User manual

I. Appearance description

Charging
bracelet: use magnetic suction wire and get close to automatic suction to charge.
Headset: put it back into the base of bracelet and then will be automatically charged. When the power is full, it will be disconnected automatically also.
2. Software download
A: search and download " Dafit " from the APP Store on ios
B: android can search and download " Dafit " from Google play, app treasure, and other app markets.
C: it can be downloaded by scanning the QR code directly.

Note: To ensure that the data are valid, please input the true gender, height, weight and age in the personal data of APP.

bracelet on/off operation
The device is switched off by pressing the touch key "o" 3 seconds and enters the time interface. After 5 seconds without any operation, the device automatically switches off.
Switch to the device shutdown interface and click the "c" touch button once to the OFF option, and the device will shut down automatically after 3 seconds

T90 Smart TWS Wearbuds bracelet

II. Instruction for the first time use

Thank you for purchasing our Smart TWS Wearbuds bracelet T90. Please read it carefully when you use this device for the first time, Charging the device to active before the first time using.To charge your device , plug the charging cable into the adapter or USB port on your computer.
1. The charging method is show as below:

Equipment requirements:
Android4.4 and above, ios9.0 and above, support bluetooth 4.2 and above mobile phone.
1) BLE connection: Search the device model and connect it under the device interface > setting of APP. After the connection is successful, the device model Dafit will be displayed under APP's "My Device". At the same time, the Bluetooth symbol can be seen in the upper left corner of the time interface on the device. If you can not see the symbol, indicating that the connection is unsuccessful, please retry. When the connection is successful, time will be synchronized automatically.
2) After the first connection is successful, it will be automatically connected to the host as long as power on and stay in the signal range.
3) If the APP needs to connect with other devices, the last bound device should be unbound first and then to connect with a new one.
Note: The connection of the device can not be connected under the Bluetooth function of the mobile phone. It must be in the app before the device can be connected.

4. Attentions for connecting and matching
1) Ensure that the Bluetooth of the mobile phone is on;
2) Ensure that the device is fully charged. Please power it on or charge it before use;
3) Ensure that the device is within 50cm of the mobile phone when paired;
4) If the Android phone can not find the device in the mobile phone app, please check whether " Dafit " is allowed to use Bluetooth in the mobile phone permission setting;
5) Make sure that the headphones are removed from the bracelet base when they are paired; If you can't find Bluetooth, put the headset back into the bracelet base and then take out of them again.

III. The main function of the bracelet

	Step down		Sleep monitoring		Intelligent anti lost
	Distance		Sedentary remind		Vibrating to remind
	The alarm clock		Bluetooth headset		Shutdown (long press to shutdown)
	Calories		The bluetooth music		Caller ID (display name and number)
	Heart rate monitor		Light up		Message (WeChat, QQ, SMS, Facebook, Whatsup, Twitter, Instagram, etc)
	Blood pressure monitor		Shake to take Selfie		
	SpO2 Test				

The main interface

As shown in the left picture, it is the main interface of the bracelet. If need the second or third main page ,please go to APP change
The interface can show the bluetooth connection status, battery capacity , time and date and so on.

Sports

Smart Watch automatically tracks
Steps taken, Calories burned,Distance traveled and displays on the screen.
NOTE: Your movement stats reset to zero at midnight.

Sleep

If you keep wearing Smart Watch in your sleep , it can provide the hours slept and quality of sleep stats on both the screen and the APP.
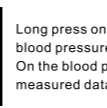NOTE: Sleep stats reset to zero at 8:00 pm.

Heart Rate Test

Long press the heart rate page to start measuring your heart rate.
On the heart rate page, It can show the heart rate measured data of the last times.

Training

Long press on the training page to star measure recording, there are 8 sport modes to be chosen.
More detailed information analysis and data records can be viewed on the APP side
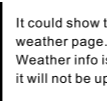
Blood Pressure Test

Long press on the blood pressure page to start measuring your blood pressure.
On the blood pressure page, It can show the blood pressure measured data of the last times.
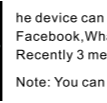
SpO2 Test

Long press the SpO2 page to start measuring your SpO2.
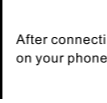On the SpO2 page, It can show the SpO2 measured data of the last times.

Weather

It could show the weather info of current and tomorrow on the weather page.
Weather info is synced after con-necting with the APP, it will not be updated after a long disconnected.
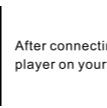
Messages Reminder

he device can sync incoming noti-fications from Twitter, Facebook,Whatsapp, Instagram etc.
Recently 3 messages can be stored.
Note: You can switch of/off the incoming notification in the APP.
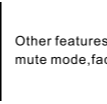
Remote Shutter

After connecting the device can remote control the camera on your phone.
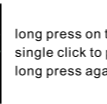
Music Play Contrailer

After connecting the device can remote contral the music player on your phone.
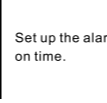
Other Features

Other features include stopwatch, mute mode,factory reset, and power off.
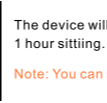
Stop Watch

long press on the stopwatch page to start timing, single click to pause, long press again to return zero

Silent Alarms

Set up the alarm on the APP, the device will vibrate to remind on time.

