



MULTIFUNCTIONAL SMART WATCH

User Manual

Device maintenance

Please follow these recommendations when using the smart watch:

- Regularly clean your smartwatch, especially the inner side, and always dry it thoroughly after contact with water.
- Adjust the fit of the smart watch on your wrist to allow proper air circulation.
- Avoid excessive application of creams, antiseptics, or skincare products on the wrist before using the smart watch.
- Please stop wearing the smart watch in case of allergy or discomfort.

Package contents

- Smart watch
- Additional strap
- Magnetic USB charging cable
- User manual

Activation and charging

Before using the smart watch for the first time, it must be charged and activated. Using the magnetic charging cable, connect it to the metal charging area on the back of the smart watch. Connect the other end of the cable to a USB port on a charger or other power source.

Precautions:

- Please use the included charging cable and make sure that the charging contacts are dry before charging and do not have any other dirt or things that may interfere with charging the device.
- Connect the charging cable to a standard charger or USB port purchased through official representatives, which has received a product quality certificate and meets standard requirements.

1. Download and pair

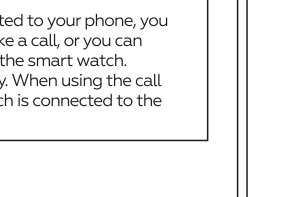
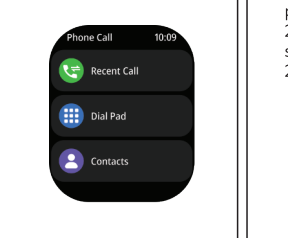
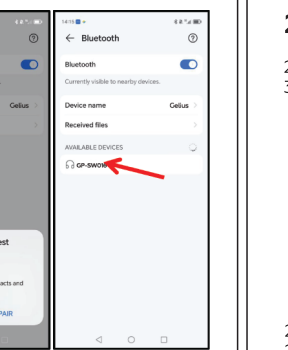
- Press and hold the "POWER" button to turn on the device.
- Scan the QR code located on the side to install the free app «DaFit», or download «DaFit» from the App Store, Google Play. Compatible system: Android 5.0 and above, iOS 9.0 and above.
- Open the "DaFit" application. To connect a specific watch, it can be identified using its MAC address.

Call function

Turn on the "TURN ON" function on the watch, and a pop-up window will automatically appear on the mobile phone to pair the Bluetooth with the "GP-SW016" device (see diagram). Tap "Pair".

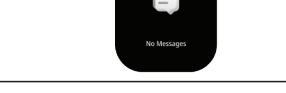
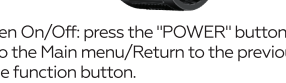
When the Bluetooth is connected to the mobile phone, you can use the watch to dial numbers, control the mobile phone to make a call, listen to music, and view call record information on the watch.

If you tapped "Unpair" and need to pair the Bluetooth for calls again, open "Enable call function" on the watch, go to the "Bluetooth option" menu, view all available devices, and tap on "GP-SW016" to connect.



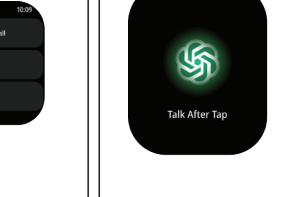
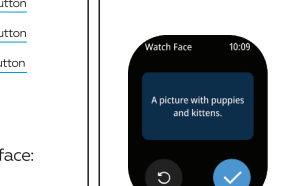
2. Smartwatch interface functions

- Power On/Off: press and hold the "POWER" button for 3 seconds to turn the device on or off.



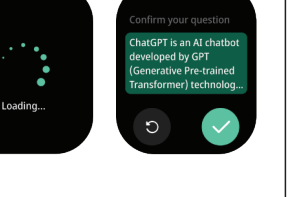
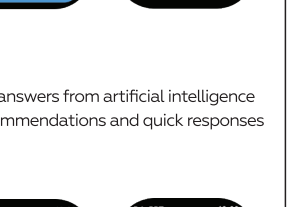
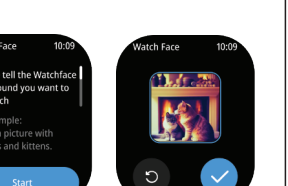
3. Functions for interacting with artificial intelligence

Creation of personalized wallpapers
Selecting a wallpaper using artificial intelligence allows users to personalize their device in just a few simple steps. This feature is implemented in two ways: through the smartwatch voice assistant or through a smartphone app.



