



# SWC-187

[denver.eu](http://denver.eu)

Jan/2025



**FR**  
Cet appareil et ses accessoires sont recyclables

À DÉPOSER EN MAGASIN

À DÉPOSER EN DÉCHÈTERIE

OU

Points de collecte sur [www.quefairedemesdechets.fr](http://www.quefairedemesdechets.fr)  
Privilégiez la réparation ou le don de votre appareil !

# Safety information

Please read the safety instructions carefully before using the product for the first time and keep the instructions for future reference.

1. This product is not a toy. Keep it out of reach of children.
2. Warning: This product includes lithium polymer battery.
3. Keep product out of the reach of children and pets to avoid chewing and swallowing.
4. Product operating and storage temperature is from 0 degree Celsius to 40 degrees Celsius. Under and over this temperature might affect the function.
5. Never open the product. Repairs or service should only be performed by qualified personnel.
6. Please remove the Smart watch in case of any leakage or excessive heat from the product to avoid burns or rash.
7. Only charge with the supplied USB cable.
8. Using other accessories than the ones delivered with the product can cause abnormal functionality.
9. Bluetooth wireless technology operates within a range of about 10 m (30 feet). The maximum communication distance may vary depending on the presence of obstacles (people, metal objects, walls, etc.) or the electromagnetic environment.
10. Microwaves emitting from a Bluetooth device may affect the operation of electronic medical devices.

## Denver A/S reserves the rights for print errors

Denver A/S cannot be held responsible for any technical or typographical errors and reserves the right to make changes to the product and manuals without prior notice. If you detect any inaccuracies or omissions, please inform us at the address on the back cover.

# Downloading the App

Scan the following QR code, download and install the App.

