

Lintelek

Smart Watch User Manual

Thank you for purchasing our products, read the User Manual carefully before use

Model Number: GT01

Bind Watch

1. Activate the watch

In the following two situations the watch only displays the QR code, which needs to be connected to the "Veryfit" App to activate.

* When you first turn on the watch, it only displays the QR code. Please scan the QR code to download and install the App, and bind the watch to the App to activate.

* When you delete the device in the "Veryfit" App, the watch will only display the QR code. Please connect the watch to the App to activate

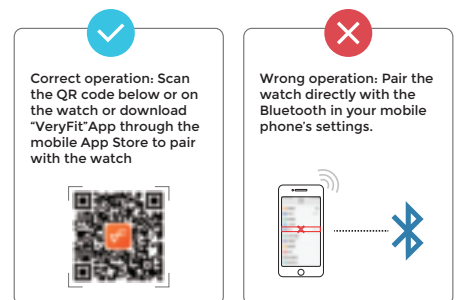


Notes: Please do not delete device in App, or the watch will be reset to factory default

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2. Download and install the App

The steps are show as follows:



Notes: The hardware platform of the equipment system shall meet requirements



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3. Bind process

1. Turn on the Bluetooth and GPS on your mobile phone.
2. Click "Add Device" on "Device" on the home page of "Veryfit" App.
3. Click "Watch" in the page, and hold the GT01 watch close to the phone.
4. Select product model: GT01.
5. Confirm pairing on the GT01 watch.
6. Click "✓" on the watch to complete binding.

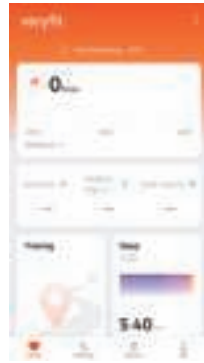
Notes: During binding process, VeryFit will prompt you to enable GPS and Bluetooth, and authorize VeryFit to get access to the GPS on you mobile phone.

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Synchronize Data

In daily wear, the watch can detect all kinds of exercise data. The user needs to connect the watch with Bluetooth on the App before synchronous operation.

The detailed operations are shown as follows:
Open the mobile App> swipe down the page > sync prompt appear.



Notes: Please synchronize the data at least once within 7 days to avoid data loss at the watch end.

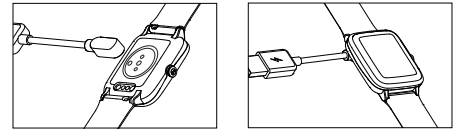
The Apple phone also needs to be connected to the paired watch in the Bluetooth setting interface of the mobile phone, so that the watch can be alerted. The steps are shown as follows: Open the OS phone > set > Bluetooth > search and click

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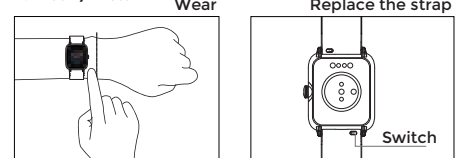
Instruction for Use

1. Charging schematic

Connect and charge the watch according to the picture. It needs to be charged to activate the watch when it is started for the first time.



2. Wear / install



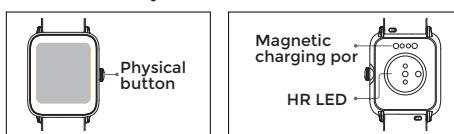
Wear the device a finger's distance from the wrist bone and adjust the tightness of the wristband to a comfortable position.

Tip: Wearing too loosely may affect the accuracy of heart rate data

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Operating Instructions

1. Definition of key function



2. Physical Button

- a) Press the physical button.
 - * Turn off reminders in the "Reminder" interface.
 - * Turn on screen when screen is off.
 - * Return to watch face when in other interfaces.
 - * Access the function list.
- b) Press and hold the physical button.
 - * To turn on the device in power-off state.
 - * In charging state, press and hold the physical button for 5 seconds to reset the program without clearing data.

