

F400 Joeme Fit

1. Official Shop: <https://joeme.fit>

2. Whatsapp: +8618930311251

3. Email: info@joeme.fit

Facebook Group: [joeme.fit](#)

Instagram: [@joeme_fit](#)

Twitter: [@joeme_fit](#)

QQ: 253954331

QQ Group: 346256004

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Smart Watch Manual



Before using your smart watch, please read the product manual carefully.

Since the operations of multiple models of products are the same, this manual is common to multiple models. The model name in the text is replaced by "ECG Watch". The specific name depends on the model you purchased.

Mobile phone system requirements



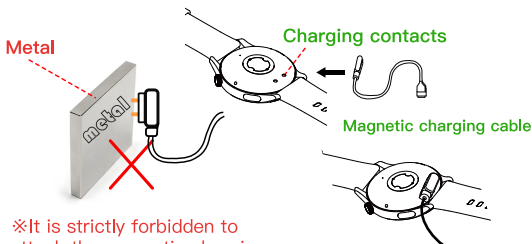
iOS 13 and above



Android 5.0 and above

Product activation and charging

1. When using the smart watch for the first time, please use a 5V/1A power adapter to charge it for more than 30 minutes (the battery is fully charged for about 2 hours), so as to avoid low power and cannot be turned on.
2. To ensure a good charging contact, please keep the metal contacts free of dirt, oxidation and impurities.
3. If the time does not use the smart watch, please turn off the watch and make sure to charge it once a month to extend the life of the watch.
4. The charging cable that comes with the watch is a magnetic charging cable, please charge it as shown in the picture below.
5. After each charging is completed, please disconnect the charging cable from the adapter.
6. After charging, please remove the charging cable from the charger to avoid being sucked on the metal.



※It is strictly forbidden to attach the magnetic charging head to conductive objects such as metal.

(Connected charging demonstration)

1. APP connection operation guide:

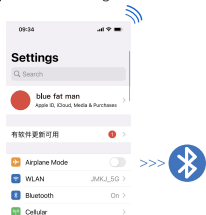
Correct operation:

Please use your phone to scan the QR code below to download the "Joeme Fit app", or search for the "Joeme Fit" app from Google Play Store and Apple Store. Then install it into your phone.



Error operation:

Pair your smartwatch directly via Bluetooth in your phone's settings.



Note: When installing and using the "Joeme Fit" APP for the first time, the system will prompt you to enable your phone's GPS, Bluetooth, file, camera, messages, notifications, etc. permissions. Click "Allow" for all prompts to ensure that all functions are normal.

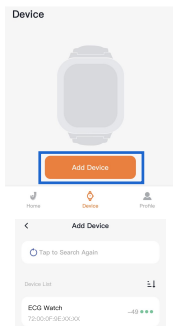
The smart watch is bound to the Joeme Fit APP

Press and hold the button for 3 seconds to turn on the smart watch

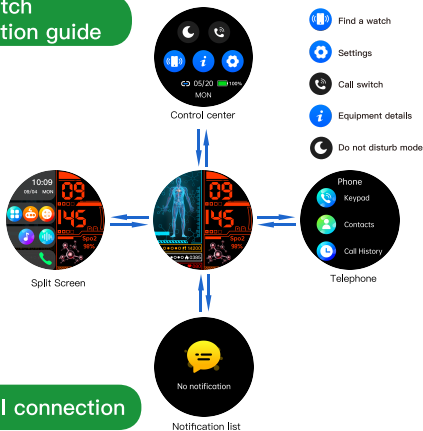
Turn on your phone's Bluetooth and GPS

Open the "Joeme Fit" APP and click "Add Device" on the "Device" interface.

On the search page, select "ECG Watch". If "ECG Watch" is not in the list, please swipe down the screen to search again, and then select "ECG Watch" to complete the binding.



2. Watch operation guide

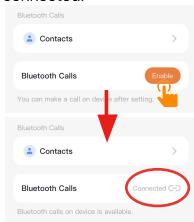
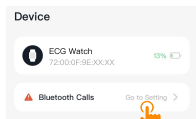


3. Call connection

After the smart watch is correctly connected to the "Joeme Fit" APP, the call function will also be automatically connected at the same time. However, due to the mobile phone system version, permissions, etc., the automatic connection cannot be made.

The solution is as follows:

1: There is a gray button "Go to Setting" at the top of the Joeme Fit APP. Click to enter the call settings. Click the "Open" button. Wait for a few seconds and it will show that it is connected.



