

# Popglory®

## P125 Smart Watch User Guide




## **FAQs**

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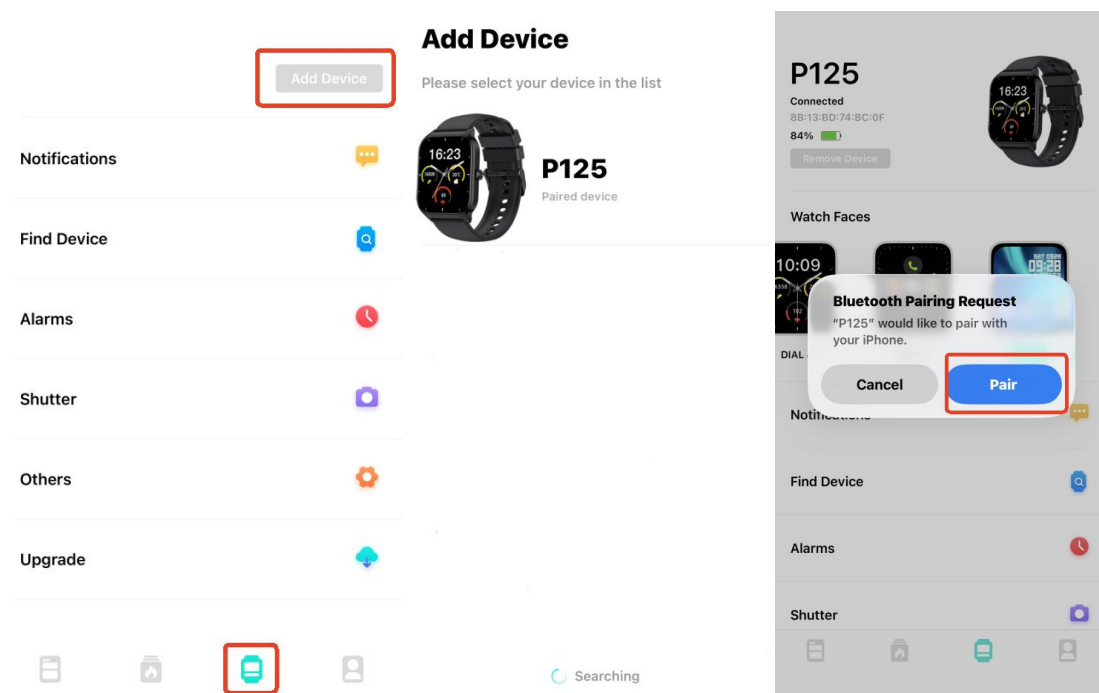
## Q1. How to download the App and connect?

Please scan the QR code below to download the Da Fit App, or search for the app directly on the App Store or Google Play to download it.



Open the Da Fit App, select  - **Add Device**, and choose P125 to connect. Allow **Bluetooth Pairing Request** to complete the pairing process.

