F57L 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

Whole sale order $1000+ is eligiable for 30% coupon code: wholesale

Instruction Manual

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

# Mobile phone system requirements

IOS 13.0 or Above

Android 5.0 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.

Metal

Charging contacts

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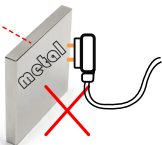
※It is strictly forbidden to attach the magnetic charging head to conductive objects such as metal.

(Connected charging demo)
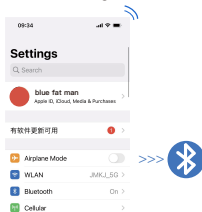
1. APP connection operation guide:

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.

09:34

Settings

Q Search

blue fat man
Apple ID, iCloud, Media & Purchases

有软件更新可用

Airplane Mode

WLAN   JMKJ_5G >

Bluetooth   On >

Cellular

>>>

Note: When installing and using the "Joeme Fit" APP for the first time, the system will prompt you to enable the phone's GPS, Bluetooth, file, camera, message, notification and other permissions, click "Allow" for all prompts to ensure that all functions are normal.
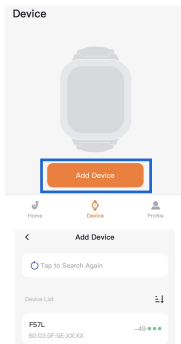
The smart watch is bound to the Joeme Fit APP

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

⬇

Turn on Bluetooth and GPS on your phone

⬇

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

⬇

On the search page, select "F57L". If "F57L" is not in the list, please swipe down the screen to search again, then select "F57L" to complete the binding.

Device

Add Device

Home   Device   Profile

< Add Device

Q Tap to Search Again

Device List

F57L
6D:03:0F:9E:XX:XX   -49
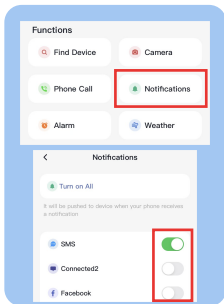
2. Information reminder function:

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

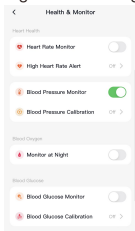| Enter the watch function device page |
| Click on the message reminder menu |
| Turn on the switch behind the APP that needs to be reminded |
| For apps not listed, you can open other options below and select the corresponding app. |

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.
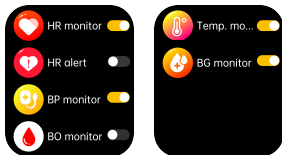
3. The APP is only for management

1. When the APP is installed and used for the first time, the APP will pop up the relevant permission request. In order to ensure the normal use of the function, please allow all of them.

2. If you accidentally reject the permission request, 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, QQ) have their own information management setting, please turn on the information notification 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, and closing the computer chat window can solve the problem.

4. Health function automatic detection switch

The watch provides a 24–hour health detection function, including heart rate, body temperature, blood pressure, blood sugar 24–hour detection and blood oxygen detection at night, and users can turn it on according to actual usage.

Heart & Monitor

Heart Health
- Heart Rate Monitor
- High Heart Rate Alert   Off

Blood Pressure
- Blood Pressure Monitor
- Blood Pressure Calibration   Off

Blood Oxygen
- Monitor at Night

Blood Glucose
- Blood Glucose Monitor
- Blood Glucose Calibration   Off

- HR monitor
- HR alert
- BP monitor
- BO monitor

- Temp. mo...
- BG monitor

APP:Equipment→Health & Monitoring
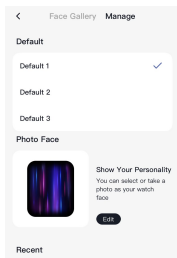
Watch: Settings → Health & Monitoring

5. 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.

Face Gallery   Manage

Default
- Default 1   ✓
- Default 2
- Default 3

Photo Face

Show Your Personality
You can select or take a photo as your watch face

Edit

Recent

Open path：Equipment→Dial Market/Dial Management

6. Other settings

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

Watch appear-ance

Crown
Screen
Strap
Alloy watch case

Back cover
Sensor

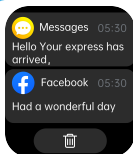## Crown function introduction

Switch machine:
In the off state, press and hold the crown for 3 seconds to turn on the power, and in the power on state, press and hold for 5 seconds to pop up the shutdown interface, and swipe to turn off.
Bright screen: When the screen is off, press the crown once to turn on the screen.
Enter and exit function list:
On the dial interface, press the crown once to enter the function list, and press it again to exit the list.
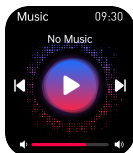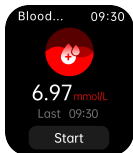Change theme: In the function list state, double-clicking the crown will switch the theme in turn.