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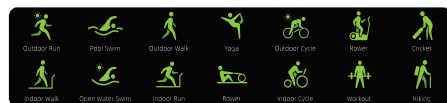
Function Introduction

1. Watch Face

- * You can switch different watch faces in the "Watch Face Store" in the "VeryFit" App, or you can download and install more watch faces.
- * The horizontal page of the watch face can also be configured in the App.
- * The configurable options are Health data, heart rate, stress level, last exercise weather and music control.

2. Exercise

- a) 14 exercise modes: Outdoor run/ Indoor run/ Outdoor walk/ Indoor walk/ Outdoor cycle/ Indoor cycle/ Hiking/Cricket/ Pool swim/ Open water swim/ Yoga/ Rower/ Elliptical workout. You may choose to hide or display exercise types in the "VeryFit" App.



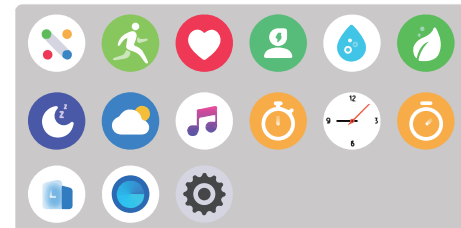
- b) The GT01 intelligent exercise recognition function is able to tell if the user is running or walking. This function can be enabled or disabled in the App.

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- c) The GT01 exercise summary includes a variety of exercise data, and detailed data can be viewed in the "VeryFit" App.
- d) Due to the responsibility of user experience and protection of the watch, the watch cannot enter exercise mode when the battery is below 10%.

3. Application List

On the watch face, press the physical button to enter the Application interface (order: left to right, top to bottom): Health data, exercise, heart rate detection, stress level detection, blood oxygen level detection, breath training, sleep records, weather, music control, stop watch alarm clock, timer, exercise records, find phone, settings.



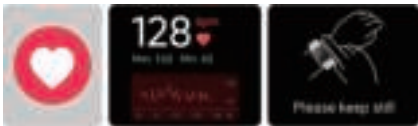
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3.1 Health Data



The watch supports the viewing of daily goals (number of steps, calories, distance, active time, and number of walks achieved) and your hourly progress towards those goal. You can also set your menstrual cycle in the App and check on the watch which stage of the cycle you are currently in. At the set time, you will receive an alert that your period is due.

3.2 Heart Rate



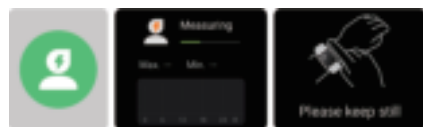
- a) The watch supports 24-hour continuous heart rate measurement and viewing of all-day measurement data.

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You can select the measurement frequency, and enable or disable this in the App settings.

- b) Please be patient while waiting for the heart rate measurement every time you access the Application. Keep your arms and wrists still during the measurement.
- c) The watch will record your resting heart rate data in the month, which reflects your heart rate when the body and mind are relatively calm and still.

3.3 Stress



- a) The watch supports 24-hour continuous stress level measurement and viewing of all-day measurement data. You can select the measurement frequency, and enable or disable this in the App settings.
- b) Please be patient while waiting for the stress level measurement every time you access the Application. Keep your arms and wrists still during the measurement.

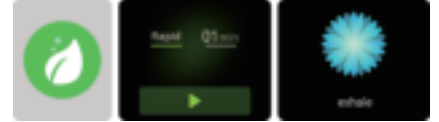
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3.4 Blood Oxygen



- a) Please be patient while waiting for the blood oxygen level measurement every time you access the Application. Keep your arms and wrists still during the measurement.
- b) The blood oxygen level test supports viewing of the highest and lowest values of the day, and the measurement data throughout the day.

3.5 Breath Training

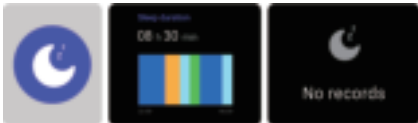


- a) Breath training can adjust your breathing frequency, which is divided into three levels: rapid, normal and soothing.

