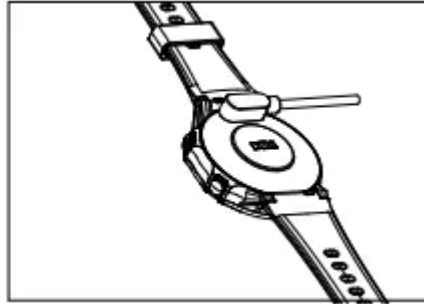
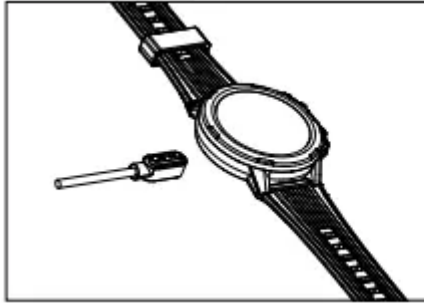


Start to Use

1. Turn On

- Automatic turn-on after charging



Note: The Watch must be charged and activated before the first use. Please use the original power adapter to charge the watch.

- Turn on by pressing and holding DOWN button.



2. Download and Install VeryFitPro

You can directly scan the QR code to download VeryFitPro or search "VeryFitPro" in the APP store to download and install.

Note: Conditions required by hardware platform system are as below.

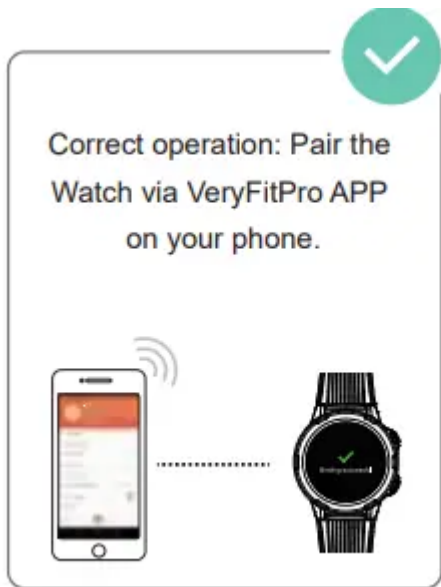


iOS 9.0 and above



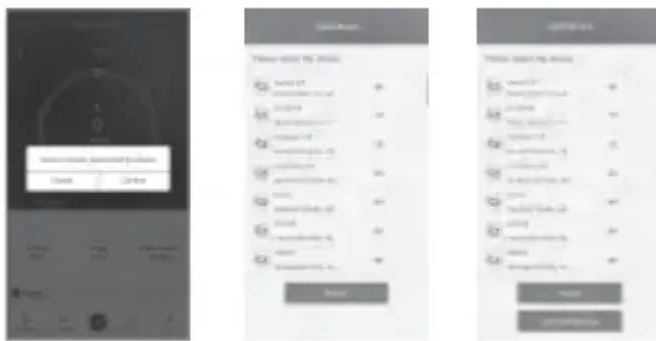
Android 4.4 and above

3. Please connect to mobile phone correctly.

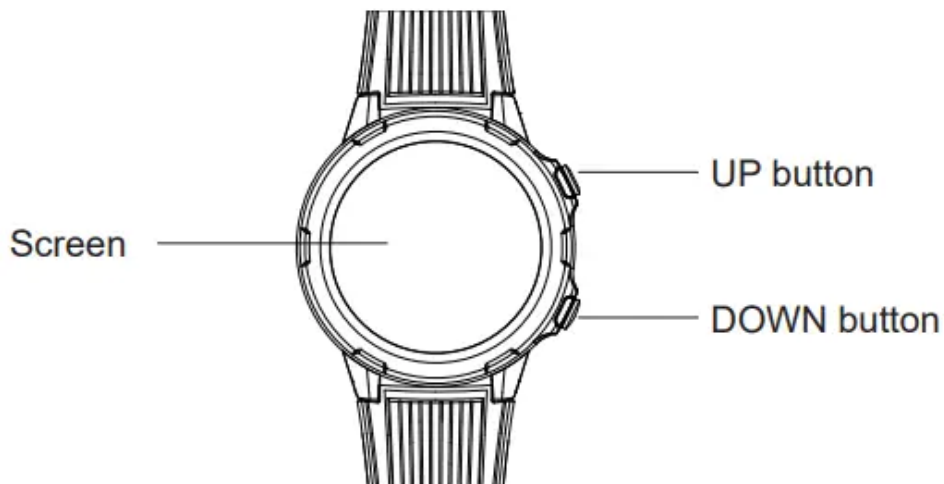


4. Bind the Watch

Drop down on APP home to show binding request. Select product model, and tap "Confirm Binding" to complete binding.