You have not linked a device. <

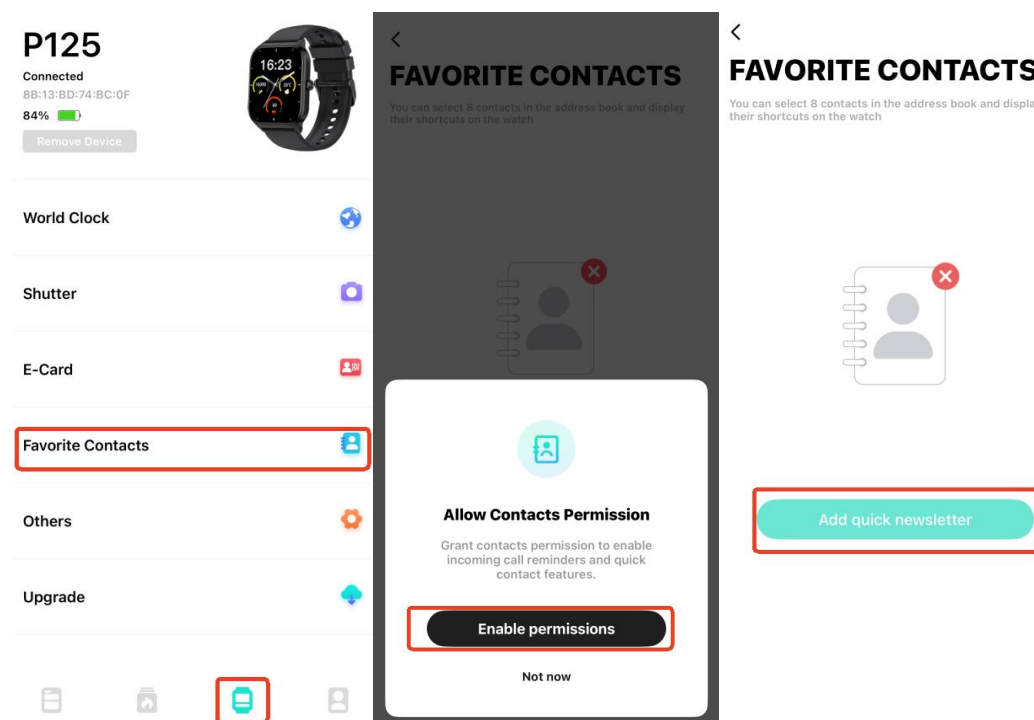


## Q2. How to use Bluetooth calling?

When connected, briefly press the button on the right side of the watch to enter the menu interface. Swipe to find **Phone Call**, where you can see **Recent Calls**, **Dial Pad**, and **Contacts**. If you have call logs or have saved frequent contacts, you can make calls directly from these three options.



Select  in the Da Fit App - **Favorite Contacts - Enable Contacts Permissions - Add quick newsletter**. You can save up to 8 contacts on the watch via the App.



### **Note:**

1. If the Bluetooth calling function is unavailable, please check the connection status in the app and your phone's Bluetooth list.
2. When Bluetooth calling is disabled, the watch can still receive incoming call reminders, but cannot answer calls.

### **Q3. How long does charging take and how can I extend battery**

#### **life?**

This smartwatch contains **a 300mAh battery** and takes **only 2.5 hours to charge**. It can be **used for 6–10 days**, and up to **30 days in power-saving mode**. To extend battery life, please follow these suggestions:

1. Turn off continuous heart rate monitoring.
2. Disconnect Bluetooth from the watch when not in use.
3. Limit unnecessary app notifications.
4. Regularly update the watch firmware to improve performance.
5. Reduce screen brightness and screen-on time.
6. Do not use a fast charger. Use a standard charger.

### **Q4. What should I do if the watch does not respond after**

#### **charging for a period of time?**

1. Make sure you are using the original charging cable and a standard charger. Check that the charging interface is securely attached and the contacts are clean.
2. Press and hold the side button for 15–30 seconds until the logo appears or you feel a vibration. This can resolve unresponsiveness caused by a temporary system freeze.
3. If the battery is deeply discharged, try charging continuously for at least 4–6 hours or longer. Do not attempt to turn it on during this time. After a few hours of charging, press and hold the side button again for 15–30 seconds to check for any response.

### **Q5. How to measure health data accurately?**

This watch can measure **heart rate, blood pressure, blood oxygen, and stress levels**. To obtain more accurate readings, you can set it up and measure according to the following steps:

1. Accurately fill in your gender, height, weight, and age in the app.
2. Wear the watch two fingers away from your wrist bone. Incorrect wearing may affect measurement results.
3. Keep your arm flat and relaxed, and ensure the watch is close to your skin.

#### **Note:**

1. *Even when worn correctly, factors such as skin tone, hair, tattoos, and scars may*

affect the readings.


2. The measured data is not for medical purposes and should only be used as a fitness reference.

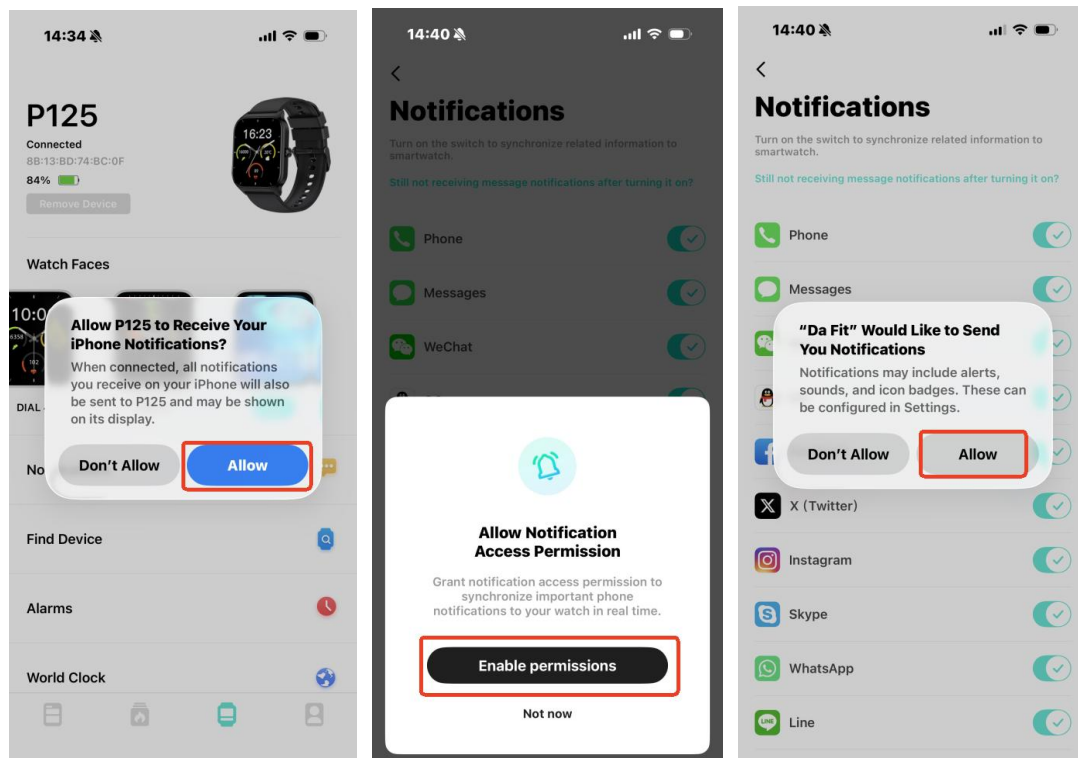
## Q6. What is the waterproof performance?

