User Manual

1.Description of appearance

1) Product Instructions

Main casing

Display screen

Touch area

Watch Strap

Light Sensors

Charging Plug
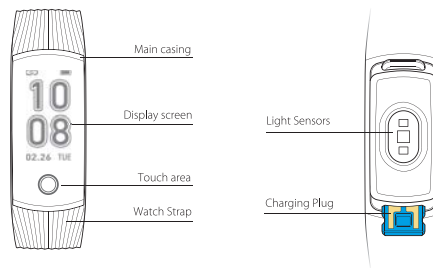
2) Remove Strap and Charge Mode

open

Instruction for remove the strap

Charging method
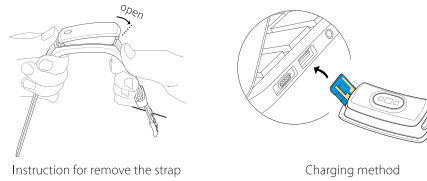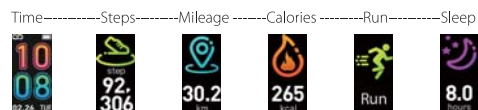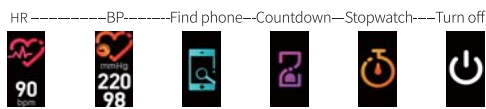
3) Packaging List

1. Wristband X1   2. Gift box X1   3. User manual X1

2.Initial Use Instructions

1) Introduction of equipment functional interfaces

The default display after turning on the device is time interface. Press the touch area and user can change between multiple functional interfaces.

Time——————Steps————Mileage ———Calories ————Run—————Sleep

step
92.306

30.2
km

265
kcal

Run

8.0
hours

HR ——————BP-———--Find phone—-Countdown—Stopwatch-——Turn off

2) Software Download

A. Search "WoFit" in APP Store for iOS users;

B. Search "WoFit" through Google Play, Ying Yong Bao, Peasecod for Android users.

WoFit

3) Connecting Device

Under the interface of "APP settings > Device", pull under the interface and find Equipment Model. After successfully connecting the device model, "V16" will be shown under the list of "My Device" in the APP. Also in the left top of the device the sign " " will be present. Please reconnect if the sign " " is showing.

4) Connection and Matching Notifications

a) Make sure the phone Bluetooth is turned on;

b) Make sure the device has a full battery and is turned on or charged before using.

c) Make sure the device is within 50cm range while connecting with the phone;

d) If Android phone cannot find any device through APP, please check if it allows "WoFit" to use Bluetooth in the Phone Permission Settings;

3. Introduction of Main Functions

★ Attention: To ensure the data is valid, please input the right sex, height, weight and color of the skin through APP personal information.

A. Starting Up/Shutdown

To start up the device, press the touch area for 3 seconds.The device will enter into the Time Interface. After no manual operation for 5

A. **Starting Up/Shutdown**

seconds, the device will go into standby mode.Switch to Device Shutdown page ⏻ and shutdown the device by pressing the touch area for 3 seconds.

B. **Motion Monitoring**

Click touch button, and access to the step, distance, calories page on sequence. Screen will be off if no operation in 3 seconds.

C. **Running Mode**

On the running page, long press to enter into running mode. While in running mode, to change between realtime running data, and pause and exit screens, click the area. Data screens display running time, heart rate, running distance, calories, and steps in real time. While in the pause and exit screen, long press to pause or exit running mode.

D. **Sleep Monitoring**

On the Sleep Monitoring page, then the device displays overall Hours of Sleep for last night, and it will enter into standby mode after no manual operation for 3 seconds.

E. **Manual Heart Rate Test and Automatic Monitoring**

On heart rate detection manual page, device will detect automatically. The device will continuously capture data and will present those results constantly on the screen. After accumulating data for 60 seconds, the device will enter into standby mode and this is not dependent upon receiving results to the test. The data tested through the device will not be saved.

