

Smart watch manual



APP download

- ① Search "Da Fit" in the APP store (Apple store/ Google store).
- ② Scan QR code to download.



long press 5 seconds turn on/off,
short press back.

User tips

When install the app, it will be prompted to access the phone permissions. Please allow all permission : ① Bluetooth ② Notification (including alerts /sounds/ icon badges) ③ Local network in the "da fit" app.

"Da Fit" Would Like to Use Bluetooth

Need to connect the Band through Bluetooth

Don't Allow

OK

"Da Fit" Would Like to Send You Notifications

Notifications may include alerts, sounds, and icon badges. These can be configured in Settings.

Don't Allow

Allow

"Da Fit" would like to find and connect to devices on your local network.

This app will be able to discover and connect to devices on the networks you use.

Don't Allow

OK

Connect Smart Watch

1. Switch watch on: long press the side button for 3-5 seconds
 2. Please turn on the phone's Bluetooth and location service and make sure the watch is not binded to other devices
- Open the Dafit APP on your mobile phone, Set your personal information enter the device interface. Click on "Bind Device" Right-slide on the main dial interface of watch to view MAC address, You can use the MAC address from the device list to determine your device, The device name and the corresponding MAC address are paired. device is successfully connected.



Step 1: Open "Da Fit APP"--"OK, Allow"--"Add A DEVICE"--Find I22 and choose---"Pair"-- "Allow"--Done

Step2: Go to your mobile phone Bluetooth--Find Watch Call and choose---connected.

Tips for the first time use:

First time to use the watch, please make sure the battery is fully charged.

1. Open the box, use the I22 charging cable, then insert the USB to your laptop or any USB port with 5V to charge the Watch before use to ensure that the Watch is fully charged. The charging time is about 2 hours. To ensure that the charging contact is good. Please ensure that the metal surfaces are not dirty, oxidizing and impurities. When charging, the screen will display the charging symbol. If the device is not used for a long time, please be sure to replenish it every one month.
2. When the Watch is first paired with "APP", it will synchronize the time, date, and quantity of the Watch battery and display the symbol of success of the BT connection
3. How to Boot Device: Long press the watch key for 5 seconds and the Watch will boot.
4. How to Shut Down Device: At the watch face page, Long press the watch key 5 seconds, then choose to shut down. The watch will be turned off and with vibration.

APP Functions and Settings like before.



Main interface / dial

Switch the customized dial through the APP
(As shown in the picture on the left)

Discover more dials through APP

APP device page dial selection find more dials click on your favorite dial picture click to download nowPlease do not leave the download page during download.





Personal Profile

Set personal information when you login.

My date-personal date. Gender - height - weight- age .

Call reminder

Keep connected, if the call alert function is enabled, the wristband will vibrate and display the name or number of the caller when the call

Notifications

Keep connected, if this function is enabled, the bracelet will vibrate when there are messages such as Wechat, Facebook, twitter and so on. (Give the APP access to system permission).

Alarms: set the alarms.

Shutter: this function will control your mobile phone to take photos from watch.

Favorite Contacts: you can add your mobile phone contacts to your watch.

Others: you can set Find a bracelet, Time format, Sedentary reminder, Raise your wrist to brighten the screen, drink water reminder.

Upgrade: upgrade the watch software when necessary.

Note:

1: When using GPS under sports mode, please turn on location services for phone and device, the watch does not have GPS function, you can open the GPS function in the app.

2: The datas of step, sleeping, heart rate, blood pressure, and blood oxygen saturation of the watch will be synchronized to the app. The relevant data can be synchronized by pulling down the corresponding page. More detailed information analysis and data recording can be viewed from the APP.

3: Each time you open the App, the watch will automatically connect to the phone. After right-slide of the main interface of watch to enter the MAC address interface, the Bluetooth icon will appear, indicating that Bluetooth is connected. If there is no Bluetooth icon, Bluetooth is not connected.



Watch function interface

1. Watch face: long press the watch face button, it can be changed to 4 different watch faces. showed Dates, Time etc.

Customized watch face: go to APP "Da Fit"---Watch faces--Dial 4---Edit--Select picture---Choose photo--Done--Save--screen updating---Done.

Then you can see the photo will be showed in your watch.

