NOWLEY
SMART

INSTRUCTION MANUAL
21-2035

Contents

Getting started

Caution: When the first time you use the smartwatch, 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 electronic 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.

- 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.

- The product should usually rest a finger's width below the wrist bone, as you would normally wear a bracelet.

- The measurement results of this product are for reference only and are not-intended for any medical use or basis. Please follow the doctor's instructions and must not self-diagnose and treat according to the measurement results.

- This product has been classified as IP67

Blood Oxygen Notice

- WARNING! Only a medical practitioner is qualified to interpret your blood oxygen measurements. The use of this smartwatch 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 smartwatch 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
- 1.4 inch IPS colorful display
- Battery: 170mAh
- 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
- Protection class: Water and dust resistant (IP67)

I7 Key Features

Steps, sleep, Measure HR, Training, Measure BP, SPO2, Weather, Shutter, Player, Setting.
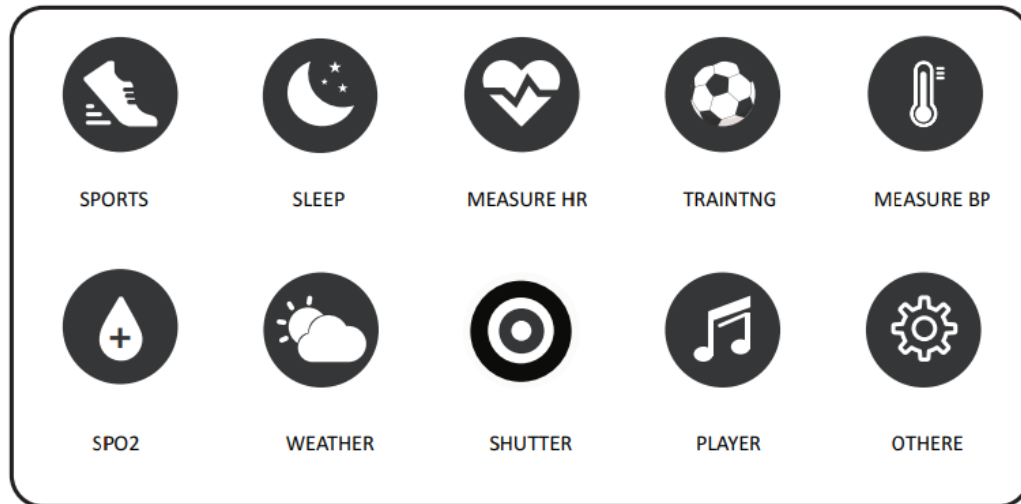
Operation

Synchronize the smartwatch via app with your mobile device

1.Download "Da fit" from App Store (IOS) or Google play (Android). Alternatively, Scan the QR code below.
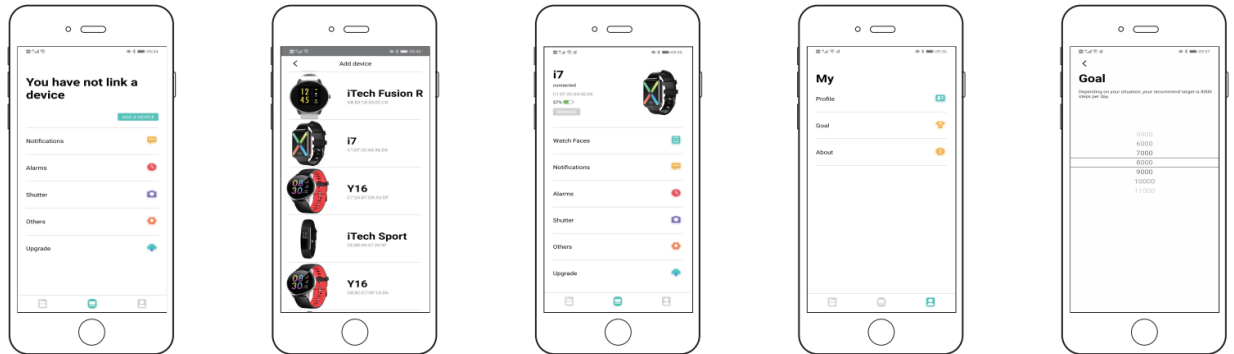

