

# User Manual for Waterproof Bluetooth Smart Watch CF18P with Heart Rate



## **Specifications**

- Display size: 1.08" IPS TFT
- Display resolution: 240 x 240
- Connection: Bluetooth 5.0
- Battery capacity: 150mAh
- Charging type: magnetic (can be fully charged in 80 minutes)
- Transmission range: about 10m
- Internal memory: 64MB
- Dimension: 39.5 X 9.7mm
- Heart rate sensor: HRS3300
- Waterproof rating: IP67
- System compatibility: APP (DaFit ), Android 4.4 and above, iOS 8.0 and above
- Supported languages on the smartwatch: English, Simplified Chinese, German, Korean, Spanish, Japanese, French, Russian, Arabic, Ukrainian, Italian, Portuguese

## **Da Fit app and pairing**

To download the app, search for the Da Fit app on Google Play Store for Android or App Store for iOS, or scan the QR code below.



To pair the smartwatch with your phone first you have to open the App and set up your profile. After that go to “Device”, click “Add a Device”, choose yours from the list and that’s it.

The MAC address that can help you identify your device on the scanning list is on the Settings - About.

### **Smartwatch features**

- **Sleep** - If you wear the smartwatch during sleep, it can provide the hours you slept and the quality of the sleep.
- **Heart rate test** - Record your heart rate all day. You can also check the heart rate at any given time by tapping this feature on the smartwatch.
- **Sports** - The smartwatch automatically tracks steps taken on the screen
- **Training** - Tap the training icon to start measuring the new training mode. There are 7 sport modes, and the last training record will be shown on the training page.
- **Blood pressure test** - Tap this icon to start measuring your blood pressure. Here you can see all the data from the previous measurement.
- **SpO2 test** - Tap this icon to start measuring your SpO2. You can also see all previous measurements here.
- **Weather** - The smartwatch can also show the weather info of the current day or the next day. Weather info is synchronized after you connect the App with the smartwatch.
- **Messages reminder** - The smartwatch can sync incoming notifications from Twitter, Facebook, WhatsApp, Instagram, etc. It can store the last 5 messages.
- **Remote shutter** - This feature allows you to activate the camera shutter on your phone remotely.
- **Player** - Remotely control the music player on your phone
- **Other features** - Other features include Mute On/Off, Brightness, About, Factory reset, and Power Off.
- **Stopwatch** - Tap the start button on the stopwatch to start timing, and tap the stop button to stop timing.
- **Silent alarms** - Set up the alarm on the app, and the smartwatch will vibrate at the selected time.
- **Theater mode** - The smartwatch will turn off the vibration and lower the brightness when this mode is turned on.
- **Remind to move** - If you’re inactive for more than 1 hour, the smartwatch will vibrate to notify you.
- **Remind to drink water** - The smartwatch will remind you to drink the water from time to time.