

EW1

Smart Watch

User Manual



Thank you for purchasing our products. This manual addresses the safety guidelines, warranty, and operating instructions. Please review this manual thoroughly before operating your device.

All pictures in this manual are for illustration purpose only. Actual product may vary due to product firmware upgrade and app upgrade.



Table of Contents

Getting Started	1
What's in the Box	1
What's in this Document	1
Setting up Your Watch	1
Charging Your Watch	1
Disassembling / Assembling Your Watch	2
Wearing Your Watch	4
Using Your Watch	5
Installing the Fitdock App	5
Account Registration and Login	6
Pairing the Watch with Your Phone	7
App Interfaces	9
Getting to Know Your Watch	10
Basic Operations	10
Watch Interfaces	10
Function Introduction	12
1. Tracking Sports	13
2. Tracking Daily Activity Data	14
3. Monitoring Heart Rate	15
4. Measuring Blood Oxygen Level	15
5. Breathing Guide	16
6. Setting Alarms	16
7. Controlling Phone Music	16
8. More Functions	17
8.1 Call Notification	17
8.2 Message Notification	17
8.3 Sedentary Reminder	17
Basic Specifications	18
FAQs	19
Important Safety Instructions	21

Getting Started

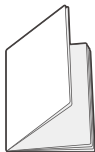
What's in the Box



Smart watch
(EW1 with bands)



Charging cable



Quick start guide

What's in this Document

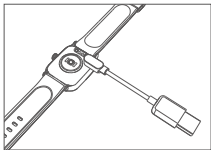
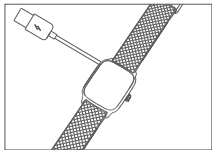
This manual gets you started quickly with setting up your watch. Setup ensures that your watch can synchronize its data with the Fitdock app, where you can get detailed information on your stats, view historical trends, log sleep, and more. As soon as setup is complete, you're ready to start moving. The remainder of the manual walks you through every function on your EW1.

Setting up Your Watch

Charging Your Watch

Please fully charge your watch before initial use.

1. Insert the USB plug of the charging cable into the USB port on your computer or a UL-certified USB wall charger.
2. Hold the other end of the charging cable near the port on the back of the watch until it attaches magnetically.
3. Make sure the pins on the charging cable lock securely with the port. The connection is secure when the battery icon with percent charged appears on the screen.



When the watch shows that the battery is low, connect the watch to a USB port with 5V-500mA.

While the watch charges, there is a battery progress bar on the screen and you can check the battery level at any time.

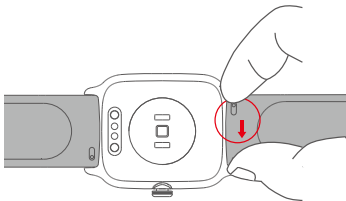


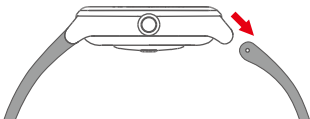
4. Remove the watch from the power supply once fully charged.
 - USB charger requirement: DC USB port (5V-500mA)
 - Charging time: Approximately 2 hours

Disassembling / Assembling Your Watch

Disassembly

1. To remove the wristbands, turn over the watch and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the wristband away from the watch to release it.

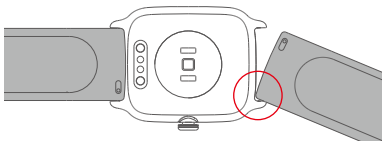




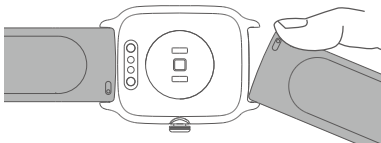
3. Repeat on the other side.

Assembly

1. To reattach the wristbands, slide the pin (the side opposite the quick-release lever) into the notch on the watch. Attach the wristband with the clasp to the top of the watch.



2. While pressing the quick-release lever inward, slide the other end of the wristband into place.

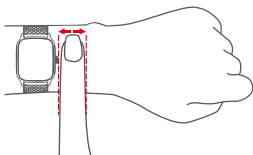


3. When both ends of the pin are inserted, release the quick-release lever.

Wearing Your Watch

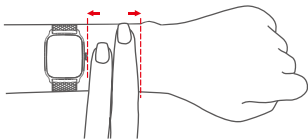
All-day Wear and Exercise

For all-day wear when you're not exercising, wear the device on your wrist horizontally, a finger's width below your wrist bone and lying flat, the same way you would put on a watch.