2. Activate the Bluetooth function on your mobile device.

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.
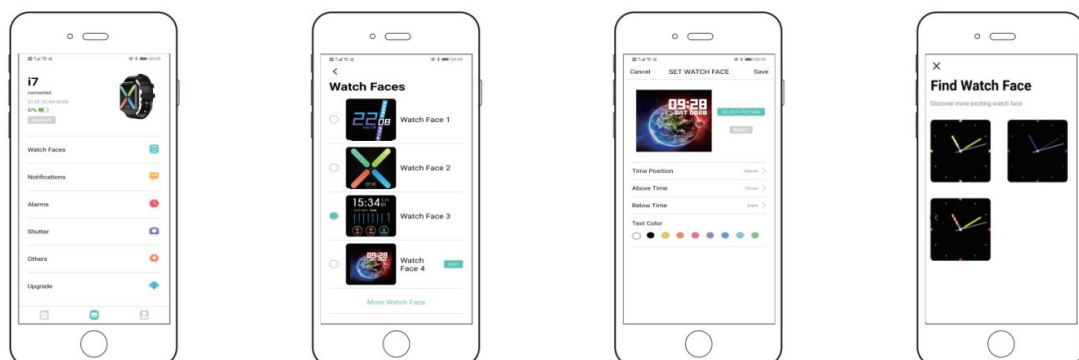

Main screen design

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

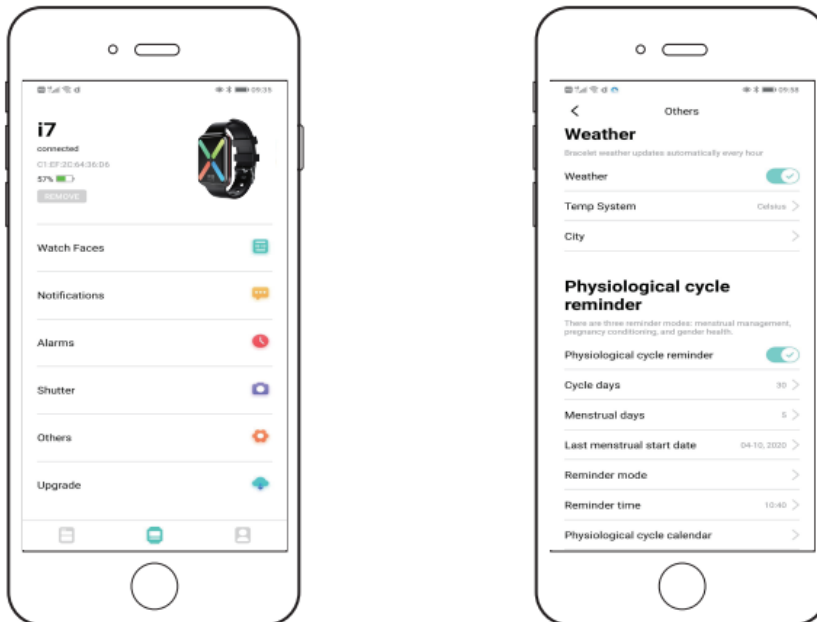Operation steps:

1. choose the watch faces in the app

2. Choose the fourth one , edit

3. Edit pictures , word, and other part
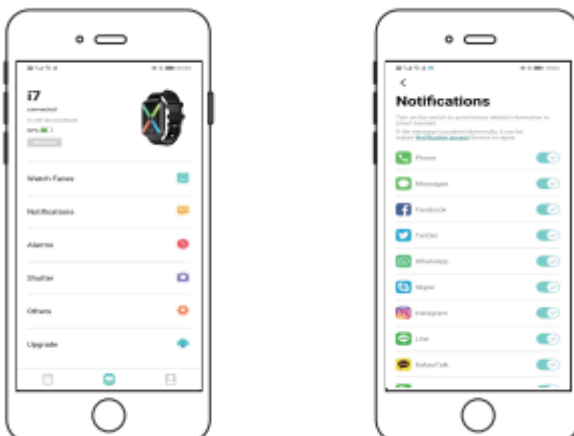
4. Save the picture.

App others setting

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

Notifications

in the Da fit 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 smarwatch:

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

2. Sleep mode

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

In the smartwatch:

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

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3. Training

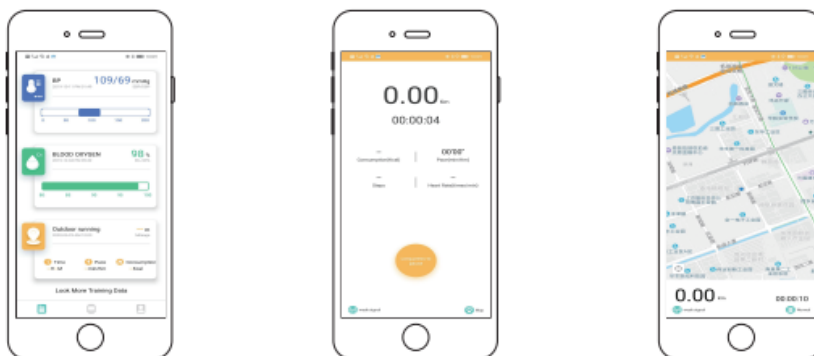7 kinds of sports: WALKING , RUNNING, CYCLING , SKIPPING, BADMINTON, BASKETBALL, FOOTBALL,

Steps:

1 Click the screen.

2. Click the training

3. Choose one kind of sports mode

4. Slide left to end or continue.

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 record 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

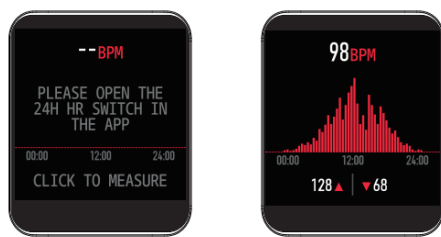The device allows you to measure heart rate, and the percentage of oxygen in the blood. You can measure it not only from bracelet.The data will be automatically synchronized to the APP on the phone.You can measure it by app.
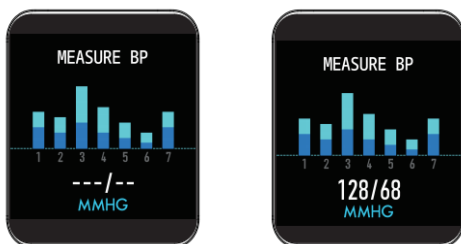
In the smarwatch:

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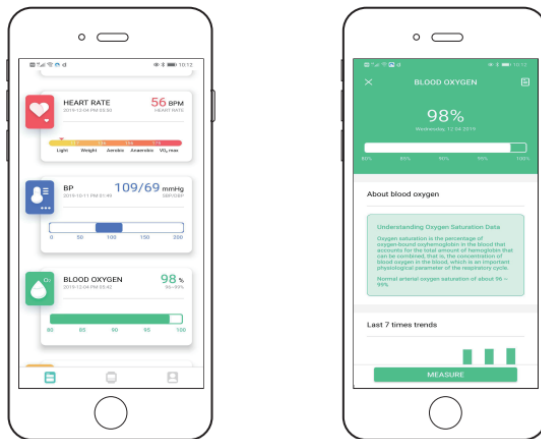
Full time heart rate

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.
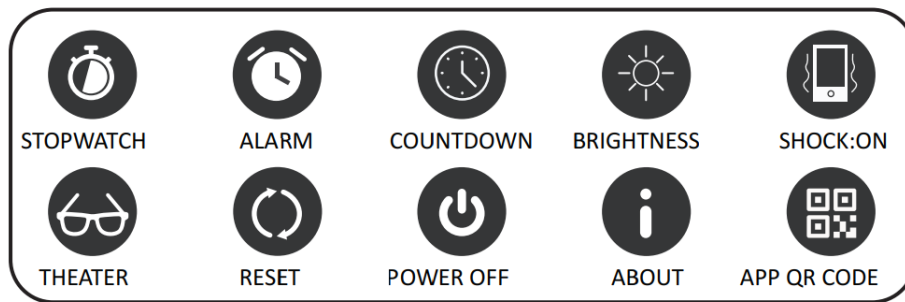

7. Music control

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

8. Others

(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".

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(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.

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 the product with a clean and anti-static cloth, particularly in areas in contact with the skin.

• 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.

Disposal

Used electrical and electronic products must not be discarded with household waste. 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.