

User Manual



Please read the instruction manual carefully before use for correct installation and quick use. Please refer to the actual product!

Product configuration:

1. Smart watch *1
2. Wireless charging stand *1
3. Manual *1

Wear it correctly

The watch is best worn after the ulnar styloid process. Adjust the size to fit the wrist

according to the adjustment hole, and buckle the wrist strap; the sensor should be close to the skin and avoid movement.

Charge the watch

Please make sure that the watch has normal power for the first use. If the watch cannot be turned on normally at low power, please connect the charger to charge the watch.

Button definition

Up button (encoder rotation button):In the dial interface, short press to enter the main menu, and double press to enter SIRI; in the non-dial interface, short press to return to the previous level; in the dial interface, the rotating button can switch the dial; in the main menu interface, the rotating button can zoom in and out the smart style menu And switch the menu function up and down; in the main menu interface, double-click to switch the menu style.

Down button (power button):Long press to switch the machine; short press on the dial interface to turn off the screen, short press on other interfaces to return to the dial interface; when the screen is off, short press to turn on the screen.

Swipe operation

- Swipe left on the dial interface to switch the dial;
- Swipe right on the dial interface to enter the split screen function;
- Slide down the dial interface to enter the control center;
- Swipe up on the dial interface to enter the information notification.

Install APP on your phone

Scan the QR code to download and install to the phone



RDFit APP QR code

System requirements: Android 5.0 and above; iOS9.0 and above; support Bluetooth 4.0.

Device connection

The first time you use it, you need to connect to the APP for calibration. After the connection is successful, the watch will automatically synchronize the time.

Open the APP to set personal information, then switch to the device interface, click Scan Device, select your device in the list and pair with it, ("About" in the watch setting menu can view the MAC address of the watch).

After successfully connecting to the APP, enter the Bluetooth interface of the mobile phone, search for the watch for the secondary connection, to realize the answer and call.

Note: If the watch has been connected to other mobile phones, please unbind and restore factory settings on the watch side. Keep a distance of 5 meters from the mobile phone during a Bluetooth call, otherwise the call quality will be affected.

Call connection prompt: mobile phone operation, mobile phone settings-Bluetooth-search for "PD7 CALL" after the connection is connected, you

can make and receive calls.

Function introduction

Main menu style:Enter this menu interface to choose different main menu styles.

Heart rate/blood pressure/oxygen:Please wear your watch when measuring, keep your wrist stable, and the measurement result will be automatically recorded in the APP.

exercise:Open the multi-sports mode menu, select the corresponding exercise mode, and perform real-time monitoring and analysis.

breathe:Calm down and do deep breathing for 1-2 minutes, which has a good effect on relieving stress. Long-term exercise can increase cardiorespiratory function.

Sleep:The sleep monitoring mode is automatically hacked at night, and the data is updated in the APP at the same time.

Photograph:The Bluetooth pairing between the watch and the mobile phone is successful. When the mobile phone is unlocked and the screen is turned on and the mobile APP camera function is turned on, tap the remote camera on the watch to take a successful photo, and the photo is saved on the mobile phone.

Contact:You can add frequently used contacts on the APP.

music:After connecting the mobile phone, play music through the watch Bluetooth.

Other functions:Alarm clock, calculator, calendar, timer, stopwatch and other functions.

Common usage problems

If there is any problem during use, please refer to the following clauses to solve it. If the problem still exists, please contact the dealer or designated maintenance personnel.

1. The watch cannot be turned on?

Press the power button for too short, please press for more than 3 seconds, the battery power is too low, please connect the charger to charge.

2. Will the watch automatically shut down?

The battery is too low, please connect the charger to charge.

3. The watch is used for a short time?

The battery is not fully charged, please make sure there is enough charging time.

4. How to use wireless charging?

The USB end of the charging cable is connected to the power source, and the watch is placed on the wireless charging holder, and it is automatically recognized for charging.

5. Why can't the watch receive information push?

Android phone settings:

- (1) Confirm that the information push switch is turned on on the mobile phone;
- (2) The confirmation message can be displayed normally in the notification bar of the phone. The watch push is pushed by reading the message in the notification bar of the phone. If there is no message in the notification bar of the phone, the

watch will not be able to receive the push. (You need to find the notification settings in the phone settings and turn on the notification switch of twitter/facebook/phone/SMS/mobile client);

(3) Open the auxiliary function setting of the watch client (find the auxiliary function in the phone settings, open the auxiliary function setting of the watch client)

Apple phone settings:

(1) Confirm that the mobile client has turned on the information push switch;

(2) The confirmation message can be displayed normally in the notification bar of the mobile phone. You need to find the notification setting in the mobile phone settings and turn on the notification switch of twitter/facebook/phone/SMS/mobile client.

Exemption clause

1) The heart rate data obtained through the smart watch is for reference only and cannot be used as a basis for medical treatment and diagnosis;

2) Self-diagnosis and treatment are very dangerous. Only professional doctors can diagnose and treat high blood pressure and heart diseases. It is recommended to contact a doctor for more professional diagnosis opinions;

3) The heart rate data provided by the smart watch may not be completely accurate due to environmental interference, wearing posture, changes in the climate environment, and the physical condition of the person;

4) Do not make any adjustments to medications and treatments based on the monitoring data provided by this product. When taking medications and

treatments, you should follow your doctor's advice; our company will not be responsible for the inaccuracy of the monitoring data and the consequences of misuse of the monitoring data and information. Take legal responsibility.

5) Without the company's personal permission, it is strictly prohibited to modify, copy, distribute, store, or distribute part or all of the contents of this manual in any form

6) Under no circumstances will the company be liable for any direct or indirect losses caused by accidental data or other aspects.

7) The company reserves the right to modify this manual without prior notice.