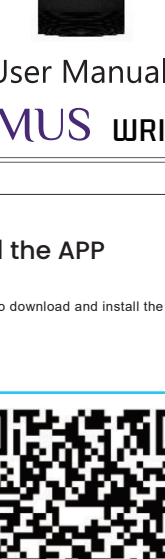


# NOVITA

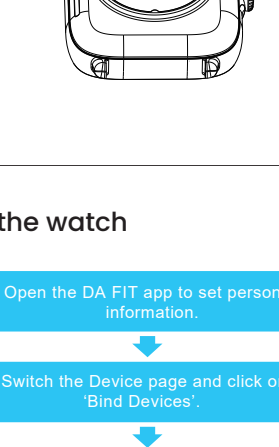


## User Manual

# ULTIMUS WRISTIO 1

## Download the APP

Scan the QR code to download and install the app 'DA FIT'.



## Activate the watch

Before using the NOVITA Wristio 1 smartwatch for the first time, connect it to the magnetic suction charger and the other end of the charger to the USB charging head or computer USB interface in order to activate the watch.



## Link the watch

Open the DA FIT app to set personal information.



Switch the Device page and click on 'Bind Devices'.



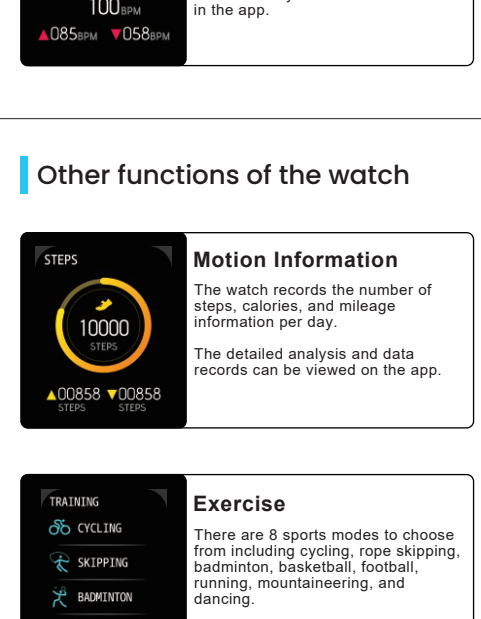
Click on your device from the list of scanned devices.



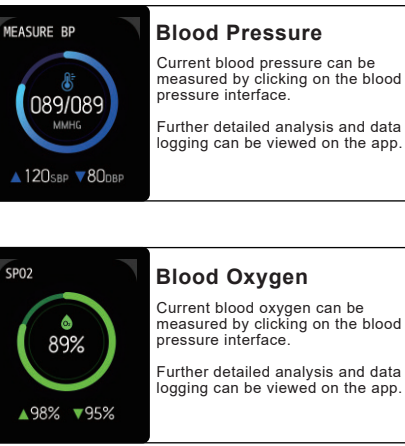
Binding complete.

After the watch is linked successfully, it will automatically connect to your phone in the future for easy synchronization of the data.

## Instructions to operate the watch



## Call Feature



When the watch is connected to the phone, you can use it to dial and answer calls or control the phone.

At the same time, you can also view the call log information on the watch.

While using the call function, you need to make sure that the connection between the watch and the mobile phone is stable.

## Other functions of the watch

### Sleep

The watch can record and display the total length of the sleep from the last night along with the length of the light or sound sleep.

### Heart Rate

The watch can record and display the heart rate for 24 hours. In order to measure the current heart rate, click on its interface. You can view the detailed analysis and data records in the app.

## Other functions of the watch

### Motion Information

The watch records the number of steps, calories, and mileage information per day.

The detailed analysis and data records can be viewed on the app.

### Exercise

There are 8 sports modes to choose from including cycling, rope skipping, badminton, basketball, football, running, mountaineering, and dancing.

Further detailed analysis and data logging can be viewed on the app.

## Other functions of the watch

### Blood Pressure

Current blood pressure can be measured by clicking on the blood pressure interface.

Further detailed analysis and data logging can be viewed on the app.

### Blood Oxygen

Current blood oxygen can be measured by clicking on the blood pressure interface.

Further detailed analysis and data logging can be viewed on the app.

## Other functions of the watch

### Weather Information

The weather page displays current weather and air quality reports for 48 hours.

The weather information can only be obtained if the app is connected. In case, the app is disconnected for a longer period, the information cannot be updated.

### Push Notifications

The watch can receive push notifications on the phone's display. Also, you can set the notifications you wish to receive in the app. The message page of the watch can store the last five pages.

## Other functions of the watch

### Camera Control

The watch act as remote control of the phone's camera when connected to the app. To trigger the camera shutter, click/ shake the wristband on the camera control page or watch.

### Music Control

When connected to the phone, the watch can control the phone's music player.

## Other functions of the watch

### Settings

The settings page in the watch includes brightness, menu style, find mobile phone, phone switch, call reset, vibration switch, restore factory settings, about, shutdown, and two-dimensional code.

### Stopwatch

To enter the stopwatch function, click on the private watch icon.

## Other functions of the watch

### Smart Alarm Clock

You can set a maximum of three smart alarm clocks on the app.

After the alarm is set, it will display an alarm clock on the screen and vibrate.

### Theatre Mode

When the theatre mode turns on, the bracelet vibrates and screen brightness reduces. It can be set through the watch control center

## Other functions of the watch

### Sedentary Reminder

The watch will prompt you to move in case you have been sitting for an hour. This feature can be activated through the app.

### Drink Water Reminder

The water reminder can be set in the app. It reminds you to drink water as and when required.

## Frequently Asked Questions & Answers

### 1. Why does the blood pressure value deviate from the sphygmomanometer?

The deviation between the watch and sphygmomanometer is determined by a variety of factors. The sphygmomanometer is measured in the brachial artery, and the watch is measured in the two main branches of the arterioles. Under normal circumstances, the aortic blood pressure measured and the blood pressure measured in the arterioles will differ from thirty to forty. If you use a watch and a sphygmomanometer to measure at the same time because the flow of blood in the artery is centrifugal direction. When the sphygmomanometer measurement strap makes your elbow below the middle part of the pressure state temporarily blood cannot smoothly flow to the artery branch below. Increased vascular tension will lead to greater deviation in upper and lower blood pressure measurements.

## Frequently Asked Questions & Answers

### 2. Why can't you wear a watch while taking a hot bath?

The temperature of the bathing water is relatively high and produces a lot of water vapor. As the vapor is in the gaseous state it's molecular radius is small hence it's easy for the water to infiltrate from the watch shell gap. When the temperature falls, the water condenses into liquid droplets which leads to an internal short circuit thus damaging the watch.