

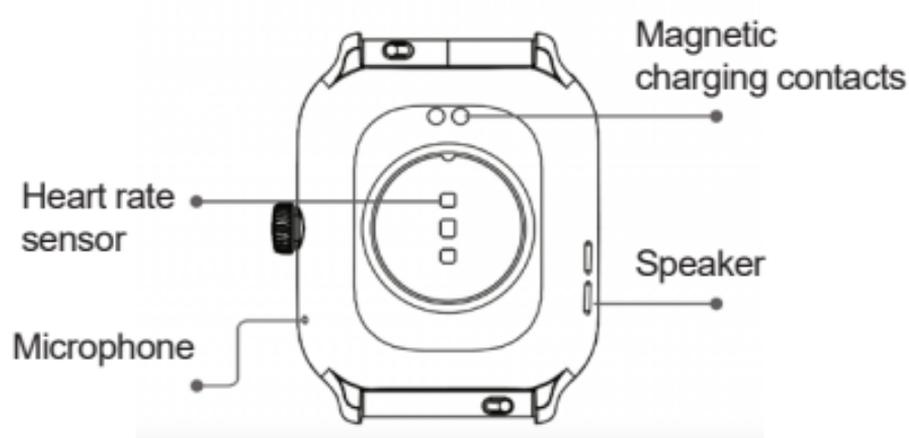
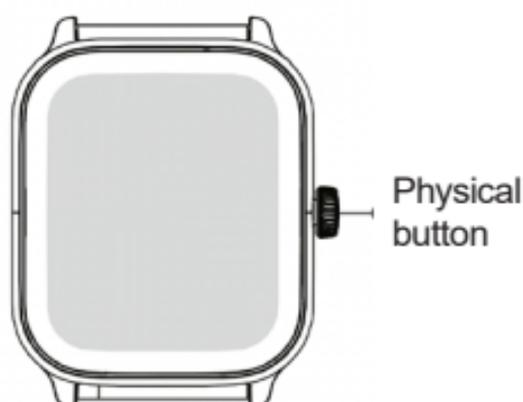


101 User Manual

Congratulations on purchasing a Bea-fon 101

Please read this information for better handling of the smartwatch, we do not accept liability for improper handling. We are constantly striving to improve our products and services. Therefore, Bea-fon reserves the right to make changes and improvements to any of the products described in this documentation without prior notice. The content of this user manual is presented as it currently stands. Bea-fon does not guarantee the accuracy or completeness of the contents of this user manual. There may be slight deviations between the images in the manual and the actual smartwatch, these are provided as examples, please refer to the smartwatch.

Introduction



Getting started

1. Open the package and check its content.
2. Delivery content:
 - 1) 101 smart watch (with built-in lithium battery);
 - 2) user manual;
 - 3) original charging cable.
3. Charge the watch to activate and turn it on before first use. To charge, simply connect the magnetic charging cable to the charging contacts located on the back of the watch.
4. Search for "VeryFit" on the App Store, Google Play or scan the QR code to download and install the app.
5. Log in to the app and set your personal information, as well as your step and weight goals.



6. On the "Device" interface, tap the "+" icon in the upper right corner, your phone starts searching. From the device list found, choose your smart watch name to pair with. You may also link the device directly by scanning the device's QR code using the scan function.

Health

Watch

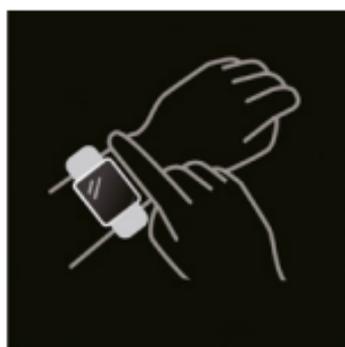
1. The watch will automatically record your data.
2. You can measure your heart rate, blood oxygen, stress level and body energy on the watch, or turn on automatic measurement of heart rate, blood oxygen, stress level and sleep on the app to track these data the whole day. You can manually or make the watch automatically monitor your health status continuously.
3. To start an exercise:
 - 1) When the watch face interface is displayed, press the button shortly to access the application list. Tap the Workout icon to access the icons of different exercise types, then tap the icon of an exercise (such as Outdoor Running) to start the exercise.
 - 2) The watch can display up to 20 exercise types by default. You can add or delete the exercise types displayed on the watch or change their order.

App

1. Start "VeryFit", enable the Bluetooth feature, and grant the GPS positioning permission.
2. Light up the bracelet screen and bring it close to your phone.
3. Click the "+" icon on the App, and select the smart watch model.
in the search results to bind.
4. Confirm the binding request on the smart watch.
5. Fill in your information and set your step goal on the App to complete the binding.

Basic Operations

1. Wear the watch correctly: ensure that your watch is at least one finger above your wrist bone and that the sensor on the back touches your skin.



2. Screen operation: 101 has a full touch screen, which supports operations including short tap, swipe left/right and swipe up/down.

3. Button operation:has a physical button; which supports "short press" , "long press" and "spin" operations. Short press: to return to home page/pause exercise. Long press: for 2 seconds to turn on the watch when it is off; to turn on Alexa when the watch is on;for 8 seconds will perform a hard reboot.Spin:Spin button can control the screen interaction, such as switching the display content, setting the volume, etc.

Function Description

1. Watch face

Here are some default watch faces. You can switch between them manually on the watch or on the VeryFit app's watch face settings. You can also customize the watch face on the app. More watch faces are available for download from the "Watch Face Market".

2. Sports

a) Up to 20 exercise types can be displayed by default: Outdoor run , Indoor run , Outdoor walk , Indoor walk , Hiking , Outdoor cycle , Indoor cycle , Cricket , Pool swim , Open water swim , Yoga , Rower, Dance , Rower , Elliptical, Workout , HIIT, Functional strength training , Core training , Pilates , Cooldown , Dance. On the veryfit app, you can add or delete the exercise types or change their order displayed on the watch. There are a total of 100 exercise types to choose from on the app.

b) 101 supports intelligent exercise recognition. It can recognize whether the user is running/walking. It supports automatically pausing an exercise or reminding when an exercise ends. This feature can be turned on/off on the app.

c) 101's summary of exercise contains various exercise data, which can be checked on the veryfit app.

d) You can view your recent exercise records on the watch, including detailed data about your exercise; you can also view the exercise records on the APP.



3. Application list

When the watch face interface is displayed, short press the physical button to access the application list, which is displayed respectively from top to bottom: Activity, Phone, Alexa, Workout, Workout Records, Heart Rate, SpO2, Stress, Sleep, Breathe, Clock, (Alarm, Stopwatch, Timer), Weather, Cycle Tracking, Music, Camera Control, Find phone, Settings.

3.1 Phone

1. You can add up to 10 frequent contacts to your watch through the app, then call these contacts on your watch.
2. You can view recent call history on your watch and call the numbers displayed in the call history.
3. You can make calls through the watch's dialer.

3.2 Activity data

Activity data includes daily activity, steps, calories, workout duration, walking duration, distance, recovery time, maximal oxygen uptake, change of goal. The watch collects and displays: the day's exercise/activity/walking data and goals, a histogram of hourly exercise/activity/walking data throughout the day, the number of steps and distance for the day, daily goal settings, and more.

3.3 Heart rate

1. You can manually measure the heart rate on the watch. In the APP settings, you can turn on/off the intelligent around-the-clock monitoring of the heart rate, or view the heart data.
2. Each time heart rate is measured, keep your arm and wrist still and wait patiently until the measurement finishes.

3.4 SpO2

1. You can manually measure SPO2 on the watch. In addition, the watch supports automatic around-the-clock SPO2 monitoring. In the APP settings, you can turn on/off this function, or view the SPO2 data.
2. Each time blood oxygen is measured, keep your arm and wrist still and wait patiently until the measurement finishes.

3.5 Stress

1. You can manually measure stress on the watch. In addition, the watch supports automatic around-the-clock stress monitoring. In the APP settings, you can turn on/off this function, or view the stress data.
2. Each time stress is measured, keep your arm and wrist still and wait patiently until the measurement finishes.

3.6 Breathe courses

Click Start to go directly to the breathing training animation. Adjust your breathing according to the frequency of vibration and animation. Reasonable breathing training can help relieve your emotions.

3.7 Sleep

You can view the most recent sleep record and sleep status at each stage.

3.8 Stopwatch

Use the watch as a stopwatch. The stopwatch has a "Lap" function.