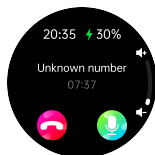
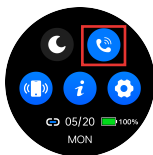
2.1 Slide down the watch dial interface to enter the control panel, click the Bluetooth call icon, and then click "Not Connected". The watch will enter the call search page.

2.2 Open the phone's "Settings" – "Bluetooth Settings" and search for "ECG Watch", click Connect and Pair.



ECG Watch

Watch face interface drop-down list, if the call icon is lit, it means that your smart watch is connected to the phone normally, and you can use the watch to make calls and play music.



Remark:

1. The smart watch provides users with a call function switch and a media playback function switch. If you need to temporarily turn off or turn on the call function and music playback function during use, you can turn it on or off in the shortcut menu of the watch.
2. In order to allow users to have a better experience, when using the connected smart watch for the first time, the media audio is turned off by default, and the user can turn it on according to the actual situation.
3. Due to the update of the mobile phone system and APP version, the actual operation may be slightly different from the guide. Please refer to the actual operation.

4. Information reminder function:

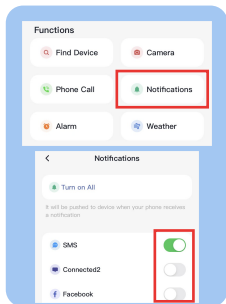
By default, only incoming call reminders are turned on, and other reminders can be automatically set by users based on actual usage. (In addition to setting through the APP, you can also choose to turn on notifications in the watch's settings → function settings)

Enter the watch function device page

Click on the message reminder menu

Turn on the switch behind the APP that needs to be reminded

For APPs that are not listed, you can open other options below and select the corresponding APP.



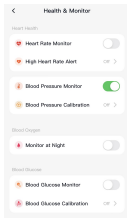
If the watch still cannot receive information reminders after setting it up according to the manual, please enter the personal center interface, enter permission management to check whether the settings are correct, and follow the prompts to complete the phone settings.

5. APP permission management

1. When the APP is installed and used for the first time, the APP will pop up relevant permission requests. To ensure normal use of functions, please allow them all.
2. If the permission request is accidentally rejected, you can check it through the permission management function of the APP and reset it according to the reminder.
3. In order to ensure the normal use of functions, the APP needs to run in the background. Some mobile phone systems will automatically clear the background. Please add the "Joeme Fit" APP to the whitelist in the phone and lock it to run in the background.
4. Some chat APPs (such as WeChat and QQ) have their own information management settings. Please turn on information notifications in the chat APP settings.
5. Some APPs allow multiple clients to run, and the mobile phone will not remind you after reading the information on other terminals (for example, if the computer and the mobile phone log in at the same time, if the computer reads the information, the mobile phone will not have a reminder). In this case, the watch There will also be no reminder, which can be solved by closing the computer chat window.

6. Health function automatic detection switch

The watch provides 24-hour health detection functions, including heart rate, body temperature, blood pressure, blood sugar, blood oxygen, blood components, stress detection, and 24-hour scientific sleep monitoring, which users can turn on based on actual usage. (Turn on automatic detection will shorten the usage time)



APP: Equipment → Health & Monitoring

Watch: Set up → Health and Monitoring

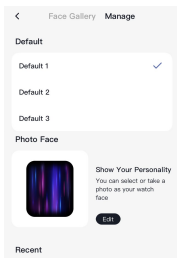
7. Dial settings

The watch has three built-in special exclusive dials and a large number of online dials. Users can upload their own pictures to create dials.

Local watch face 1, local watch face 2, and local watch face 3 are specially designed and exclusive dials, and users can freely choose to switch between them.

Photo dial: Users can freely upload pictures and create exclusive dials according to the instructions.

Dial market: The APP provides a large number of watch faces, which are updated regularly. Users can choose their favorite watch faces and download them to the watch.



Open path:

Equipment → Dial Market/Dial Management

8. Other settings

In addition to the above functions, the APP and watch also provide functions such as language switching, screen on time, weather, units, alarm clock, etc. Due to limited space, users can experience it by themselves.

Introduction to watch functions

Watch appearance



Crown function introduction

Multifunction crown:

Switch machine:

In the off state, press and hold the crown for 3 seconds to turn on the watch. In the on state, press and hold the crown for 5 seconds to pop up the shutdown interface, and swipe to turn off the watch.

Turn on the screen: With the screen off, press the crown once to turn on the screen.

Entry and exit function list:

On the watch face interface, press the crown once to enter the function list, and press it again to exit the list.