Operation Instructions



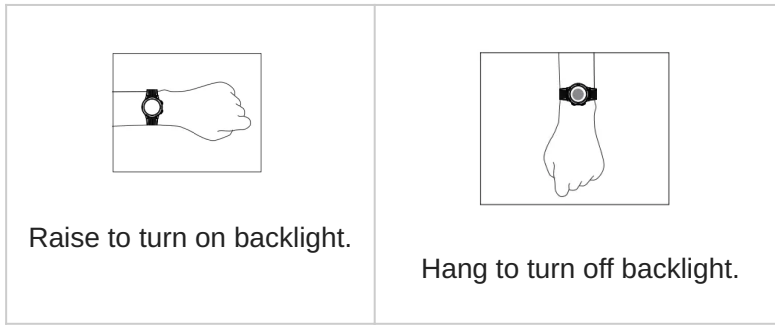
1. Key Instructions

UP button	Press	In screen locked state : Unlock screen
		Sibling interface: circularly flip
		Pop-up interface: confirm
		During stopwatch/timer working: pause/continue
		During sports paused: continue sport
	Press and hold	During sports: pause sports
Other interfaces: quickly launch sports		
DOWN button	Press	In screen locked state : Unlock screen
		During sports paused: stop sports
		Pop-up interface: Cancel/Close
		During stopwatch working: count
		During timer working: stop timekeeping and quit
	Other interfaces: return to previous interface/dial	
Press and hold	Turn on/Turn off	

2. Operation on Screen

Screen	Tap	Select to enter the next interface/select current item.
	Tap and hold	Tap and hold in the main dial interface to enter dial switching interface.
	Slide left / right	Switch interfaces left and right.
	Slide up / down	Switch interfaces up and down.

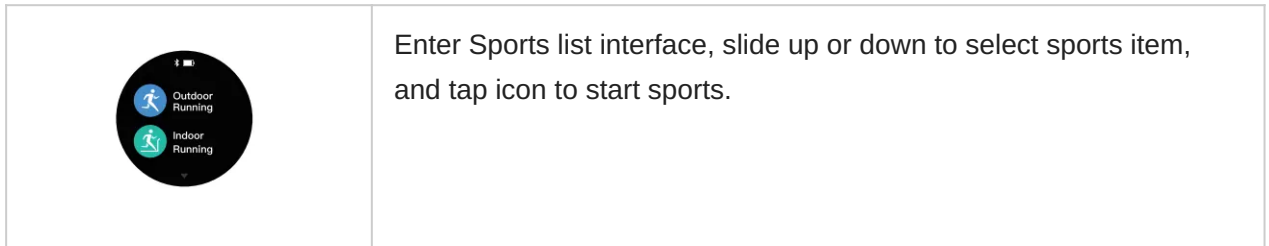
3. Operation of Gestures



Note: ON/OFF of this function can be set up through mobile APP.

Introductions to Sports Functions

1. Activate Sports



2. Start Sports



3. Operations during Sports



4. Reminders during Sports

Heart rate reminder

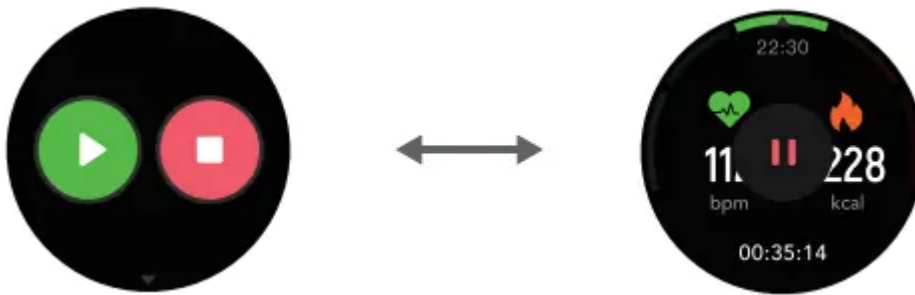
During sports, the Watch will continuously detect current heart rate. If current heart rate exceeds the maximum heart rate, the Watch will remind to reduce sports intensity or stop sports through vibration and interface alarm. Set your safe heart rate reminder through More>Heart rate zone>User defined Max. heart rate in the mobile APP.

5. Pause or Stop Sports

Pause sports:

In the unlocked state, press and hold UP button to pause sports. Tap Continue icon to resume sports.

In the paused state, slide up to view current sports data.



Stop sports

In the paused state, select STOP to stop sports. After sports, the Watch will keep details of the sports. View in sports records.

Instructions to Other Functions

1. Health Data

A circular watch face with a black background. It displays three rows of data: '12569 steps' with a green step icon, '1256 kcal' with a red flame icon, and '125 min' with a blue clock icon.	Enter Health Data interface to view the accumulated steps, calories and distances when wearing the Watch that day
---	---

2. Notifications

Turn on smart reminder

When it is in use, you need to turn on “Smart Reminder” on the APP end, select and turn on notification types to be reminded, and this function requires keeping the connection between the Watch and mobile phone.

