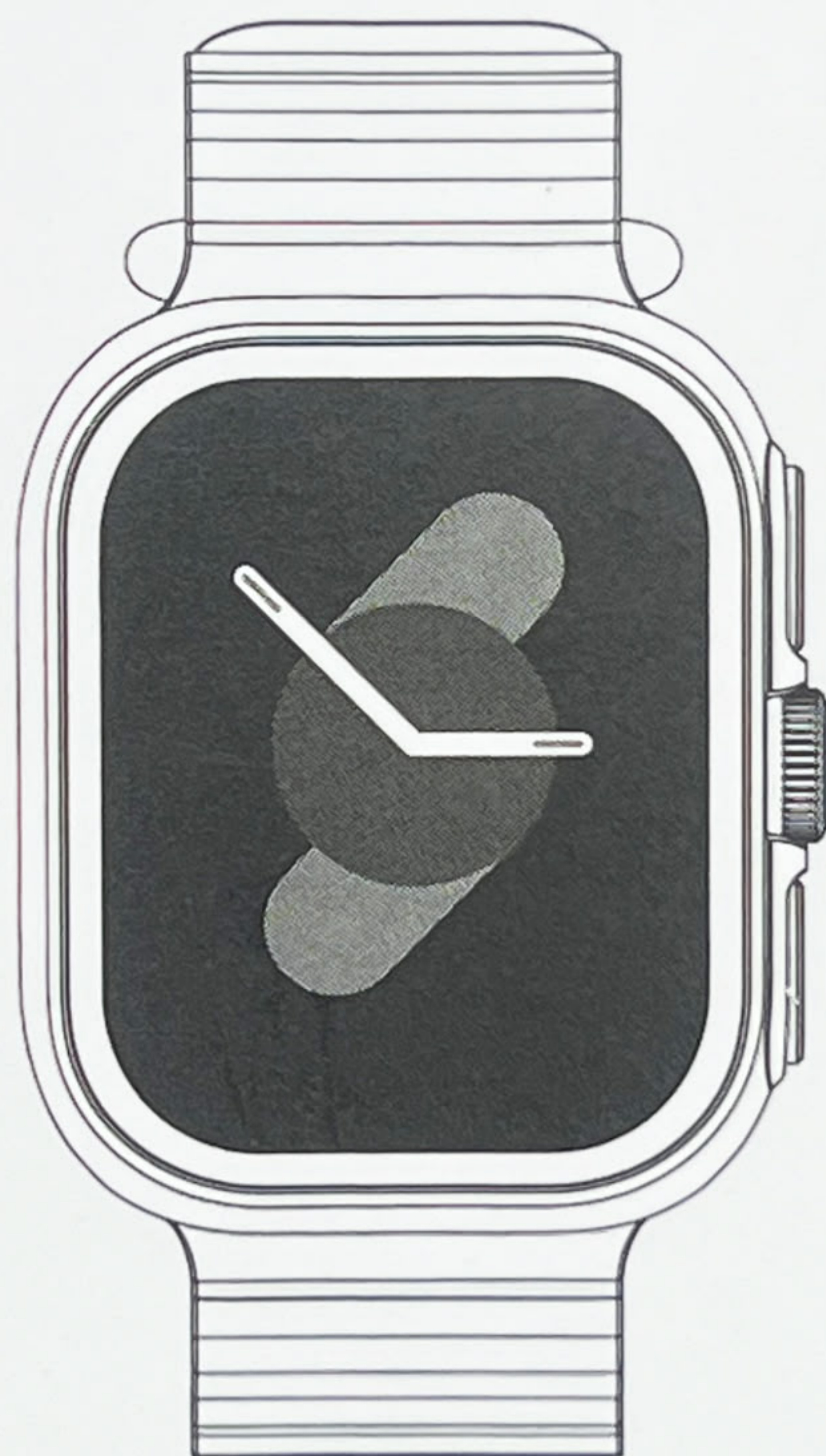


HAVIT



M9068

Smartwatch

User Manual



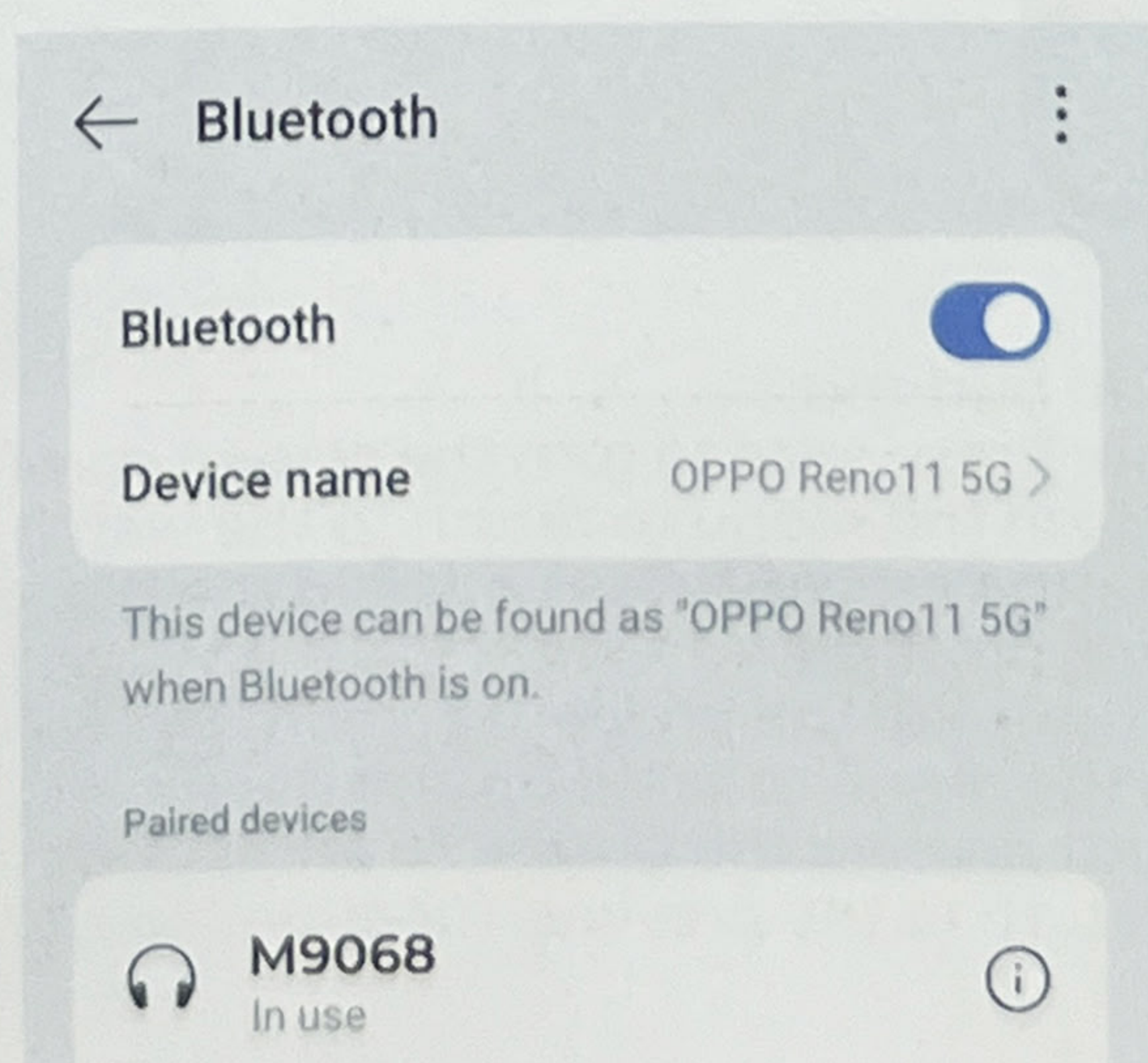
Scan the QR code with your phone to download the app.

Please refer to this instruction manual before using the product.

1. Connection

1. 01 Open HAVE FIT, click "Add Device" on the Devices page, add the device via Bluetooth search, and follow the on-screen instructions.

1. 02 Bluetooth calling function connection: After the watch is successfully paired with the app, a prompt will appear asking if you want to pair it with the M9068. Click "Allow Pairing" to enable the phone function. (Note: If you do not click "Allow Pairing," the phone function will not work. You need to go to Bluetooth on your phone, search for the M9068, and click "Pair" to enable the phone function.)



Notice:

1. Do not pair directly in your phone's Bluetooth list to avoid the "HAVE FIT" app being unable to connect to the watch.
2. Please allow the "HAVE FIT" app to access your phone's "location, phone, camera" permissions to ensure successful pairing.

2. Operation

Swipe up --- Messages



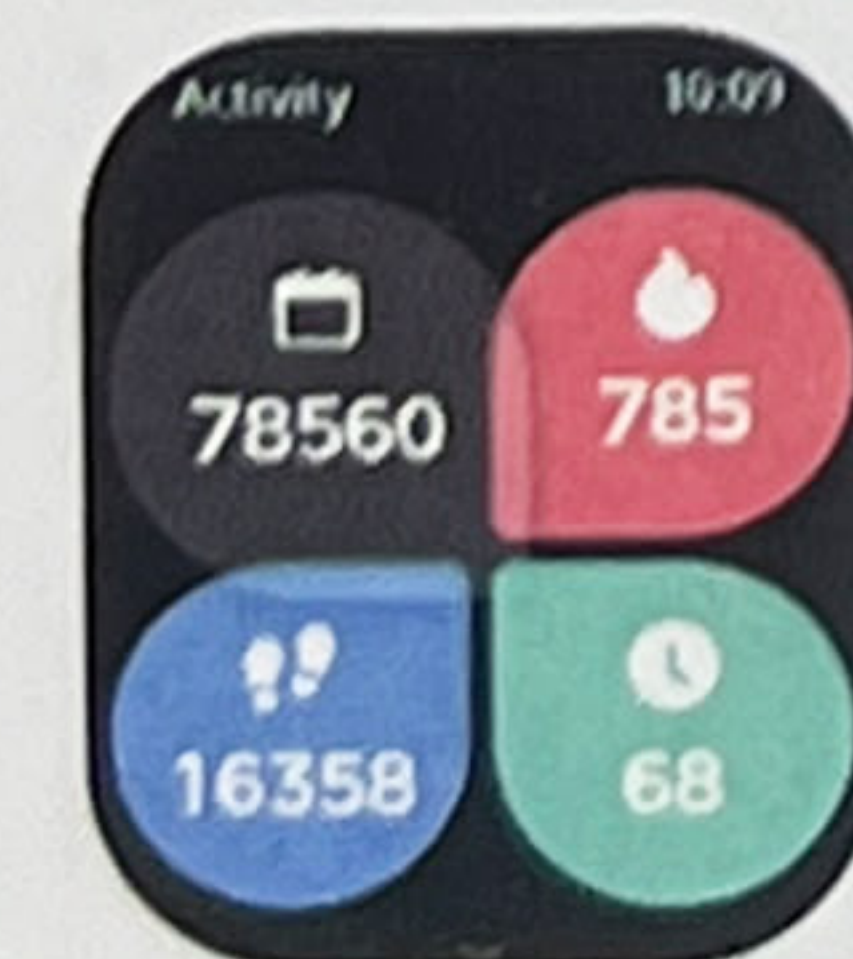
Slide down --- Control Center



Swipe right --- Smart Stacking



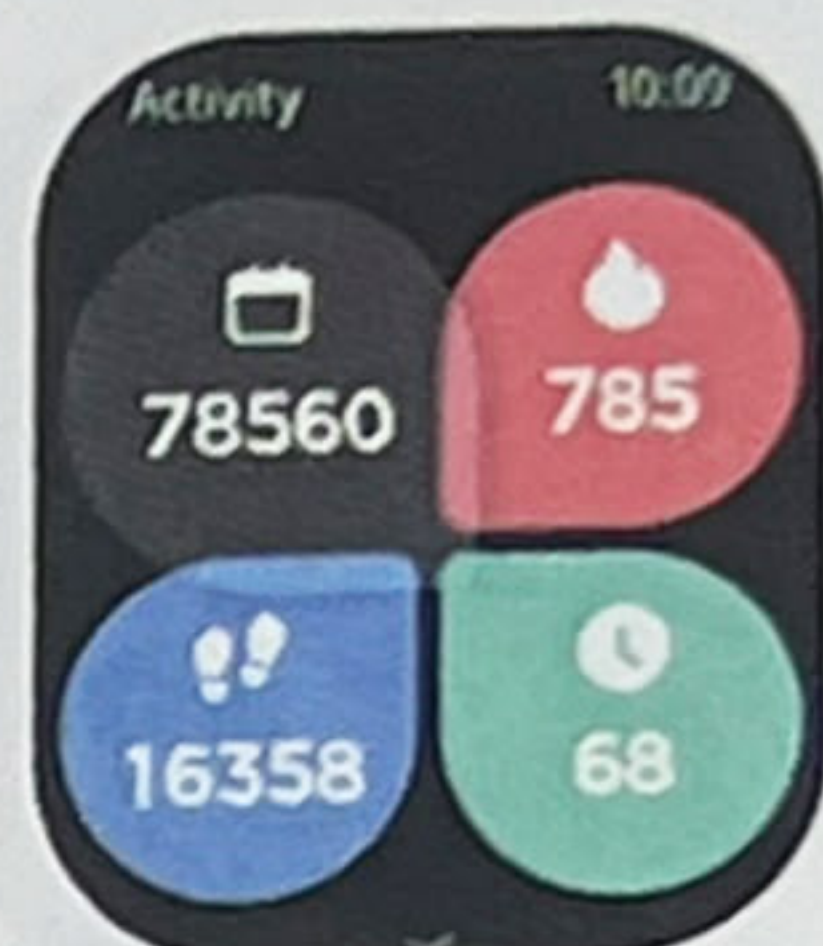
Swipe left---Activity Center



Crown and buttons:

Up button: Press once to turn the screen on/off, or press once in the menu to return to the watch face.
Middle button crown: Press and hold the button to turn on/off, press once to enter the menu list, press again to return to the previous screen, and rotate the crown in the menu to scroll up and down.
Down button: Press the button to enter the exercise list and return to the previous function interface.

3. Functions



Activity: Records daily steps, calories burned, and workout duration in detail. More detailed analysis and data records can be viewed in the app.



Sleep: Records the total sleep duration of the previous night, as well as the duration of deep sleep and light sleep. More detailed analysis and data records can be viewed in the app.



Heart Rate: Measures your current heart rate. 24/7 heart rate monitoring can be enabled in the app. More detailed analysis and data records can be viewed in the app. (Values are for reference only and should not be used as medical advice.)



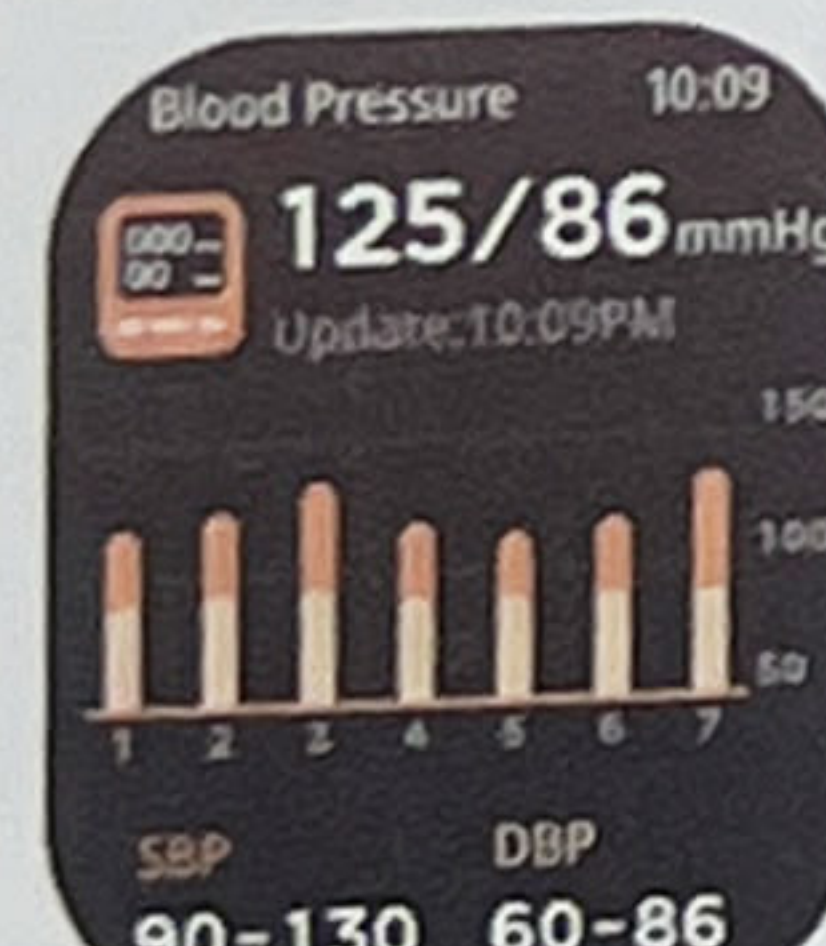
Phone Call: You can make and receive calls, view call logs, and add contacts in the app. When using the phone function, the watch and phone need to be stably connected.



Exercise: Over 100 sports modes including walking, running, outdoor cycling, rope skipping, badminton, basketball, soccer, and hiking. More detailed analysis and data records can be viewed in the app.



Exercise Records: Records the latest 8 exercise records, including exercise type, duration, calories, heart rate, and other data.



Blood Pressure: Measure your current blood pressure and record the 7 most recent measurements. More detailed analysis and data records can be viewed in the app. (Values are for reference only and should not be used as medical advice.)



Blood Oxygen: Measures current blood oxygen levels and records the latest 7 blood oxygen measurements. More detailed analysis and data records can be viewed in the app. (Values are for reference only and should not be used as medical advice.)



Stress: Measure your current pressure level. 24/7 pressure monitoring can be enabled via the app. More detailed analysis and data records can be viewed in the app. (Values are for reference only and should not be used as medical advice.)



Weather: Displays the current weather conditions and the weather forecast for the next 6 days. Weather information requires a connection to the app to obtain data. If the connection is lost for an extended period, the weather information will not be updated.



Messages: Synchronizes message notifications from your phone, displaying the latest 8 messages stored.
(Note: Enable the corresponding notification switch in the app)



Shutter: After connecting to the APP, open the camera control in the APP and click to remotely control the camera.



Player: After connecting to the APP, the watch can control the music playback /pause/previous track/next track and volume adjustment on the phone.



Relaxation: You can choose the appropriate mode to relax and reduce stress according to your own needs.



Voice Assistant: Tap the voice assistant and say the function you want to activate. (Note: The watch needs to be connected to the phone via Bluetooth to use this function.)



Timer: You can set the timer duration to 1 minute, 5 minutes, 10 minutes, etc.



Alarm: Up to 8 alarms can be added, and reminder times can be set. The alarm will vibrate and light up the screen when it is triggered.



Stopwatch: Supports 8 sets of time recording.



World Clock: Supports adding 6 different country/region time zones. You can set, add , or delete them yourself. Please go to the APP to set it.



Menstrual Cycle: After setting up the menstrual cycle function in the APP, the watch will display the corresponding menstrual period, predicted menstrual period, and ovulation reminder.



Water Reminder: Set water drinking time reminders on the app to help you establish regular drinking habits, avoid dehydration or overdrinking, and maintain your body's water balance.



