

# E31

## Smart Watch

### User Manual



Thank you for purchasing our products. This manual addresses the safety guidelines, warranty, and operating instructions. Please review this manual thoroughly before operating your device.

All pictures in this manual are for illustration purpose only. Actual product may vary due to product firmware upgrade and app upgrade.

# Table of Contents

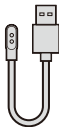
<b>What's in the Box</b> .....	1
<b>Setting up Your Watch</b> .....	1
1. Disassembling / Assembling Your Watch .....	1
2. Charging Your Watch .....	2
<b>Wearing Your Watch</b> .....	3
<b>Pair Your Watch</b> .....	4
1. Install Letsfit App on your smartphone .....	4
2. Account Registration and Login .....	4
3. Pair the Watch with Your Phone .....	5
<b>App Interfaces</b> .....	7
<b>Getting to Know Your Watch</b> .....	8
Basic Operations .....	8
Watch Interfaces .....	9
Customize the Home Screen .....	10
<b>Function Introduction</b> .....	10
1. Tracking Daily Activity Data .....	12
2. Monitoring Heart Rate .....	12
3. Measuring Blood Oxygen Level .....	12
4. Tracking Sports .....	13
5. Bluetooth Phone Call .....	15
6. Setting Alarms .....	16
7. Message Notification .....	16
8. Setting Reminder .....	17
9. Controlling Phone Music .....	17
<b>Basic Specifications</b> .....	17
<b>FAQs</b> .....	18
<b>Warranty</b> .....	20
<b>Important Safety Instructions</b> .....	20

## What's in the Box



Smart watch with bands x 1

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Charging cable x 1

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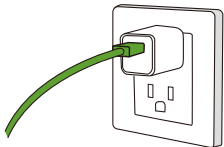


Quick start guide x 1

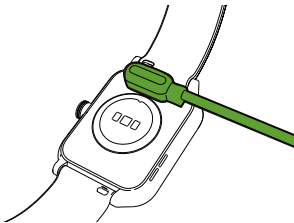
## Charging Your Watch

*Please fully charge your watch before initial use.*

- 1 Insert the USB plug of the charging cable into a USB charger.



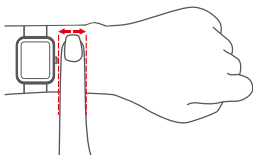
- 2 Attach the other end to the charging contacts on the back of the watch. Make sure the pins on the charging cable lock securely with the port. The connection is secure when the battery icon with percent charged appears on the screen.



## Wearing Your Watch

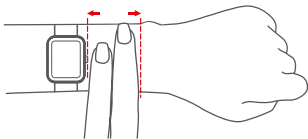
### All-day Wear and Exercise

For all-day wear when you're not exercising, wear the device on your wrist horizontally, a finger's width below your wrist bone and lying flat, the same way you would put on a watch.



For optimized heart rate tracking, keep these tips in mind:

1. Experiment with wearing the watch higher on your wrist during exercise. Because the blood flow in your arm increases the farther up you go, moving the watch up a couple of inches can improve the heart rate signal. Also, many exercises such as bike riding or weight lifting require you to bend your wrist frequently, which is more likely to interfere with the heart rate signal if the watch is lower on your wrist.



2. Do not wear your watch too tight. A tight band restricts blood flow, potentially affecting the heart rate signal. This being said, the watch should also be slightly tighter (snug but not constricting) during exercise than during all-day wear.

## Pair Your Watch

### ***Install Letsfit App on your smartphone*** **1**

You can download **Letsfit App** from Apple Store / Google Play or scan the QR codes below to download.



iOS 12.0 & above



Letsfit



Android 6.0 & above

**Note:** The App is only compatible with smartphones, not tablets or PCs.

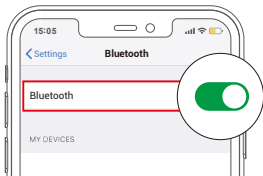
### ***Account Registration and Login*** **2**

Please register an account with a valid email address. After registration, and then tap "Verified" to log in.

### ***Pair the Watch with Your Phone*** **3**

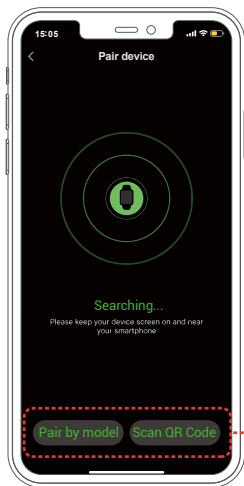
**1**

Turn on the Bluetooth of your phone.



