

# F67 Pro Smart Watch with ECG, Blood Sugar, and Uric Acid Monitoring



Phone system requirements: iOS 13 and above / Android 8.0 or higher

## Product start-up and charging

1. When using the smartwatch for the first time, please use a 5V/1A power adaptor to charge it for more than 30 minutes (the battery is fully charged for about 2 hours) to avoid low power and failure to turn on.
2. To ensure good charging contacts, keep the metal contacts free of dirt, oxidation, and impurities.
3. If you don't use your smartwatch for a long time, 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 figure below.
5. After each charge is complete, please disconnect the charging cable from the power adaptor.
6. After charging, please remove the charging cable from the power adaptor and avoid sucking it onto metal objects.

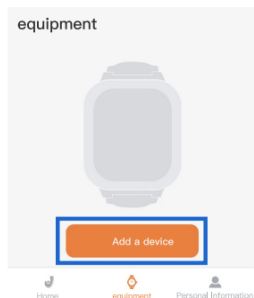
## APP connection operation guide



Please download the "Joeme Fit" app using the two-dimensional code below on your phone, or search for the "Joeme Fit" app from the Google Play Store and Apple Store. Then install it on your phone.

Note: When installing and using the "Joeme Fit" app for the first time, the system prompts you to activate your phone's GPS, bluetooth, files, cameras, messages, notifications, etc. permissions, and all prompts click "Allow" to ensure that all functions are normal.

The smartwatch is bound to the Joeme Fit APP.



Press and hold the button for 3 seconds to turn on the smartwatch



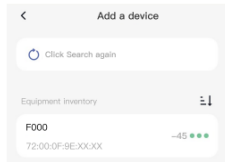
Turn on your phone's Bluetooth and GPS



Open the "Joeme Fit" app and tap "Add Device" on the "Devices" screen.



On the search page, select "F000". If "F000" is not in the list, please scroll down to search again, and then select "F000" to complete the tabulation.