Change theme: In the function list state, double-click the crown to switch themes in sequence.

Dial, address book, call history

Note: To use call-related functions, you need to connect the "Joeme Fit" APP and connect the call function at the same time. For the specific connection method, see the above operation guide.



(Contacts in the address book need to be added through the "Joeme Fit" APP)



ECG

ECG heart rate monitoring allows you to observe and understand your heart condition at any time, prevent and detect heart disease problems at an early stage.

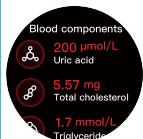


(Please wear the watch during the test and touch the electrode pad with the fingers of the other hand. To better maintain the accuracy of the data, please keep the skin in contact with the electrode pad moist.)



Blood components

Non-invasive blood composition analysis can clearly understand the index levels of uric acid in the blood and blood lipids, allowing you to effectively prevent eating habits in your life.

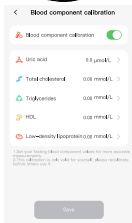


(24-hour blood component monitoring requires turning on automatic detection in the APP or watch.)

“Equipment”Interface click “Health & Monitoring”



“Blood Component Calibration”



In the blood component private mode, enter the uric acid, blood lipids and other values recently tested in the hospital, and the watch will provide more accurate values for your body's blood components.

Noninvasive blood glucose detection

The watch provides a non-invasive blood sugar detection function, allowing users to measure blood sugar values in a portable, real-time, safe and convenient way to adjust your diet in time and effectively prevent it in advance.

1. 24-hour test, you need to turn on automatic detection in the APP or watch.

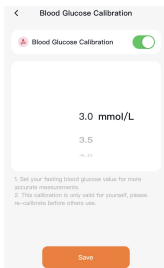
2. The APP provides a private blood sugar mode. If you select the fasting blood sugar value in the private mode, the subsequent blood sugar measurement value will be more in line with the user's real status.

“Equipment” Interface click “Health & Monitoring”



“Blood glucose calibration”

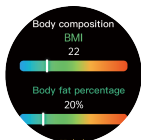
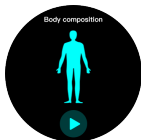
In the blood sugar private mode, enter the blood sugar value recently detected by medical equipment, so that the watch can detect the blood sugar in your body and obtain a more accurate blood sugar value.



Body composition

Body composition testing helps you understand your body fat percentage, muscle percentage, etc. faster and more conveniently. Let you always pay attention to the composition ratio of your body to make your body more perfect.

(Please wear the watch during the test and touch the electrode pad with the fingers of the other hand. To better maintain the accuracy of the data, please keep the skin in contact with the electrode pad moist.)

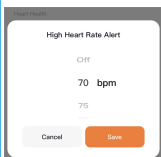


Real-time heart rate detection



Always pay attention to your heart health. The watch provides real-time heart rate measurement, 24-hour heart rate monitoring, and high heart rate alarm functions.

The heart rate detection provided by the watch is real-time heart rate detection, enter the heart rate screen and start testing until the black screen appears. 24-hour heart rate monitoring and high heart rate alarm need to turn on automatic detection in APP or watch.



“Equipment”Interface click “Health & Monitoring”

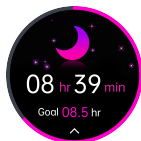


“High heart rate alert”

You can set the corresponding heart rate alarm value according to your physical condition. When a heart rate alarm reminder appears, adjust the current physical state in time and take a deep breath to slowly calm down the body and heartbeat.

Sleep quality monitoring

The smart watch will monitor your sleep quality while you are sleeping and form a report to help you improve your sleep quality.



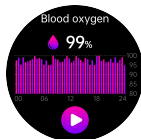
Remark:

1. The watch provides a scientific sleep mode. When the scientific sleep mode is turned on, the watch will record and analyze the sleep time for more than 5 minutes at any time. Turning on the scientific sleep mode will shorten the standby time of the watch. The user can turn it on according to actual needs.
- 2: When the scientific sleep mode is not turned on: sleep time is from 18:00 pm to getting up the next day, and other times are not counted as sleep;
- 3: During sleep, if the sleep time is short, walking and other actions, the smart watch may not be able to recognize the sleep state or the data may be inaccurate.

True red light blood oxygen detection(24-hour blood oxygen)

The watch is equipped with a high-precision red light blood oxygen chip. This function watch will check the blood oxygen level of the body to track changes in the body. In addition to manual blood oxygen detection, the watch also provides nighttime blood oxygen detection, which detects your blood oxygen during sleep. of blood oxygen.