2

Open the **Letsfit App**.  
Go to the **"Device"** page  
and tap **"Pair device"**.



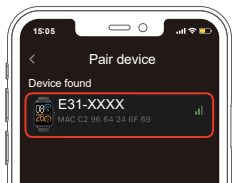
3

Two pairing methods

Tap **"Pair by model "**  
→ **"E31-XXXX"** to pair.

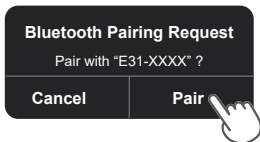
**OR**

Tap **"Scan QR Code "**  
and scan the QR code on  
the watch to pair.



**Note:**

**"Bluetooth Pairing Request"** will pop up twice on your phone, please click **"Pair"** both times.

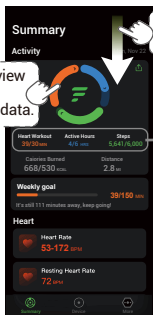


**4** Tap  on the watch to confirm the connection.

**Notes:**

- Once the watch is connected to your app, the watch will automatically search and reconnect itself if the connection is lost or when Bluetooth is restarted after manual disconnection.
- If the watch is unbound from the app, the information on the watch will be reset and the watch will be restarted. Please do not unbind the connection unless there is an issue that will require a reset.
- The watch can only pair with one smartphone at a time. When pairing, please ensure the watch and your smartphone is within 0.5 meters distance.

# App Interfaces



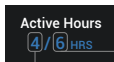
Summary



Today's data



Daily Workout Minutes

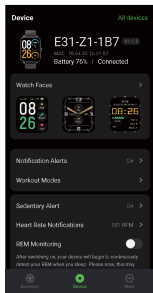


Daily Active Hours



Daily Steps

Daily Target Value



Device

After the watch is connected to your phone, you can customize watch face / call / message / alarm / sedentary alert , etc.

## Getting to Know Your Watch



### ● Function Button

#### Press

- Wake the screen
- Return to the home screen
- Go to the **Function List**
- Pause / resume the sport

#### Hold

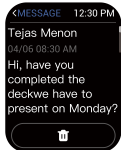
- Power on / off, Reboot, Reset the watch.



### ● Touch Screen

- Swipe to go to different interfaces.
- Tap to enter the function.
- Swipe the screen to the right to return to the previous interface.
- Press and hold Home screen to change watch face.

## Notifications



## Note:

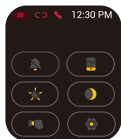
If your phone is an Android phone, only when your watch is connected to the Letsfit App, the App is running on your phone, and "Notification Alerts" is enabled in the App, will messages be notified.

Swipe Down

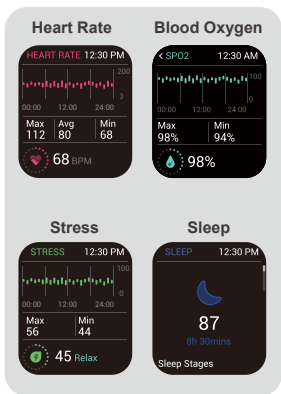


Swipe  
Right/Left

Swipe Up



## Quick Settings



## Customize the Home Screen

After the watch is paired with your phone, the home screen will display the time and date.

You can customize the home screen by following the steps below :

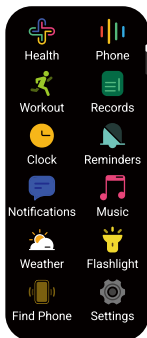
- 1) Press and hold the watch home screen for two seconds.
- 2) Swipe left / right to choose one and tap to confirm.



## Function Introduction



Press the watch function button go to the function list





## Health

Check your daily activities / Heart Rate / Blood Oxygen / sleep data / Guides your breathing, etc.



## Workout

Tracks your exercise data in sports modes. Choose the mode that you want to start on the watch.



## Clock

Customize your Alarm / Countdown Timer / Stopwatch.



## Message

Check text messages or social media messages from your phone.



## Weather

The weather forecast for the next few days. Weather data is obtained through your phone's network. Connect the watch to your phone to timely update weather data.



## Find phone

Use the watch to locate your phone by making your phone ring.