Remind to Move

The device will vibrate to remind you to make a relax after 1 hour sitting.
Note: You can switch on/off the feature in the APP.

IV. Attention

1. It is forbidden to use an adapter with a charging voltage > 5V and a charging current > 2A. The charging time is 60 minutes;
2. It is forbidden to charge with water stains;
3. No soaking, swimming, diving, diving, hot shower;
4. This product does not support waterproofing. Please remove it when washing hands, raining, strenuous exercise, etc, which may be driven by water
5. This device is an electronic monitoring product and can not be used as a medical reference. The data is for reference only.
6. Blood pressure test method: Please keep relaxed and still during the test and make sure that the bracelet is at the same height as the heart, and do not speak during the test;
7. Wearing the device during strenuous exercise may cause it fall off, damage or loss.

V.Frequently asked questions

Q: What about failed upgrades?
A: If failed at the first time, please reconnect the " Dafit " device to the APP and the system will automatically remind the upgrade.
Q. Why is the heart rate(sleep) test not accurate?
A: The device is used to monitor the movement of the human body through electronic sensors. It belongs to consumer products. It is normal for certain errors to occur. Please read the data objectively.
Q: Where can I set APP permissions?
A: Android Phone-Settings-Access Management-Find " Dafit " App-Set it Trust

1. If the mobile phone is equipped with a security management or a cleaning acceleration app, set " Dafit " to a white list(trust list);
Q: How to set the time display?
A: The device synchronizes the time display of the mobile phone. The phone is set to 12 hours, and the device is also displayed to 12 hours.
Q: When a Call comes, there's a reminder on the device, but no sound in the headset?

A: There will be a delay on the Bluetooth earphone when the call is made. You can answer it several times later. If the call is answered by the phone, please check whether the voice channel is from the phone or the headset. If it is from the phone, needs to be switched to the headset. Because it is set to answer the calling by the already-connected device.
Q: I was wearing headphones, but I couldn't hear the ringtone when I got a call.
A: Make sure that the headset and phone are within a valid Bluetooth connection distance. If the phone is connected to a lot of other Bluetooth devices, please remove the invalid connection in the Bluetooth settings of the phone.

VII. Instruction for the use of Bluetooth headset

1, headphone pairing: remove the headset from the ring host, have a boot tone, turn on Bluetooth in the phone setting, find the corresponding Bluetooth(T90) and pair the connection.(the headset has been connected before the factory). After the pairing is done, only the name of the main Bluetooth is displayed, with "M"). After the pairing is successful, the " connected" is seen in the setting, indicating that the product connection is successful.
2, after the headphone pairing is successful, return to the bracelet host, and then remove the ear from the bracelet host to automatically boot and automatically connect.
3. If the two earphone is disconnected from the phone or the earphone is not connected, the phone needs to be reconnected to bluetooth.Clear the previously connected bluetooth model (T90R) in the bluetooth setting of the mobile phone, and then search the connection of bluetooth model (T90R).
4, if only the unilateral earphone has sound,the TWS earphone need to be reconnected:first,long press TWS earphone in the meantime about 5 seconds for shut down, then long press TWS earphone 16 seconds at the same time and release it,TWS earphone will automatically pairing with each other.(please turn off phone bluetooth when pairing two earphone)

B:The headphone's middle is touch key for answering calls,music control,activating voice assistants in the headset state.

C:Answer and hang up calls
If there is a call,when the earphone is in the base of the bracelet, just need take them out from base for aromatic connection,while if the headset is permanently outside the base of the bracelet,he call must be answered manually single click for answer the phone,
Click again to hang up the phone
put the headset back to the base during the calling,
The other party did not hang up the phone,the phone answer will be automatically switched.

D.Music operation
Single click pause/play
Double-click for the previous/next song
Three-click for Volume+/-

Double click the button to answer the phone;
Then double-click to hang up the phone;
Long press to refuse to answer the phone;
Put the headset back to the base during the calling , as long as the other side did not cut off the calling , the phone answer will be automatically switched .

VIII. Warning

Please follow the Doctor's instructions and measure the results in turn. Self-diagnosis is treatment. The users who are suffering from blood circulation disorders, blood diseases, please use it under the guidance of the doctor for treatment. The results of this product are for reference only, can not be as any medical use and basis.

VI. Basic parameters

Master chip:	NRF52832 QFAA
Weight:	40g
BT version:	BLE 4.2
Earphone version:	BT5.0
Battery Type:	Polymer lithium battery
Battery capacity:	160mAh
Charging voltage:	5V
Charging current:	120mA
Working temperature:	−5 ~ 45℃
Waterproof grade:	IP67
Material:	Zinc Alloy+PC+Silicone
Working time:	3~4days
Standby time:	7~10days
OS requirements:	Android 4.4 and above & iOS9.0 and above
Mobile phone bluetooth:	4.2.