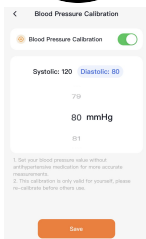
(To monitor blood oxygen throughout the day, you need to turn on automatic detection in the APP or watch. Turning on blood oxygen monitoring all day will speed up battery consumption.)



Blood pressure test

Measure blood pressure in real time, keep pace with the body, and give yourself more health protection.

(24-hour test, you need to open the APP or watch the automatic detection)



“Equipment”Interface click“Health & Monitoring”



“Blood pressure calibration”

In the blood pressure private mode, enter the blood pressure value recently measured with a medical device to better calibrate the accuracy of the watch's blood pressure value to your own body.



Body surface temperature detection

Temperature measurement tool to easily understand body temperature changes.

(To ensure accurate data, please wear it for 10 minutes before measuring. For 24-hour measurement, you need to turn on automatic detection in the APP or watch)



MET

MET refers to energy metabolism equivalent, which is a common indicator that expresses the relative energy metabolism level during various activities based on energy consumption at rest and sitting. International standard for measuring physical activity.



HRV

Refers to heart rate variability, which is a measure of how the time interval between heartbeats varies. The watch automatically generates a report, which users can view on the watch and APP.

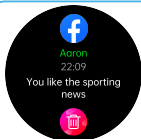


Pressure

Based on the comprehensive physical indicators of the person on the watch, combined with the algorithm, a stress report is given and displayed on the watch. Stress is expressed as normal, mild, moderate and severe. It can help users discover hidden physical dangers in time and improve their health in a targeted manner.

Notice:

1. The monitoring data and results of this product are for reference only, not for diagnosis and medical purposes. Please do not use the measurement results for self-diagnosis and treatment. Please follow the doctor's advice. If you feel unwell, please seek medical treatment in time.
2. There may be measurement errors when measuring blood pressure, heart rate, and ECG in the presence of arrhythmia.
3. This product is aimed at the detection of the radial artery at the wrist. Those with high blood viscosity, poor microcirculation, and patients with arteriosclerosis (such as diabetes, hyperlipidemia, high blood pressure, cerebral thrombosis, etc.) may cause data measurement errors.



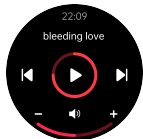
Notify

Display unread messages from your phone. Such as SMS, WhatsApp, Face-book etc.

Music

You can use this feature to play music on your watch and control music on your phone.

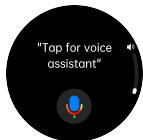
The smart watch can only play music when it is connected to the call function and the media audio of the smart watch is turned on. Otherwise, it can only control the phone to play music.



Voice assistant

Start the voice assistant and it will call the phone's voice assistant, such as Siri, Bixby etc. to complete calls, music playback, etc.

Note: This function can only be used after the watch Bluetooth is connected to the mobile phone Bluetooth.



Period tracking

This function is only available if the gender in the APP is set to female. Female users can set their personal physiology in the APP status reminder. You can set four statuses: menstrual period, pregnancy preparation period, pregnancy period and motherhood period.



Sports mode

In this function, the smart watch provides 158 sports modes. Each exercise mode is professionally adjusted, and the watch will monitor exercise time, heart rate, calories and other exercise data during exercise to help you exercise more effectively.



【ECG and body composition analysis test conditions】

Since our product is a new generation of electrode heart rate testing product, the three electrodes of the watch collect and analyze the human body's bioelectricity to produce heart rate and HRV reports, so there are certain requirements for conductivity (the ECG of some people will be weaker) , when the human skin is relatively dry, the skin contact areas of the three electrodes need to be breathed or moistened with water (salt water is better) in order to achieve the electrode conduction test conditions. (Similar to the "coupling agent" that is applied to the measurement site during an electrocardiogram test in the hospital).

【ECG and body composition analysis test methods】

- 1、 You need to rest quietly for more than 5 minutes before testing blood pressure and heart rate. Do not eat, smoke, take medicine or drink caffeine 2 hours before the test;
- 2、 During the test, sit in a comfortable and still posture, maintain a stable attitude, and refrain from talking;
- 3、 When testing, please wear the watch on your left wrist, then use your right index finger to moderately touch the electrode pads of the watch, and gently press the upper part of the watch with your middle finger so that the two electrode contacts at the bottom are in contact at the same time during the test. Do not press the electrode pads with excessive force. , as shown in Figure 1 below.