At the bottom of heart rate page on APP, or under shortcut mode in the setting page, click the icon 🫀 to detect heart rate manually.User can find the Heart Rate icon at the bottom of the APP interface. Tap the icon and the device enters the manual Heart Rate Test Interface. While in this mode, the user can use the device to test their heart rate manually. The data tested through the device will not be saved.

Turn on the button for the 24 hours Automatic Heart Rate Test through APP, then the device will automatically capture the heart rate of the user every ten minutes and will present captured data every 10 minutes. After syncing, test results and details will be presented through the APP.
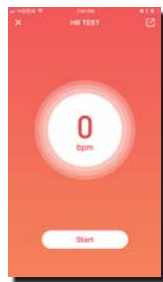
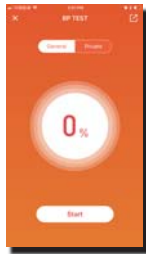The APP Test Modes   Heart Rate Data Panel

F. **Manual, Automatic and Private Mode of Blood Pressure Testing**

Switching to manual blood pressure testing page will allow device to start test automatically. The test time depends on the user's body condition. It is normal for the test to take longer. The numerical display during the test is -- ╱ -- . If there is no blood pressure result, the device will display ×××╱××. If this appears, please ensure that the sensor is close to the skin. Please keep your body relaxed and still during the test. After 70 seconds of testing, the device will enter into standby mode, regardless of whether results have been displayed. At the bottom of blood pressure page on APP, or under shortcut mode in the setting page, click the icon 🔵 to detect blood pressure manually.. The user can choose General Mode or Private Mode to test and he can choose to save or discard the test results obtained through the APP.

Turn on the automatic blood pressure monitoring through the APP; The device will automatically test blood pressure every hour. After syncing, the results captured will be presented at the blood pressure interface.

If the user has acquired blood pressure results through professional medical instruments, they can enter this data in the Private Mode of Blood Pressure of the APP. (Attention: to those users who are aware of their high blood pressure, please take the real blood pressure reading before using any blood pressure medicine). To make sure the test result is valid, please input the actual blood

pressure. If the device has been set to test in private mode, then the Private Mode has to be canceled before any more tests for other people can be taken.

The APP Test Modes

Blood Pressure Data Panel

Phone Tracking

G. "WoFit" must be running in the background on the phone to use this feature. To track their phone, the user must turn the device Mode to "seek phone." A long press on the touch area will cause the phone to respond.

Stopwatch

H. The stopwatch can be switched on using the Stopwatch function in the APP. Once it is turned on, the device will go into Stopwatch mode. While the stopwatch is running, tap on the touch area to pause or continue the count. Another long press stops the count. Attention: While in stopwatch mode, all rest reminders and pushes notifications will be temporarily blocked. The maximum time-count reaches up to 99 min 59 sec.

**Count-Down**

I. After setting countdown function and time on APP, the device starts counting down with showing icon on display, and will remind by vibration and show icon again while time's up.
 After setting countdown "UI display" as "on" on App, sandglass icon will show as shortcut on display. On countdown page, press touch button for long time, the device starts counting down automatically.

J. **Alarm Clock and Events Reminder**

Multiple alarms can be set through "Settings" in the APP. Snooze reminders for the alarms can be set within the APP.

This function can also add tags for important things which happening in the future. When set time arrives, the device will vibrate and show those tags.
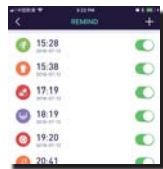
Remind Mode   Edit Alarm Clock Mode

K. **Notifications/Pushes**

When a new message arrives, the device vibrates and the screen shows relevant notifications and corresponding icons.

Attention: please switch on APP notifications first; Relevant communication tools should be set to allow contents to be shown on the device screen.

L. **Call reminder**

The device will remind you with vibration when you have a coming call.Short press to mute, long press to reject the call.