## Phone

Bluetooth Call(Make and Answer Call), Call History.



## Record

View the last 20 sports records.



## Reminders

Set reminders on the app make the watch vibrate to remind you.



## Music

Control the music playing of your smartphone.



## Flashlight



Turn on the torch light of your watch.



## Settings

Some basic settings and information of the watch.



## 1. Tracking Daily Activity Data

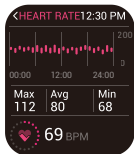
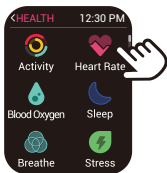
Tap " **Health**" and tap " **Activity**" in the function list.

The watch tracks your all-day activity data, including steps, distance, calories burned, etc.



## 2. Monitoring Heart Rate



Tap " **Health**" and tap " **Heart Rate**" in the function list, the watch will automatically measure your real-time heart rate. You can also view your all-day heart rate data in the heart rate interface of the watch or in the app.

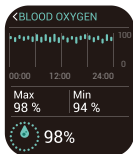


### Note:

To monitor heart rate more accurately, wear the watch on the upper position of your wrist and a bit tighter than usual when you exercise. In addition, complete your profile in the app.

## 3. Measuring Blood Oxygen Level

Tap " **Health**" and tap " **Blood Oxygen**" to enter the blood oxygen level detection mode.



### Note:

Before measuring, wear the watch two fingers below the wrist bone and a bit tighter than usual.


When measuring, keep your arm flush with your chest and the watch screen facing up. Keep your arm still to ensure the accuracy of the data.

## 4. Tracking Sports

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The watch tracks your exercise data in workout modes.

### Start a sport

Tap "  **Workout**" in the function list → Swipe the screen to select a sports mode you want to start.

### Set goals

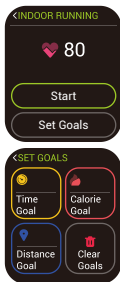
Before beginning an exercise, you can tap "**Set Goals**" to set training goals such as time, distance, calories burned.

### GPS connecting

*(Only for some outdoor sport modes)*

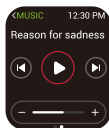
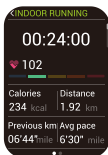
When you start an outdoor sport, the watch begins searching GPS signal. Please let the Letsfit app run in the background and allow the location services on your phone, then move to an open area and stand still to better receive the signal. After the GPS is connected, the countdown interface will be displayed, and then you can start training.

When the GPS signal is weak, you can start outdoor running, outdoor walking in non-GPS mode. Your movement track will not be displayed in your training record after the exercise is ended.



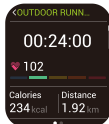
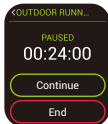
## During sports

Swipe the screen up or down to flip through exercise data. Swipe the screen to the left so you can control the music playing on your phone.



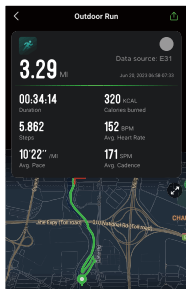
## End the sport

Press the function button and tap "End" to end the sport.



## Notes:

- After ending an exercise, you can view detailed data and graphs in the app (Go to the "Summary" page, swipe down the page to synchronize data, and tap the exercise you just ended).
- After you finish the outdoor cycling, outdoor running or outdoor walking exercise in GPS mode, your movement track will be displayed in the app (Go to the "Summary" page of the app, and then tap on the exercise you just ended to view).



- Data of exercises less than 1 minutes will not be saved.
- When the battery level is below 10%, please charge the watch before starting the exercise.

## 5. Bluetooth Phone Call



You can make and answer calls using the Watch! Just make sure your watch is connected via Bluetooth **(Connected for calls)**.

### 5.1 Answer incoming calls with your watch

When a call comes in, tap the green phone icon to answer it, tap the red phone icon to reject the call, press the watch function button to ignore the call.

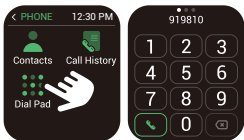


### 5.2 Make a call from your watch

On your watch, select "**Phone**" at the function list.

Tap the "**Dial Pad**" icon to dial a number, or tap the "**Contacts**" icon to select a specific contact.

When you're ready, tap the green phone icon to make a call.





### 5.3 Set Favorite Contacts

Go to the "**Device**" page in the **Letsfit app**, tap "**Favorite Contacts**" to set favorite contacts.