3.9 Alarm

1. You can add, delete an alarm, or turn the alarm on/off on the watch, and also set an alarm for the watch via the app.
2. You can set the alarm delay time and times in the APP to decide how long you want to delay and how many times to delay.

3.10 Timer

You can set a timer with a preset duration on the watch, and the timer will remind you when the timer expires; you can customize the timer time.

3.11 Weather

Supports Current city Six-day weather viewing, you can view today's "current weather, highest and lowest weather values" and the "highest and lowest weather values".

3.12 Music

When the watch is connected to the APP, you can control the mobile music player to perform the functions of "next, previous", "play/pause" and "volume increase and decrease". This function can be open or close in the APP settings.

3.13 Find phone

1. When the watch is connected to the APP, you can make your phone ring.
2. Click the icon to end the ringing.
3. This function can be open/close in the APP settings.

3.14 Cycle tracking

After opening "Cycle Tracking" on the APP and setting the cycle length and reminder time, the watch will display the cycle tracking function.

3.15 Camera control

When the watch is connected to the App, you can manually turn on the phone's system camera to control taking photos.

3.16 Settings

1. In the watch's settings, you can set the screen-on time, ringtone volume and vibration, etc.
2. In the watch's settings, you can also shut down, restart or reset the watch (once reset, all data stored in the watch will be cleared, and the watch will be unpaired from your phone).

4. Reminder module

The watch supports multiple reminder modes, including message reminder, incoming call reminder, walking reminder, drinking reminder, exercise goal reminder, exercise center rate warning reminder, etc.

5. Control center

Control center gives you an easy way to turn on functions such as Do Not Disturb, raise to Wake, set the screen brightness, find my phone, flashlight, etc.

Charging Instructions

Connect the charger contacts with the contacts on the back of the watch. The magnets ensure that the charging contacts stay in the correct position. Clean the charging surface before charging to prevent sweat residues from damaging the gold contacts or causing other risks.



Specifications

Bluetooth version	BLE 5.3
Display	1.8", 240x480px
Dimensions	45.22x37.22x11.34mm
Weight	40g
Strap width	22mm Silicone
Battery	Lithium polymer
Battery capacity	3.8V / 300mAh
Battery life	7 days
Charging method	Magnetic contact charging
Charging time	Within 3 hours

Recycling



Always return your used electronic products, batteries, accumulators, and packaging materials to dedicated collection points. In this way you help prevent the uncontrolled waste disposal and promote the reuse of material resources.

The crossed out wheeled bin symbol found on the product, battery, packaging material, and in the documentation means that electrical and electronic products, batteries, and rechargeable batteries should be disposed of separately from your household waste at their end-of-life. This regulation applies in the European Union. Do not dispose of these products with the unsorted household waste

Care and maintenance

Clean this product only with a slightly damp, lint-free cloth, and avoid using harsh cleaning agents.

Make sure that no water enters the product.

Declaration of Conformity

Bea-fon Mobile GmbH hereby declares that model 101 complies with the essential requirements and other relevant provisions of the Radio Equipment Directive 1014/53/EU (RED).

Frequency band(s)	2402 – 2480 MHz
Maximum radio-frequency power transmitted	-0.82 dBm

Limitation of liability

- Bea-fon Mobile GmbH shall not bear any liability for any relevant, indirect, special, incidental, or inevitable injuries caused by using this product, including injuries which can be predictable or not.
- For any losses caused by natural disasters (such as earthquakes, flood, etc.) or other events or accidents (including deliberate or accidental misuse by the user in the context of these accidents or other unusual circumstances), which are outside the scope of our liability, we disclaim any responsibility and liability.

More information

If you have any questions or would like to learn more about one of our devices, feel free to contact us or visit our website www.beafon.com.

E-mail: support@beafon.com

Customer Service

Please always return defective devices with all accessories such as the charger, power adapter, etc.

Also, remove any accessories that were attached for protection or aesthetic reasons before shipping. We are not liable for any loss.

Please send only a copy of the purchase receipt! Returns are not possible. For devices sent in for repair outside the warranty period, a cost estimate will be provided. This also applies to exclusions such as moisture damage, lightning damage, unauthorized tampering, missing proof of purchase, etc.

Address

BEAFON MOBILE GmbH
4722 Peuerbach
Enzing 4
Austria