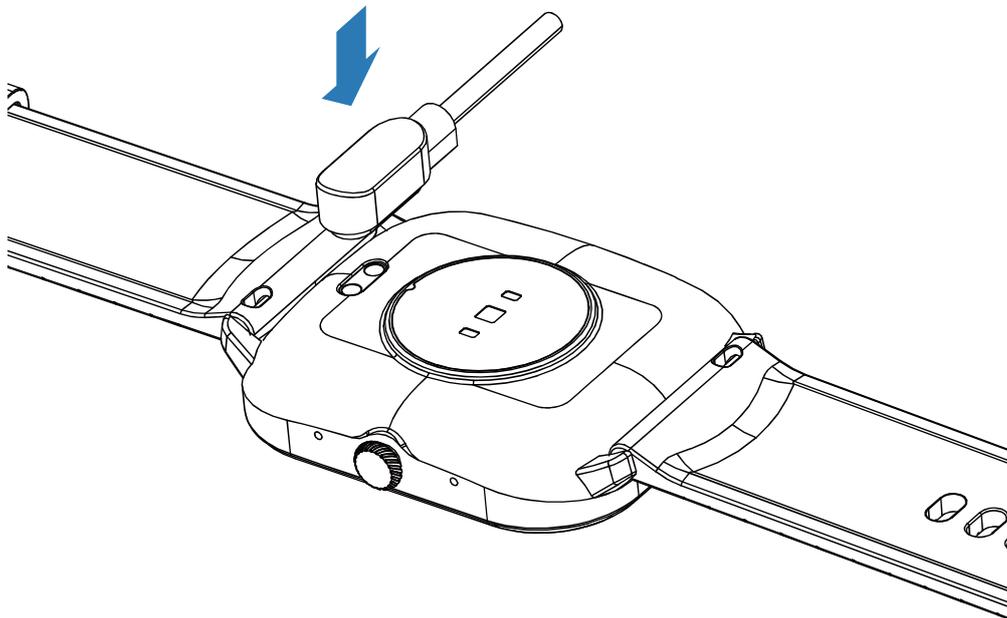
Da Fit



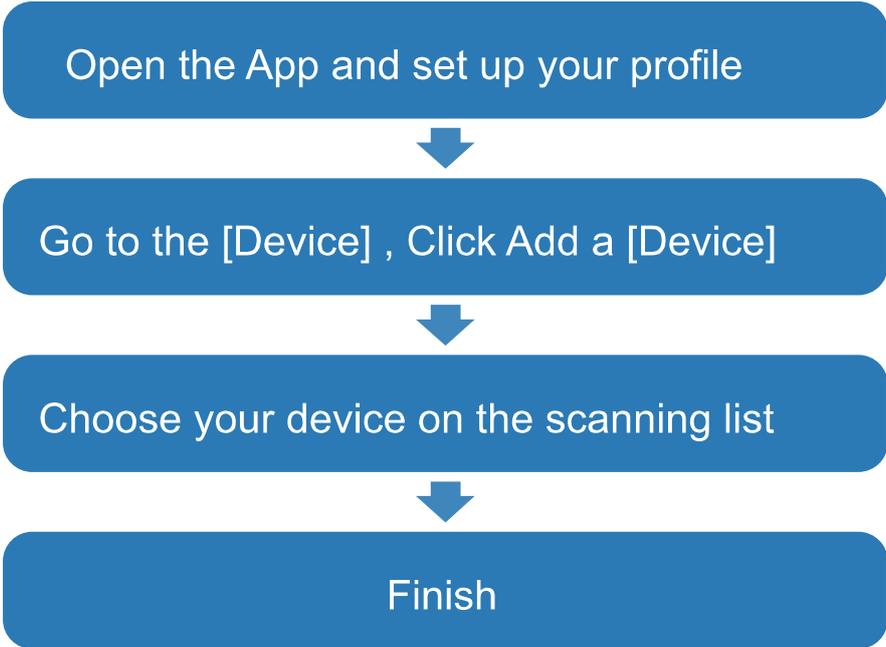
Scan QR Code and Download

# Charging and Active

Charging the device to active before the first time using;  
To charge your device, plug the charging cable into the  
adapter or USB port on your computer.

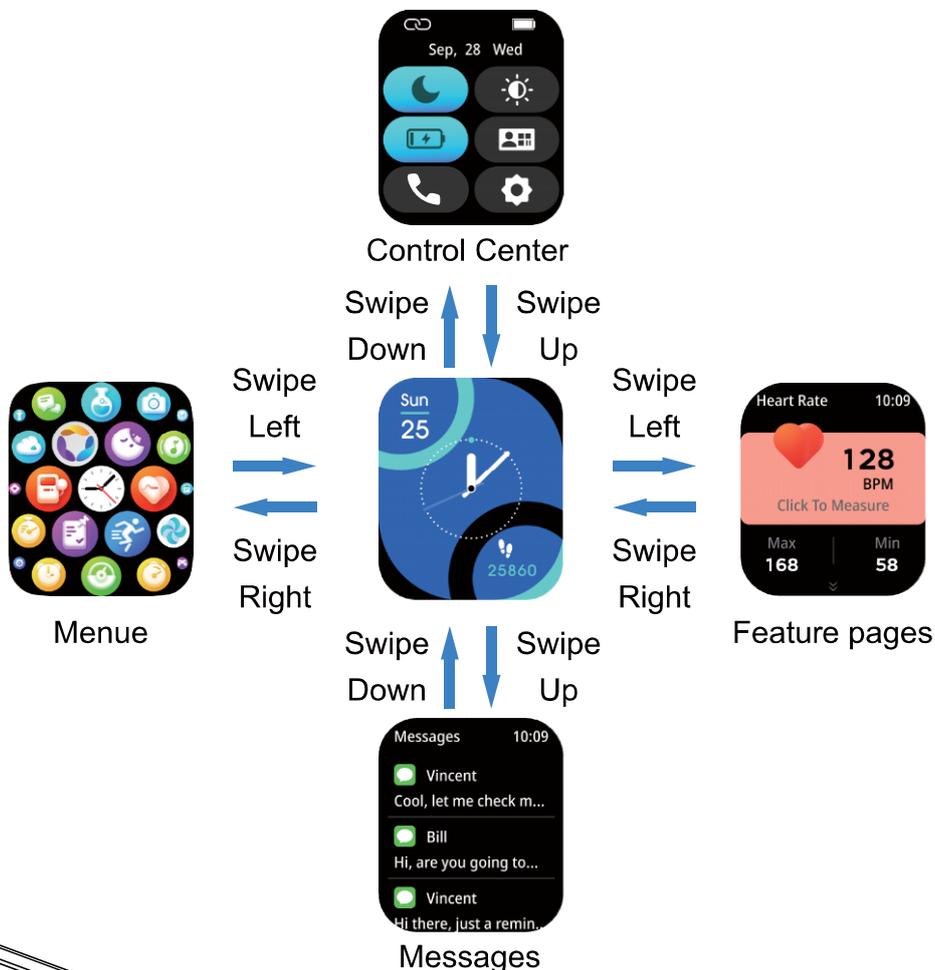


# Pairing



The MAC address on the “Setting”-”About” page could help you identify your device on the scanning list.

# Use the Touch Screen



# Smart Watch Features



After connecting the smart Watch to the phone, you can use the watch to dial and answer the phone calls. You can also view the call history of the watch. You need to keep the connection between the watch and the phone stable when using the Phone Call function.



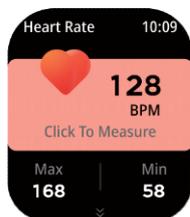
In the state of Bluetooth connection, the watch can wake up the voice assistant on the phone.



## Sleep

If you keep wearing Smart Watch in your sleep, it can provide the hours slept and quality of sleep stats on both the screen and the APP.

NOTE: Sleep stats reset to zero at 8:00 pm.



## Heart Rate Test

The Smart Watch could record your heart rate all day.

You also could tap on the page to start measuring heart rate.



## Sports

Smart Watch automatically tracks Steps taken on the screen.

NOTE: Your movement stats reset to zero at midnight.

# Smart Watch Features

## Training



Tap the training icon on the menu to start a new training measure recording, there are 123 sport modes to be chosen.

The last training recording will be shown on the training page.

