

DEAR CUSTOMER, THANK YOU FOR PURCHASING OUR PRODUCT!

You should read the entire instruction manual carefully before starting to use it. It is recommended to use only the original battery, charger and accessories included in the kit supplied with the device.

The manufacturer and distributor are not responsible for the use of accessories from other manufacturers.

(The functions listed in this manual may vary slightly between models as the manual is a general description of the smartwatch and some models may deviate from the standard).

The device must be charged for at least 2 hours before first use.

Before using the device, you must download the app, install it and accept all permissions, otherwise not all functions will be available.

The company reserves the right to change the content of this manual.



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EXPLANATION OF BUTTONS

Physical button:

- Long press to switch the device on/off.
- Short press to switch the main display on/off.
- Short press the selected function to return to the main screen.



Physical button

Touch button:

- To enter a message, swipe up on the main screen.
- Once you've selected a function, tap it to start working.
- From the main menu, swipe right to open the image menu.
- From the main menu, swipe down to go to settings.

- Activity information: To view the information, i.e. number of steps, calories burned and distance travelled, move the home screen to the left. Depending on the selector you choose, some of this information will be shown on the home screen. The data will also be stored in the app. The counter resets at 24:00.

- Remote music control: you can use the clock to control the music playing on your phone. When you turn on music on your phone, select the music icon in the smartwatch menu.

- Weather forecast. The phone must be GPS enabled and local weather conditions can be obtained under normal network conditions.

Sports modes: you can choose from 7 sports modes: walking, running, cycling, basketball, football, badminton, hill climb. To select an activity, go to the modes icon, click Play and select the desired mode. You can take a break between activities and then resume. Depending on the activity, heart rate, calories burned, distance travelled, number of steps and speed of movement are recorded.

CHARGING INSTRUCTIONS



Charging is done using the charger supplied. Once the connection is established, the charging icon will appear on the screen. After charging, the following information appears on the smartwatch display.

A full charge usually takes about 2 hours. Do not use the watch while it is charging.

Note: Failure to follow the recommendations may shorten the battery life of your device.



- Blood pressure: Arterial pressure is the force exerted by blood on the walls of arteries during contraction of the heart muscle and its diastole. The accepted norm for systolic pressure is 120 mm Hg and for diastolic pressure 80 mm Hg. However, it should be remembered that pressure is constantly changing throughout the day and that it also changes with age. To measure your blood pressure, select the appropriate icon from the smartwatch menu, click on it and wait a few seconds. The result will be displayed on the tracking screen.

-Blood oxygenation, i.e. saturation: by default, it is assumed that the saturation level should be between 95% and 100%. To measure blood oxygenation, select the oxygenation icon in the smartwatch menu, click on it and wait a few seconds. The result will be displayed on the watch screen

- Heart rate is the heart rate: it is the number of heart beats in one minute. To measure your heart rate from the smartwatch menu, select the heart rate icon, click on it and wait a few seconds. The result is displayed on the watch screen. The accepted norm is 60 to 100 beats per minute.

OPPORTUNITIES

To connect your watch to your phone, you need to download the Yes Fit app. There are two ways to do this:

1. Android phone: search for and download the "Da Fit" app from Google Play.
2. iOS phone: search for and download the Da Fit app in the app store.



Da Fit

Once the app is installed, turn on Bluetooth and the app on your phone.

Confirm the required notifications and other permissions. Fill in your personal details - go to the icon in the bottom right corner and click "Profile".

To connect your watch, click the middle watch icon in the bottom corner and then click "Add device". Your phone will search for a Bluetooth device and select the appropriate model (CF18P).

- Alarm: You can set multiple alarms through the app.

- Stopwatch. To start the stopwatch, go to the stopwatch icon and click Play.

- Remote Shooting: this feature allows you to take photos remotely when the watch is connected to your phone.

- Configure units: enter the app, select the middle clock icon, then enter "Other".

- Sedentary lifestyle, water reminder: use the app to set how often to move or drink water. To make the setting, enter the app, click on the middle clock icon and select "Other".

- Menstrual cycle reminder: can be set from the app.

IMPORTANT INFORMATION

1. Protection:

- Clean the hand and belt with a soft cloth (use clean water or seawater).
- Make sure the heart rate lens on the watch is close to your skin.

NOTICES

When the app launches, tap the middle clock icon. Then go to "Notifications" and select the notifications you want to receive. You can choose anything.

There is a "Phone" feature, to start it you need to select this option in the app. If you select this function, the clock will show incoming calls to your phone.

There is also a "Messages" function, you must select it in the app to start it. When you select this option, the watch will display SMS messages sent to your phone.

To view the messages, swipe up on the home screen.

APPLICATION UPDATES

If you want to use up-to-date apps, you need to update them regularly. You can find information about the app in the icon in the bottom right corner.

MAIN FUNCTIONS

- Time/date: The data is automatically updated when the smartwatch is successfully connected to the app.

- To change the appearance of the main screen, hold it for 2 seconds, then you can select.

2. Notes on water resistance (even if it's a water-resistant watch):

Be aware of the following methods as they deteriorate the waterproofing.

- Do not wear the watch in the shower.
- Do not wear the watch in a heated swimming pool, sauna or other high temperature/humidity environment.
- Do not wear when washing hands or face or when working where soap or detergent is used. After immersion in the sea, rinse off any salt or dirt from the watch.

WARRANTY

Warranty service:

1. Under normal use of the products, provided that the product has no mechanical damage and is not the result of improper use, 24 months from the date of purchase, consumers can benefit from free warranty services.
2. Consumers cannot benefit from the warranty if:
 - A. the damage is self-inflicted,
 - B. the warranty period has expired,
 - C. they have not used the product in accordance with the instructions for use and maintenance,
 - D. the products have been disassembled, self-repaired or immersed in water.

recruitment. Once selected, you need to select it with a short click. There are 4 dials built into the watch, but you can download more in a dedicated app - you do this by typing in the centre watch icon and selecting "Watch Appearance". Then click "More dials" to download the dial of your choice.

- Sleep monitor.

From 22:00 to 8:00. You can check all the details of your sleep quality in the app. If you connect your watch to your phone, the sleep quality information is automatically saved in the app.

- Notifications. To see notifications with content, you need to enter the app and select the notification you want. In addition, you also need to get some approvals from your phone. Your watch will vibrate when you receive a call or message. You can also turn off the vibrating connection by pressing the physical button. You can also reject a call from your smartwatch.

- Status bar: you can expand it from the home screen (swipe down). Bluetooth status, brightness and vibration settings and preferences are displayed.

SMARTWATCH WATCHMARK WCF18 PRO

Manula instructions



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