For optimized heart rate tracking, keep these tips in mind:

1. Experiment with wearing the watch higher on your wrist during exercise. Because the blood flow in your arm increases the farther up you go, moving the watch up a couple of inches can improve the heart rate signal. Also, many exercises such as bike riding or weight lifting require you to bend your wrist frequently, which is more likely to interfere with the heart rate signal if the watch is lower on your wrist.



2. Do not wear your watch too tight. A tight band restricts blood flow, potentially affecting the heart rate signal. This being said, the watch should also be slightly tighter (snug but not constricting) during exercise than during all-day wear.

Using Your Watch

Installing the Fitdock App

Use the watch with our customized **Fitdock** app. You can download **Fitdock** from Apple Store / Google Play or scan the QR codes below to download.

iOS



iOS 11.0 & above

Android



Android 6.0 & above

Note:

The Fitdock app is only compatible with smartphones, not tablets or PCs.

Smart Phone System Requirements

- iOS 11.0 & higher
- Android 6.0 & higher
- Bluetooth 4.0 & higher


Account Registration and Login

Please register an account with a valid email address. After registration, check your email box to complete email verification, and then tap "Verified" to log in.




Pairing the Watch with Your Phone

Please pair the watch with your phone in the Fitdock app, NOT in the Bluetooth settings of your phone.





Pair the watch with your smartphone in the Fitdock app

iOS






Android

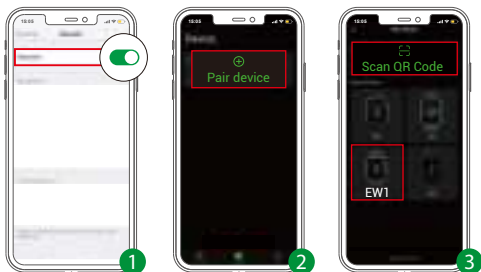




Do NOT pair the watch with your smartphone in your phone's Bluetooth settings



1. Enable the Bluetooth of your smartphone.
2. Open the Fitdock app on your smartphone and go to the "Device" page, tap "Pair device".
3. Tap "  ", and your smartphone starts scanning.
4. Use the Fitdock app to scan the QR code displayed on your watch to connect the watch to your smartphone.



Notes:

- You can also search for this device in the app to pair (Go to the "Device" page → "Pair device" → "EW1").
- Once the watch is connected to your app, the watch will automatically search and reconnect itself if the connection is lost or when Bluetooth is restarted after manual disconnection.
- If the watch is unbound from the app, the information on the watch will be reset and the watch will be restarted. Please do not unbind the connection unless there is an issue that will require a reset.
- The watch can only pair with one smartphone at a time. When pairing, please ensure the watch and your smartphone is within 0.5 meters distance.

App Interfaces



Summary



Today's data

Daily Workout Minutes



Daily Steps




Device

After the watch is connected to your phone, you can customize watch face / call / message / alarm / sedentary alert , etc.

Getting to Know Your Watch

Basic Operations



- **Turn off the watch:**
Swipe up the screen of the watch, then tap , and then select "Power off".
- **Turn on the watch:**
Press and hold the function button for 2 seconds.
- **Wake a dimmed screen:**
Press the function button or turn your wrist towards you.
- **Return to the previous interface:**
Press the function button.

Watch Interfaces

This is a touch screen; swipe the screen to go to different interfaces, and tap to enter the function.

The home screen is a clock. On the clock:

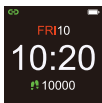
- Swipe up to see the quick settings bar (do not disturb, wrist sense, night mode, settings).
- Swipe down to see notifications.
- Swipe left to switch function interfaces, including training, today, heart rate, blood oxygen, breath, timer, stopwatch, alarm, music control, and settings.
- Swipe right to view today's daily activity data (You can customize this interface in the Fitdock app. Go to the "Device" page → "Control Center").



After the watch is paired with your phone, the home screen will display the time and date.