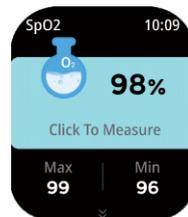
## Blood Pressure Test



Tap on the blood pressure page to start measuring your blood pressure.

On the blood pressure page, It can show the blood pressure measured data of the last times.

## SpO2 Test



Tap the SpO2 page to start measuring your SpO2.

On the SpO2 page, It can show the SpO2 measured data of the last times.

## Weather



It could show the weather info of current and tomorrow on the weather page.

Weather info is synced after connecting with the APP, it will not be updated after a long disconnected.

## Messages Reminder

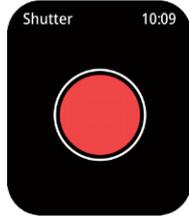


The device can sync incoming notifications from Twitter, Facebook, Whatsapp, Instagram etc.

Recently 5 messages can be stored.

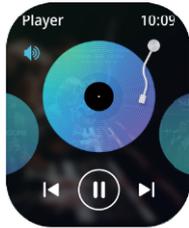
Note: You can switch of/off the incoming notification in the APP.

# Smart Watch Features



## Remote Shutter

After connecting the device, you can remote control the camera on your phone.



## Player Shutter

After connecting the device, you can remote control the music player on your phone.



## Other Features

Other features include stopwatch, alarm, timer, brightness, mute on/off, theater mode, factory reset, power off and about.



## Stop Watch

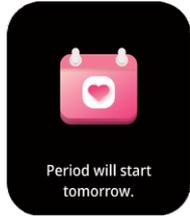
Tap the start button on stopwatch page to start timing, and tap the stop button to stop timing.



## Silent Alarms

Set up the alarm on the APP, the device will vibrate to remind on time.

# Smart Watch Features



## Period

Menstrual period, ovulation can be set in the client period, ovulation peak reminder and prediction.



## Remind to Move

The device will vibrate to remind you to make a relax after 1 hour sitting.

Note: You can switch on/off the feature in the APP.



## Remind to Drink

The smart watch will remind you "Time to Drink Some Water" at the planned drinking time.

Note: You can set the feature in tht APP.

# Getting to Know Your Device

## 1. Using in Wet Conditions

Your device is water-resistant, which means it is rain-proof and splash-proof and can stand up to even the sweatiest workout.

NOTE: Do not swim with your Smart Bracelet. We also don't recommend showering with your wristband; though the water won't hurt the device, wearing it 24/7 does not give your skin a chance to breathe. Whenever you get your bracelet wet, dry it thoroughly before putting it back on.

## 2. Using Quick View

With Quick View you can check the time or the message from your phone on your Smart Bracelet without tapping. Just turn your wrist towards you and the time screen will appear for a few seconds.

# General Info & Specifications

## 1. Environmental Conditions

Operating temperature: 14°F to 122°F (-10°C to 50°C)

Non-operating temperature: -4°F to 140°F (-20°C to 60°C)

## 2. Size

Fits a wrist between 5.5 and 7.7 inches in circumference.

## 3. Disposal and Recycling

Please kindly be aware that it is the consumer's responsibility to properly dispose and recycle Smart Bracelet and accompanying components. Do not dispose of Smart Bracelet with common household waste, the Smart Bracelet unit is considered electronic waste and should be disposed of at your local electronic equipment collection facility.

For more information, please contact your local electronic equipment waste management authority or the retailer where you bought the product.

# Warning!

- Lithium battery inside!
- Do not try to open the product!
- Do not expose to heat, water, moisture or direct sunlight!
- Only charge with the original charger supplied with this product!

Please notice - All products are subject to change without any notice. We take reservations for errors and omissions in the manual.

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Electric and electronic equipment and included batteries contains materials, components and substances that can be hazardous to your health and the environment, if the waste material (discarded electric and electronic equipment and batteries) is not handled correctly.

Electric and electronic equipment and batteries is marked with the crossed out trash can symbol, seen above. This symbol signifies that electric and electronic equipment and batteries should not be disposed of with other household waste, but should be disposed of separately.

As the end user it is important that you submit your used batteries to the appropriate and designated facility. In this manner you make sure that the batteries are recycled in accordance with legislature and will not harm the environment.

All cities have established collection points, where electric and electronic equipment and batteries can either be submitted free of charge at recycling stations and other collection sites, or be collected from the households. Additional information is available at the technical department of your city.

Hereby, Denver A/S declares that the radio equipment type SWC-187 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: [denver.eu](http://denver.eu) and then click the search ICON on topline of website. Write model number: SWC-187. Now enter product page, and RED directive is found under downloads/other downloads.

Operating Frequency Range: 2.402~2.480 GHz

Max Output Power: 6 dBm

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Omega 5A, Soeften

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Denmark

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# Contact

**Main contact point: [contact.hq@denver.eu](mailto:contact.hq@denver.eu)**

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**LetMeRepair Poland sp. z o.o.**

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E-Mail: **[denver-service@letmerepair.pl](mailto:denver-service@letmerepair.pl)**

Godziny pracy: 8 – 18 (poniedziałek – piątek)

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please write an email to  
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