



## User Manual

21-2200 / 21-2201

### Introduction

Thank you for choosing our product F6. F6 is a smart sport watch. It can help you to achieve your sport goals.

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### Setting Up Your F6

The first step is to download and install the APP SMARTTIME PRO indicated on the color box and shown up on the watch. Enter the APP and create an account for info sync. The app allows you to check data analysis every day and to personalize some functionalities, such as setting sedentary, calls notification, exercise goals and so on.

#### Connect F6 to your smartphone

SMART-TIME PRO APP supports the operating system of IOS 11.0 and Android 5.0 or above, and BT 5.0&3.0. It is available for more than 150 mobile devices.

1. Turn on Bluetooth on the mobile;
2. Download APP: **SMART-TIME PRO**;



3. Install the APP, register and log in to enter the homepage;

4. When pairing the watch with the APP, make sure that the watch and APP can communicate with each other (synchronize data);

5. In the APP, click "Device"> "Bind Device", in the searched binding list, select the "F6" with the strongest signal, and press the phone prompt to click the pairing button that appears on the watch screen to confirm pairing. The Bluetooth icon in the drop-down bar will be blue. Indicates that you are connected to Bluetooth 5.0.

Bluetooth 3.0 connection method for iPhone users: Open "Settings"> "Bluetooth" on the mobile phone, find BT3.0 in the search list, and click Connect to pair. The Bluetooth icon in the drop-down bar will display blue-orange, indicating that both Bluetooth 5.0 and 3.0 are successfully bound.

Bluetooth 3.0 connection method for Android users: After successfully connecting to Bluetooth 5.0, a pairing request for Bluetooth BT3.0 will automatically pop up on the phone, just click pairing. The Bluetooth icon in the drop-down bar will be blue-orange, indicating that both Bluetooth 5.0 and 3.0 are successfully bound. If there is no automatic pop-up pairing request on the phone, please refer to the connection

(You need to use Android 5.0+ or iOS 11.0+ and above and the watch can only be paired with one mobile phone. To pair other mobile phones, please unbind the current one before pairing.)



### Quik Fit Strap

F6 contains two parts(watch body and wristband), you can purchase separately strap and switch as your preference.

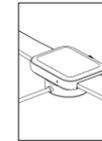


### Charging Instructions

Charging: Turn the watch over, align and attach the charging pins to the magnets gold prongs. You will see the charging icon on the watch screen after 5s.

Charging fully may take 2 hours. You will see the battery icon is full if the watch have been fully charged.

Please clean the charge interface before charging for fear that the remaining sweat erode gold metal contact or other risks.



### Functions

#### Change watch face:

(Long press the screen or power button, swipe to choose, click to confirm)



#### Sports:

The F6 watch supports up to 10 sports modes including: Running, Walking, Treadmills, Climbing, Cycling, Spinning, Yoga, Basketball, Football, Badminton.



#### Step counting:

After wearing the watch correctly, open the "step counting" application in the watch application; display the number of steps, calories, distance and other parameters of the day's exercise.



#### Heart rate:

Wearing F6 correctly, not too tight or loose, make sure no green light leak, there is two measuring ways:

- Turn on the heart rate icon on the watch and measuring heart rate by manual.
- Set automatic monitoring time interval in app (monitoring once every 15/ 30/ 60/ 120 minutes).

#### Stress:

After wearing the watch correctly, open the "stress" application in the watch application; check how much psychological pressure you are feeling.

#### Blood oxygen:

After wearing the watch correctly, open the "Blood Oxygen" application in the watch application; manual blood oxygen measurement is required.

#### Blood pressure:

Wear the watch in a right way, and open the menu-blood pressure, measure it manual.

#### Sleep:

After wearing the watch correctly, open the "Sleep" application in the watch application; record the sleep status throughout the night.

#### Call mode:

The F6 smart watch supports Bluetooth calls, and users can make, answer, and reject calls directly on the watch.



#### Message notification:

You can view the text messages in the mobile phone and the real-time information pushed to the watch.

#### Schedule:

Schedule synchronization can be added to the watch on the APP to remind the time of arrival.

#### Anti-lost reminder:

When the watch is disconnected from the Bluetooth of the mobile phone, the watch will make a sound and vibrate to prevent loss.

#### Music Control:

Control the music player of mobile phone to play the music, as well as song switching and volume adjustment.

#### Remote capture:

Control the camera on the mobile phone to take pictures remotely. When using it, please click "Device-Take Picture" on the APP to turn on the camera.

#### Alarm Clock:

Set the alarms in APP and sync to watch, maximum 8 alarms.



#### Stopwatch:

Electronic timer can record one time or record multiple times.



#### Find mobile phone:

When the watch is connected to the APP, the phone will make a sound after tapping it.



#### Health care:

Menstrual reminder



#### Shortcut menu:

1. Flashlight
2. Do not disturb mode
3. Bluetooth 3.0 switch
4. Vibration switch
5. Switch themes
6. Settings
7. Brightness



#### Countdown:

The same way to calculate the remaining time.



#### Weather:

Weather forecast.



#### Settings:

Language, brightness, theme, about, factory reset, shutdown.

### Troubleshooting

#### Heart-rate signal missing

The F6 smart watch keeps paying attention to your heart rate data during your exercise and your daily life. Sometimes the watch may not get a suitable heart rate signal. At this time, the missing heart rate data will appear at the dotted line. If you can't get the heart rate signal, first you should confirm that you wear the watch correctly, adjust it to avoid being too high or too low, neither too tight or too loose on your wrist. After adjustment, turn on real-time heart rate monitoring to get the data.

If there is still no heart rate data, check if the heart rate monitoring function is turned on at SMART-TIME PRO APP.

#### Other problems

If your mobile cannot pair the watch, click Settings Bluetooth in your mobile and check if there is signal of F6. If yes, it means there is no problem with the Bluetooth signal. Please check if the watch is paired with other phones, please unbind it. IOS device users should click Setting - Bluetooth - ignore this device and then pair it.

### Exemption Clause

1. The Hear Rate, Blood Oxygen and Blood Pressure data output by F6 are not intended to be a medical or diagnostic basis.
2. Self-diagnosis and self-treatment are dangerous. Only qualified physicians are allowed to diagnose and treat high blood pressure or any other heart diseases. Please contact

### Specification

Wristband length	245mm
Wristband width	22mm
Weight	51g
Battery	230 mAh Poly-Li
Waterproof	IP67

### Warranty Clause

Our company always pursues the service concept of "creating value for customers".

We offer 1 year warranty period for F6 smart watch. If there is any damage or malfunction during normal use, the warranty service will be provided to the customer for free after confirmation by our technician. The following conditions are not covered by the warranty:

- A. Accident or human damage
- B. Testing, repairing or disassembling without authorization
- C. Contamination due to human reasons
- D. Damage caused by connection with equipment which is not compatible
- E. Natural aging
- F. Damage caused by Force majeure

