

## "Aiwear" APP download

1. When prompted to install after downloading, check (allow) "Run in the background" and "Trust this application".
2. During installation, if the Bluetooth is not turned on on the mobile phone, please follow the prompts to turn on the Bluetooth on the mobile phone.
3. For the convenience of users, the QR code on the last page and back cover of this operation guide is the same as the QR code on this page, and both can be scanned and downloaded.



F Fit 二维码(GooglePlay)



F Fit 二维码(iOS)



F Fit 二维码(应用宝)

**Dear users:**

**Thank you for using this smart sports watch! In order to facilitate your better use of it, please read this operating guide carefully before using it.**

## Specifications

### Hardware Configuration

Bluetooth: BT 4.0 ; Reminder: Vibration/Pulse ; Display: Raise your hand to turn on the screen or turn your wrist to turn on the screen ; Supported version: Android 4.4 and iOS 8.0 and above

### Electrical parameters

Charging time: about 3 hours ; standby time: 5-8 days ; Bluetooth distance: 8-10 meters (open and non-interference environment) ; battery capacity and battery type: 120MA lithium battery

### Performance

Sports data: long-term storage; waterproof level: life waterproof; strap size: international standards

## Material technology

Case material: IBS ; strap material: silicone strap ; buckle material: stainless steel;

bottom cover material: IBS ;

Dial size (length \* width \* height): 47.7\*25\*8.0mm ; strap width: 20mm ; strap

length: 250mm;

## Function Description

### 1. Raise your hand to brighten the screen

Click "My" at the bottom of the app and turn on the "Raise your hand to brighten the screen" switch on the page to realize the function of raising your hand to brighten the screen.

### 2. Heart rate monitoring

After waking up the watch, tap the touch point to enter the heart rate test menu to test the heart rate.

### 3. Blood pressure monitoring

After waking up the watch, tap the touch point to enter the menu and find the blood pressure monitor. After the test, the current blood pressure value will be displayed and the record will be displayed in the app.

### 4. Blood oxygen test

After waking up the watch, tap the touch point to enter the menu and find the blood oxygen monitor. After the test, the current blood oxygen value will be displayed and the record will be displayed in the app blood pressure record.

### 5. Exercise Monitoring

7 sports modes can be selected (walking, running, cycling, skipping rope, tennis, badminton, table tennis) these sports modes.

### 6. Notification

Support incoming call notifications, SMS notifications (short message notifications long press to return to the main interface) app message push.

### 7. Remotely take pictures

Click "My" under the app and click the "Remote Camera" function on the page to enter the camera page (giving the app permission to take pictures), shake the watch, and take a picture after the phone counts down for three seconds.

### 8. Health reminder

Click the "health reminder" function, the watch will vibrate and pulse.

### 9. Find the bracelet:

Click "My" under the app, and click "Find Bracelet" on the page to find the bracelet.

### 10. Pulse function:

Pulse alarm clock reminder, pulse sedentary reminder, pulse exercise reminder, motion sickness relief, focus mode, driving mode

## Shut down/restore factory settings

### Shutdown operation

Tap the watch to enter the "More" menu, long press to enter, find the "Shutdown" function option, long press to shut down.

### reset

Tap the watch to enter the "More" menu, long press to enter, find the "Restore" function option, long press to restore.

## Bluetooth on/off

The Bluetooth has been searched after the watch is turned on. After the APP is downloaded, click the "Search Bracelet" menu, select the name of the watch device, and click the Bluetooth device to connect successfully.

### After successful Bluetooth connection:

1. You can view the Bluetooth name of the watch at "Add Device";
2. The watch time is synchronized with the time on the mobile phone. Click "Find Bracelet" on the APP, and the watch will vibrate on the screen and display the corresponding reminder icon. (The Bluetooth logo on the watch will show the connection)

### Bluetooth automatic reconnection:

If the Bluetooth connection range is exceeded, there is no reminder on the watch end. When the watch reaches the effective range of the Bluetooth connection, the Bluetooth will automatically reconnect; close the background of the application or restart the phone or click the one-key cleanup on the phone, and enter the APP again, and the Bluetooth connection is within the effective range. Bluetooth will automatically reconnect.

### Unbind and disconnect Bluetooth:

Open the App, click "Slide Menu" in the "Add Device" interface, and select "Unbind" to unbind and disconnect the Bluetooth, and the Bluetooth logo of the watch will display disconnected.

## Find a bracelet

On the mobile phone, click "My" under the app, and click the "Find Bracelet" function on the page, and the watch will vibrate to remind you.