【How to deal with ECG failure】

If the test fails, please proceed as follows:

1. Please breathe or moisten the skin at the contact area with salt water according to the test conditions, and then test again.
2. In the ECG interface, press and hold the middle of the screen for 2 seconds to enter the ECG calibration interface. Click the start button and the watch will automatically match the calibration (do not touch the side electrodes on the screen during calibration). After the calibration is completed, slide left or right to exit. Then test again! As shown in Figure 2, Figure 3, and Figure 4 below.



WATCH Figure 1



Figure 2



Figure 3



Figure 4

Frequently Asked Questions and Answers

This product complies with the IP67 protection level requirements of the IEC 60529:2013 standard.

● It can prevent dust conditions such as living rooms, offices, laboratories, light industrial studios, warehouses, etc., and is not suitable for special dust environments; it is splash-proof and water-resistant, but it is recommended not to immerse the equipment in water. You can wear and use it when exposed to sweat during exercise, rainy days, and when washing hands.

● Not applicable: swimming, snorkeling, diving, scuba diving and other activities that are immersed in water for a long time, showers, hot springs, saunas (steam rooms) and other activities in high temperature and high humidity environments, not suitable for activities that come into contact with high-speed water flow and Other improper usage behaviors and scenarios that may place the device in water more than 1 meter deep or soak the device in water for more than 30 minutes; it is not suitable for using the product in a humid environment for a long time.

● If the product falls from a height or is subject to other impacts, the protective performance of the internal protective devices of the product may be reduced or ineffective;

● Since the buttons are movable devices and are used frequently, the wear of the button protective devices will be greater than that of other protective devices. Pressing the buttons underwater may cause liquid intrusion and affect the use of the product.

● It is prohibited to charge the product when it is wet.

● Equipment protection performance is closely related to ambient temperature and humidity: In some cases, high temperature and high humidity will cause performance degradation of the waterproof structure and affect the waterproof effect. The use of the product in such an environment should be avoided.

The dustproof and waterproof performance is not permanently effective and may weaken over time and daily wear and tear. The dustproof and waterproof performance is only for the watch body, and other components (such as watch straps, charging cables, and packaging) are not included.

1. The binding between the Joeme Fit App and the watch failed.

- ① It is recommended to update the Joeme Fit App to the latest version.
- ② Please make sure that the Bluetooth of your mobile phone is turned on, and confirm that your mobile phone system complies with Android 5.0 or iOS 13.0 or later.
- ③ It is recommended to close all programs, restart the Bluetooth of the mobile phone, and then open the Joeme Fit to search again.

2. The smart watch cannot receive messages or phone notifications.

- ① Please make sure that your smart bracelet is connected to your mobile phone through the Joeme Fit APP.
- ② You need to turn on the smart reminder function and the call reminder function in the Joeme Fit App.
- ③ Please make sure that the Bluetooth of the mobile phone is turned on.

3. Do I need to connect the smart bracelet with my phone all the time to use the watch as an expert?

- ① For the following functions: counting steps, heart rate monitoring, blood monitoring, sleep monitoring, distance, calories and exercise mode, countdown, timer, alarm clock, brightness adjustment, etc., you can use it without connecting to the APP, and use it again within three days After the smart bracelet is connected to the mobile phone, the relevant data will be synchronized to the APP.
- ② For the following functions: calls, call reminders, message notifications, phone search, photo taking, and other functions that need to be used with the phone, the smart watch must be connected to the Joeme Fit APP before it can be used.

4. Why can't I wear a smart watch while taking a hot bath?

The temperature of the bath water is very high and produces a lot of steam. When the temperature drops, the water flow will condense into droplets, which can easily cause internal short circuit and damage. When diving, taking a bath, or other activities in the water for a long time, please remove the watch to prevent changes in water pressure from affecting its function.

5. Why are there differences between the heart rate, blood sugar, blood pressure and other physical health values measured by smart watches and those measured by medical equipment.

- 1. The measurement principles used by different equipment are different, and the measurement results will also be different.
- 2. Watch measurements also have measurement errors within the allowable range.
- 3. The smart watch is not a professional treatment device. The measured health data is only used as a reference for the user's daily body management. It cannot be used as a medical device.

Note: We recommend using a 5V/1A adapter to charge for 2–3 hours. To avoid malfunction, please do not use unreasonable charger for charging. After charging, please disconnect the charger and charging cable in time.

Warranty Card

Product name:

Model Specifications:

Client's name:

Contact number:

Address:

Distribution unit:

Contact number:

Sale date:

