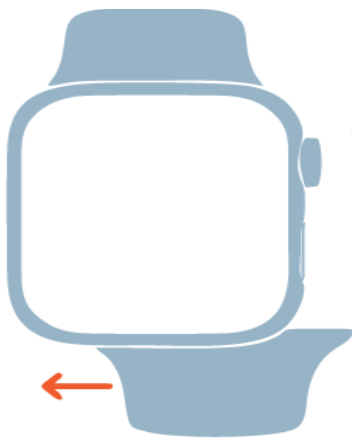


# McGRANULA USER MANUAL

Thank you for choosing the **McGRANULA** intelligent watch. This user manual will assist you to fully understand how to use the device. This device is mainly connected to the mobile phone through Bluetooth for adaptation and use. It provides a variety of practical functions and services to facilitate your operations of the mobile phone, human movements and health functions.

The company reserves the right to modify the contents of this manual without any prior notice without notice

This product is waterproof for life and supports rain and hand washing, but does not support deep waterproof items such as shower, sauna and swimming. We do not provide free warranty if the watch is damaged by water due to the inability to use it according to the instructions.

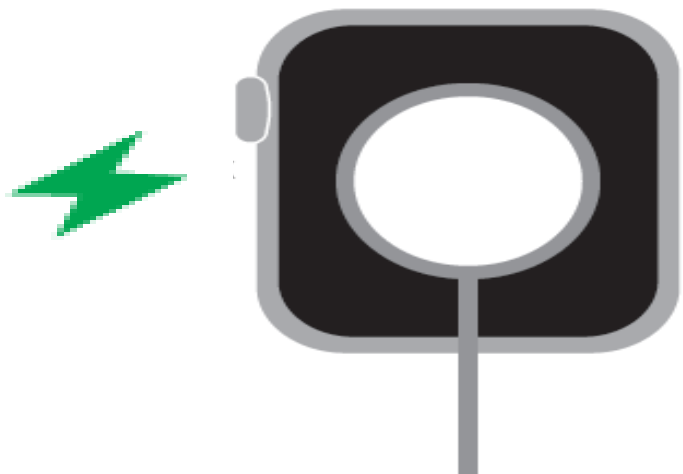


①  
Open the package. Step by step  
Connect the strap to the smart watch



②  
Wear a smart watch Long press to turn it on

To charge, insert the wireless charger at the back of the watch



# OPERATING INSTRUCTIONS

## Side key function:

Up side key: function key: single press to enter the menu interface; In other application interfaces, press to return to the parent interface; Double press the menu interface to switch the menu style.

Lower key: long press to turn on/off; On the dial interface, press the light button to turn off the screen, and on other interfaces, press one key to return to the dial interface.

Left button: press the default button on the dial interface to enter the movement; Press and hold to enter the key definition setting, and you can customize the function of the left key.

Touch gesture: Double click the dial interface to enter the voice assistant; Swipe left to switch to the component interface; Right stroke to enter the split screen menu; Draw down to enter the latest task; Scribe upward to enter the control center.

Dial switch: the rotary encoder switches the dial.

Band replacement: quick removal design, convenient installation.

## Charging instructions:

Connection between watch and mobile phone:

It supports wireless charging. When charging, place the watch on the disc. It supports USB of the computer or 5V standard charger of the mobile phone. It can be fully charged in about 150 minutes.

First, the mobile phone must download the APP "RDFit" to the mobile phone and install it in two ways.

1. IOS/Android phone user:

Scan the QR code below through the mobile browser, or scan it with WeChat. When the interface is opened, click the Android/iOS download option and choose to open the download with the mobile browser.

The QR code in the figure below is the FitPro APP download



Android/iOS

2. For Android phones, search for "RDFit" and download in App Store, Google Play, and various mobile app stores, and for Apple phones, search for "RDFit" and download on the App Store.

After the download is complete, there will be various permission reminders during the installation process, click to agree to all, and the watch and the mobile phone must be connected to two Bluetooth 3.0 and 5.0 to realize all functions.

**Bluetooth 5.0 connection method:** After the installation is complete, open "RDFit" and turn on the Bluetooth of the mobile phone. RDFit will have an enable notification prompt, click OK. Click More in the lower right corner, enter Scan Device, search for Bluetooth address and click Connect. Some Android phones need to turn on the GPS of the phone to search for the Bluetooth name of the watch.

