

# OOQE



## WATCH PRO 6

## Thank you for your purchase

Welcome to OOQE! We hope you enjoy your OOQE Watch Pro 6.

## The OOQE Team is always ready

If you have any questions, comments or defects, you can email us at [info@ooqe.eu](mailto:info@ooqe.eu). We do our very best to respond within 1 business day!



## Package contents

- OOQE Watch Pro 6
- OOQE Watch Pro 6 strap. The detachable straps of the OOQE Watch Pro 6 are available in different colors and materials.
- OOQE Fast Charger
- Silicone protective case
- Digital manual

## Features & Specifications of the OOQE WATCH PRO 6

### **OOQE Watch Pro 6 Design & Ease of Use:**

Ultra-thin design; Extra Large Touch Screen; HD Screen; TFT LCD Screen; full touch screen; 2.5D glass; 100+ watch faces; Personalization watch face; Water, scratch, dust and crack resistant; Battery life 7-10 days; OOQE Magnetic Fastcharger; Ergonomic and skin-friendly strap; Sensitive Touch Control; SmartSensor; Smart Energy Reduction; Quick App Menu; Find my Watch function.

### **OOQE Personal Assistance® features:**

Notification/Push messages; OOQE Music Control; call control; camera control; alarm; weather forecast; vibration function; set brightness; set reminders; built-in games; Do not disturb/Battery save mode.

### **OOQE Health Management® features:**

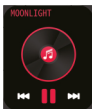
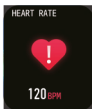
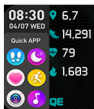
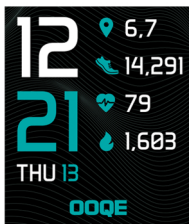
Heart rate monitor; oximeter; blood pressure monitor; Health Analyzer; sleep monitor; breath guidance function, stress monitor; set reminders.

### **OOQE Sports & Weight management® features:**

Daily pedometer; daily calorie consumption meter; daily distance measurement; Sports Apps; GPS link; set goal; countdown; stopwatch; activity tracker; Sports Intensity Meter; Sports Session Analyzer.

## Other specs:

- Battery power: 200mah
- Water resistance: IP67
- Dimension: 45mm (Length) x 37mm (Width)
- Weight: 40 grams
- Wireless connection: Bluetooth 5.1
- Works on: Android 4.4 and above / IOS 8.0 and above



## Charging your OOQE WATCH PRO 6

1. Attach the supplied charging cable to a UL certified USB adapter and plug it into a wall outlet. Use an adapter with an output of 5V 0.5A for optimal battery life. If you don't have a USB adapter, you can also connect the cable directly to your laptop, PC or power bank. These often have an output of 0.5A.
2. Place the magnetic head of the charging cable on the back of the Watch. Make sure that the charging points on the back of the Watch are correctly attached with the magnetic head.
3. If the connection is successful, the charging icon will appear on the screen.
4. When fully charged, the Watch will last more than 6 days with average use. You can also extend your battery life by turning on the "DO NOT DISTURB" mode. This is also the battery saving mode.



## Enable/Disable OOQE WATCH PRO 6

Press and hold the button on the right side of the Watch for 3 seconds to turn it on and off.

## Download the Da Fit app on your smartphone

Search and download the "Da Fit" app in the App Store or Google Play Store. Or Scan the QR code below with the camera of your smartphone and go directly to the download screen of Da Fit.



Da Fit

## Pair OOQE WATCH PRO 6 with your smartphone

1. Turn on Bluetooth on your smartphone.
2. Open the "Da Fit" app on your smartphone.  
ATTENTION DO NOT PAIR THROUGH BLUETOOTH BUT THROUGH THE APP!
3. In the "Da Fit" app, go to "ADD A DEVICE".
4. Select the "OOQE WP6" icon.
5. For Apple iPhone smartphones: On the iPhone, the message "Bluetooth pairing request OOQE WP6 wants to pair with your iPhone" appears. Press "Pair". Next comes the message "Do you want to allow OOQE WP6 to show you notifications from iPhone". Press "Allow". With Android smartphones, the connection is automatic.
6. The OOQE Watch Pro 6 is now paired with your smartphone!