M. **Sedentary reminder**

This function can be turned on using the APP. The user can set a time value for the warning. When the device detects that the user has sat or kept still for the set time limit, the device will vibrate to remind the user to move around.

N. **Heart Rate Warning**

Using the APP, the user can choose to turn on the heart rate warning and preset the upper limit of their heart rate. If the device detects that the user's heart rate has reached or exceeded the preset value, it will vibrates and display the following icon on the device screen 💓 .

O. **Remote Photograph**

To use the device to take a remote photograph, the user can turn on the Camera Mode in the APP, then quickly shaking the waist.

P. **Waterproof**

This device is life waterproof and suitable for hands washing, rain or cold shower, not suitable for plunge, dive or soak.

Q. **Physiological Period Reminder** New Function

This feature can be used as a timely reminder of the user's different physiological states.

❶ **How to turn on the function?**

User can set their gender in their profile within the APP. If the gender is "female", the system reminds the user promptly to set up her physiological period (If unnecessary then tap to skip). There are four statuses for female physiological period. They are "Period", "Preparing for Pregnancy", "Pregnancy", "Postpartum". User information and status will be saved in the APP.
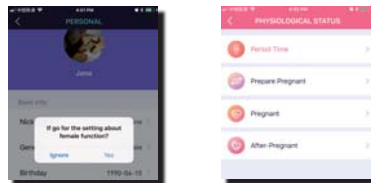
❷ **How to modify current physiological status on user's device?**

On setting page, click the icon to access to female page, and modify the setting.

❸ **How to change different physiological states?**

Access to female page, click the icon on top right, then modify setting.

❗ 4. Notes

1) Do not use a charger with a current greater than 5V2A. Charging time is 90 minutes;
2) Do not charge if the device is water damaged;
3) Do not soak the device, and do not wear it to swim, dive and take hot shower.
4) This is an electronic monitoring product; data received from it cannot be used as medical reference and is for reference only;

5) Blood pressure testing tip:

Keep your body relaxed and still while testing. Keep device at the same height as where your heart is (like the picture on the right), and don't talk while you are testing.

6) The photoelectric sensor is a highly-sensitive component, and should be careful not to be damaged by hard objects. The device may be sweat stained or have dust attached after wearing it for a period of time. User can use soft cloth to clean regularly.

❓ 5. Q&A

Q: What if the update fails?
A: If the initial upgrade fails, please reconnect the device "Dfulang."
The system will automatically begin the update.

Q: Why is the sleeping heart rate test result inaccurate?
A: Wearable devices monitors human activities through electronic sensors, and they are at the consumer electronics level.It's normal for certain deviation. The user should treat data objectively.

Q: Where to set APP permissions?
A: Android Phone – Settings – Find "WoFit" Application – Set to "Trust this software."

1. If the phone has a Security Management or Clean Up APP, please add the "WoFit" application to the White List (Trusted List).
2. In System Settings, under Permission Manager, set "WoFit" as a trusted application in order to allow phone calls and incoming messages to be shown on the device display.

Q: How to set the time display?
A: The device will match the time display format of the phone when synced.

Q: How to reset the password?

A: Long press the touch area for 6 seconds while in the Sleep mode.
The device will vibrate and the password will be restored to "0000."

6. Specifications

Chipset	NORDIC 52832
Sensor	PD70-01c-TR7
Weight	24.6g
Data Transfer	Bluetooth 4.0
Battery	Polymer Lithium
Volume of Battery	130mAh
Charging Voltage	5V
Charging Current	100mA
Working Temperature	-5 C -45 C
Waterproof	Yes (Life waterproof)

Device Requirement: Android 4.4/above; Bluetooth 4.0;
iPhone 4S/above, iOS 9.0/above;

FCC Caution.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) This device may not cause harmful interference, and
(2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
-Reorient or relocate the receiving antenna.
-Increase the separation between the equipment and receiver.
-Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
-Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.