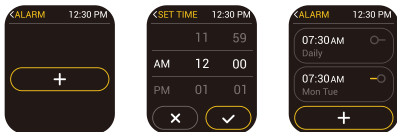
### Notes:

- Only when "Notification alerts" is enabled in the app ("Device" page → "Notification alerts", turn on "Notification alerts"), will phone call be notified.
- When the "DND" function is enabled in the app ("Device" page → "Do Not Disturb") or on the watch (Quick settings bar → ), phone call will not be notified on the watch during the do-not-disturb period.
-  "Silent Mode On" can turn off ringtone of the watch.

## 6. Setting Alarms

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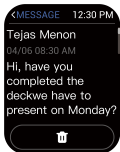
You can add/enable/disable the alarm on your watch (Tap "Clock" → "Alarm" on the watch and then choose to add or turn on/off the alarm you set.)




## 7. Message Notification

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When messages (like Facebook, Twitter, and Instagram messages) come in, the watch vibrates to alert you, and the screen displays the message content.



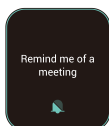
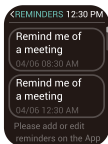
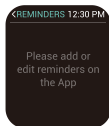
### Notes:

- Only when "Notification alerts" is enabled in the app ("Device" page → "Notification alerts", turn on "Notification alerts"), will messages be notified.
- When the "DND" function is enabled in the app ("Device" page → "Do Not Disturb") or on the watch (Quick settings bar → ), messages will not be notified on the watch during the do-not-disturb period.

## 8. Setting Reminder


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If you need to set reminders, you can click "**Reminders**" on the "**Device**" page of **Letsfit app** to set the reminder time and label.



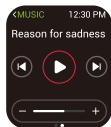
## 9. Controlling Phone Music

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After the watch is connected to your phone, tap "  **Music**" on the watch to enter the function and control the music playing on your phone.

**Note:**

You can only control the music player that's running on your phone.



## Basic Specifications

Model No.: E31

Sync: Bluetooth 5.3

Screen: 1.69" TFT LCD

Waterproof Rating: IP68

Working Time: 6-8 days

Input: DC 5V/1A


Battery Capacity: 300mAh

Working Voltage: 5V-500mAh

Working Temperature: -10°C to 40°C

## FAQs

### Failure to re-pair the watch with the Letsfit app on your smartphone

1. Swipe up the home screen of watch and tap "  " and choose "Reset". The information on the watch will be reset and the watch will be restarted.
2. Click the "Pair Device" button on the APP and pair the device by searching for the device model or scanning the QR code on the watch.

#### **Notes:**

1. Make sure your smartphone's Bluetooth is enabled and make sure the watch is not connected to other smartphones.
2. Make sure the distance between your smartphone and the watch does not exceed 0.5 meters and keep the watch screen always on when pairing.

### Occasional failure to connect with Bluetooth

Reboot your smartphone or restart your smartphone's Bluetooth.

### Failure to receive message / calls notifications

*Message / call notification function works when the watch connects to your smartphone via the app. Please kindly refer to the following tips:*

1. Go to your smartphone Settings, find the Letsfit app, enable the Location and all Notifications.
2. Enable your phone's Bluetooth and go to the Letsfit app to pair the watch.
3. Open the app. Go to the "Device" page → "Notification Alerts", turn on "Notification Alerts".
4. Make sure the "Do Not Disturb" function is not enabled on the watch.

## **The watch is disconnected from the Letsfit app on your smartphone**

*The watch will disconnect from your smartphone in the following cases:*

1. Smartphone Bluetooth is off or exceeds the Bluetooth connection range (the maximum Bluetooth connection range is 10 meters and can easily be reduced by walls, furniture, etc.)
2. The Letsfit app is closed on the phone. (This can occur automatically under certain circumstances.)

*To reconnect the watch to your smartphone, please kindly take the following steps:*

1. Restart the Bluetooth of your phone.
2. Clear all running / background processes on your smartphone and restart the Letsfit app. Then the watch will reconnect to your phone automatically.

## **Blood Oxygen Level Measurement Accuracy**

The Blood oxygen level will be affected by factors such as motion, watch placement on the wrist, skin temperature and skin perfusion. These factors will cause fluctuations in blood oxygen measurements.