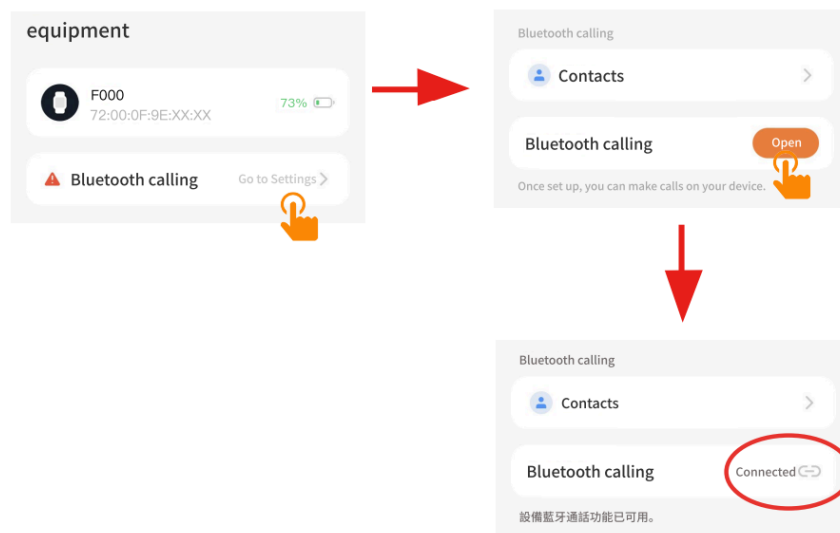


## Call connections

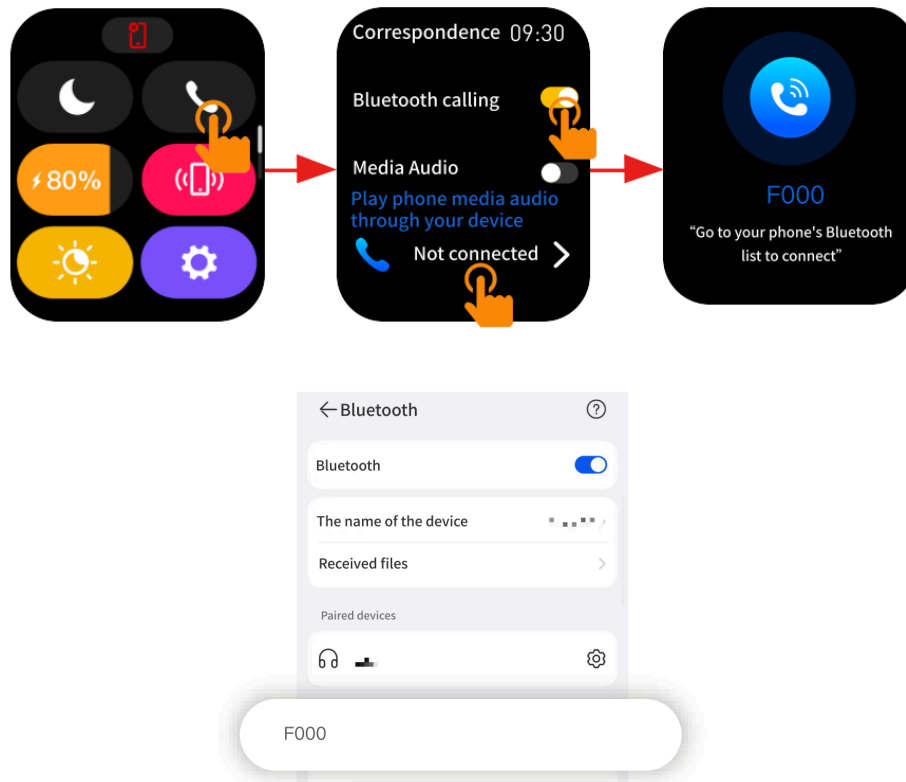
After the smart watch is properly connected to the "Joeme Fit" APP, the call function will also be automatically connected at the same time, but it cannot be automatically connected due to the system version and permissions of the mobile phone.

Here's how to solve it:

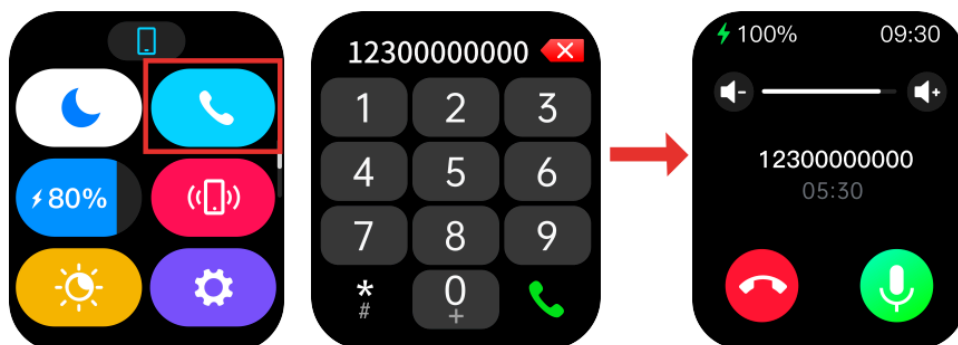
1. There is a grey button "Go to Settings" on the top of the Joeme Fit APP, click to enter the call settings, click the "Open" button, and wait for a few seconds to show that it is connected.



2. A. Swipe down on the watch face interface to enter the control panel, tap the Bluetooth call icon, and then tap “Not connected”, and the watch will enter the call search page.  
B. Open the phone’s “Settings” – “Bluetooth Settings” and search for “F000”, tap Connect to pair.



If the call icon is lit, it means that your smartwatch is connected to your phone normally, and you can use the watch to make calls and play music.



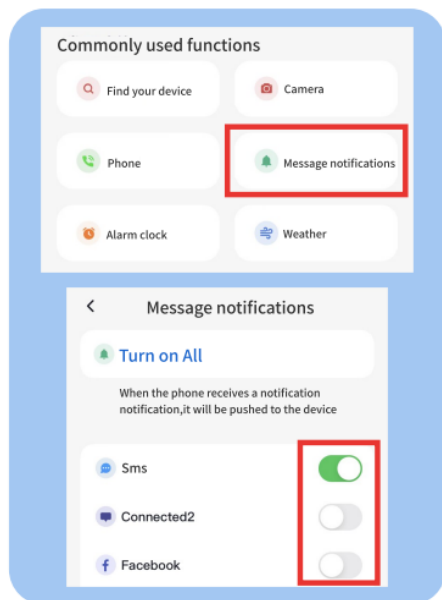
Remark:

1. The smart watch provides users with a call function switch and a media playback function on/off, 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 for users to have a better experience, use the connected smartwatch for the first time, the media audio is turned off by default, and users 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.