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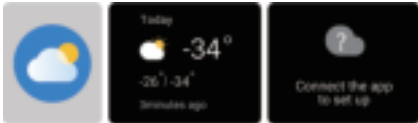
- b) Click "Start" to directly access the breath training animation. Adjust your breathing according to the vibration frequency and animation; reasonable breathing adjustments can help soothe your emotions.

3.6 Sleep



- a) The watch will automatically record your sleep data when you sleep with the watch. You can view your most recent sleep record and a display of your sleep quality in various sleep stages.

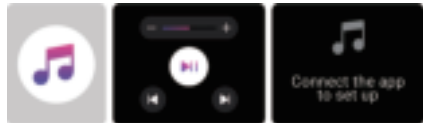
3.7 Weather



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- a) Supports three-day weather viewing. You can view today "current weather", and maximum and minimum weather values and the "maximum and minimum weather values" for the next two days.

3.8 Music



- a) When the watch is connected to the App, you may use the watch to control these functions on your phones music play: "next/ previous track", "play/ pause" and "increase/decrease volume".
- b) You may choose to display or hide this function in the App settings.

3.9 Exercise Records



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- a) You can view your most recent 50 exercise records on the watch, including detailed exercise data. You can also view the exercise records in the App.

3.10 Find Phone



- a) You can make your phone ring using the watch when the watch is connected to the App.
- b) Click the icon to stop the ringing.
- c) You may choose to display or hide this function in the App settings.

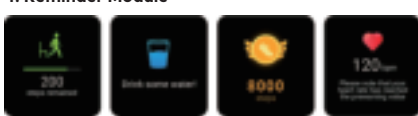
3.11 Settings



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- a) You can configure the wrist-up wake screen function, real-time heart rate, and do not disturb switch on the watch.
- b) You can switch locally stored watch faces on the watch.
- c) You can set the watch brightness and screen timeout duration on the watch. You can also set a switch to reduce the brightness at night.
- d) You can choose to turn off, restart, or restore the watch to factory settings on the watch (all the data in the watch will be deleted after restoring to factory settings, and the watch will no longer be linked to your phone).

4. Reminder Module



The watch supports multiple reminder modes, including message reminders, incoming call reminders, movement reminders, hydration reminders, exercise target reminders, exercise heart rate warning reminders, etc.

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Frequently Asked Questions

Q1. Why can't I connect the watch via Bluetooth?

- A. Make sure your phone is running Android 4.4 or above, or iOS 8.0 or above.
- B. Make sure you have installed the latest version of the Veryfit App.
- C. Make sure Bluetooth is enabled on the watch. When you turn on the screen, the Bluetooth icon should be visible in the top-left corner.
- D. Make sure your phone's Bluetooth is enabled and working. Try closing all Apps, disable and re-enable Bluetooth, and then connect again.
- F. Make sure the watch's screen is on during the pairing process, otherwise pairing may fail.

Q2. Why does Bluetooth keep disconnecting?

- A. Make sure the distance between the phone and watch does not exceed 7m, otherwise the signal may be too weak.
- B. Make sure there is nothing between the phone and watch that might obstruct the Bluetooth signal, such as your body or metal objects such as jewelry.
- C. Make sure the watch battery has enough power to use Bluetooth and turn on the screen.
- D. Make sure your phone's Bluetooth is working. Try closing all Apps, and then disable and re-enable Bluetooth.

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- F. If the Veryfit App is running in the background, ios may close the App automatically, which can cause Bluetooth to disconnect.
- G. Bluetooth may automatically disconnect if your phone is in power saving mode or if you are using a phone manager App. Please check your phone settings and then try again.

Q3. How do I use incoming call notifications?

- A. Ensure that the watch is connected to your phone via Bluetooth.
- B. You can only use the watch to reject calls; answering or initiating calls is currently not supported.
- C. If the caller is not in your contacts, the phone number will be displayed.

More detailed questions can be answered with Lintelek customer service.

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