The watch has an **IP68 life waterproof rating**. It is resistant to rain, sweat, and oxidation.

**However, please do not wear it while swimming, diving, or showering.**


## Q7. How to receive message notifications?

1. When connecting for the first time, allow all required permissions. Then open the Da Fit App, select the  - **Notifications**, and turn on the apps you wish to receive notifications from.

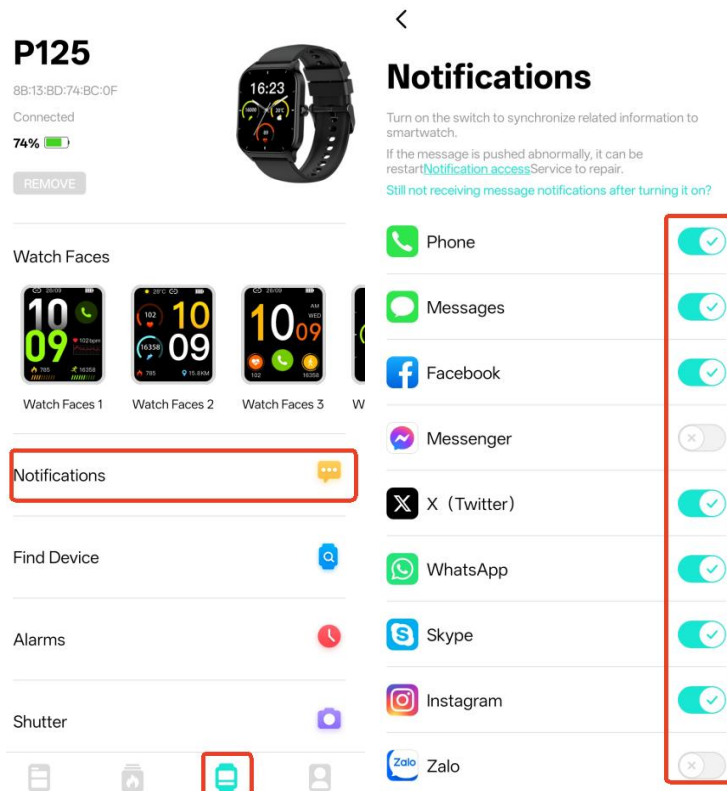


2. If you did not allow all required permissions during the first connection, please follow the steps below:

1) Reinstall the app, connect the watch, and allow all required permissions.

