

OOZOO Smartwatches Q4 Series Manual



Specifications

Required phone operating system

Android 4.4 or above

iOS 9.0 or above

Required Bluetooth version

5.0 or above

Display screen 1.09 inch IPS HD screen (240x240 PX)
Full touch screen

Battery 150mAh
Up to 5 days (depending on use)

Waterproof IP67 (dust-tight and splash proof)

Note: IP67 means that the watch is dust-tight and splash proof. The waterproof performance of this product is not permanently effective and may decrease over time. It supports short-term use such as washing hands, light rain, etc., but does not support scenarios such as bathing, showering, swimming, diving, surfing, etc. The watch is not waterproof to seawater, acidic and alkaline liquids, solutions, chemical reagents and other aggressive liquids. If the watch is in contact with one of its aggressive liquids, immediately clean the watch with clean water, use a soft cloth to clean and dry the device carefully. Damage caused when used incorrectly is not covered by warranty.



Instructions

1. Wearing method:

It is recommended to wear the watch comfortably tight enough around the wrist and make sure the watch stays in contact with your skin. Try to avoid wearing it too tight or too loose for the most accurate sports and health measurements.

2. Power ON/OFF Switch:

Long press **ON/OFF Switch** button for 3 seconds to turn on/off.

Short press this button to turn on the screen / turn off the screen / quickly return to the main interface

3. Heart rate monitor light:

The **heart rate monitor light** flickers while measuring. Please don't test the heart rate monitor against an object.

4. Charging method:

Please charge the watch to fully charged when using it for the first time (charging time takes 1.5 - 2 hours). Make sure the **charging spots** on the back of the watch are making contact with the charger contacts. When charging the watch make sure the adapter/ power supply delivers a maximum of 5 volts and does not use fast charging technology. It is recommended to use a universal charger with certification marks.



Connecting your smartwatch with your mobile phone

1. Download the DaFit application for your mobile phone in the app store or use your mobile phone to scan the QR code in the picture below.

2. Confirm that the Bluetooth of your mobile phone is turned on, do not directly link the watch in the Bluetooth setting of the mobile phone. You need to connect with the watch in the DaFit app.

(For Android users: you need to turn on the DaFit app location permission and enable the phone system location function).

3. Go to the DaFit app and do the following:

Add a device > select 'Q4' > choose 'Pair'

(Select "Pairing" and "Allow" in the pop-up request permission information window when connecting to give the DaFit app permission, otherwise it will affect the watch functioning.)

4. You are connected:

The date, time and language of your mobile phone will now automatically synchronize with the smartwatch.

Main Features

Changing dials

Long press on the main interface for 3 seconds. The watch will vibrate and the dial shrinks. Swipe left or right to choose from four original OOZOO dials. Tap to select. If you would like more dial styles or want to create your own, please go to "Watch faces" in the DaFit app.

Control Center

Swipe from top to bottom on the main interface to enter the control center. Here you can turn on/off vibration, theater mode (power saving mode), adjust screen brightness, see weather forecast, Bluetooth connection status and the battery level of the watch. You can also find the settings of the watch here.

Settings

Tap the gear icon in the control center interface. Here you can quickly set the functions, such as vibration, brightness, restore factory settings and shutdown. Also you will find more info under 'about'.

Message center

Swipe from bottom to top on the main interface to enter the messages interface. Here you can quickly browse your messages (displays the latest 5 messages).

Main menu

Swipe from left to right on the main interface to enter the cellular function interface (main menu). Drag the cellular icon to quickly enter the corresponding function.

Alarm clock

Select the alarm clock in the cellular function interface to turn off/on three alarm clocks. You can set the alarm times in the DaFit app.

Stopwatch

Select the stopwatch in the cellular function interface. Tap play to start or arrow to reset. Swipe from left to right to exit.

Countdown

Select countdown in the cellular function interface of the watch. There are 8 time periods available, ranging from 1 minute to 2 hours. Tap to enter or swipe from left to right to exit.

Swipe through the functions

Pedometer

Swipe to the next screen main interface to enter the pedometer interface, which displays the current number of steps, distance and burnt calories.

Note: *The pedometer uses the three-axis gravity sensor combined with an algorithm to count your steps. As the watch is worn on the wrist and exposed to daily movements (such as raising your hand) the results can differ from other pedometers for example from your phone.*

Sleep monitor

Swipe to the next screen to enter the sleep monitoring interface. This interface can view the last sleep status.