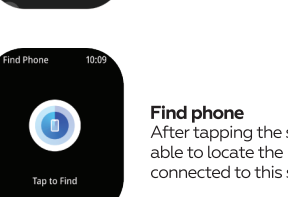
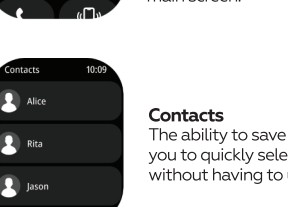
4. Functions for interacting with artificial intelligence

Control panel
Functionality: do not disturb mode, power saving mode, sound alerts on/off, brightness, flashlight, and settings. Tap the "Edit" icon to customize this panel. *To open the panel, swipe down on the main screen.



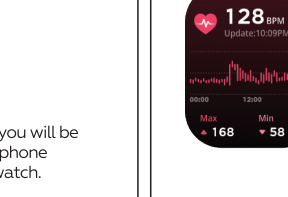
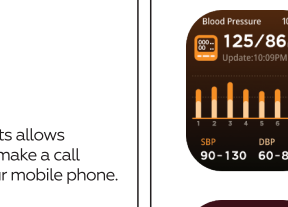
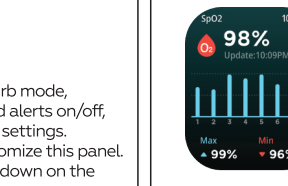
5. Smart watch functions

Watchface switching
Press and hold the main screen for 3 seconds to enter the watchface switching mode. Swipe left or right to select a watchface, then tap to confirm. You can also switch the watchface using the scroll wheel in the upper right corner.



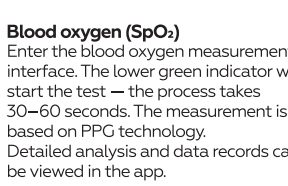
6. Smart watch functions

Control panel
Functionality: do not disturb mode, power saving mode, sound alerts on/off, brightness, flashlight, and settings. Tap the "Edit" icon to customize this panel. *To open the panel, swipe down on the main screen.



7. Smart watch functions

Find phone
After tapping the screen, you will be able to locate the mobile phone connected to this smart watch.



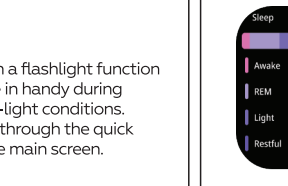
8. Smart watch functions

Alarm
After connecting the smart watch to the app, you can set a one-time or recurring alarm.



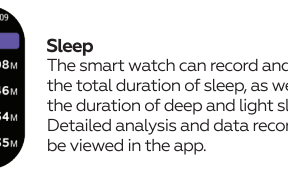
9. Smart watch functions

Blood oxygen (SpO2)
Enter the blood oxygen measurement interface. The lower green indicator will start the test — the process takes 30–60 seconds. The measurement is based on PPG technology. Detailed analysis and data records can be viewed in the app.



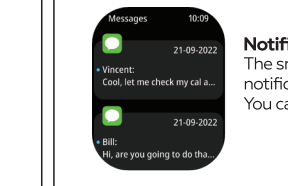
10. Smart watch functions

Blood pressure
Tap the blood pressure interface to measure your current blood pressure value. Detailed analysis and data records can be viewed in the app.



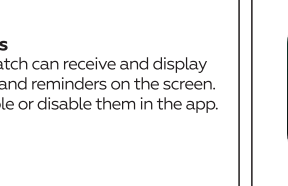
11. Smart watch functions

Heart rate
The smart watch can record and display your heart rate. Tap the heart rate interface to measure your current pulse.



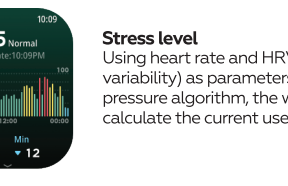
12. Smart watch functions

World time
You can view the time you've set for other cities in the app.