## notify

### Incoming call SMS notification

After the watch is connected to the mobile phone APP, when the mobile phone has an incoming call or text message, the caller icon and phone number will be displayed on the top of the dial, and the watch will send out a vibration/pulse reminder.

### Information reminder

After the watch is connected to the mobile phone APP, when the mobile phone has a message, a corresponding icon will be displayed on the top of the dial, and the watch will vibrate to remind. The information includes QQ, WeChat, Twitter, Facebook, WhatsApp, skype, etc. (If the reminder of one of the above applications is turned off in the APP, the watch will not remind the information of the application) Long press to enter the information, touch to turn the page, Long press to exit.

## Heart rate test

After waking up the watch, tap touch to enter the heart rate test menu to test the heart rate.

## Exercise monitoring

Select the "exercise" mode in the watch menu bar, click OK to enter the submenu, and switch to the sport mode you need, a variety of sport modes can be selected, (running, cycling, rope skipping, tennis, badminton, table tennis) these sport modes . Select the sport mode, long press to enter, after entering the sport program, long press to exit.

**Note: This product does not have GPS, does not have the motion track function, the motion track function in the APP is invalid!**

## Raise your hand to brighten the screen

On the APP, turn on the raised hand to brighten the screen, raise your hand to tilt the watch inward and face directly in front of you, and the watch will brighten the screen.

## Remote camera

### 操作步骤

Click "My" at the bottom of the APP, and click the "Remote Camera" function on the page to enter the camera page (giving APP permission to take pictures), shake the watch, and the phone will take pictures after a three-second countdown.

## Alarm reminder

Click "Alarm Settings" on the APP, select the alarm reminder to add the alarm time. When the alarm time is reached, the watch will vibrate on the screen and display the alarm icon (this setting only sets the alarm clock for the watch, and has nothing to do with the phone's own alarm clock).

## Health reminder

On the phone, click "My" at the bottom of the APP, click the "Health Reminder" function on the page, and the watch will vibrate/pulse reminder.

## Do not disturb mode

After the Do Not Disturb mode is turned on, except for the alarm clock, all notifications that are turned on in the settings are reminded. When the notification is pushed, the watch will no longer have the automatic bright screen vibration reminder.

## Pulse function

**Caution reminder: The skin is prone to allergies when using a pacemaker. Users who are too sensitive to pulse stimulation should not use this function;**

- Adjust the pulse intensity through the "Pulse Strength" menu.
- Turn on the alarm clock pulse switch to realize the alarm clock pulse reminder.
- Turn on the "Sedentary Reminder" switch to realize pulse sedentary reminder.
- Turn on the "Motion Goal" switch to realize the pulse movement goal reminder.
- Turn on the "Relieve motion sickness" switch, wear the smart watch in reverse, touch the pulse at the bottom, and click on the "Relieve motion sickness" function menu on the smart watch to realize the motion relief function.
- Turn on the "Concentration Mode" switch and select the interval of pulse refreshing.
- Turn on the "driving mode" switch and select the interval of pulse refreshing.

## Precautions

1. Android4.2 or IOS8.0 and above devices that support Bluetooth 4.0;
2. When using it for the first time, please connect the charger to activate the watch;
3. When downloading the transfer APP, please make sure whether the network is abnormal;
4. When Bluetooth is connected:
  - A. Please make sure that the Bluetooth of the mobile phone is turned on and the watch is turned on;
  - B. When searching for Bluetooth, please make sure that the watch has not been bound to other accounts;
  - C. When searching for Bluetooth, try to keep the watch and mobile phone within a short distance.
5. If the watch does not receive the push message, please make sure that the APK is running in the background and the message notification is turned on (the auxiliary function also needs to be turned on);
6. If the exercise, sleep, and heart rate data are not synchronized to the APK, please try to disconnect the Bluetooth and reconnect from the APK;
7. If the Bluetooth connection is abnormal and the APK cannot be entered, please try to disconnect the Bluetooth and cache data from the APK;
8. OPPO mobile phones need to be set separately in the settings;  
Find "Settings"->"Battery"->"Customize good protection" in the phone, select the "Aiwear" menu, click to enter, and select "Allow background operation".  
Find "Settings"->"Battery"->"App Quick Freeze" in the phone, select the "Aiwear" menu, click to enter, and turn off automatic quick freeze.
9. Before binding another account, the watch needs to be unbound with the current account;
10. If the watch fails to brighten the screen, please connect the watch to the charger.