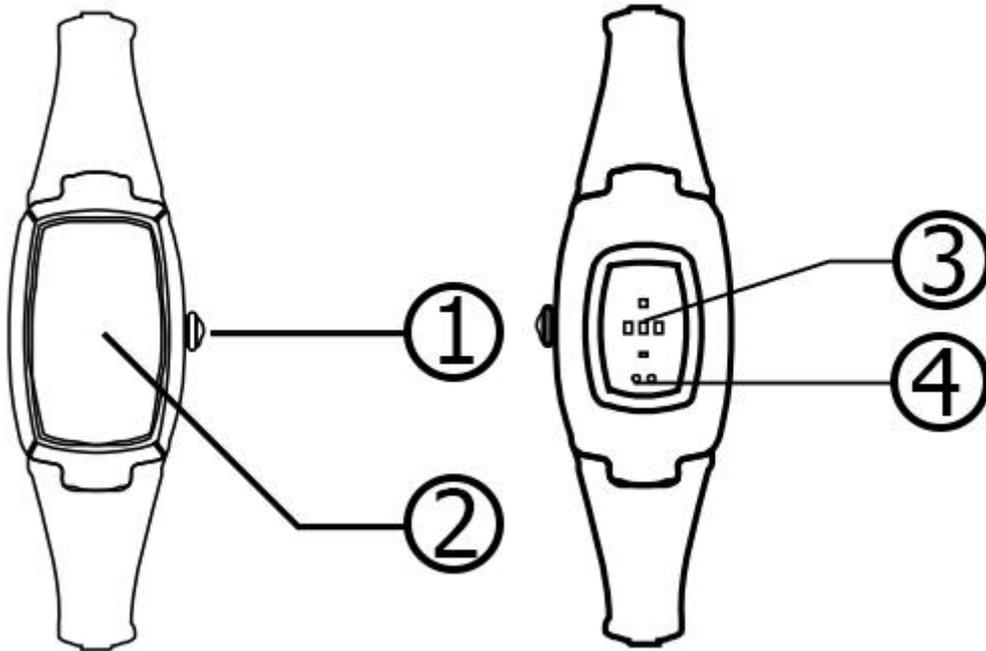


User Manual for Lemfo H8 Pro Women's Bluetooth Smart Watch



Specifications

- Connectivity: Bluetooth BLE 5.1
- Screen: 1.08"
- Screen resolution: 220 x 128
- Battery capacity: 100mAh
- Waterproof rating: IP67 (resistant to splashes)
- Supported OS: Android 4.4 or above / iOS 8.0 or above
- Complete size: 43,2 x 24 x 11,5mm



1. On/Off
2. Touch area
3. Heart rate light
4. Charging contact

App installation and connection

First of all, you need to download the F Fit app. To do so, search for it on the Google Play Store for Android or the App Store for iOS devices. You can also scan the QR codes below and download and install the app.



Google Play Store



App Store



Direct download

Please note that the app supports Android version 4.4 and later, iOS version 8.0 and later, and Bluetooth version 4.0 and later.

After you download and install the F Fit app, open it, enable Bluetooth, and search for the smartwatch to pair it. If there are several devices nearby, select the one with the MAC address of your smartwatch. When the Bluetooth pairing is complete, there will be a Bluetooth icon on top of the smartwatch.

Functions of the smartwatch



1. Switch the main interface: Navigate to the settings interface, click to enter, and the switch main interface



2. Status: Navigate to the status interface, click to enter, and view current steps, calories, and distance.



3. Heartrate: Navigate to the heartrate interface, click to start the test, and view the heartrate data.



4. Blood pressure: Navigate to the blood pressure interface, click to start the test, and view the blood pressure data.



5. Blood oxygen: Navigate to the blood oxygen interface, click to start the test, and view the blood oxygen data.



6. Exercise: Navigate to the exercise interface, click to enter, and select different exercises such as running, mountaineering, walking, cycling, football, basketball, table tennis, badminton, etc. Click the certain exercise to test sports data.



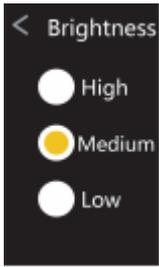
7. Information: Navigate to the information interface, click to enter, and view all unread messages.



8. Sleep: Navigate to the sleep interface, click to enter, and view sleep data from the previous night. If there is no sleep data, the prompt will show “No sleep data”. Please be noted that the sleep record is from 18:00 to 10:00.



9. Settings: Navigate to the settings interface, click to enter, and view different functions such as dial switch, brightness adjustment, system operation, etc.



10. Brightness adjustment: Navigate to the settings interface, click to enter, navigate to the brightness adjustment and select one of the three brightness levels: high, middle, and low.



11. Tool: Navigate to the tool interface, click to enter, and select some of the functions such as music control, stopwatch, timer, find mobile, etc.



12. QR code: Navigate to the QR code interface, click to enter, and you'll see the QR codes for iOS, Android, and direct download. Scan it to download the F Fit app.