For a single measurement on the watch, please wear the watch a finger-width below the wrist bone, snug but comfortable on your wrist. When measuring, stay still and make sure your wrist is flat with the watch facing up. If you are sitting, you can rest your arm on a table with the watch facing up.

***The smart watch blood oxygen sensor isn't a medical device and won't be able to diagnose or monitor any medical conditions. If there is a problem with the measurement, we recommend you consult your doctor.***

## Warranty

We strive to build our products with the highest attention to detail and craftsmanship. However, sometimes there are occurrences of a defect, so we are happy to offer a ONE-year hassle-free warranty on all our devices as we continue to make amazing products. Please contact us if you have any questions about our devices.

## Important Safety Instructions

The device contains electrical equipment that may cause injury if not used properly. For example, prolonged contact may contribute to skin allergies for some users. To reduce irritation, please read the safety guidelines on the following pages to ensure proper use and care.

- Do not expose your device to liquid, moisture, humidity or rain while charging; do not charge your device when it is wet, as this may result in electrical shock and injury.
- Keep your device clean and dry. Do not use abrasive cleaners to clean your device.
- Consult your doctor before use if you have any preexisting conditions that might be affected by using this device.
- Do not wear it too tight. If your device feels hot or warm, or if it causes any skin irritation or other discomforts, please discontinue using your device and consult your doctor.
- Do not expose your watch to extremely high or low temperatures.
- Do not leave your watch near open flames such as cooking stoves, candles, or fireplaces.
- This product is NOT a toy – never allow children or pets to play with this product. Always store the product out of the reach of children. The devices themselves or the many small parts they contain may cause choking if ingested.

- Never try to abuse, crush, open, repair or disassemble this device. Doing so will void the warranty and can result in a safety hazard.
- If any parts of your product require replacement for any reason, including normal wear and tear or breakage, please contact us.
- Do not use your device in a sauna or steam room.
- Dispose of this device, the device's battery and its package in accordance with local regulations.
- Do not check any notifications, GPS, or any information on your device's display while driving or in other situations where distractions could cause injury or hazard. Always be aware of your surroundings while exercising.

## **Battery Warnings**

A lithium-ion battery is used in this device. If these guidelines are not followed, batteries may experience a shortened life span or may cause fire, chemical burn, electrolyte leakage, and/or injury.

- Do not disassemble, modify, remanufacture, puncture or damage the device or batteries.
- Do not remove or attempt to remove the non-user-replaceable battery.
- Do not expose the device or batteries to fire, explosion, or other hazards.

## **Health Warnings**

- If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.
- The optical wrist heart rate monitor emits green light and flashes occasionally. Consult your physician if you have epilepsy or are sensitive to flashing lights.
- Always consult your physician before beginning or modifying any exercise program.
- The device, accessories, heart rate monitor, blood oxygen level measurement and related data are intended to be used only for general fitness and wellness purposes, not for

medical purposes, and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.

- The heart rate and blood oxygen level readings are for reference only, and no responsibility is assumed for the consequences of any false readings.
- While the optical wrist heart rate monitor technology typically provides the best estimate of a user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.
- The smart watch relies on sensors that track your movements and other metrics. The data and information provided by these devices are intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate, including step, sleep, distance, heart rate, and calorie data and blood oxygen levels.
- If you have eczema, allergies or asthma, you may be more likely to experience skin irritation or allergies from a wearable device.
- Whether you have the conditions above or not, if you start to experience any discomfort or skin irritation on your wrist, remove your device. If symptoms persist longer than 2-3 days of not using your device, contact your doctor.
- If you sweat for more than two hours while wearing your watch, be sure to clean and dry your band and your wrist to avoid skin irritation.
- Prolonged rubbing and pressure may irritate the skin, so give your wrist a break by removing the band for an hour after extended wear.

## Maintenance

- Regularly clean your wrist and the smart watch, especially after sweating during exercise or being exposed to substances such as soap or detergent which may adhere to the internal side of the watch.
- Do not wash the watch with household cleanser. Please use soapless detergent, rinse thoroughly and wipe with a soft towel or napkin.
- While the watch is water resistant, wearing a wet band is not good for your skin.
- If your bands get wet—for example after sweating or showering—clean and dry them thoroughly before putting them back on your wrist.
- Be sure your skin is dry before you put your bands back on.
- Do not bring your device into contact with any sharp objects, as this could cause scratches and other damage.
- For light-colored arm bands, minimize direct contact with dark-colored clothing, as color transfer can occur.