You can customize the home screen by following the steps below:

- 1) Press the function button to unlock the screen.
- 2) Tap and hold the home screen.
- 3) Swipe left / right to choose one and tap to confirm.



Function Introduction



Tracks your exercise data in up to 14 sports modes. Choose the mode that you want to start on the watch.



Check your daily activities and sleep data.



Tracks your real-time heart rate automatically and continuously.



Measures your blood oxygen level.



Guides your breathing for a relaxation.



Customize your timer.



Use the stopwatch to make your exercise more standardized.



Set different alarms in the app to make the watch vibrate to remind you.



Control the music playing of your smartphone.



Some basic settings and information of the watch.


1. Tracking Sports

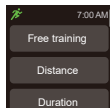
The watch tracks your exercise data in up to 14 sports modes.

Start a sport

Tap "Training" → Swipe the screen to select a sports mode you want to start.

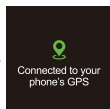
Set goals


Before beginning an exercise, you can tap  to set training goals such as distance, duration, calories burned, etc.

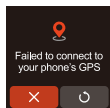


GPS connecting (Only for outdoor cycling / outdoor running / outdoor walking / hiking modes)

When you start an outdoor sport, the watch begins searching GPS signal. Please let the Fitdock app run in the background and allow the location services on your phone, then move to an open area and stand still to better receive the signal. After the GPS is connected, the countdown interface will be displayed, and then you can start training.

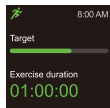


When the GPS signal is weak, you can tap  to start outdoor cycling, outdoor running, outdoor walking and hiking in non-GPS mode. Your movement track will not be displayed in your training record after the exercise is ended.




During sports

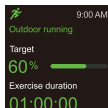
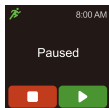
Swipe the screen up or down to flip through exercise data. Swipe the screen to the left so you can control the music playing on your phone.



End the sport

Press the function button and tap  to end the sport.

Exercise data is displayed after the exercise has ended. Swipe up the screen to flip through exercise data:



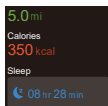
Notes:

- After ending an exercise, you can view detailed data and graphs in the app (Go to the "Summary" page, swipe down the page to synchronize data, and tap the exercise you just ended).
- After you finish the outdoor cycling, outdoor running, outdoor walking or hiking exercise in GPS mode, your movement track will be displayed in the app (Go to the "Summary" page of the app, and then tap on the exercise you just ended to view).
- Data of exercises less than 2 minutes will not be saved.
- When the battery level is less than 10%, the watch enters low battery mode, in which you cannot start a sports mode. Please charge the watch to operate it again.



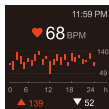
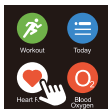
2. Tracking Daily Activity Data

The watch tracks your all-day activity data, including steps, distance, calories burned, sleep, and workout data.



3. Monitoring Heart Rate

Tap "Heart rate" in the function list to enter the heart rate interface, the watch will automatically measure your real-time heart rate. You can also view your all-day heart rate data in the heart rate interface of the watch or in the app.



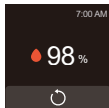
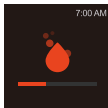
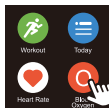
Note:

To monitor heart rate more accurately, wear the watch on the upper position of your wrist and a bit tighter than usual when you exercise. In addition, complete your profile in the app.


4. Measuring Blood Oxygen Level

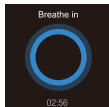
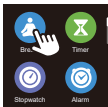
Before measuring, wear the watch a finger-width below the wrist bone and a bit tighter than usual.

- 1) Tap "Blood Oxygen" to enter the blood oxygen level detection mode.
- 2) When measuring, keep your arm flush with your chest and the watch screen facing up. Keep your arm still to ensure the accuracy of the data.



5. Breathing Guide

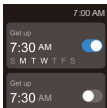
Tap "Breathe" in the function list to enter breathing mode. Select the duration of the breathing training and follow the instructions to breathe. If you want to end the breathing training, press the function button and tap  to exit.



