

i12 Smart Watch

User manual



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Getting started

Caution: When the first time you use the fitness tracker, please make sure to full charging it before using. Please read this user guide carefully before using the product. It contains important information for your safety as well as use and maintenance advice. Keep this user guide for future reference.

Safety precautions

The product contains electrical components that could cause injury if not handled properly.

- Do not open the enclosure or disassemble the product.
- Do not expose the product to extremely high or low temperatures.
- Do not use the product in a sauna or steam room.
- Do not leave the product in direct sunlight for an extended period of time.
- Do not dispose the product in a fire, the built-in battery can explode.
- The product features a built-in battery, which is not user replaceable.
- Do not check call notifications or other data on the product's screen while driving or in other situations where distractions could be hazardous.
- The distance travelled may be inaccurate. It is for reference only and should not be used as any navigational reference.
- The product should usually rest a finger's width below the wrist bone, as you would normally wear a bracelet.
- This product has been classified as IP67

Caution: The device may cause skin irritation. Prolonged contact may contribute to skin irritation or allergies in some users. If you notice any signs of skin redness, swelling, itchiness or other skin irritation, please discontinue using the product. Continued use, even after symptoms subside, may result in renewed or increased irritation. If symptoms persist, consult your doctor.

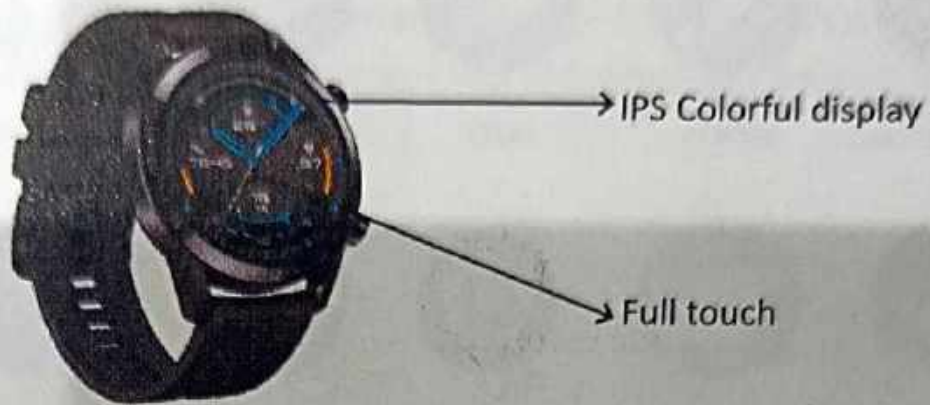
Blood Oxygen Notice

- **WARNING!** Only a medical practitioner is qualified to interpret your blood oxygen measurements. The use of this smart bracelet should not replace regular medical examinations.
- Blood Oxygen can be subjected to wide fluctuations in a short period of time as its level depends on many factors.
- Different medicines, alcohol and smoking can exert a large influence on the level of Blood Oxygen. Do not smoke, drink caffeinated beverages or exercise within the 30 minutes before measuring your blood oxygen.

Intended Use

This smart bracelet is intended for monitoring fitness-related metrics such as heart rate, blood pressure, distance walked or run, calorie consumption and quality of sleep. Data measured should not be used for any medical, ambulatory or dietary reference.

Product Overview



Specifications

- CPU: Realtek 8762C + BK
- 1.28 inch full round IPS colorful display
- Battery: 250mAh
- Standby time: up to 20 days
- Operating time : up to 5-7 days
- Compatible with IOS 8.0 and Android 4.4 or higher
- Charging cable included

i12 Smart Watch Features



BT PHONE CALL



SPORTS



SLEEP



MEASURE HR



TRAINING



MEASURE BP



SPO2



WEATHER



SHUTTER



PLAYER



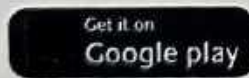
OTHER

Operation

Synchronize the smart watch via app with your mobile device

1.1. Download "Da fit" from App Store (IOS) or Google play (Android).

Alternatively, Scan the QR code below.



2. Activate the Bluetooth function on your mobile device.
3. Open the "Da fit" app on your mobile device (keep the bracelet near your mobile device during pairing).
4. Pair the bracelet with your mobile device by following the steps below:
5. After synchronizing you can personalize your app by entering your personal details and set your daily workout goals.



Main screen design

Choose the watch faces in the app. There are four watch faces, can download more watch faces. The fourth watch face can be edit.

Operation steps: 1. choose the watch faces in the app

2. Choose the fourth one, edit

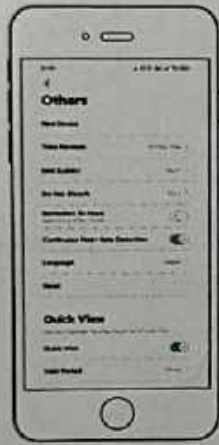
3. Edit pictures, word, and other part

4. Save the picture.



App others setting

Find device , Do not disturb , Language setting. Weather setting , physiological cycle reminder and so on.



Notifications

in the Dafit app, Notification, choose the notification you want to receive,



Functions

After synchronizing you can personalize your app by entering your personal details and set your daily workout goals.