## Message reminder function

By default, only call reminders are turned on, and other reminders can be set automatically by users based on actual usage.

(In addition to setting through the app, you can also choose to turn on notifications in the settings → function settings of the watch)



Go to the watch function device page.



Click the Info Alerts menu.



Turn on the switch behind the app that needs to be reminded.



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

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

## APP permission management

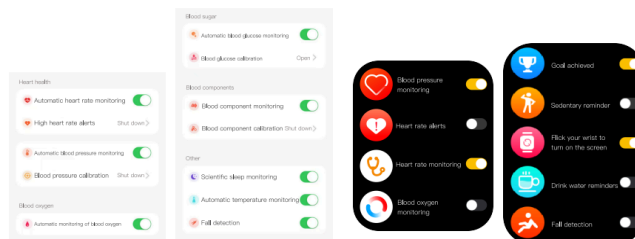
1. The APP is installed and used for the first time, the APP will pop up the relevant permission request, in order to ensure the normal use of the function, please allow all of them.
2. If you don't pay attention to the rejection of the permission request, you can check it through the permission management function of the APP and reset it according to the reminder.
3. In order to ensure the normal use of the function, the APP needs to ensure the background operation, some mobile phone systems will automatically clear the background, please turn off the automatic management in the power consumption management of the “Joeme Fit” APP in the mobile phone battery settings, turn on 3 allow startup and background activities or add the APP to the whitelist, or turn on the background APP refresh, and lock the background running.
4. Some chat apps (such as WeChat and QQ) have their own information management settings, please turn on the message notification in the chat app settings.
5. Some APPs allow multi-client operation, and the mobile phone will no longer remind after reading the information on other ends.

(If the WeChat computer and the mobile phone are logged in at the same time, if the computer reads the information, the mobile phone will not have a reminder), in this case, the watch will also not have a reminder, and closing the computer chat window can be solved.

## The health function automatically detects the switch

The watch provides a 24-hour health detection function, including heart rate, body temperature, blood pressure, blood glucose, blood oxygen, blood components, pressure detection, 24-hour scientific sleep monitoring, and fall detection calls, which users can turn on according to actual usage.

(Turning on auto-detect will shorten the usage time)

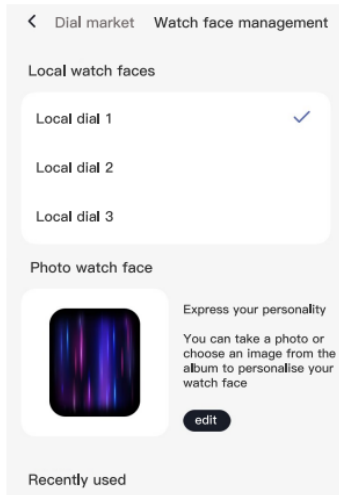


APP: Device > Health & Monitoring

Watch: Set up > Health & Monitoring

## Watch face settings

The watch has a number of special exclusive watch faces, a large number of network watch faces, and users can upload their own pictures to make watch faces.



There are multiple fixed and special exclusive watch faces on the local watch face, and users can freely choose to switch between the watch and the app.

Photo watch face: Users can freely upload pictures and create exclusive watch faces according to the instructions.

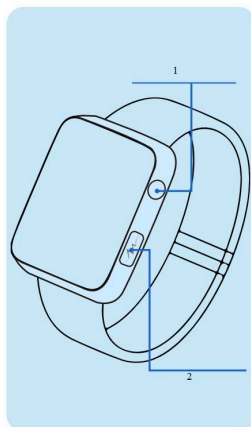
Watch face market: The APP provides a large number of watch faces, which are not updated from time to time, and users can choose their favourite watch faces to download to the watch.

Enable path: Device > watch face market/watch face management

## Other settings

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

## Introduction to the functions of the watch



1. Multi-function crown

2. ECG electrodes

## Introduction to the function of the crown

### Multi-Menu Crown:

#### Power on and off:

Press and hold the crown for 3 seconds to power on when powered off, and press and hold for 5 seconds to pop up the shutdown interface in the power-on state, and swipe to power off.

#### Bright Screen:

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

#### List of entry and exit features:

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

#### Change the theme:

In the function list state, double-clicking the crown will switch themes in turn.

