated, the heart rate is being measured by the device scanning the surface capillary of the skin with green optical diodes. Please allow for about 2 seconds to start measuring and recording. Slide to other menus to stop

measuring. Please refer to information about average heart rate, heart rate while exercising for your age group and gender online and/or ask your medical practitioner for advice.

Please note: The device is not a medical device. Any values shown are for reference only.

- **Exercise:** Select a sports mode to record your workout. The recording will be paused when pressing the power button. You can choose to save, delete or continue the measuring. Recording and saving the workout data. **Alarm:** You can set several alarm times via the TFit app on the phone.
- **Stopwatch:** Press the start and pause, again press for stop. **Timer:** Set a duration for time counting.
- **Units Setup:** Metric or British system.
- **Find your phone:** Tap it and phone makes a ringtone alert.
- **Remote Camera Function:** Unlock the screen of your phone, go to "Bluetooth Camera" (Remote Camera) on the Smart Watch, set your phone to the camera interface, tap on the watch to take photos. Photos taken are being saved to the photo album (gallery) of your phone.

Settings

- **Power off:** Tap to Power off.
- **About:** Check the Model number, Bluetooth address, Version number.
- **Reset:** Tap to recovery to factory mode.
- **Sedentary, drink reminder:** Via the TFit app set a time for exercise and/or a reminder to drink.
- **Remind mode:** Via the TFit app choose a remind way, screen light, vibration, screen light + vibration.
- **Wrist Wakeup:** You can "wake up" the watch with wrist movement. Please set this function with the TFit app. Please note that this might increase power consumption.
- **Units Setup:** Metric or Imperial (British) system.

Extent of Warranty

This warranty only covers defects in workmanship or parts. All defective products or parts will be repaired or replaced. This warranty does not cover batteries or any other consumable items.

Normal Wear and Tear

Normal wear and tear of the product or parts of the product is not covered by this warranty.

Not Included in the Warranty Terms

This warranty does not include:

- Any defects caused by an accident, misuse, abuse, improper installation or operation, lack of reasonable care, unauthorized modification, loss of parts, tampering or attempted repair by a person not authorized by the distributor.
- Any product that has not been installed, operated or maintained in accordance with the manufacturer 's instruction manual provided with the product.
- Any product that has been used for purposes other than the intended use.
- Any damage caused by improper power input or improper cable connection.