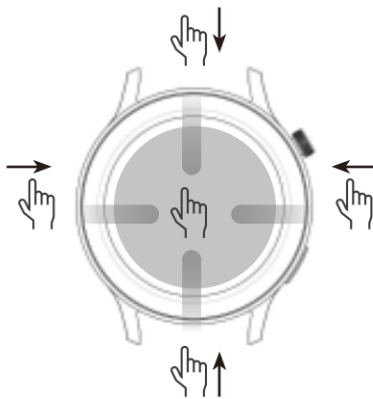


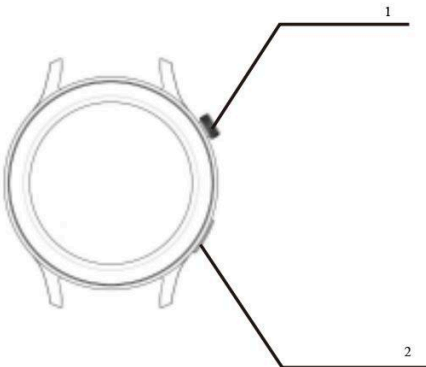
**Watch3 pro 1.3" AMOLED Smart Watch
with Metal Case Bluetooth Call Women
Health Bracelet with Heart Rate
Monitoring**



Touch and key



Sliding: Control panel
Up slide: SMS notification
Right slide: Custom card
Left slide: Shortcut function



1. Encoder

Rotation: menu rotation and dial switching
Double click: Switch menu style
Short press: light up the screen, return to the dial interface; enter - enter the menu interface
Long press: enter the voice assistant

2. On/Off key

Short press: On screen, Off screen
Long press: shutdown

Connect to phone



(CO-FIT APP)

You need to download and install the CO-FIT PRO application on your phone. The CO-FIT app supports iOS 11.0 and Android 5.0.

1. Turn on Bluetooth on your phone, open the app to register and log in to the homepage.
2. Pair the watch with the app. When pairing, ensure that the watch and app can communicate with each other (synchronize data); Open APP>Devices>Add New Device>Select Watch3.
3. In the searched binding list, select the watch3 with the strongest signal and click pairing. At this point, the Bluetooth icon on the watch is blue, indicating that you are connected to Bluetooth 5.0.
4. Bluetooth 3.0 connection method: iPhone users support Bluetooth 5.0+3.0 dual Bluetooth one click link (follow the system prompt box when matching)
5. The Android user system will pop up a Bluetooth pairing request, check the prompt permission, and click "pairing" to complete Bluetooth 5.0+3.0 pairing.
6. If the Android user system does not pop up a Bluetooth pairing request, you need to click "unbind" in the Bluetooth pairing prompt interface under "Call Service Pairing Options" and follow the interface operation prompts to complete Bluetooth. Subsequent linking to the phone will generate memory for the watch 3.0 Bluetooth, thus achieving dual Bluetooth one click connection (if Bluetooth 3.0 is not automatically connected, please manually search for the Bluetooth watch model "watch3" on the phone).

Function introduction



Sport

Enter the sports mode selection interface and click again to activate the corresponding sports mode data detection: sports time, distance, calories, heart rate, and other data.



Activity

Collect activity data for the day. The APP can set the daily steps to reach the standard value, reaching the set steps, and the watch also has a standard prompt.



Dial

Connect your phone to Bluetooth and make a call on the watch.



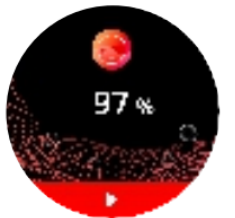
Heart rate

Place the watch close to the wrist, with the best wearing position above the wrist bone and arm. Real time heart rate values can be measured, with a normal value of 60-100 beats per minute for most people. Heart rate records can also be viewed.



Blood pressure

Place the watch close to the wrist, preferably above the wrist bone and arm, to measure real-time blood pressure. Adult diastolic blood pressure: 60-80 (mmHg), adult systolic blood pressure: 100-120 (mmHg).



Blood oxygen

Place the watch close to the wrist, with the best wearing position above the wrist bone and arm. Real time blood oxygen values can be measured, with a normal range of 95% to 100%.



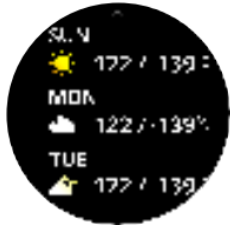
Message

Real message push content, such as SMS, QQ, WeChat, etc. (SMS reminders will be disabled by default for systems above OS12)



Sleep

Enabling sleep detection can detect sleep quality while sleeping, and can view data such as sleep duration, deep sleep, and light sleep.



Weather

Not connected to the APP, enter the weather display prompt, and after connecting to the APP, the current weather temperature will be displayed.



Music

It can control the playback of music on the phone, switch between the previous and next music, and adjust the volume.



Voice Assistant

When connecting to Bluetooth on a mobile phone, click 'Speak' to achieve remote control.



Alarm clock

You can customize the alarm clock and delete it.



Long sitting reminder

Long sitting reminder, always pay attention to health.



Stopwatch

Start stopwatch timing and end timing.



Timer

Start stopwatch timing and end timing.



Brightness

Adjust the backlight brightness.



Theme

You can freely switch themes.



Settings

Including functions such as dial switching, brightness adjustment, language setting, password lock, etc.

Note

1. Do not disassemble, repair, or modify the product without authorization.
2. Do not forcefully collide with the product to avoid damage.
3. Please avoid using strong magnetic fields, direct sunlight, or high temperature environments.
4. This product is not intended for disease diagnosis, treatment, or prevention purposes.
5. This product has a waterproof grade of IP68 to avoid prolonged immersion in water.
6. Please avoid wearing the strap too tightly and keep the contact between the watch and the skin clean.
7. Children should use this product under the guidance of their parents to avoid harm.