Notify

Messages 05:30
Hello Your express has arrived,
Facebook 05:30
Had a wonderful day

Show unread messages from phone.
Such as SMS, WeChat, QQ, etc.

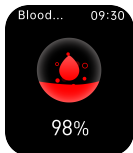### Music

Music 09:30
No Music

You can use this feature to control the music on your phone。

Blood Sugar Test

Blood sugar detection, portable, real-time, non-invasive, and accurate measurement of blood sugar levels, convenient for you to adjust your diet in time and effectively prevent in advance.
(24-hour test, automatic detection needs to be turned on in APP or watch)

Blood Oxygen Detection

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.
(Blood oxygen detection at night requires automatic detection to be turned on in the APP or watch)
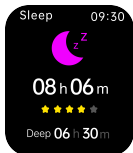
Sleep Monitoring

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

Remark:
A: The start time of the sleep mode is from 18:00 to the next day, and other times are not counted as sleep;
b: 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 will be inaccurate

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 open automatic detection in APP or watch.
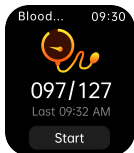
Blood Pressure Test

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)

Temperature Check

Temperature measurement tool, easy to understand body temperature changes.

(In order to ensure the accuracy of the data, please wear it for 10 minutes before measuring, and for 24-hour measurement, you need to turn on automatic detection in the APP or watch)

MET

MET refers to energy metabolic equivalent, which is based on the energy consumption when resting and sitting, and is a common indicator to express the relative energy metabolism level during various activities. International standard for measuring physical activity.
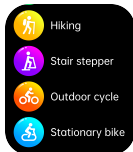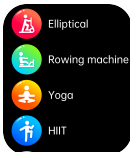
Cycle tracking

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

※This product is not a medical product. The data and results obtained from the above tests are for reference only to facilitate understanding of changes in physical conditions. Do not use it for any medical purpose. If you feel unwell, please go to a regular medical institution for examination and medical treatment as soon as possible!

Sports

In this function, the smart watch provides 50 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.

Outdoor run	Elliptical	Hiking
Outdoor walk	Rowing machine	Stair stepper
Indoor run	Yoga	Outdoor cycle
Indoor walk	HIIT	Stationary bike

Q,A

1. Joeme Fit App failed to bind to the watch.
① It is recommended to update the Joeme Fit App to the latest version.
② Please ensure that your mobile phone's Bluetooth is turned on and confirm that your mobile phone system is compliant with Android 5.0 or iOS 13.0 or higher.
③ It is recommended to close all programs, restart Bluetooth on your phone, and then open Joeme Fit to search again.

2. The smart watch cannot receive messages or phone notifications.
① Please make sure your smart watch is connected to your phone through Joeme Fit APP.
② You need to turn on the smart reminder function and call reminder function in Joeme Fit App.
③ Please make sure your phone's Bluetooth is turned on.

3. Do I need to always connect my smartwatch to my phone to use the watch?
① For the following functions: time, step counting, heart rate monitoring, blood pressure monitoring, blood oxygen monitoring, blood sugar monitoring, body temperature monitoring, sleep monitoring, distance, calories and sports mode, countdown, timer, alarm clock, brightness adjustment, etc., you can If used without connecting to the APP, after connecting the smart watch to the phone again within three days, the relevant data will be synchronized to the APP and the time will be synchronized.
② For the following functions: message notification, searching for mobile phones, taking photos, and other functions that need to be used with mobile phones, the smart watch must be properly 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 bath water is very hot and produces a lot of steam. When the temperature drops, water vapor will condense into liquid 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.
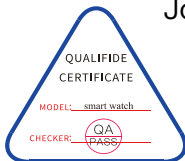
5. Why there is a gap between the heart rate, blood sugar, blood pressure and other physical health values of the smart watch and the values measured by the medical equipment.

1. The measurement principles used by different equipment are different, and the measurement results will also be different.

2. The measurement of the watch also has 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 direction, and it cannot be used as a medical device.

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

Joeme Fit

QUALIFIDE
CERTIFICATE

MODEL: smart watch

CHECKER: QA PASS

RoHS $C\epsilon$