



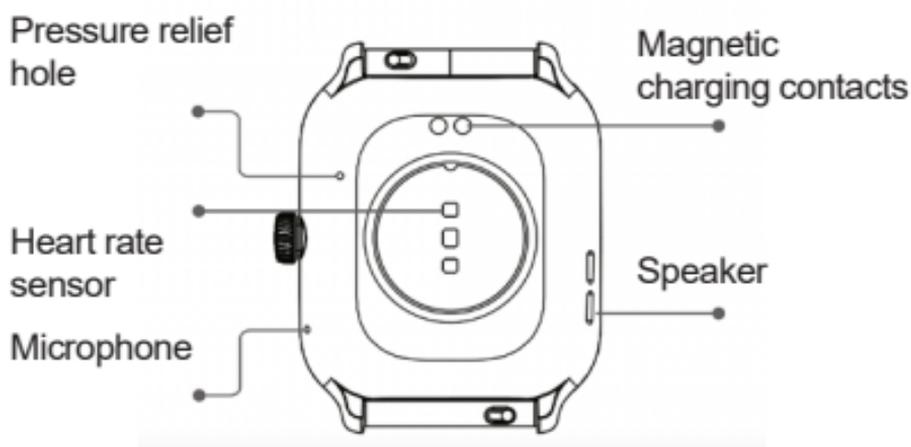
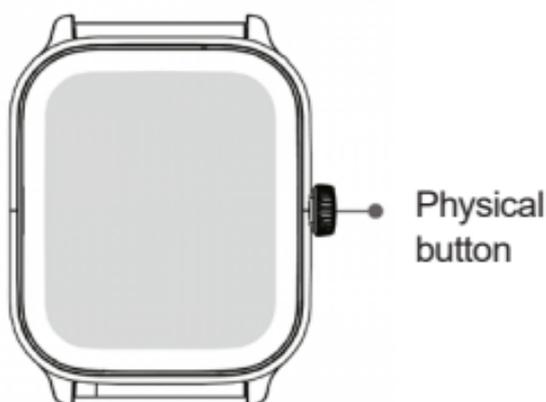
201 User Manual

Congratulations on purchasing a Bea-fon 201

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.

If the fonts are too small and difficult to read, please view a full manual version on our website: www.beafon.com.

Introduction



Getting started

1. Open the package and check its content.
2. Delivery content:
 - 1) 201 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.

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: 201 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. Exercise

The sports module supports 100 types of sports. The exercise list displays 20 exercise modes by default: Outdoor Running, Indoor Running, Trail Running, Outdoor Walking, Indoor Walking, Hiking, Outdoor Cycling, Indoor Cycling, Pool Swimming, Open Water Swimming, Elliptical, Rowing Machine, Stepper, Yoga, Golf, Core Training, Functional Strength Training, High Intensity Interval Training, Tidy Up and Relaxation, and Free Workout, which you can freely use according to your own habits. You can freely add or hide exercises according to your own usage habits.

Outdoor Walking, Indoor Walking, Outdoor Running, Indoor Running, Rowing Machine, Elliptical Machine support exercise self-recognition. This function can be turned on/off on the watch.

Some of the outdoor sports support connecting to cell phone GPS, you can enter the APP side to check the GPS track after the sport is finished.



2.1 Running courses

Running courses show 6 kinds of courses by default: 6-minute easy run, 10-minute easy run, 15-minute easy run, Healthy Running Beginner, Healthy Running Advanced, and Healthy Running Intensive. Through the above scientific and reasonable training courses, together with the exercise stretching, it will allow users to improve their running ability in a step-by-step manner.

3. Application list

When the watch face interface is displayed, short press the physical button above to go to the application list: Activity

data, Phone, -Alexa, Exercise, Running courses, Workout records, Heart rate, SpO2, Stress, Sleep, Breathing courses, Body energy, Cycle tracking, Ambient volume, Event reminder, Alarm, Stopwatch, Tim-er, World clock, Weather, Music, Camera control, Find phone, Settings.

You can select the application list view in the settings.

3.1 Phone

1. You can add 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 set a contact as an emergency contact in the mobile app and short press the encoder crown 3 times in a row to call the emergency contact;
4. 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 round-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

1. Accessing this feature will demonstrate the three ways to regulate relaxation: Abdominal Breathing, 4-7-8 Breathing,

and Breathing Training. You can also choose the training frequency and training time.

2. 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 Body energy

If you wear the watch and enable body energy in the App, the watch will measure your body energy automatically. If your body energy is too low or dropping too fast, it will remind you to rest.

3.9 Ambient volume

1. You can manually measure noise on the watch. In addition, the watch supports automatic around-the-clock noise monitor. In the APP settings, you can turn on/off this function, or view the corresponding data.

2. Each time noise is measured, keep your arm and wrist still and wait patiently until the measurement finishes.

3.10 Stopwatch

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

3.11 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.

3.12 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.

3.13 World clock

You can check the time in your city on the watch, and set on the APP the time in cities of other countries to be displayed on the watch.

3.14 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" for the next five days.

3.15 Music

1. 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.

3.16 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.

3.17 Event reminder

You can set a reminder, reminder time on the APP. Once the setting is completed, the reminder will be synchronized to the watch. When the reminder is due, a notification will pop up on the watch. You can view all event reminders set on the watch.

3.18 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.

3.19 Camera control

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

3.20 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

Please connect the contacts of the charger to the contacts on the back of the watch. The magnets will help keep the charging contacts in the correct position. Please clean the charge interface before charging for fear that the remaining sweat erode gold metal contact or other risks.



Specifications

Bluetooth version	BLE 5.3
Display	AMOLED 1.85", 390x450px
Dimensions	50.18x41.35x11.51m
Weight	36g
Strap width	22mm Silicone
Battery	Lithium polymer
Battery capacity	3.8V / 300mAh
Battery life	8-10 days
Charging method	Magnetic contact charging
Charging time	Within 2.5 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 201 complies with the essential requirements and other relevant provisions of the Radio Equipment Directive 2014/53/EU (RED). You can download a copy of the declaration of conformity: <http://beafon.com/service/certification/>

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

Service

Please always send defective devices with all accessories such as charging tray, power adapter, etc.

Before sending, please also remove any accessories that have been attached for protection or aesthetic purposes. In case of loss, we assume no liability.

Please send proof of purchase only in copy! No return is possible. For devices returned to service outside the warranty period, a cost estimate will be provided. This also applies to exclusion criteria such as moisture damage, lightning damage, unauthorised interference, missing proof of purchase, etc.

Address

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Enzing 4
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