

TouchTime Round SmartWatch



Instruction Manual

Please read this manual carefully before using the product.

User's Guide



(1) Power on/off key (2) Display (3) Watch strap

About charging

1. Charge the watch for two hours before using for the first time to ensure it is fully charged.
2. Magnetic charging: Charge with magnetic wire as shown in the figure below.



Install the APP

Please scan the corresponding QR code or enter the "app store" according to your mobile phone operating system or download and install "F FIT" in the Android application market (QQ application treasure)



GooglePlay



QQ application treasure



APP Store

You can also download the APP by scanning the QR code directly on the watch



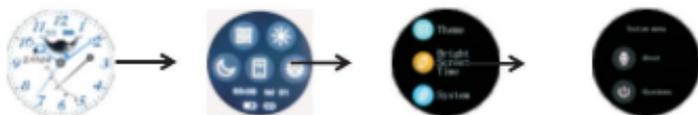
System requirements: Android 4.4/higher versions or IOS 9.0/higher versions while supporting BT 4.0/higher versions.

Bind the watch

1. Turn on the phone Bluetooth (BT)
2. Open the APP - click Add Device-Search, then click the searched S11-XXXX-the binding is successfully completed.

Please make sure it matches the BT address shown on the watch when pairing.

Enter the sub interface system of the setting interface and click about to view the BT address.



Operating instructions

Definition of keys

Power on/off key: Press it and keep 2s to pop up the shutdown confirmation interface, and press it to return to the home interface.

Operations: Swipe the screen left and right to switch the interface and single-click the icon to enter the sub-interface if there is a sub-interface on the current interface. Swipe the screen right to return to the previous menu.

Synchronize information

When the watch is successfully bound to the phone, the watch will automatically adjust the 3 time and simultaneously synchronize and record your sport information and health status.

Key features

Clock, step counting, distance, calories, sleep monitoring, 24-hour heart rate monitoring, call reminder, alarm clock reminder, sedentary reminder, message reminder and so on.

Multi-lingual

Watch languages: Chinese, Traditional Chinese, English, Japanese, French, German, Italian, Spanish, Russian, Portuguese, Malaysia, Poland
APP language: Chinese (Simplified, Traditional), Japanese, English, French, German, Italian, Spanish, Russian, Portuguese, Korean, Malaysian

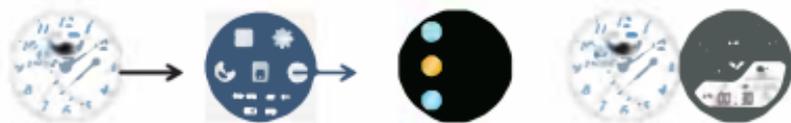
■ Power on/off and Restore settings

Long press the side button 2s to boot, enter the main interface, slide up to enter the settings interface, click Settings, select the system, select shutdown or restore settings.



■ Home interface switch

There are two pictures in the watch, which can be manually switched according to the Setting. You can also choose to switch in the watch market of APP.



■ Sport data

Record steps, distance and calories, make data reset at 00:00 and recalculation on the next day; at the same time, the historical data can be saved and uploaded to APP.



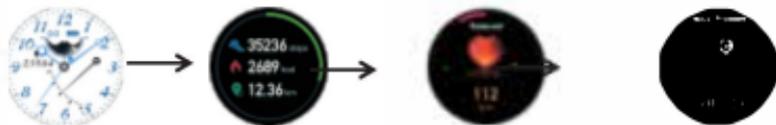
■ Heart rate monitoring

Enter the interface of heart rate monitoring and the led blinks constantly, then the monitoring data appears after an interval of 10s, and can be synchronized in the APP. Swipe the screen to stop monitoring and you can also set continuous heart rate monitoring in the APP.



■ Blood pressure monitoring

Enter the interface of heart rate monitoring and the led blinks constantly, then the monitoring data appears after about 15s . Swipe the screen to stop monitoring. Only the data of blood pressure measurement turned on by the APP will be saved on the APP



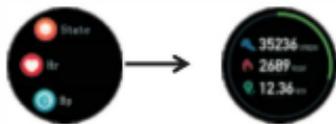
■ Option interface

Swipe the screen on the home interface to enter the option interface.



■ Status interface

Consistent with the sport data interface.



■ Heart rate and blood pressure interface

Single-click it to enter the measurement interface.



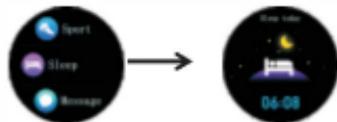
■ Multi-sport mode

A total of 9 sport modes are available.

Click on Sport to enter Sport interface and your sport data can be recorded in detail.

■ Sleep data

Record the last night's sleep. The watch must be worn for monitoring, and the monitoring time lasts from 8:00 pm to 12:00 noon on the next day.