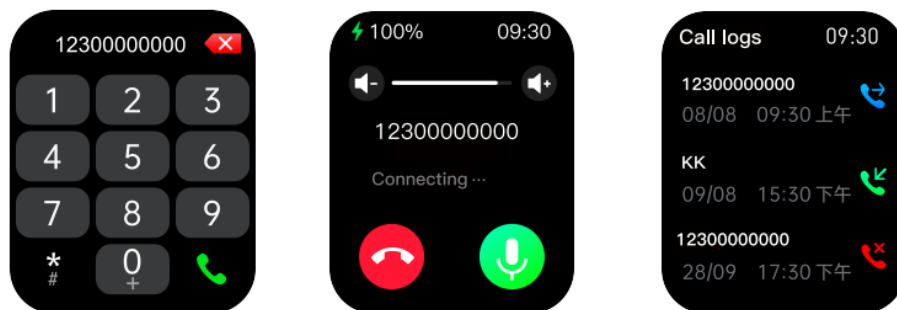
### ECG electrodes:

ECG, body composition test: Fingers are tightly touched on the electrodes.

There are slight differences between different models, and the actual product shall prevail.

## Dialing, Contacts, Call Logs

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



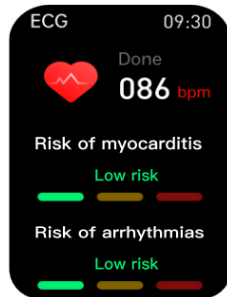
Contacts in the address book need to be added through the "Joeme Fit" app





## ECG

ECG monitoring allows you to observe and understand your heart condition at any time, prevent and detect heart diseases as soon as possible.



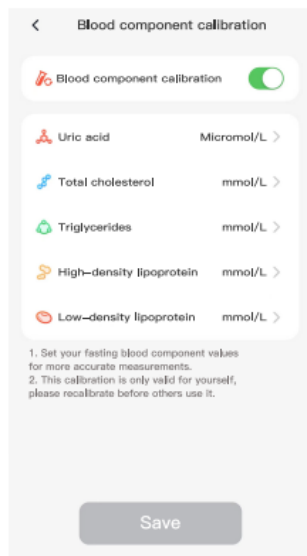
(Please wear the watch while testing, and touch the electrodes with the fingers of your other hand. In order to better maintain the accuracy of the data, please keep the skin at the contact electrode pad moist)



## Blood components

Non-invasive blood component analysis can clearly understand the index levels of uric acid and blood lipids in the blood, so that you can effectively prevent them in your eating habits in your life.

(24-hour blood component monitoring needs to be turned on in the APP or watch)



Click on “Health & Monitoring” on the “Devices” interface



“Blood component calibration”

In the blood composition private mode, enter the values of uric acid, blood lipids and other values that have been recently tested in the hospital, and the watch will be more accurate in the blood composition of your body.



## Non-invasive blood glucose testing

The watch provides a non-invasive blood glucose detection function, so that users can measure blood glucose values in a portable, real-time, safe and efficient manner, so that you can adjust your diet in time and effectively prevent it in advance.

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

2. APP provides a private mode for blood glucose, in which the fasting blood glucose value is selected, and the subsequent blood glucose measurement is more in line with the user's real state.

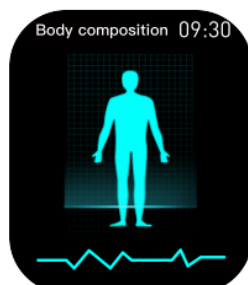
The screen is titled 'Blood glucose calibration' with a back arrow. A toggle switch for 'Blood glucose calibration' is turned on. Below, there are sections for 'Breakfast', 'Lunch', and 'Dinner'. Each section has two entries: a blood glucose value and a time. For Breakfast: 5.5 mmol/L at 08:00 AM (Before meals) and 7.5 mmol/L at 09:00 AM (After meals). For Lunch: 5.0 mmol/L at 12:00 PM (Before meals) and 6.5 mmol/L at 01:10 PM (After meals). For Dinner: 5.0 mmol/L at 06:00 PM (Before meals) and 6.5 mmol/L at 07:00 PM (After meals). At the bottom, there is a 'Save' button and some small text instructions.