Flashlight: Convenient flashlight function. Tap to turn on and illuminate the surrounding environment; tap again to turn off.



Calculator: Supports simple calculation functions and can perform basic calculations such as addition, subtraction, multiplication, and division.



Find Phone: Click Find My Phone, and your phone will vibrate and ring to alert you.



Setting: Display and brightness, vibration & ringtone, Do Not Disturb mode, power saving mode, rotation vibration, always-on clock, raise-to-wake, call on/off, media audio, call reset, language, password lock, fitness settings, system, etc. can be customized.



Media Voices: Enable/disable sound playback; play music, browse TikTok, watch videos, watch movies, and the watch will play sound, while the phone will not. (Primarily controls third-party sound playback)

4. Other functions: electronic business card, find watch, 12/24-hour time format, online watch face push/custom watch face push, unit settings, sedentary reminder, low battery reminder, power saving mode, high heart rate reminder, goal achievement reminder.

5. Charging

01. Place the watch on the charging head, ensuring that the charging contacts on the back of the watch are fully in contact with the metal contacts on the charging head.

02. Connect the charging cable to a standard USB charger purchased from an authorized retailer, with an output voltage of 5V and an output current of 0.5A or higher.

please wipe the charging contacts of the charging cable clean before using it again to avoid sweat or moisture residue.

6. Warranty Service

01. If product quality problems occur due to manufacturing, material, or design issues during normal use, the motherboard will be covered by a one-year free warranty from the date of purchase, and the battery and charger will be covered by a six-month warranty.

02. Faults caused by user error are not covered by the free warranty, as follows:

- A. Malfunctions caused by unauthorized disassembly or modification of watches, etc.
- B. Malfunction caused by accidental drop during use.
- C. All damage caused by human error or by the negligence or misuse of a third party (e.g., water damage to the main unit, cracking due to external force, etc.).

Scratches or damage to external parts are not covered under warranty.

03. When requesting free warranty, you must provide a warranty card with the purchase date and the stamp of the place of purchase.

04. When users need product repair, please bring the product to our company or our dealership.

05. All product functions are based on the physical product.

Tips:

1. To ensure the product's waterproof performance, do not disassemble the watch case without authorization, and do not immerse it in hot water, hot tea, or other corrosive liquids.

2. This product contains a lithium battery. When recycling the product, please be sure to place it at the designated battery recycling point.

M9068 Smart Watch Band Installation and Removal Instructions

1. Installing the Band

Initial Alignment:

Place the watch case with the front side facing upward, and align the band connector with the sliding slot on the side.

Confirm the Orientation:

Inspect the band connector and ensure that the side with three metal/plastic contact points faces the back of the watch case (i.e., the side where the sensors are located).

Align the Slot:

Precisely align the band connector with the sliding slot on the side of the watch case.

Lock the Band:

Smoothly slide the band in until you hear a "click" sound or feel that the connector has physically reset to the center position. At this point, the locking mechanism inside the watch case has successfully engaged the connector.

2. Removing the Band

Operation Core:

Press and hold the release button on the back of the watch case, and slide the band outward horizontally at the same time.

Safety Preparation:

Place the watch with the screen facing downward on a soft, clean surface (such as a microfiber cloth) to prevent screen scratches.

Press the Release Button:

Locate the rectangular flat button (band release button) above the connection area on the back of the watch case. Press and hold the button without releasing it.

Slide Out Horizontally:

While keeping the button pressed, slide the band horizontally to the left or right along the slot. You may release the button once the band has completely disengaged from the slot.



3. Safety Check and Maintenance

Locking Check:

After installation, gently pull the band left and right without pressing the release button. Ensure that it is securely locked and poses no risk of loosening or falling off.

Do Not Use Excessive Force:

If you encounter resistance when inserting or removing the band, check whether the connector is tilted or inserted in the wrong orientation. Forcing it may damage the watch case's precision slider or the band connector.

Cleaning and Maintenance:

Regularly inspect the band slots to ensure there is no accumulation of dust or foreign objects, in order to maintain the sensitivity of the locking mechanism.

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