1.Sports

In the smart band:

Touch the main screen , slide right, click the " sports " .



Note: The running distance is calculated by your stride length based on personal configuration and number of steps.

In the app:



Note: Only start on bracelet the app will recording the data. Bracelet data will start from zero every day at 00:00h. Once you connect the bracelet via the app with your mobile device, data will be stored for further monitoring.

The app also provides a GPS and running function. The GPS function visualizes the covered track, the distance covered, time, average speed and calories consumed.

4. Measurements

The device allows you to measure heart rate, and the percentage of oxygen in the blood. You can measure it not only from bracelet. The data will be automatically synchronized to the APP on the phone. You can measure it by app.

In the smart band:

Touch the main screen, slide right, choose the measure heart rate or other.

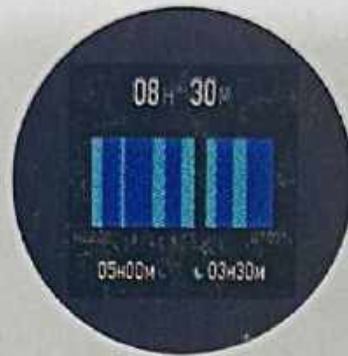


2.sleep mode

This function detects automatically your sleep status and monitors the sleeping progress based on your movements during the night.

In the smart band:

Touch the main screen , slide right, click the " sleep ".



3.Training

7 kinds of sports: WALKING , RUNNING, CYCLING , SKIPPING, BADMINTON, BASKETBALL, FOOTBALL.

Steps:

- 1.Click the screen.
- 2.Click the training
- 3.Choose one kind of sports mode
- 4.Slide left to end or continue.



Full time heart rate



Blood pressure



Blood oxygen



In the app:



5.Weather

Touch the main screen, slide right, choose the weather, show the city's weather. Click it , will show 5 days weather.



6.Camera control

Touch the main screen, slide right, choose the shutter, at the same time , open the Da fit app. Enter the shutter mode , take the picture.



7.Music control

Touch the main screen, slide right, choose the player. Can control the music playing.



8.other setting



(1) Stop clock

Click the main screen , slide right , click "others", click stop clock.



(2) Alarm

Click the main screen , slide right, click "others",click"Alarm", can set 3 Alarm, set the Alarm in the app.



(3) Countdown

Click the main screen , slide right,click "others", click"Countdown", can set 8 kinds countdown. Click it to start.

Click it again to stop or continue.



(4) Brightness

Click the main screen, slide right , click "others", click BRIGHTNESS.

5 levels brightness can be adjusted.



(5) Shake

Click the main screen, slide right , click "others", click "shake" , the shake mode on. Click again, shake mode off.



(6) Theater

Click the main screen, slide right, click"others", click"THEATER". Have the theater mode. It will turn on mute and reduce the brightness.



(7)Reset

Click the main screen, slide right, click "others", click "Reset".



(8)Power off

Click the main screen, slide right, click "others", click "power off".



(9)About

Click the main screen, slide right, click "others", click "about". check the information about the Products basic information and battery situation.



(10)APP download

Click the main screen, slide right, click "others", click App QR CODE, can download the app by scan the QR CODE.



NOTE: For future updates, the application reminder function may be affected.

Bluetooth phone call

The Bluetooth call watch can use the Bluetooth function of the watch, which can be paired and connected with the Bluetooth mobile phone. When the mobile phone has a call, the Bluetooth watch will vibrate and display the incoming number and display the 24-hour time.

Android connection: After connecting the watch on Dafit App, the phone will pop up Bluetooth pairing, click pairing to start Bluetooth call.

IOS connection:

1/App Connection: After connecting the watch on Dafit App, the phone will pop up Bluetooth pairing, click on pairing, and then allow the display of phone information. Make sure the Bluetooth connection is successful, and there will be a message reminder function.

2/BT connection: Find the corresponding Bluetooth name in the Bluetooth of the mobile phone system, and the "_" after it corresponds to the last 4 digits of the Mac address of the watch, click pairing to start Bluetooth voice connection.

Charging

Use the included charger to charge the device. To charge with a tray charger,

align the metal inlet on the back of the dial with the metal charging port on the charging base, and place the dial on the tray charger. Then connect the USB plug to a suitable power source (PC or charger).

Cleaning and storage

- Turn the product off before cleaning.
- Clean and dry the product regularly, particularly in areas in contact with the skin. Use a clean damp or anti-static cloth.
- Do not use chemical or abrasive cleaners.
- Clean the device regularly as accumulated dust and lint could affect charging process.
- When not in use, store the product in its original packaging, out of reach of children and pets.

Disposal

Used electrical and electronic products must not be discarded with household waste. The presence of this symbol on the product or its



packaging serves as a reminder of this. Some of the materials of which this product is comprised can be recycled if they are taken to an appropriate recycling center. By reusing the components and raw materials of used products, you contribute significantly to protecting the environment. For further information on collection sites for used

equipment, you can enquire at your town council, the waste treatment department, or the shop where you have purchased the product. Do not dispose of batteries with the household waste. Return used batteries to a battery recycling center. Dispose of the packing materials in accordance with local regulations.