**Click on “Health & Monitoring” on the “Devices” interface**



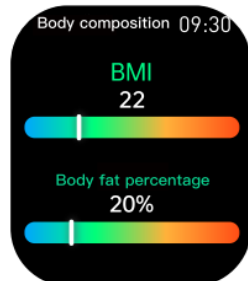
**“Blood glucose calibration”**

In the blood glucose private mode, enter the blood glucose value that has been recently detected with a medical device, so that the watch can detect the blood glucose in your body more accurately.



## Body composition

Body composition test, faster and more convenient to understand your own body fat rate, muscle rate and other proportions. Keep an eye on the proportions of your body's ingredients and make your body more perfect.



(Please wear the watch while testing, and touch the electrodes with the fingers of your other hand. In order to better maintain the accuracy of the data, please keep the skin at the contact electrode pad moist)



### Instant heart rate detection

Always keep an eye on 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 the test until the black screen appears. 24-hour heart rate monitoring and high heart rate alarm need to be turned on in the APP or watch.

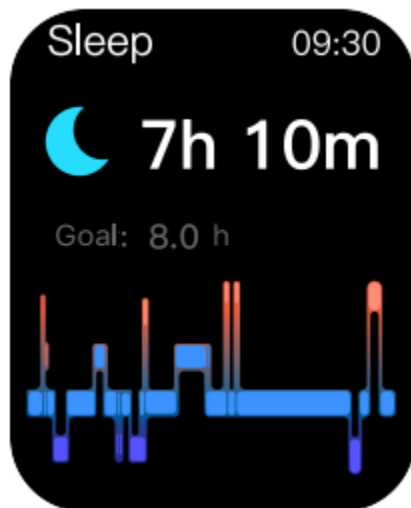


### Click on “Health & Monitoring” on the “Devices” interface



### “High heart rate alerts”

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

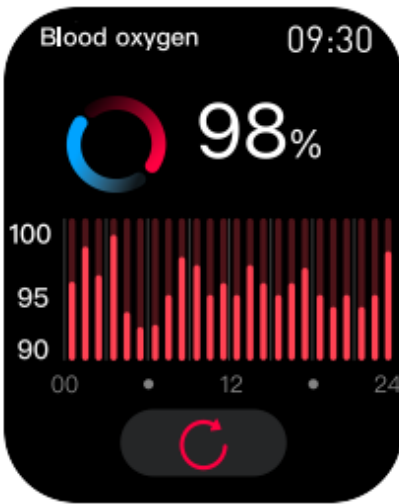


### Sleep quality monitoring

The smartwatch will monitor your sleep quality while you sleep and form a report to help you improve your sleep quality.

Remark:

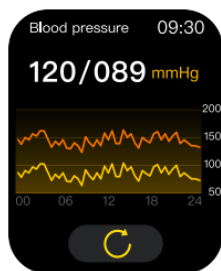
1. The watch provides a scientific sleep mode, open the scientific sleep mode, any time the sleep time exceeds 5 minutes, the watch will be recorded, analysed, turn on the scientific sleep mode will shorten the standby time of the watch, the user can turn on according to the actual needs.
2. If the scientific sleep mode is not turned on: getting up from 18 pm to the next day is the sleep time, and other times are not counted as sleep;
3. During sleep, if the sleep time is short, walking and other actions, the smartwatch may not be able to recognise the sleep state or the data is 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 body's blood oxygen level to track the changes in the body, the watch provides a night blood oxygen detection in addition to manual blood oxygen detection, and detects your blood oxygen during sleep.

(All-day monitoring of blood oxygen, you need to turn on automatic detection in the APP or watch, turn on all-day monitoring of blood oxygen, which will speed up power consumption)



## Blood pressure testing

Measure your blood pressure in real-time to keep in sync with your body and give yourself more health protection.

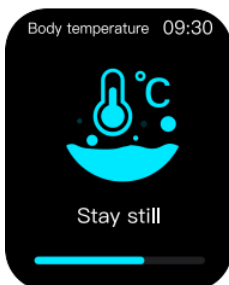
(24-hour test, you need to open the APP or turn on the automatic detection in the watch)

## Click on “Health & Monitoring” on the “Devices” interface



## “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 for your body.



## Body temperature checks

Body temperature measurement tool to easily understand body temperature changes.

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



## MET

Metabolic energy equivalent, which is a commonly used indicator of relative energy metabolism levels for various activities based on energy expenditure during quiet and sitting positions. An internationally accepted measure of physical activity.



