

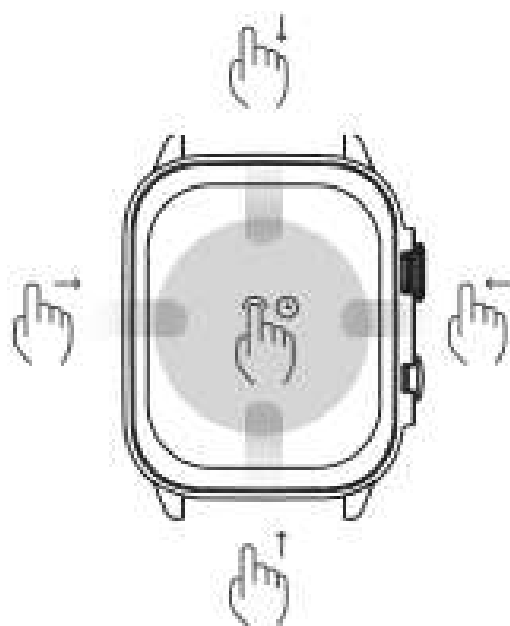
SMART WATCH

Quick Guide



Please read this manual carefully and reserve it for use

Touch and key



Sliding: control panel

Slide up: SMS notification

Right slide: quicksidebar

Left slide: shortcut function

Encoder



Rotation: rotate the menu and switch the dial

Double click: switch menu style

Short press: light the screen, return to the dial interface, and enter the menu interface

Long press: recent tasks

Exercise key

Short press: enter the sports list

※ If the power-on fails after pressing the power button for 3 seconds, please try again after charging.

Connect to phone



(CO-FIT APP)

You need to download and install the CO-FIT PRO application on your phone.

CO-FIT APP supports iOS 11.0 and Android 5.0.

1. Open the mobile phone Bluetooth, open the app registration login to enter the home page.
2. Pair the watch with the APP. When pairing, please ensure that the watch and the APP can communicate with each other (synchronize data); Open APP>Device>Add new device>Select HK95
3. In the search binding list, select the HK95 with the strongest signal and click Pair. At this time, the Bluetooth icon on the watch is blue, indicating that you have connected Bluetooth 5.0

4. Bluetooth 3.0 connection mode:

IPhone users support Bluetooth 5.0+3.0 dual Bluetooth one-button link (follow the system prompt box when matching)

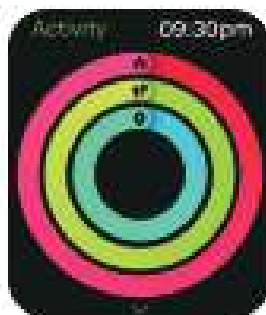
1. The Android user system will pop up Bluetooth pairing request, check the prompt permission, and click "pairing" to complete Bluetooth 5.0+3.0 pairing;
2. If the Android user system does not pop up a Bluetooth pairing request, you need to click "unbind" in the "call service pairing option" in the Bluetooth pairing prompt interface, and then follow the interface operation prompts to complete the Bluetooth. Subsequent links to the mobile phone will generate memory for the watch 3.0 Bluetooth, so as to realize the double Bluetooth one-button link (if Bluetooth 3.0 is not automatically connected, please manually search the Bluetooth watch model "HK95" on the mobile phone)

Function Introduction



Sport

Enter the sports mode selection interface, and click again to start the corresponding sports mode data detection: sports time, distance, calories, heart rate and other data.



Activity

Count the activity data of the day. The number of steps per day can be set in the APP to reach the standard value, and the watch also has a prompt of reaching the standard.



Dial

Connect the mobile phone with Bluetooth to dial out, and you can make a call at the watch end.



Heart rate

Put the watch close to the wrist, and the best place to wear it is on the wrist bone above the arm. The real-time heart rate value can be measured. The normal value of the average person is 60-100 times/minute. You can also view the heart rate record.



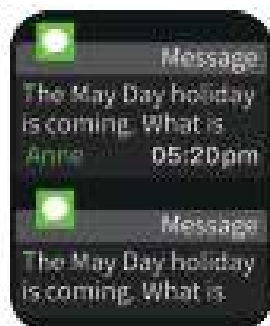
Blood pressure

Put the watch close to the wrist, and the best place to wear it is above the wrist bone and arm. Real-time blood pressure can be measured. Adult diastolic blood pressure: 60~80 (mmHg), adult systolic blood pressure: 100~120 (mmHg).



Blood oxygen

Put the watch close to the wrist, and the best wearing position is above the wrist bone and the arm. The real-time blood oxygen value can be measured, and the normal range of the value is generally 95% to 100%.



Message

It can push the content of real messages, such as SMS, QQ, WeChat, etc. (the system above IOS12 will block the SMS reminder by default).



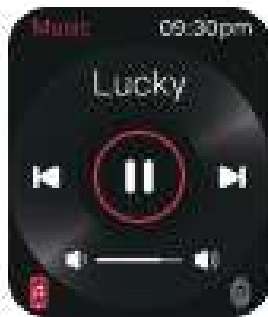
Sleep

Turn on sleep detection to detect sleep quality during sleep, and view data such as sleep duration, deep sleep and light sleep.



Weather

If the APP is not connected, enter the weather display prompt, and the current weather temperature will be displayed after connecting the APP.



Music

It can control the playback of music in the phone, switch the previous and next music, and adjust the volume.



Voice Assistant

When connecting the mobile phone Bluetooth, click to talk to realize remote control.



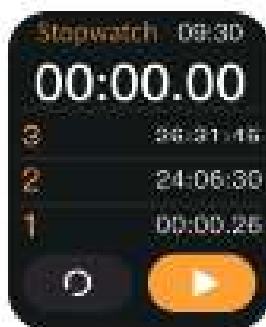
Alarm

You can customize the alarm clock and delete it.



Breathing training

You can set the time and rhythm of breathing training, and then click to start breathing training.



Stopwatch

Start and end the stopwatch.



Calculator

Numeric calculations are possible.



calendar

View the calendar.



Settings

Including dial switch, brightness adjustment, language setting, password lock and other functions.

Matters needing attention

- ① Do not disassemble, repair, or modify the product without authorization.
- ② Do not violently bump the product, so as not to cause damage to the product.
- ③ Please avoid strong magnetic field, direct light or high temperature environment.
- ④ This product is not used for disease diagnosis, treatment and prevention purposes.
- ⑤ The waterproof rating of this product is IP68, avoid prolonged immersion in water.
- ⑥ Please avoid wearing the watch strap too tightly and keep the place where the watch comes in contact with the skin clean.
- ⑦ Children please use this product under the guidance of their parents to avoid harm.

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