Vandaag

1



voeg de polsband toe om meer gezondheidsinformatie te krijgen

EEN APPARAAT TOEVOEGEN



STAP

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VAN 7000STAPPEN

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Slaap

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GEEN GEGEVENS



Buiten rennen

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EEN APPARAAT TOEVOEGEN

2



OOQE WP6

FG-44-24-37-10-39

Zoeken

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3



STAP

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VAN BU

Bluetooth-koppelingsverzoek

'OOQE WP6' wil met je iPhone koppelen.

Annuleer

Koppel

3 BPM



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HARTSLAG

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Licht

Gedacht

Aeroob

Anaeroob

V0, max.



BP

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126/81MMHG

100/60BP



OOQE WP6

4

Verbonden

FG-44-24-37-10-39

97%

Verwijder apparaat



WIJZERPLATEN



NOTIFICATIES



ALARMEN



SLUITER



OVERIGE



UPGRADE



## Disconnecting OOQE WATCH PRO 6

**For Android smartphones:** Open the Da Fit app and press "REMOVE". Confirm the action and you are now disconnected.

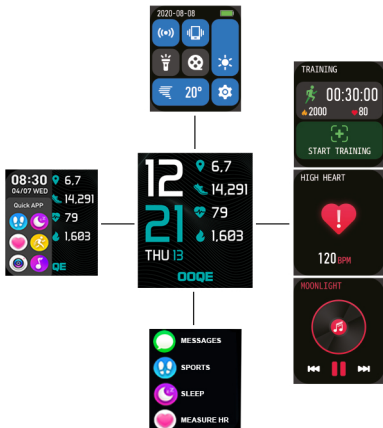
**For iPhone devices:** Open the Da Fit app and press "REMOVE". Confirm the action. Then go to Settings > Bluetooth. Press the (i) next to "OOQE Pro Watch 6". Then click on "Forget this device". You are now disconnected.

## Various actions on OOQE WATCH PRO 6

- **Screen on:** Press the button on the right side of the Watch. Or raise your hand and the screen will turn on automatically thanks to the Smart Sensor.
- **Change watch face:** Press and hold the watch face for 2 seconds and slide left or right to change the watch face. The Da Fit app gives you access to 100+ watch faces.
- **Personalize watch face:** Open the Da Fit app and go to "Watch Faces". Press "edit" under watch face 5 and then press "CHOOSE FROM ALBUM". Choose a photo from your photo album. You can change the color of the time display and also add the pedometer, sleep analysis and heart rate monitor to your watch face. Press "save". The chosen photo is now your background. Get started and create your own personal watch face!



- **Go to menu screen:** Swipe up to view the different apps and features and tap the desired app to open it.
- **Return to home screen (watch face):** Short press the Watch button or swipe back until the dial appears.
- **Quick App menu:** Go to the Home screen (watch face) and swipe right. The last selected apps will now automatically appear on your home screen.



## Feature overview OOQE WATCH PRO 6

- By swiping up in the health functions (blood pressure monitor, saturator, heart rate monitor) you open the Analyzer function, so that you get more insight into the relevant health values. When you open an Exercise, such as "RUNNING", for example, you can open the Sport Intensity meter when you swipe to the left. Here you can view the intensity of your sport activity (Sport Intensity Meter).
- **MESSAGES:** Press "MESSAGES" to view your messages from WhatsApp, Facebook & Instagram, missed calls, news alerts and all notifications from the chosen apps.
- **SPORTS:** Press the "SPORTS" icon to see the number of steps taken. Swipe up to view calories burned and distance traveled (km). Swipe up even more to see progress throughout the day. You can also view an expanded view in the app.
- **SLEEP:** Press the "SLEEP" icon to see the total number of hours slept. Swipe up to view the sleep analysis: light sleep duration, deep sleep duration. Swipe up even more to see progress throughout the week. You can also view an extensive sleep analysis in the app.
- **MEASURE HR:** Press the "MEASURE HR" icon and wait for the heart rate measurement to be completed. Swipe up to view the measurement analysis. You can also view these in the app.