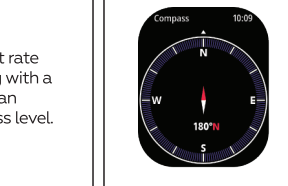
13. Smart watch functions

Flashlight
A smart watch with a flashlight function will definitely come in handy during nighttime or in low-light conditions. It can be activated through the quick access menu on the main screen.



14. Smart watch functions

Timer
The timer function is useful for daily tasks, workouts, or cooking — simply set the desired time and start the countdown.



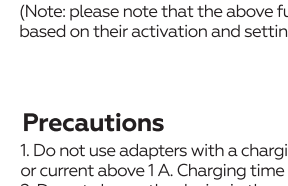
15. Smart watch functions

Phone calls
This section includes: recent calls list, dial pad, and contacts. Contacts are added through the mobile app.



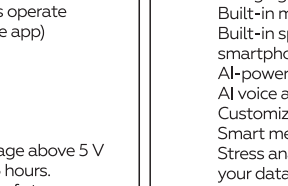
16. Smart watch functions

Activity information
The smart watch displays your daily activity, including steps taken, calories burned, and exercise performed throughout the day. It also shows step statistics over a selected period of time.



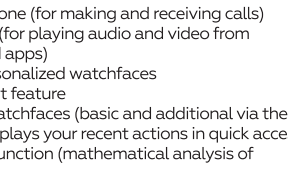
17. Smart watch functions

Sleep
The smart watch can record and track the total duration of sleep, as well as the duration of deep and light sleep. Detailed analysis and data records can be viewed in the app.



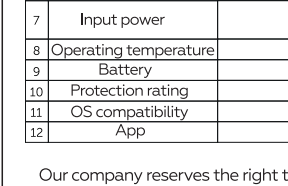
18. Smart watch functions

Notifications
The smart watch can receive and display notifications and reminders on the screen. You can enable or disable them in the app.



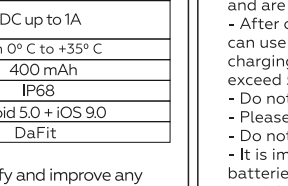
19. Smart watch functions

Music control
When connected, the smart watch can control the music player and other apps that play music or video.



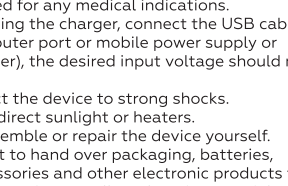
20. Smart watch functions

Camera control
After connecting to your mobile phone, the smart watch can be used as a remote control for the phone's camera.



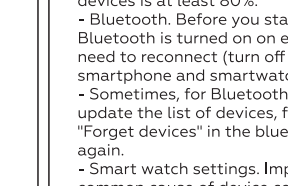
21. Smart watch functions

Voice assistant function
When using this function, the smart watch can assist with any inquiry or help control your smartphone.



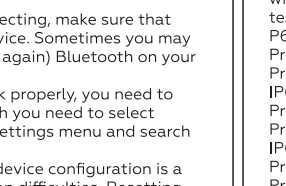
22. Smart watch functions

Games
This function provides access to simple built-in games. The games are optimized for the screen and controlled by touch or the rotating crown.



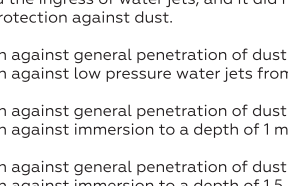
23. Smart watch functions

Weather information
The weather page displays the current forecast and information for the upcoming days of the week. To access weather data, the smart watch must be connected to the app.



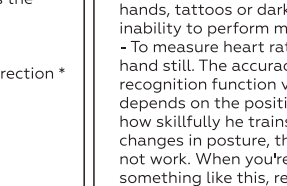
24. Smart watch functions

Stress level
Using heart rate and HRV (heart rate variability) as parameters, along with a pressure algorithm, the watch can calculate the current user's stress level.



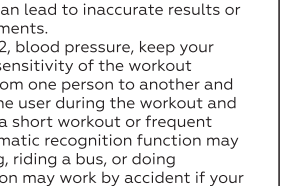
25. Smart watch functions

Hydration reminder
With reminders and settings configured in the app, the device will help you plan your daily water intake schedule.