6. Setting Alarms

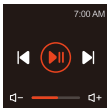
- 1) Go to the "Device" page in the Fitdock app.
- 2) Tap "Alarm" to enter the alarm setting interface.
- 3) Tap "Add" to add an alarm.
- 4) Set the alarm time, title, vibration period and repeat time. Choose to turn on/off the snooze mode.
- 5) Tap "Confirm" to save your settings.

You can enable/disable the alarm on your watch (Tap "Alarm" on the watch and then choose to turn on/off the alarm you set.)



7. Controlling Phone Music

After the watch is connected to your phone, tap "Music Control" on the watch to enter the function and control the music playing on your phone.



Note:

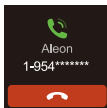
You can only control the music player that's running on your phone.

8. More Functions


8.1 Call Notification

When there is an incoming call, the watch vibrates to alert you, and the screen displays the caller ID.

Tap  on the watch screen to reject the call.



Notes:


- Only when "Notification alerts" is enabled in the app ("Device" page → "Notification alerts", turn on "Notification alerts"), will calls be notified.
- When the "Do not disturb" function is enabled in the app ("Device" page → "Do Not Disturb") or on the watch (Quick settings bar → ) , calls will not be notified on the watch during the do-not-disturb period.

8.2 Message Notification

When messages (like Facebook, Twitter, and Instagram messages) come in, the watch vibrates to alert you, and the screen displays the message content.



Notes:

- Only when "Notification alerts" is enabled in the app ("Device" page → "Notification alerts", turn on "Notification alerts"), will messages be notified.
- When the "Do not disturb" function is enabled in the app ("Device" page → "Do Not Disturb") or on the watch (Quick settings bar → ) , messages will not be notified on the watch during the do-not-disturb period.

8.3 Sedentary Reminder

The watch vibrates to remind you to get up and move around when you have been sitting too long ("Device" page → "Sedentary Alert", enable the movement reminders function and set the remind period.)

Basic Specifications

Model No.: EW1

Sync: Bluetooth 5.0

Screen: 1.3" TFT LCD

Battery Capacity: 210mAh

Working Voltage: 5V-500mA

Working Temperature: -10°C to 40°C


Weight: 1.27oz (36g)

Waterproof Rating: 5ATM

Working Time: 5-7 days

FAQs

Failure to re-pair the watch with the Fitdock app on your smartphone

1. Swipe down the home screen of watch and tap  and choose "Factory Reset". The information on the watch will be reset and the watch will be restarted.
2. Select the watch language on the watch and enter the QR code interface as instructed.
3. Use the Fitdock app to scan the QR code displayed on your watch to pair.

If you still fails to connect the watch to the app, please kindly take the following steps:

1. Make sure your smartphone's Bluetooth is enabled and make sure the watch is not connected to other smartphones.
2. Search this device in the app to pair (Go to the "Device" page → "Pair device" → "EW1").
3. Make sure the distance between your smartphone and the watch does not exceed 0.5 meters and keep the watch screen always on when pairing.

Occasional failure to connect with Bluetooth

Reboot your smartphone or restart your smartphone's Bluetooth.

Failure to receive message / calls notifications

Message / call notification function works when the watch connects to your smartphone via the app. Please kindly refer to the following tips:

1. Go to your smartphone Settings, find the Fitdock app, enable the Location and all Notifications.
2. Enable your phone's Bluetooth and go to the Fitdock app to pair the watch.
3. Open the app. Go to the "Device" page → "Notification Alerts", turn on "Notification Alerts".
4. Make sure the "Do Not Disturb" function is not enabled on the watch.

The watch is disconnected from the Fitdock app on your smartphone

The watch will disconnect from your smartphone in the following cases:

1. Smartphone Bluetooth is off or exceeds the Bluetooth connection range (the maximum Bluetooth connection range is 10 meters and can easily be reduced by walls, furniture, etc.)
2. The Fitdock app is closed on the phone. (This can occur automatically under certain circumstances.)

To reconnect the watch to your smartphone, please kindly take the following steps:

1. Restart the Bluetooth of your phone.
2. Clear all running / background processes on your smartphone and restart the Fitdock app. Then the watch will reconnect to your phone automatically.

Blood Oxygen Level Measurement Accuracy

The Blood oxygen level will be affected by factors such as motion, watch placement on the wrist, skin temperature and skin perfusion. These factors will cause fluctuations in blood oxygen measurements.