**Bluetooth3.0connection method:**

1. Android phone: When connecting to the APP, it will connect to 3.0 Bluetooth at the same time, as long as you agree to the permission of the pop-up box and click pairing.

2. Apple phone: When connecting to the APP, jump to the Bluetooth interface in the settings according to the APP prompt, and find the 3.0 Bluetooth name to connect, and the mobile phone displays "Connected"

**How to verify that the Bluetooth connection is successful:**

When the watch pulls down the status bar, when the watch 3.0 and 4.0 Bluetooth are colored colors, it means that the Bluetooth connection is successful. When the color of the Bluetooth logo is grayed out, it means that the Bluetooth is not connected. GPS of the phone to search for the Bluetooth name of the watch.

**Simple handling methods for common problems:** Since the Bluetooth protocol of each mobile phone brand is not uniform, sometimes the Bluetooth connection between the mobile phone and the watch may be unstable. You can turn off the Bluetooth of the mobile phone and reconnect it again, or reset the watch to factory settings.

**How to set the notifications:** Mobile phone enters settings-should have management, find "RDFit"-permission management, open all. Then enter the notification management-find all the permissions of "RDFit" to open. Open "RDFit"-more-application push-open the background running permission, enter the option unlimited. When you return, you will be prompted to open the auto-start again and enter the open. Go back, select the APP for synchronization information notification, such as QQ WeChat, and select Open.

**Note:** If the WeChat computer version is online at the same time, the mobile phone will not receive notifications. Some mobile phones also need to add "RDFit" to the power saving whitelist to avoid being turned off by the mobile phone when the battery is low.

### Main functions:

**Encoder:** the dial can be switched by rotating the button on the standby interface, and it can slide up and down in the secondary menu; The All Star style menu can be zoomed in and out, and the application in the middle of the interface can be accessed after the interface is maximized.

**Split screen:** slide right on the dial interface to enter the split screen function, and quickly enter the corresponding function.

**Dial push:** pointer dial, digital dial and user-defined dial at APP can be pushed.

**Alipay:** Use Android or Apple phone according to the prompts, open Alipay to scan the QR code and bind it. (Note: Do not connect the 3.0/5.0 Bluetooth of other mobile phones before binding Alipay to avoid binding failure)

**Telephone:** dial the phone through the watch, check the call records, contacts, set the incoming call/key mute or vibration

**Contacts:** 20 contacts can be added to the watch phone book through the APP

**Call record:** can synchronize the call record of mobile phone.

**Dialing keyboard:** connect the mobile phone to dial the phone, and you can call at the watch end.

**Sports data:** you can view the whole day's steps, historical steps, calorie consumption and walking distance. The data of the day will be stored as historical data after 24 every night, and the interface data will be reset to 0.

**Information:** View the messages pushed by the mobile terminal, and support Facebook, Twitter, whatsapp, qq, WeChat, etc.

**Music:** You can control the music in your phone. Connect 5.0 Bluetooth, and only support the mobile phone to play songs; Connection 3.0 supports the watch to play songs.

**Heart rate:** Keep the watch close to the wrist, and the best place to wear it is above the wrist bone against the arm. Real time heart rate can be measured, and the normal range is 60-90 times/minute.

**Blood oxygen:** start to measure immediately after entering. Please keep your arm at rest during measurement, and measure the value after about 20 seconds.

**Blood pressure:** start monitoring immediately after entering. Please keep your hands flat when monitoring, and measure the value in about 20 seconds.

**Body temperature:** start monitoring immediately after entering. Please keep your hands flat when monitoring, and measure the value in about 20 seconds.

**Alarm:** five alarm clocks can be synchronized through APP; An alarm clock can also be set at the watch end.

**Voice (Siri):** After connecting 3.0/5.0 Bluetooth, click Siri at the watch end to chat.

**Sleep:** The sleep duration and sleep quality from 21:00 to 9:00 in the morning of the next day will be recorded to help better adjust personal work and rest time and improve sleep quality. You can view sleep data synchronously by connecting to the APP.

**Exercise:** watch has a variety of sports: such as running, walking, football, badminton, tennis, basketball, table tennis, cycling and other 11 kinds of sports; You can connect the APP to synchronously view the movement data of the watch.

**Remote photographing:** When the mobile phone is unlocked, the watch will enter the Bluetooth photographing interface, and the mobile phone will enter the photographing interface. Click the watch to take photos, and the photos will be stored in the mobile phone end album.