Note: *The sleep monitoring period is from 8 pm to 10 am. For monitoring your sleep, make sure to wear the watch while sleeping. The results are based on movements and existing data science. Check your sleep monitor data after the amount of more than 100 steps in the next morning, so the sleep monitor recognizes that you are awake. You can upload the sleep monitor data to the DaFit app to form a health report. If the physical activity is too high during sleep the watch may recognize this as a non-sleep state.*

Heart rate measurement

Swipe to the next screen to enter the heart rate measurement interface. When the icon "- -" is beating, it means the measurement is being performed. Please hold still and wait for about 15-30 seconds. When the monitor is no longer beating, the watch will vibrate and display the current heart rate.

Note: *The measurement is based on the heart rate sensor on the back of the watch and existing data science to get measurements. The results of a heart rate measurement are for reference only and cannot be used as the basis of medical related aspects.*

Exercise mode

Swipe to the next screen to enter the exercise mode. This interface displays the latest exercise data. Tap to enter multiple sports options, such as walking, running, cycling, basketball, football, badminton, skipping rope and yoga. After you tap to enter the corresponding exercise mode, it will count down. If you want to pause or end the exercise, swipe to the left, tap pause or stop and tap confirm. The data will be saved.

Blood pressure measurement

Swipe to the next screen to enter blood pressure measurement interface. When the icon "- -" is beating, it means the measurement is being performed. Please hold still for about 15-30 seconds. When the monitor is no longer beating, the watch will vibrate and display the current blood pressure.

Note: *The measurement is based on the heart rate light on the back of the watch and existing data science to get measurements. The results of a heart rate measurement are for reference only and cannot be used as the basis of medical related aspects.*

Breathing training

Swipe to the next screen to enter the breathing training. Tap to start. The icon will dynamically zoom in (inhale) and out (exhale).

Weather forecast

Swipe to the next screen to enter the weather forecast. Here you can check your local weather information.

Note: *For this function you need to make sure that the weather forecast permission button is switched on in the DaFit app.*

Remote control photography

Swipe to the next screen to enter remote control photography interface. Open the DaFit app and tap the watch remote control button. The DaFit app pops up the camera function. Tap the watch button to take a picture.

Music control

Swipe to the next screen to enter the music control interface. In this interface you can control your music with the icons play, pause, forward/backward.

Note: *For this function you need to make sure that the mobile music app you are using is active before you can use the control.*

DaFit app setting guide:

Watch faces

On this function page you can switch the watch dial style, create your own or download more free dials.

Notifications

You will need to give permission for each message/call app in the DaFit app in order to receive notifications on your smartwatch. Go to the middle page in the DaFit app > Notifications. Switch on/off for each app you want to receive notifications from.

Alarm

Go to the middle page in the DaFit app > Alarms. Here you can set 3 alarm times.

Shutter

Click to turn on the remote camera function

Others

Here you can set the following; all-day heart rate monitor, language, screen on time, reset, quick view, sedentary/water reminder, weather, women's menstrual cycle settings.

Upgrade

When the watch has a new version update, this function can update the watch software.

Note: *When updating the software, please keep the watch with sufficient power and keep close to the phone during the update process*

PRECAUTIONS

1. Please avoid exposing the watch to strong impact and heat.
2. Do not disassemble, repair or modify the watch yourself.
3. This watch uses 5V 500MA for charging. It is strictly forbidden to use an overvoltage charging power supply to charge it. If the current is too large or too small, it may affect the use of the watch and damage the watch and the charger.
4. The operating environment of this watch is between 0 ° and 45 °. Do not throw it into fire as it may cause an explosion.
5. When the watch is wet, please dry it with a soft cloth before charging. Otherwise, it may corrode the charging contacts and lead to failure of the charging function.
6. Do not allow the watch to come into contact with chemicals such as gasoline, cleaning solvents, propenol, alcohol, or insect repellents.
7. Do not use this product in high voltage and high magnetic value environment.
8. Please wipe off the sweat drops on your wrist regularly. If the bracelet is exposed to soap, sweat, allergens or polluting components, it may cause itching / rash.
9. If you use it often, it is recommended that you clean the case and watch every week. Wipe with a damp cloth and remove any oil or dust with a mild soap, then rinse thoroughly and wipe dry thoroughly. To remove all traces of soap and moisture.
10. It is not recommended to wear the watch while bathing.

REMARKS:

1. Proof of purchase/receipt is needed to claim warranty
2. 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 are an indication and for personal use only and NOT FOR MEDICAL PURPOSES.