- **EXERCISE:** Press the "EXERCISE" icon and press "Open new workout". Choose the desired sport mode and start your sport activity. The Watch now measures your sports performance: the number of steps, the distance traveled (km), the number of calories burned (kcal) and your blood pressure (Bpm) during the training. Swipe left to open the Sport Intensity Meter, where you can see the intensity of your training. To end the sport activity, swipe the screen to the left one more time and press the  $\checkmark$  icon
- **MEASURE BP:** Press the "MEASURE BP" icon. Wait for the blood pressure measurement to be completed. Swipe up to get an insight into your measured value. You can also view these in the app.
- **SPO2:** Press the "SPO2" icon. Wait for the blood saturation measurement to complete. Swipe up to get an insight into your measured value. You can also view these in the app.
- **WEATHER:** Press the "WEATHER" icon. Swipe up to see the weather for the coming days and week.
- **SHUTTER:** Press the "SHUTTER" icon. Open the Da Fit App and press "SHUTTER". When you shake your hand three times you can take a photo. You can also press the Watch to take a photo. You can now remotely take group photos with yourself in between via the Watch!
- **PLAYER:** Select the "PLAYER" icon. You can now control your music, video and other lists from the Watch.

- **BREATHE:** Select the "BREATHE" icon. Regulate your breath to reduce stress by following the instructions in this app.
- **FLASHLIGHT:** Select the "FLASHLIGHT" icon to create a light. NB; this light is only intended for use in the dark.
- **GAME:** Select the "GAME" icon to play some built-in games.
- **SETTING:** Select "SETTING". Here you can access the following functions: set brightness, enable Do Not Disturb, alarm, countdown, enable vibration, QR APP code, turn off the Watch.

### Other functions via the Da Fit app

- **DETAILED INSIGHT INTO:** Steps/Calories Burned/ Distance Traveled, Sleep Analysis, Heart Rate, Saturation, Blood Pressure and Sports Activities.
- **WATCH FACES:** Select "Watch Faces" to select and upload a new watch face.
- **NOTIFICATIONS:** Select "NOTIFICATIONS" to choose from which programs/apps you want to receive notifications on the Watch.
- **ALARMS:** Select "ALARMS" to set 1, 2 or 3 alarm times.
- **SHUTTER:** Select "SHUTTER" to take a photo remotely.
- **OTHERS:** Press "OTHERS" to select some additional functions:
  - Auto-Lock: Select after how many seconds your Watch will be locked.

- Find Device: Enable vibrate to find Watch.
- Enable Reminders to Move.
- Enable Continuous Heart Rate Detection.
- Enable Do Not Disturb.
- Choose a language.
- Select unit.
- Enable Drink Water Reminder.
- Enable Heart Rate Warning.

## Warnings and Cautions

- To charge the Watch, we recommend using a USB adapter with a maximum power of 5V 0.5A (500mA). Higher output adapters may shorten battery life. You can also charge it on your laptop or PC, which usually have an output of 0.5A.
- Clean the Watch regularly, especially the bottom. Keep the Watch as dry as possible.
- Avoid hard knocks and extreme heat.
- Do not disassemble or attempt to repair the Watch.
- Do not use the Watch for medical purposes. Consult your doctor for medical assistance.

## EU CONFORMITY

### **Compliance with the EMC directive:**

This product meets the requirements for protection as set out in the EU Directive 2014/30/EU of the European Commission on the harmonization of the legislation of Member States with regard to electromagnetic compatibility.

### **ROHS directive:**

This product complies with the European Directives on hazardous substances.

