

STORM S-HERO

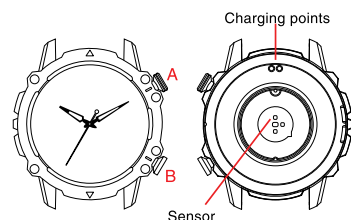


OPERATING INSTRUCTIONS

DA FIT APP DOWNLOAD

Search for the app "Da Fit" in the Apple or Google Play stores.

You should only visit the official App stores to download the app.



CHARGING THE SMARTWATCH

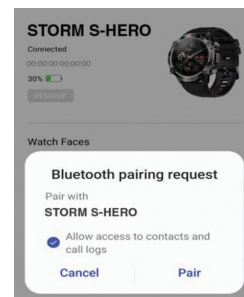
Plug the charging cable into a USB adaptor. Match the magnetic connector with the 2 charging points on the back of the watch. When the battery is fully charged, the battery grid will display full.

Note: Press and hold button B to turn the watch on. Press and hold button B to turn off.

Press A to view screen. Press B to for exercise menu.

PAIRING

1. Turn on Bluetooth on your phone
2. Open the Da Fit APP and set up your profile
3. Click 'ADD A DEVICE'
4. Select **STORM S-HERO** from the list
5. Click and pair



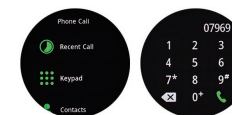
Important: After you have connected your smartwatch in the Da Fit APP, Please note that in order to be able to receive and display all the messages from the phone you must accept the permissions.

WATCH NAVIGATION



Note: Press button A to return to the home screen

MAIN SMART WATCH FEATURES

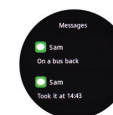


PHONE

After connecting the smart watch to the APP, use the watch to dial, make calls and answer calls.

You can also view the call history from the watch and add frequent contacts via the APP.

When using the call function, please make sure that the watch is connected to the phone in a stable state and within range.



MESSAGE NOTIFICATION

The watch can receive message push notifications. Swipe up from home screen to view messages. Up to 8 recent messages can be stored.

Note: Set notifications on/off in the APP.



ACTIVITY

Your daily activity progress is displayed here for quick reference. Swipe up for more detailed data.

Note: Your movement stats reset to zero at midnight.



SLEEP

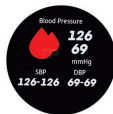
Wearing your watch during sleep records the hours slept and quality on the watch and APP. More detailed records can be viewed in the app. Swipe up for more info.

Note: Sleep stats reset to zero at 8:00 pm.



HEART RATE

The watch records your heart rate throughout the day. Tap the screen to measure the current heart rate. More detailed data and records can be viewed in the APP. Swipe up for more info.



BLOOD PRESSURE

Tap the screen to measure your current blood pressure. More detailed data and records can be viewed in the APP. Swipe up for more info.



BLOOD OXYGEN

Tap the SpO2 screen to start measuring your blood oxygen. More detailed data and records can be viewed in the APP. Swipe up for more info.



EXERCISE

Press Button B to enter Exercise Mode. Tap the Sport type on the menu to start. Data recorded includes time, steps, distance, calories, heart rate and current time. Slide to the left to pause or end exercise. Swipe up on each exercise screen for more info.



WEATHER INFORMATION

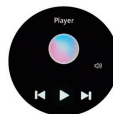
This shows the current location, weather, temperature, sunrise and sunset. Weather info is synced once connected with the APP.

Note: Weather will not update after a long period disconnected.



REMOTE CAMERA

Once connected, you can remotely control the phone's camera. Open 'Shutter' on both the watch and on the APP. Take a picture by tapping the button on the watch screen or shaking your wrist. Photos are saved to the picture gallery on your phone.



MUSIC CONTROL

While connected, the watch can control the phone music player.

Note: Ensure Bluetooth is on and watch is paired. To prevent the music coming from the watch speaker, switch on 'DNS' in the Control Centre.



FIND PHONE

When activated the Bluetooth radar will detect your nearby connected phone. The phone will ring out allowing you to locate it.

Note: Phone must be within Bluetooth range and connected.



OTHER FUNCTIONS

Other functions of the watch include: Display Settings, Vibration/Ring Control, Do Not Disturb(DND), Low Power Mode, Phone Settings, System, About.

Find these functions under the Setting/Cog icon in the Control Centre of the watch.



WATCH FACES

Press and hold the watch screen to change watch faces by swiping left/right. This can also be done via the APP. Upload new faces from the FACE GALLERY in the APP.

1. Do not use charging voltage greater than 5V, charging current greater than 2A adapter, charging time of 2-3 hours.
2. Do not charge if watch or cable is in contact with water or water stains.
3. If you have questions about the product, please contact the place of purchase.
4. The measurement results of this product are for reference only, not for any medical purpose. Follow your doctors advice/ instructions and do not rely on the measurement results of the watch or the app for self diagnosis or treatment.
5. The exercise data may not be accurate. Depending on signal, connection, distance from phone, movement type, the data may not always be accurate.
6. This watch is only suitable for accidental water splashes, but not suitable for swimming. Please keep watch away from contact with water to avoid damage. Keep watch away from hot water splashes and steam.
7. We reserve the right to modify the manual, watch & app without notice. Some functions may be different depending on different software versions/upgrades, this is normal.
8. Some functions like message notification, caller ID display may not be compatible with some types of smart phones, this is normal.



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