View message

When receiving message, the Watch will vibrate to remind. If the message is not immediately viewed after being received, slide down to view the message.


Delete message

The Watch can save the most recent 12 notifications. Beyond the limit, the earliest notice will be automatically deleted once a new notice is received. When the notification content exceeds one screen, it will be displayed continuously on the second screen.

- On the message list view interface, slide left single message box to show Delete icon, and tap Delete icon to delete the message.
- Slide down to the top of message list, and tap Clear icon to clear all messages.



3. Heart Rate

	<p>The Watch supports heart rate detection. Slide to Heart Rate Detection interface, hold for two seconds, the Watch will automatically detect heart rate. Please stand still during the detection, so that the Watch can output more accurate heart rate data.</p>
---	---

Note: To improve the accuracy of heart rate detection, please wear the Watch correctly and keep the wearing parts clean.

4. Weather



Weather function allows you keep track of the weather in your city. Because weather data is obtained through mobile phone network, it is required to maintain the connection between the Watch and the phone to timely update weather data.

5. More Functions

Stopwatch

It is available to record multiple times.

Timer

It is available to set count-down. Remind through vibration after count-down is over

Alarm clock

Set alarm clocks in mobile APP.



When it is the set time, the Watch will remind through vibration. In case of no operation after 20s, the alarm clock will automatically stop. After 5 minutes, the alarm clock will remind again. Press UP/DOWN button to pause the alarm, and after 5 minutes the alarm clock will remind again.

Call reminder



Call Reminder can be set in mobile APP. When it is in use, turn on Call Reminder function in mobile APP, and keep the connection between the Watch and the phone. When there is an incoming call, the Watch will remind through vibration. Close the call pop-up by pressing UP/DOWN button.



6. Control Center

DND mode

Slide up once on dial interface, and enter control center interface. Tap DND icon  to lighten the icon . DND mode is on. Tap DND icon again to dim the icon. DND mode is off


Brightness adjustment

Slide up once on dial interface, and enter control center interface. Brightness level is defaulted as Level 2 . Tap the brightness icon to switch it to Level 3 . Tap the icon

again to switch it to Level 1  . Tap the icon again to switch it to Level 2  . Conduct repeatedly in order.

System settings

Slide up once on dial interface, and enter control center interface, and tap System Setting

icon  to enter system settings.

In system settings, you can enter:



- Dial settings: tap and enter this function to switch dials among different styles.
- Pressing and holding UP button settings: tap and enter this function to set sports style entered by pressing and holding UP button.
- Factory data reset settings: tap to enter factory data reset procedure.
- Firmware information: tap and enter to view firmware information and Bluetooth address.

Product Specifications

Product model	Uwatch GT	Screen model	1.3" TFT-LCD (round)
Battery capacity	260mAh	Working voltage	3.8V
Charging time	≤2 hours, 25 °C constant temperature	Battery duration	7 days (Battery life depends on how you use it.)
Waterproofing grade	5ATM	Bluetooth version	BLE5.0
Working temperature	-10 °C -45 °C	Product weight	56.1g

Waterproofing: Use of the Watch at the time of hand washing, raining and swimming in shallow water is supported, but use under hot shower, diving, underwater diving, surfing etc. is unsupported.

Care Instructions

 <p>Replace watch strap</p>	 <p>Please use a soft brush or clean soft cloth to clean the Watch.</p>
--	---

- Please stop using the Watch and disconnect all connections with other equipment before cleaning and maintenance.
- Please keep the Watch and its accessories dry. Do not dry them with external heating equipment such as microwave oven or hair dryer.
- Do not place the Watch and its accessories in an area where the temperature is too high or too low, which may cause malfunction, fire or explosion.
- Avoid strong shock or vibration to prevent damage to the Watch and its accessories or failure.
- Please do not disassemble or modify the Watch and its accessories without permission. In case of failure, please contact after-sales service.

FAQ

Mobile phone cannot be connected to the Watch.

1. It is recommended to update VeryFitPro to the latest version.
2. It is recommended to quit all APPs, reactivate the phone Bluetooth and re-connect.
3. Confirm that system of the phone is Android 4.4 or iOS 9.0 and above.

The Watch has no message or call reminders.

1. It is required to turn on smart reminder function and call reminder function in APP and synchronize to the Watch.
2. The Watch should be paired with mobile phone through Bluetooth.
3. It is required to keep Watch Bluetooth under normal connection.

Bluetooth disconnects frequently.

1. Relatively long distance between the Watch and the phone may cause Bluetooth disconnection, and the effect of Bluetooth connection over 7 meters will be obviously weak.
2. Shielding between the Watch and the phone will affect the connection, and human body and metal jewelry will interfere Bluetooth connection signal.
3. Please confirm that Bluetooth function of the phone is normal.
 - More detailed FAQs can be obtained through help and feedback in the APP.

Operating steps: VeryFitPro >  > FAQ

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.