26. Smart watch functions

Breathing exercises
Use this function to relax and control your breathing, among other benefits. Breathing exercises offer 1- and 2-minute options. Select the duration, tap "Start," and follow the on-screen instructions.



5. Functions in the DaFit App

- Alarms
- Find your smart watch
- Time format, time setting
- Activity reminder (for sedentary lifestyle)
- All-day heart rate monitoring
- Screen display (select screen-on duration)
- Hydration reminder
- Built-in microphone (for making and receiving calls)
- Built-in speaker (for playing audio and video from smartphone and apps)
- AI-powered personalized watchfaces
- AI voice assistant feature
- Customizable watchfaces (basic and additional via the app)
- Smart menu (displays your recent actions in quick access)*
- Stress analysis function (mathematical analysis of your data)*
- Relaxation function (breathing exercises)*
- Activity tracking (daily activity statistics)
- Sleep analysis mode*
- Heart rate detection function*
- Blood oxygen (SpO2) detection function*
- Blood pressure estimation function (mathematical data analysis)*
- Sports mode and exercise tracking
- Workout and physical activity recording
- Weather Notification function (displays messages and reminders from messengers and other apps)
- Remote camera shutter control function
- Music player control from smartphone
- Timer
- Alarm
- Stopwatch
- Compass
- Games
- Find phone function
- Flashlight function (change screen color)
- Calculator
- Free app for iOS and Android — DaFit

Technical specifications

Display: AMOLED 1.95", (410x502)
Processor: JL7047
Protection rating: IP68
Bluetooth: 5.1
Battery: 400mAh
Standby time: up to 12-18 days*
Usage time: up to 5-7 days*
Charging: magnetic USB cable
Built-in microphone (for making and receiving calls)
Built-in speaker (for playing audio and video from smartphone and apps)

Main specifications

| No | Characteristic | Specifications |
|----|-----------------------|-----------------------|
| 1 | Product model | SW016 |
| 2 | Display | 1.95", 410x502 |
| 3 | Processor | JL7047 |
| 4 | RAM + ROM | RAM 512K + ROM 256 M6 |
| 5 | Touchscreen | Full touchscreen |
| 6 | Bluetooth | 5.1 |
| 7 | Input power | 5V DC up to 1A |
| 8 | Operating temperature | from 0° C to +35° C |
| 9 | Battery | 400 mAh |
| 10 | Protection rating | IP68 |
| 11 | OS compatibility | Android 5.0 + iOS 9.0 |
| 12 | App | DaFit |

Our company reserves the right to modify and improve any functions described in this manual without prior notice. The company also reserves the right to continuously update product content.

IMPORTANT NOTICE:
For additional questions regarding the use of the smart watch, please visit the company's website or contact the place of purchase.
The product, accessories, user interface, and other illustrations in this manual are schematic representations and are provided for reference only. Due to product updates, the actual product and images may differ.



WARNING!

- Please consult a doctor before engaging in a new or any sport.
- The device is not a certified medical device, the measurement results of this product are for reference only and are not used for any medical indications.
- After connecting the charger, connect the USB cable (you can use a computer port or mobile power supply or charging adapter), the desired input voltage should not exceed 5V 1A.
- Do not subject the device to strong shocks.
- Please avoid direct sunlight or heat sources.
- Do not disassemble or repair the device yourself.
- It is important to handle over packaging, batteries, batteries, accessories and other electronic products to specialized companies, or collect them in a special container in a designated place that is responsible for environmentally friendly methods of storage, treatment, disposal or disposal of hazardous waste.
- OS version. Outdated OS can also cause the clock to be out of sync with the phone. If you have a new operating system, you need to install it on a smart watch (having previously removed the current old version from the device). After downloading new software, you need to re-sync your device.
- Disconnection due to phone settings. Some phone models often use a power consumption mode that optimizes power consumption. Inactive programs go to sleep, ie become inactive. This may affect the background of the program. You can change the script in the smartphone settings. Remove restrictions or add an application to the list of exceptions.
- Bluetooth connectivity may be lost frequently if there are foreign objects (such as walls or other active Bluetooth devices) between the device carrier and the phone, if the media and phone are in a Wi-Fi environment, in an environment where there is a large number of routers, or near the microwave oven.
- Phones from different manufacturers can be equipped with power-limiting mechanisms that prevent the application from running in the background or searching for available Bluetooth devices for reconnection.