## HRV

Refers to heart rate variability and is a measure of the time interval between heartbeats

How the indicator changes. The watch automatically generates a report, which can be viewed on the watch and APP.

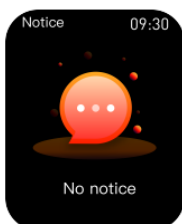


## Pressure

According to the comprehensive indicators of the watch individual's body, combined with the algorithm, the pressure report is given and displayed on the watch. Stress is expressed in normal, mild, moderate, and severe. It can help users find hidden dangers in time and be targeted to improve health.

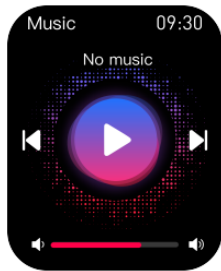
### Note:

1. The monitoring data and results of this product are for reference only, not for diagnostic and medical purposes, please do not diagnose and treat yourself through the measurement results, please follow the doctor's instructions, if you feel unwell, please seek medical attention in time.
2. There may be measurement errors in measuring blood pressure, heart rate, and ECG in the case of arrhythmia.
3. This product is aimed at the detection of flexed arteries at the wrist, which may cause data measurement errors in patients with high blood viscosity, poor microcirculation, and patients with arteriosclerosis (such as diabetes, hyperlipidaemia, hypertension, cerebral thrombosis, etc.).



## Notice

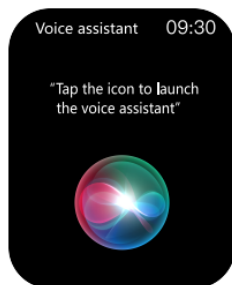
Displays unread messages from your phone. Such as SMS, WeChat, QQ, etc.



## Music

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

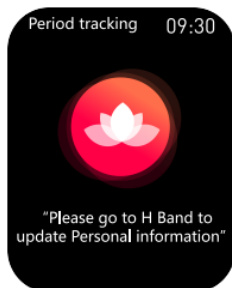
The watch can only play music when it is connected to the call function and the watch media audio is turned on, otherwise it can only control the mobile phone to play music.



## Voice assistant

Start the voice assistant, and it will call the voice assistant of the phone, such as Siri, Xiaoai, Xiaoyi, etc., to complete the call, music playback, etc.

Note: This feature can only be used when the watch's Bluetooth is connected to the phone's Bluetooth.



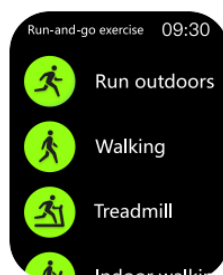
## Period tracking

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

## Sport mode

Among the features, the smartwatch offers 150+ sports modes. Each sport mode is professionally tuned, and the watch monitors exercise time, heart rate, calories, and other exercise data during exercise to help you exercise more effectively.

(Sport modes may vary for individual models.)



## ECG, body composition analysis test conditions

Since our product is a new generation of electrode heart rate test products, the three electrodes of the watch are analysed by collecting the bioelectricity of the human body to obtain the heart rate and HRV report, so there are certain requirements for conductivity (some people's ECG will be weaker), when the human skin is relatively dry, it is necessary to puff or moisten the skin contact of the three electrodes with water (salt water is better) in order to achieve the electrode conduction test conditions. (Similar to the "couplant" applied to the measurement site during an ECG test in a hospital).

Note: Especially for dry weather in winter or when the air conditioner is usually blown, the skin is very dry, be sure to moisten the skin with water or air to the skin in contact with the electrode to complete the test. (There are two electrodes at the bottom of the watch, one electrode on the front, and all three must be in good contact with the skin, otherwise there will be interruptions, data instability or failure).