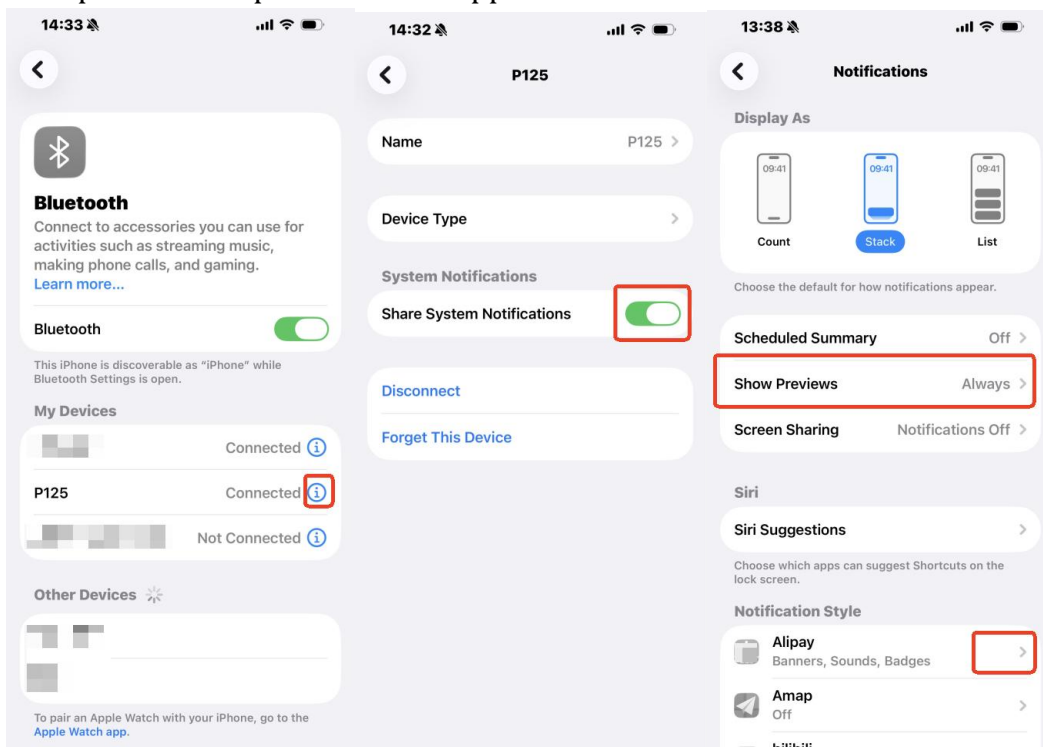
Select the  - **Notifications**, and turn on the apps you wish to receive notifications from.





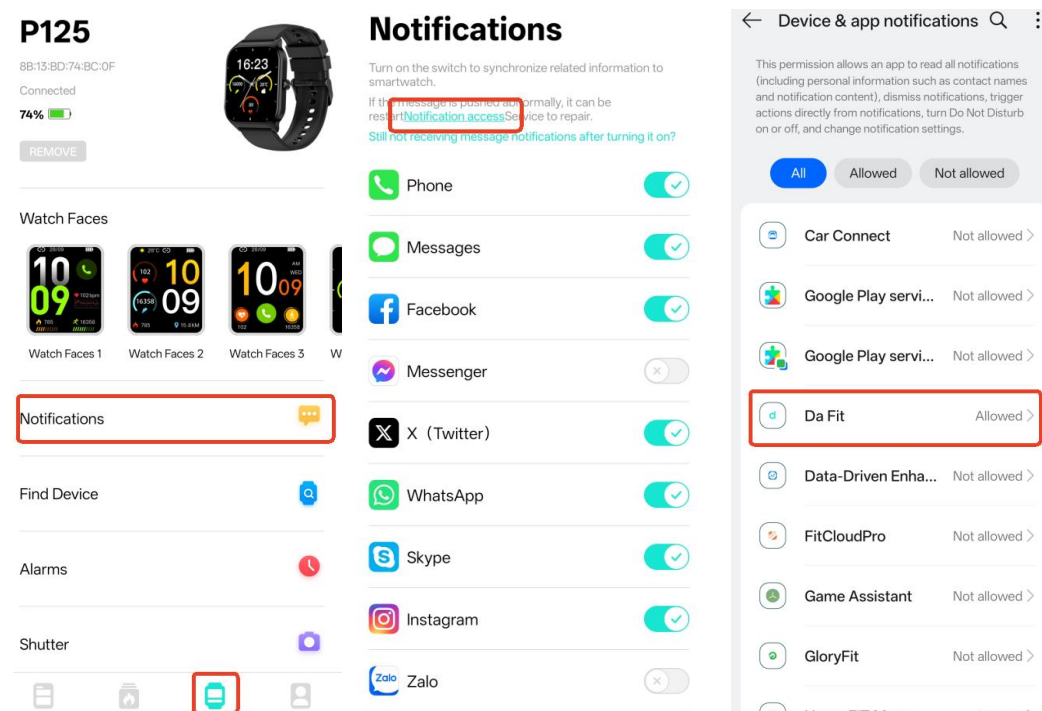
## 2) For iPhone users:

- You first need to enable **Share System Notifications** in your phone's Bluetooth settings.
- Go to **Settings - Notifications - Show Previews - Always**. In the **Notification Style** section, enable the apps you want to receive notifications from.
- Repeat the setup in the Da Fit App as described above.



