

Operation Instructions for F11 Intelligent Sports Health Watch



Please read these Operation Instructions carefully before using the unit.

I. A brief introduction A brief introduction

F11 is a model of ECG+PPG double mode monitoring intelligent sports health watch, and has several sports modessuch as electrocardiogram monitoring and heart rate monitoring, daily life assistant and other intelligent functions. It bears fashionable appearance and is comfortable in wearing, so it is the best choice for younger people.

II. Components

The 11 packing box contains: intelligent watch head: 1 unit, intelligent watch strap: 1 set, magnetic charging USB wire: 1 set, and operation instructions: 1 copy.

III. Appearance description



IV. Operation instructions

When the watch is used for the first time, ensure that the watch is fully charged. If it is unable to be powered on, please fully charge the watch first. The charging will last 2 hours or so. After the watch is charged, it will be automatically on.

V. Main function interface

1.1 Electrocardiogram



Figure 1-1

1.2 Heart rate

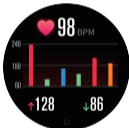


Figure 1-2

1.3 Sports mode

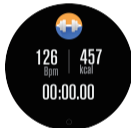


Figure 1-3

1.4 Sports information



Figure 1-4

1.5 Sleep



Figure 1-5

1.6 More functions



Figure 1-6

VI. Operation introduction

1.1 Touch function



A. Press the touch zone as shown in the figure: to wake up the screen touch zone to switch over to different functional interfaces.

B. From the APP port “Dial selection”, select the change in different watch dials.



1.2 Charging

A. Aim the magnetic charging wire ejector pin at the charging contact of the watch, and you can perform the charging properly.

B. When the watch is charged, the battery power indicator is displayed in a scroll manner. When the battery is fully charged, the battery icon on the screen displays as full. The charging duration will last 2 hours or so.

In the charging process, the watch will automatically power on

1.3 Health data

A. Sports mode: when the watch is in the Power on state, it switches over to the Exercise interface to go to several sports modes, which are divided into walking, running, football, basketball, badminton, rope skipping, swimming and riding modes. Long press the Touch button to exit.

B. Heart rate testing: to switch over to the Heart rate interface, and long press it to go to the Heart rate testing mode. In the Heart rate testing mode, the watch is worn on the left wrist to fit closely onto the skin.

The indicator on the back of the watch flashes, and the heart rate testing is activated.

C. Electrocardiogram testing: The watch should be worn on the left wrist.

Switch over to the electrocardiogram interface, long press it to go to electrocardiogram testing, or start from the APP port. Turn on the mobile phone APP, select the ECG testing, with the right hand gently put on the front stainless steel rim of the watch (with contact with the left hand not allowed). According to the prompt of the APP, the hand can be released only after testing is finished. Only data can be viewed from the APP port.

D. Data synchronization: After successful connection with the APK Bluetooth, the pace count/sleep/heart rate data on the watch port will be automatically synchronized in a real-time manner to the mobile phone port.

Prompt: A half hour before electrocardiogram and heart rate testing, no exercise will be allowed. In the testing process, the body must be in the calm state with uniform breathing. The height of the watch must be leveled with the height of the heart. In the testing process, your left hand must be laid flat on the desk. It is not allowed to shift your body or let your fingers loose.



Schematic diagram of electrocardiogram monitoring

1.4 More

From the More Function interface, long press the Touch button to access to the options (restore to factory settings, off, timer, hands up for screen on, and message push); from the Restore to factory setting interface, long press the touch button to be able to restore it to factory settings; in the power off interface, long press it for power off; from the timer interface, long press the timer mode, and long press the touch button, and exit the time function; from the hands up for screen on and message push interface, long press the touch button to be able to select the switch.

1.5 Configuration

- A. Chips: NRF52832 Bluetooth: 4.0
- B. Screen dimension:1.22 inches Screen pixel: 240*240
- C. Compatibility system: Android 4.4 or over, iso9.0 or over.
- D. Standby duration: regular standby for 15 days, 5-7 days in the operation state

1.6 APP “Da Fit” download

- A. Download via the application market:

Android port: from the “Myapp.com” application market, search the Da Fit to download.

IOS port: App Store to search the Da Fit for downloading.