■ Message record

Keep three recent messages at most.



■ Stop watch

Single-click it to enter the stop watch interface, then click the Start key to start timing and multiple time nodes can be recorded at the same time.



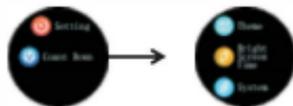
■ Countdown

The default of countdown is 1, 3, 5, 10 minutes, click + to set the countdown time yourself.



■ Setting

Swipe the screen on the home interface to quickly enter the Setting interface.



Subjects option: The home interface style can be set after entering and three built-in options are available. Bright screen time: Set the bright screen time (5-15s) according to your usage habits System: You can make watch shutdown setting, restart, factory reset and watch information viewing.

■ Message reminder

Start Message reminder in the APP and a total of 13 APPs are available, such as Wechat, QQ, Facebook, WhatsApp, Twitter, Line etc., it should be noted that Message reminder can be received by the watch only when it is started with connecting the watch and the phone.

■ Call reminder: Delay reminder, call rejection, caller name or phone number can be set after start it in the APP.



■ Sedentary reminder: The reminder start and end time and reminder interval can be set after start it in the APP.



■ Alarm reminder: It will automatically vibrate to remind you after start it in the APP.



■ Navigation Bar



QR code: different mobile phone systems choose different QR codes for APP download

Intensity control: A total of 5 levels are available.

DND mode: The start and end time can be set after start it in the watch, and the vibration, Raise to wake and Message reminder will be stopped.

Find my phone: Single-click to enter the Find my phone, then click the icon and the phone rings (the connection between the watch and the phone is valid).

Other options

■ Raise to wake: Raise to wake will be effective after start it in the APP (its default status is on).

■ Shake to take pictures: Start it in the APP, then raise the watch to take pictures after 3 s.

■ Find my watch: The watch will vibrate when start it in the APP.

- **Message reminder:** The phone will receive messages and the watch will remind you synchronously after start it in the APP.
- **Time format:** It can be set into 12-hour or 24-hour time system in the APP.

Basic parameters

- **Master chip:** Realtek 8762C
- **Battery capacity:** 160mAh (polymer)
- **Display** 1.3-inch IPS color touch screen
- **Operating time:** 5 - 7 days
- **Synchronization mode:** BT 5.0
- **Operating temperature:** 10°C-50°C
- **Resolution:** 240*240px • **Weight:** 48g
- **Dimension:** 43*9.7mm (Diameter)
- **Strap material:** Silica gel
- **Compatibility:** IOS 9.0 & Android 4.4

FAQ

1. The watch can't be found or the connection can't be made when binding.
 - a. Please make sure that you have started your phone BT and the distance between the watch and the phone is within 0.5 meter.

- b. Please check if your watch is power off, and contact us if the problem hasn't been solved after 2 hours of charging.
2. Why does the BT fail to work? The BT service of some phones may occasionally be abnormal when restarting, and it usually can be solved after restarting.
3. Why it's easy to disconnect for phones powered by Android? The system memory management of Android system can forcibly stop the background APP, and you need to stop the power saving mode or take the APP into green background of the system housekeeper to avoid this situation. The APP must be running in the background so that the BT will not disconnect by itself.

Notes

1. Do not severely hit the main machine.
2. Do not expose the watch to chemicals such as benzene and thinner.
3. Do not place the watch near strong magnetic field or electric shock stations.
4. Please keep the watch away from direct light or heating appliances.
5. Do not disassemble, repair or modify the watch by yourself.
6. Please properly classify and handle the used packages, batteries and

electronics.

Why my watch not receiving push notifications?

Android setting:

1. Please make sure you have started the function of push notification in the phone client.
2. Please make sure the messages can be normally displayed in the phone notification bar, by which the watch message push is achieved; The watch can't receive message push if there is no message in the phone notification bar. (You need to find the Notification setting in the phone setting and start the notification function of Wechat, QQ, phone, message and the phone client).
3. Start the Auxiliary function setting in the watch client (find the Auxiliary function in the phone setting and start the Auxiliary function setting in the watch client).

iPhone setting:

1. Please make sure you have started the function of push notification in the phone client.
2. Please make sure the messages can be normally displayed in the phone

notification bar. (You need to find the Notification setting in the phone setting and start the notification function of Wechat, QQ, phone, message and the phone client).

Disclaimer

Warning: This product is not a medical device, the watch and its apps can't be used for diagnosis, cure or prevent diseases or conditions. If you want to change your habits such as exercise, please be sure to consult a qualified medical professional first to avoid causing serious injury or death. We reserve the rights to modify and improve any function described in this manual without prior notice and to continuously update our product content, please make the object as the standard for all products.