### For Android users:

- You need to click **Notifications - Notification access** and allow Da Fit App notification in the Da Fit App.
- Go to "Notification" in your phone settings and enable the apps you want to receive notifications from.
- Repeat the setup in the Da Fit App as described above.



### Note:

- Due to different phone brands, some of the above settings may be named differently.
- The watch must be connected to the Da Fit App and your phone's Bluetooth.
- The watch only receives messages that appear in your phone's notification bar.
- Ensure the watch and phone are within 5 meters of each other.

## Q8. How to switch media audio?

Ensure the watch is stably connected to both the Da Fit App and your phone's Bluetooth. Open the watch, select **Settings - Phone**. You must turn on the first option **Phone: on**. After that, you can freely switch media audio.





## Q9. How to change the watch face?

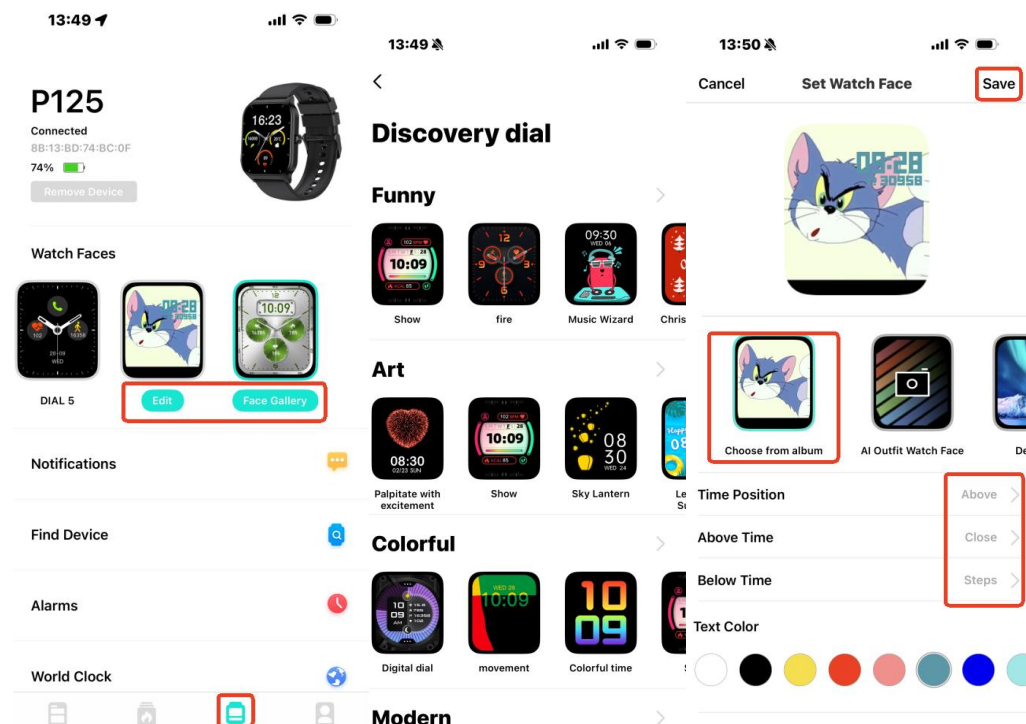
### Set on the watch:

1. Long press the watch home screen. The watch will vibrate and watch face options will appear. Swipe left or right to select the desired watch face.
2. Click **Settings - Display - Watch Face**, then swipe left or right to select the desired watch face.



### Set on the phone:

1. When connected, open the Da Fit App. In the watch face section on the device page, swipe right and click **Face Gallery** to select more interesting watch faces.
2. Or click **Edit - Choose from album** to use your favorite photo as the watch face. You can adjust the position of the time on the screen, the font color, and choose whether to add date, sleep, heart rate, or step count above or below the time display.



## Q10. How to switch the watch language?

Open the Da Fit App, select **Others - Language** on the device page to switch languages. This watch currently supports the following languages: Simplified Chinese, English, Japanese, Korean, German, French, Spanish, Arabic, Russian, Traditional Chinese, Ukrainian, Italian, Portuguese.

## Q11. How to add or remove shortcut pages on the watch?

On the watch's home screen, swipe left to the "+" icon. Tap it and select shortcut cards such as Activity Data, Sleep, Heart Rate, Blood Pressure, Blood Oxygen, Stress, and Weather.

Long press any of the above function shortcut pages. The page will shrink and a "-" icon will appear. Tap the "-" icon to delete that page.



## Q12. How to use split screen?

Swipe right on the main screen to enter split screen mode. The split screen bar will display your most recently used functions. Tap the function icon to directly enter that function page.