B. Download via 2D code scan:



Android port: to scan the 2D code via QQ, WeChat or other applications, link and skip to the download interface for downloading;

IOS port: to scan the said 2D code via QQ, WeChat or other applications.

You can select using qq;

Browser or local Safari browser link and skip to the download interface for downloading.

Android mobile phone APP title: Da Fit Apple phone APP title: Da Fit

1.7 Login

Open the Da Fit as shown in the figure below:



1.8 Bluetooth connection

A. After the watch is powered on, Bluetooth is always in the searched state. Go to the Da Fit page, and click on more options, click on connect device, click on search and select the title of the watch device to be connected. Click on Connect so that connection will be ok.

B. After Bluetooth is successfully connected, the watch time synchronizes with the mobile phone port time. From the APK port, click on the watch, the watch screen is on vibrating and displays the

prompt icon.

C. Automatic reconnection of Bluetooth:

- 1) If it is beyond the Bluetooth connection range, there will be no prompt at the watch port. When the watch comes within the range of Bluetooth connection, open the APK Bluetooth, there will be automatic reconnection;
- 2) After the application is off or when the mobile phone is restarted or the one button clearance provided for the mobile phone is clicked, it will go to the Da Fit once again. Within the effective range of Bluetooth connection, Bluetooth will be automatically reconnected.

1.9 Other functions

The following functions can be achieved after the apk has been successfully logged in and Bluetooth has been successfully connected.

2.0 Notice

It includes incoming notice, short message notice, QQ message notice, WeChat message notice (for example: during setup, startup of incoming notice. When the mobile phone port receives one incoming call, the watch vibrates for screen on reminder. The interface will display the incoming icon. Click on the touch button to stop the reminder).

2.1 Mute mode

After the mute mode is activated, in addition to the alarm clock, set the all started notice reminders, and the watch port will no longer perform automatic screen flash for vibration reminder.

2.2 Sedentary reminder

Set the time section from the beginning to the end as well as the sedentary time interval (in minutes), thresholds (number of paces). Click to go to the repeated setting of the selection of the sedentary reminder date (in weeks). When the sedentary time is up, the watch will flash on the screen and display the reminder icon.

2.3 Alarm clock reminder

From the APK port, click on the alarm clock reminder to add the alarm clock time. When the alarm clock time is up, the watch will vibrate for screen lit and display the alarm clock icon.

2.4 Reminder mode:

- A. Screen lit: When the mobile phone APK port set alarm clock time is up or the push time is received, the watch port will only display the screen lit reminder;
- B. Vibration: when the alarm clock time set from the mobile phone APK port is up or push information is received, there will be vibration

reminder on the watch port;

2.5 Gesture intelligent control:

A. Electrocardiogram testing function: The watch can be worn on the left wrist before it can test data.

B. Wrist turnover for screen on: to activate wrist turnover for screen on. Turnover at 90 degrees and the watch will tilt towards inward towards your front, with the display of screen lit on the watch port.

2.6 Device unbinding:

Open the Da Fit, and from the “More” interface, click on “Connect device”, the “Current device” and “Disconnect the current device”, click and whether to disconnect Bluetooth will appear. Select “Confirm” to be able to unbind (when the Bluetooth has been successfully connected). Synchronously go to the “Set” from the mobile phone system to disconnect the Bluetooth device.

Cautions:

1.It supports the devices in the version of Bluetooth 4.0' s

Android 4.4 or iOS 9.0 and over;

2.When it is used for the first time, please connect the charger to activate the watch;

3. Bluetooth connection:

A. Please ensure that the mobile phone Bluetooth is in the activation state, and the watch is in the starting state;

B. When Bluetooth is searched, please ensure that the watch has not been bound by any other account;

C. When Bluetooth is searched, the watch and the mobile phone must be kept within a possibly nearer distance.

4. If the watch port fails to receive the push information, please confirm that the Dafit runs from the background, and that the message notice is in the activated state (with supporting functions to be required to be activated);

5. If exercise, sleep and heart rate data fail to be synchronized to the APK, please try to disconnect Bluetooth for reconnection.

6. When the watch is bound to another account, it is required to unbind the current account;

7. If the screen of the watch fails to be lit, please connect the watch to the charger.