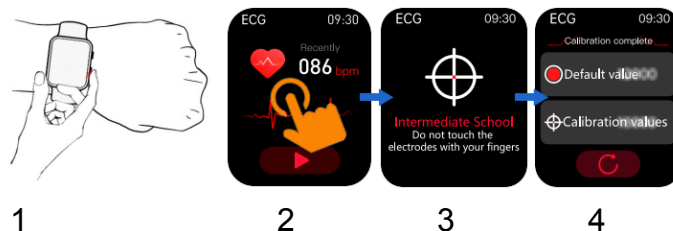
## ECG and Body Component Analysis Test Method

1. Before testing blood pressure and heart rate, you need to rest quietly for more than 5 minutes, and do not eat, smoke, take medicine and drink caffeine 2 hours before the test;
2. During the test, take a comfortable and static sitting posture, maintain a stable state of mind, and prohibit talking;
3. Please take the watch on your left wrist during the test, then use your right index finger to touch the watch electrodes moderately, and gently press the upper part of the watch with your middle finger, so that the two electrode contacts at the bottom can contact at the same time during the test, and you can't press the electrodes too hard, as shown in Figure 1 below.

## ECG does not produce value processing method

If the test fails, perform the following steps:

1. Please breathe according to the test conditions or moisten the skin in contact with saline before re-testing.
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 electrodes on the side of the screen during calibration), and swipe left or right to exit after the calibration is completed. Then just try again! As shown in Figure 2, Figure 3, Figure 4.



## Frequently asked questions

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

- It can prevent dust conditions such as living rooms, offices, laboratories, light industry studios, storage rooms, etc., and is not suitable for special dust environments; Splash resistant water, but it is not recommended to submerge the device in water. You can wear and use it during workouts when exposed to sweat, in the rain, and when washing your hands.
- Not applicable: Swimming, snorkelling, diving, scuba diving and other activities that are immersed in water for a long time, showers, hot springs, saunas (steam rooms) and other activities carried out in a high temperature and humidity environment, not applicable to activities that are in contact with high-speed water and other improper use behaviours and scenarios that may place the device in water more than 1 meter deep, or immerse the device in water for more than 30 minutes, and are not suitable for using the product in a humid environment for a long time.
- The product is dropped from a height or subjected to other impacts, which may cause the protection performance of the internal protective devices of the product to be reduced or fail;
- Because the button is an active device, and the frequency of use is relatively high, the wear and tear of the key protection device will be greater than that of other protection devices, pressing the button underwater may cause liquid intrusion and affect the use of the product.
- It is forbidden to charge the product in a wet state.
- The protective performance of the equipment is closely related to the ambient temperature and humidity: in some cases, high temperature and high humidity will lead to the performance attenuation of the waterproof structure and affect the waterproof effect, so the use of the product in such an environment should be avoided.
- Dust and water resistance is not permanent and may deteriorate with time and daily wear and tear; Dust and water resistance is only for the watch body, other parts (e.g. strap, charging cable, packaging) are not included.

### 1. The Joeme Fit App failed to bind to the watch.

- It is recommended to update the Joeme Fit App to the latest version.
- Please make sure your phone's Bluetooth is turned on, and confirm that your phone's system is in compliance with Android 8.0 or iOS 13.0 or later.
- It is recommended to close all programs, restart the Bluetooth of your phone, and then open Joeme Fit to search again.



**2. The smartwatch does not receive messages or phone notifications.**

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

**3. Do I need to always connect my smartband to my phone to the watch?**

- (For the following functions: counting steps, heart rate monitoring, sleep monitoring, distance, calorie and sports mode, counting time, timer, clock, brightness adjustment, etc., you can use them without connecting to the APP, and after connecting the smart device to the mobile phone again within three days, the relevant data will be synchronised to the APP.
- (For the following functions: call, call reminder, message notification, find mobile phone, take photos, etc., the functions that need to be used with the mobile phone must ensure that the smartphone is normally connected to the Joeme Fit APP before it can be used.

**4. Why can't I wear a smartwatch while taking a hot shower?**

The bath water has a high temperature and produces a lot of steam. When the temperature drops, the water flow condenses into droplets, which can easily lead to internal short circuits and damage. If you are in the water for a long time, such as diving or bathing, please remove the watch to avoid changes in water pressure affecting the function.

**5. Why is there a discrepancy between the heart rate, blood sugar, blood pressure and other physical health values of the smartwatch and the measured values of the medical equipment?**

- The measurement results will vary depending on the measuring principle used by different devices.
- The watch measurement also has measurement errors within the allowable range.
- The smart watch is not a professional treatment device, and the measured health data is only used as a reference for the user's daily body management, and it cannot be used as a medical device.
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Note: We recommend using a 5V/1A power adaptor for 2–3 hours of charging. To avoid malfunction, do not use a substandard power adaptor for charging. After charging, please disconnect the power adaptor and charging cable in time.