**Find a mobile phone:** Connect Bluetooth, click the watch to find a mobile phone, and the phone ring will ring until cancelled.

**Search device:** click Search Device on the APP side, and the watch side will continue to vibrate until cancelled.

**Weather:** After connecting Bluetooth, the watch can display the weather in the next 7 days.

**Stopwatch:** Open this function to time single or multiple times.

**Breathing:** You can set the exercise duration and breathing speed.

**Timer:** you can customize the time or select an existing time to count down.

**Calculator:** enter to perform simple calculation.

**Menu style:** You can select arc list style, full star style, straight list style, rotation style, wheel style, etc. according to your preference.

**Settings:** system settings are available.

**Calendar:** you can view the calendar of the current month.

**Sports track:** the watch is connected to the APP, and the APP end enters the special sports: outdoor running, walking, cycling, mountaineering, indoor running can be synchronized to the watch end for simultaneous display.

**My QR code:** the watch connects to the APP, and can be pushed through the APP: WeChat, QQ, Alipay, Whaapp, Twitter, Linkedin, Instagram, Facebook, Weibo, Line, Tim, Snapchat, Viber, and others. The QR code of a third party can be scanned to the watch for adding friends, or pushed through the APP: WeChat, Alipay, PayPal QR code can be scanned to the watch for payment.

**Component function:** Right slide the dial interface and click the plus sign to add components, including heart rate, blood pressure, sleep, blood oxygen, respiration, step counting, weather, music, and body temperature; Up to 5 components can be added. Long press the component and click the minus sign to delete the component.

**Women's health function:** reminder function for the safe period of menstruation and ovulation.

**Games:** There are two kinds of games in the game list: "the stupid bird flies first" and "racing car". After entering the game, press the upper right key to return to the game list.

**Compass:** Calibrate according to the bracelet prompt, and use the compass function after calibration.

**Altitude pressure:** After connecting the APP and opening the GPS positioning authority, the current altitude, pressure, longitude and latitude can be displayed.

**Nucleic acid code:** You can push the nucleic acid code to the bracelet end on the APP. You can find the nucleic acid code icon on the bracelet and click to use it.

**Blood glucose:** After wearing the bracelet, click to measure on the APP, the bracelet enters the blood glucose test interface, and the value is output after about 15 seconds of standing.

**Met:** Met refers to energy metabolism equivalent, which is used to evaluate different exercise intensity and cardiac function. Mainly based on the energy consumption during quiet and sitting, it expresses the commonly used indicators of relative energy metabolism level during various activities. Generally, every kilogram of body weight engaged in one minute of activity will consume 3.5 ml of oxygen, and the exercise intensity is 1 MET.

**Settings:** Various native settings can be performed.

**Screen out time:** Enter the bright screen time.

**Lift your wrist bright screen:** open or close according to your own needs.

**Connect APP:** use the mobile phone scan QR code, will jump to RDFit APP download.

**Brightness:** Enter the adjustable screen brightness.

**Key definition:** you can customize the double-click and long-press functions.

**No disturbance mode:** can be set all day or at time.

**Vibration strength:** adjustable vibration sensation.

**Password setting:** you can set the password, if forgotten, it can be unlocked with 8888.

**Language:** Support multiple languages, choose on demand.

**Time date setting:** synchronize APP or customize the time.

**NFC:** Only unencrypted IC classes are supported, not ID class binding.

**Shutdown:** Enter and shut off the watch.

**Restart:** Enter to restart the watch.

**Restore factory settings:** generally when what software problems occur, restore factory settings can be solved.

**About:** View the watch model, software version, and watch Mac address.

### Warranty description:

1. During normal use of this product, if there are product quality problems caused by manufacturing, material, design and other reasons, the motherboard will be guaranteed for free within one year, and the battery and charger will be guaranteed for half a year from the date of purchase.
2. Free warranty is not provided for failures caused by users, as follows:
  - 1) Failure caused by unauthorized disassembly or modification of the watch.
  - 2) Failure caused by accidental fall during use.
  - 3) All man-made damage or misuse due to the fault of a third party (such as: water in the main unit, external force cracking, damage to the scratches of peripheral components, etc.) are not covered by the warranty.
3. When requesting free warranty, please provide the warranty card with the date of purchase and the stamp of the place of purchase.
4. When the user repairs the product, please take the product to our company or our company's sales office.
5. All functions of the product are based on physical objects.