More default watch faces: go to APP "Da Fit"---Watch faces--Discover more dials---Choose dial--Download immediately-----Done. Then you can see the dial will be showed in your watch.

2. From the watch face page, put your finger slide to left and right page.

Sports: show the step counts.

Sleep:show the sleep status, like sleep time, deep sleep time etc.

Measure HR: measure your heart rates.

Exercise information: record various exercise information and data.

Phone: you can check phone call records, Contact, Dial pad.

Measure BP: measure your blood pressure.

Blood oxygen: measure blood oxygen.

Weather:show weather status.

Shutter: this function will control your mobile phone to take photos from watch.

Player: Music control, play or pause, last music or next music.

Others: In this page, you can set the dial switch, brightness etc.

3. On the watch face page, you can go to the following page by touching the finger from top to bottom.

Do not disturb: you can turn on or off do not disturb function.

Brightness: you can adjust the brightness.

Settings: You can set stopwatch, alarm clock, timer, brightness, phone switch, call settings, vibration,theater mode, factory reset, shutdown,about,APP download.



Vibration setting/Brightness adjustment/Bracelet reset

Down slide screen will display the interface.(As in the first picture)

- 1)Click brightness adjustment, you can adjust the screen brightness you need according to the usage.
- 2)If you need to use the watch with another phone, you need to reset the watch.Click Restore factory settings, the watch will be restored to the initial state and restart automatically, at this time all data on the wristband is cleared .
- 3) Click the "ABOUT" icon, you can check the version information, Bluetooth MAC address, battery percentage display and Bluetooth connection status.

Why the watch can't receive the message notification?

Since Android mobile phone background will automatically clean up the App which not commonly used, it will cause the watch connection to drop and no longer push the message.

- 1.Make sure turn on message push in Dafit setting.
- 2.Make sure the message can be displayed in mobile phone's notification bar,message notification is pushed by reading the phone notification bar,the watch can't get notification if the message push closed in mobile phone setting .

Note: Find notification settings in phone settings, turn on WhatsApp, Facebook, Twitter, Phone, SMS.

Getting to know your Device

It is forbidden to throw this product into the fire to avoid explosion. The battery life varies according to the environment and usage mode.

Warning: This product is not a medical device. The Watches and its applications should not be used for diagnosis, treatment, or prevention of diseases and illnesses. please consult qualified medical doctor first if you want to change your habits such as exercises and sleep to avoid causing serious casualties.

Our company reserves the right to modify and improve the functions which described in this manual without prior notice. At the same time, we are also reserves the right to continuously update the product . All contents are subject to the actual product.



Why does the blood pressure data is different from the Sphygmomanometer?

The difference between the smartwatch data and sphygmomanometer is determined by a variety of factors. The measurement site of the sphygmomanometer is in the radial artery, and the measurement site of the watch is the two main branches of the arteriole. Normally, the difference value between aortic blood pressure measurement and micro arterial measurement is 3~40 . because of the blood flows in the artery in the direction of the centrifuge, If you use the smart watch and sphygmomanometer to measure at the same time the sphygmomanometer band make your elbow-under pressure. The blood pressure cannot flow smoothly to the lower branch of the artery-and increased vascular tension, which will make the difference larger.

Why can't wear the smart watch to take a bath&hot springs&sauna?

The bath water temperature is relatively high, it will produce a lot of water vapor, and the water vapor is gas phase. Its molecular radius is small, it is easy to infiltrate from the shell gap of the watch, and when the temperature drops, it will recondense into a liquid phase. Water droplets can easily cause short circuit inside the watch, damage the circuit board and damage watch itself.

Special attention: For other issues of watch's usage, you can get detailed answers in the app suggestion feedback.



Basic parameters

Device type	Smart bracelet	Battery type	Lithium olymer
Vibrating motor	Support	Synchronization mode	Bluetooth 5.0
Working Temperature	-10 °C ~ 50 °C	Sensor	Low power accelerometer
System require	Android 4.4 with above; ios 7.1 with above		

Thanks for reading and setting. Happy use Efolen smart watch. Any further questions please feel free to contact us for help .

https://www.amazon.com/gp/help/contact-seller/contact-seller.html?sellerID=A3A0GXG6UL5FMJ&marketplaceID=ATVPDKIKX0DER&ref_=v_sp_contact_seller

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