



USER MANUAL MODELS Q00200 - Q00209

First use

Long-press the button to switch the device on and off.

The watch requires a bluetooth connection with a smartphone that has at least Android 4.4 or IOS 8.0.

Charging the watch

You can charge the watch by pulling off the strap on either side of the watch case This exposes a standard USB-plug, which you can use with any generic USB-charger or your computers USB-port.

Please charge the device before first use. It will take 1 to 2 hours to fully charge it.

Downloading the app

To download the app, scan the QR code below with your device or search the app store for 'FlagFit 2.0'





Functions

Time: The display shows the time, battery and connection icon.

Step tracking: It tracks steps walked or run.

Distance: It tracks the travelled distance and calculates the amount of steps based on the users weight and height.

Calories: It calculates the amount of calories you have burned based on the users weight, height and travelled distance.

Heart Rate Monitor: If you have turned on the 'hourly readings' button in 'Device Management' in the app, the device measures the heart rate every hour. You can also manually measure the heart rate.

Note: The results of a heart rate measurement are for reference only, and cannot be used as the basis of medical related aspects.

Blood Pressure Monitor: If you have turned on the 'hourly readings' button in 'Device Management' in the app, the device measures the blood pressure every hour. You can also manually measure the blood pressure.

Note: The results of a blood pressure measurement are for reference only, and cannot be used as the basis of medical related aspects.

SPO2 Monitor: If you have turned on the 'hourly readings' button in 'Device Management' in the app, the device measures the SPO2 every hour. You can also manually measure the SPO2.

Note: The results of a blood oxygen measurement are for reference only, and cannot be used as the basis of medical related aspects.

Stopwatch: Long-press the button to enter the stopwatch-mode. Short-press the button to start and end it.

Sleep Monitor: This will record your sleep, including deep sleep, light sleep and awakenings based on your wrist movement during your sleep. Please set up your sleep time in your 'Personal Information' in the 'Wearfit' app.

Note: The results of the sleepmonitor are for reference only, and cannot be used as the basis of medical related aspects.

Call reminder: When you receive a new call, the device will vibrate and display the caller ID. You can install this reminder by turning on the notification button in 'Device Management'-'Reminder' in the 'Wearfit' app.

Message Reminder: When you receive a new message, the device will vibrate and display the text. You can install this reminder by turning on the notification button in 'DeviceManagement'-'Reminder' in the 'Wearfit' app.

Multi Sport Mode: Long press the button to enter the sport mode. It will record sport time, calories birned nd average heart rate.

Note: The results of a heart rate measurement are for reference only, and cannot be used as the basis of medical related aspects.

Frequently asked questions

1. Can't find the device when paring the device?

Try one of the following:

Please ensure your Bluetooth is turned on and the mobile phone system is Android 4.4/IOS 8.0 or higher.

Please ensure the distance between your phone and device is less than 10 meters.

Please ensure that the device is charged and doesn't display 'low power'. If there is still a problem when fully charged, please contact us.

For Android systems; please enter phone settings 'App & Notification > Permission > FlagFit 2.0 app' and turn on all notifications.

For IOS system; please ignore the other device from Bluetooth-settings in your smartphone and try again.

2. Can't connect the device with the app?

Sometimes the Bluetooth service of smartphones will act weird. Please restart your Bluetooth and/or restart the smartphone and try again.

3. The app doesn't display any data?

Please make sure that the device is connected correctly to the smart phone. Pull down the homepage in the app to refresh the data from the device. Make sure that your smart phone and device are charged.

4. Wrong time?

Please make sure that the device is fully charged and connected correctly to the smart phone. The time will be synced automatically with your smart phone.

Maintenance

- The watch is IP67 waterproof (1m. deep water for max. 30 minutes). Please do not wear the device when taking a shower.
- When the watch falls or collides, it may cause damage or scratches to the watch.
- Do not disassemble the device yourself.
- Keep the device away from high temperature and fire.
- Use a soft cloth to clean the device. Do not use soap, shower gel or any other cleaning supplies to clean it.
- Please charge the device one time per three months, if put idle for a long time.

Specifications

• Screen size 0.96 inches

• Waterproof IP67 (dust tight and splash proof)

• Material Soft TPU

• Battery capacity 90mAh

Battery type polymer Lithium

• Standby time up to 7 days

• Charge time 2 hours

• Charge method USB

The company reserves the right to amend the contents of this manual without notice. Some functions cannot be applied to all mobile phones for normal conditions. Please understand that all test data generated (heart rate, SPO2, blood pressure) by this product is an indication and for personal use only and NOT FOR MEDICAL PURPOSES.