For a single measurement on the watch, please wear the watch a finger-width below the wrist bone, snug but comfortable on your wrist. When measuring, stay still and make sure your wrist is flat with the watch facing up. If you are sitting, you can rest your arm on a table with the watch facing up.

The smart watch blood oxygen sensor isn't a medical device and won't be able to diagnose or monitor any medical conditions. If there is a problem with the measurement, we recommend you consult your doctor.

Important Safety Instructions

The device contains electrical equipment that may cause injury if not used properly. For example, prolonged contact may contribute to skin allergies for some users. To reduce irritation, please read the safety guidelines on the following pages to ensure proper use and care.

- Do not expose your device to liquid, moisture, humidity or rain while charging; do not charge your device when it is wet, as this may result in electrical shock and injury.
- Keep your device clean and dry. Do not use abrasive cleaners to clean your device.
- Consult your doctor before use if you have any preexisting conditions that might be affected by using this device.
- Do not wear it too tight. If your device feels hot or warm, or if it causes any skin irritation or other discomforts, please discontinue using your device and consult your doctor.
- Do not expose your watch to extremely high or low temperatures.
- Do not leave your watch near open flames such as cooking stoves, candles, or fireplaces.
- This product is NOT a toy – never allow children or pets to play with this product. Always store the product out of the reach of children. The devices themselves or the many small parts they contain may cause choking if ingested.
- Never try to abuse, crush, open, repair or disassemble this device. Doing so will void the warranty and can result in a safety hazard.
- If any parts of your product require replacement for any reason, including normal wear and tear or breakage, please contact us.
- Do not use your device in a sauna or steam room.
- Dispose of this device, the device's battery and its package in accordance with local regulations.
- Do not check any notifications, GPS, or any information on

your device's display while driving or in other situations where distractions could cause injury or hazard. Always be aware of your surroundings while exercising.

Battery Warnings

A lithium-ion battery is used in this device. If these guidelines are not followed, batteries may experience a shortened life span or may cause fire, chemical burn, electrolyte leakage, and/or injury.

- Do not disassemble, modify, remanufacture, puncture or damage the device or batteries.
- Do not remove or attempt to remove the non-user-replaceable battery.
- Do not expose the device or batteries to fire, explosion, or other hazards.

Health Warnings

- If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.
- The optical wrist heart rate monitor emits green light and flashes occasionally. Consult your physician if you have epilepsy or are sensitive to flashing lights.
- Always consult your physician before beginning or modifying any exercise program.
- The device, accessories, heart rate monitor, blood oxygen level measurement and related data are intended to be used only for general fitness and wellness purposes, not for medical purposes, and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.
- The heart rate and blood oxygen level readings are for reference only, and no responsibility is assumed for the consequences of any false readings.
- While the optical wrist heart rate monitor technology typically provides the best estimate of a user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.

- The smart watch relies on sensors that track your movements and other metrics. The data and information provided by these devices are intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate, including step, sleep, distance, heart rate, and calorie data and blood oxygen levels.
- If you have eczema, allergies or asthma, you may be more likely to experience skin irritation or allergies from a wearable device.
- Whether you have the conditions above or not, if you start to experience any discomfort or skin irritation on your wrist, remove your device. If symptoms persist longer than 2-3 days of not using your device, contact your doctor.
- If you sweat for more than two hours while wearing your watch, be sure to clean and dry your band and your wrist to avoid skin irritation.
- Prolonged rubbing and pressure may irritate the skin, so give your wrist a break by removing the band for an hour after extended wear.

Maintenance

- Regularly clean your wrist and the smart watch, especially after sweating during exercise or being exposed to substances such as soap or detergent which may adhere to the internal side of the watch.
- Do not wash the watch with household cleanser. Please use soapless detergent, rinse thoroughly and wipe with a soft towel or napkin.
- While the watch is water resistant, wearing a wet band is not good for your skin.
- If your bands get wet—for example after sweating or showering—clean and dry them thoroughly before putting them back on your wrist.
- Be sure your skin is dry before you put your bands back on.
- Do not bring your device into contact with any sharp objects, as this could cause scratches and other damage.
- For light-colored arm bands, minimize direct contact with dark-colored clothing, as color transfer can occur.