- For most problems with the operation and connection of the smartwatch, the easiest way is to restart the system. Therefore, in case of problems with the smart watch and smartphone, you need to restart both devices.
- Device charge level. One of the most common causes of device sync failures is a low battery level in one of the paired devices. For a successful process of connecting a smart watch to a phone, the recommended battery level of both devices is at least 80%.
- Bluetooth. Before you start connecting, make sure that Bluetooth is turned on on each device. Sometimes you may need to reconnect (turn off and on again) Bluetooth on your smartphone and smartwatch.
- Sometimes, for Bluetooth to work properly, you need to update the list of devices, for which you need to select "forget devices" in the bluetooth settings menu and search again.
- Smart watch settings. Improper device configuration is a common cause of device connection difficulties. Resetting the smart watch to factory settings can help eliminate such problems.
- OS version. Outdated OS can also cause the clock to be out of sync with the phone. If you have a new operating system, you need to install it on a smart watch (having previously removed the current old version from the device). After downloading new software, you need to re-sync your device.
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- Phones from different manufacturers can be equipped with power-limiting mechanisms that prevent the application from running in the background or searching for available Bluetooth devices for reconnection.

- All devices that are tested for moisture penetration and dust exposure are assigned a degree of protection. It consists of the abbreviation IP and two characters after it. The first digit of the two (IPXX) determines the degree of protection against the penetration of solid particles. The second digit in the degree of protection (IPXX) means the level of protection against water. In some cases, one of the numbers can be replaced by X. If the protection class IPX7 is specified, it will withstand the ingress of water jets, and it did not pass the test for protection against dust.
Protection against general penetration of dust P65
Protection against low pressure water jets from any direction * IP67
Protection against general penetration of dust Protection against immersion to a depth of 1 m * IP68
Protection against general penetration of dust * Protection against immersion to a depth of 1.5 m *
* Testing of all devices is performed in fresh cold water with a temperature of 15 ° C to 35 ° C. Contact with hot or salty sea water can damage the device. Do not press keys underwater. In a wet protective watch, they are protected by cuffs, but the risk of water getting inside remains. You must refrain from using the physical buttons of the device while it is in the water. Otherwise, water may enter the cabinet and damage the device electronics. Make sure the gadget is completely dry before charging.
Explanation!
- To save battery power for a long time *, you need to optimize the performance of the smartwatch, reduce consumption and extend the life of the product:
- When buying a smart watch, charge the product to 100%
- The first few times (3-5) it is recommended to charge the device up to 100%
- Do not use devices that are not designed for your smartwatch model to charge
- Get rid of all programs and features that you do not use
- Minimize the screen brightness and turn off the screen activation function by raising your hand
- Set up to receive only the most important messages and reminders

- Use additional functions (physical data measurement, call mode, constant screen time) only if necessary and do not forget to turn them off!
* When actually used, battery life depends on various factors, such as settings, operations, and operating conditions, so it may differ from laboratory data.
- This product is not a medical device. All measurement data and results are provided for reference only and may not be used for the professional diagnosis or monitoring of any medical condition. External factors (such as hair on the hands, tattoos or dark skin) can lead to inaccurate results or inability to perform measurements.
- To measure heart rate, SpO2, blood pressure, keep your hand still. The accuracy and sensitivity of the workout recognition function varies from one person to another and depends on the position of the user during the workout and how skillfully he trains. With a short workout or frequent changes in posture, the automatic recognition function may not work. When you're driving, riding a bus, or doing something like this, recognition may work by accident if your actions are very similar to your chosen training mode. If you exercise outdoors and the GPS signal is low power or the AGPS data has not been synchronized with your mobile phone for a long time, your activities can be considered as happening indoors.
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