



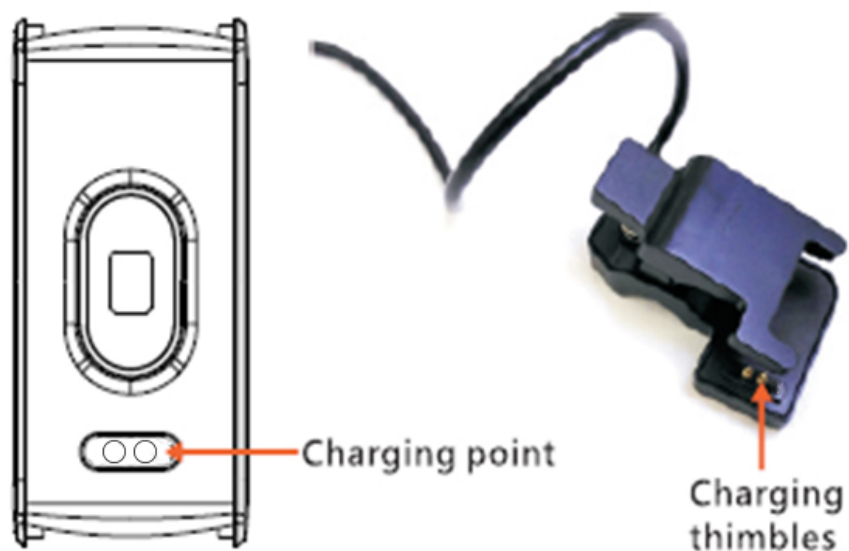
User Manual
Model: BFH-250

1.1 Product overview



1. Screen
2. The function key
3. Heart rate sensor
4. Charging plate

Connect the charging pins of the USB cable to the charging plate on the back of the watch. After successful connection for charging, the charging icon is displayed on the watch screen.



1.2 Pairing

To synchronize data between the watch and your mobile phone, install “Denver Smart Life” app to connect the watch to your mobile phone.

2.1 Install the app

Search and install “Denver Smart Life” app from Google Play or App store. Or scan the following QR code to install the app directly.



for Android



for iOS

2.2 Connect the watch to your mobile phone

1. Enable Bluetooth on your smartphone.
2. Launch “Denver Smart Life” on your smart phone, set your profile in the Settings option.
3. Tap “Connect device” in the Settings option.
4. Select the name of this watch to connect
5. Follow on-screen instructions to complete connection of the watch.

1.3 Access the features

1. Press repeatedly the function key to toggle through the main menu pages.
2. Long press the function key to confirm selection, or enter sub-options pages.
Note: when the watch screen is turned off, raise your hand, or press the function key to turn on the screen.

1.4 Description of features

Watch face



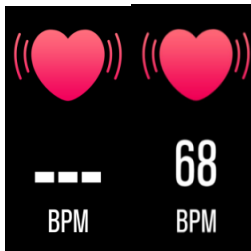
On a watch face, long press the function key to access watch face options, then press the function key to select your favorite watch face.

Pedometer



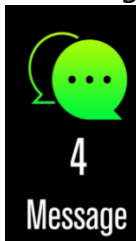
The watch automatically record steps taken, calories burnt and distance travelled. Press the function key to switch between steps, calories and distance pages The data measured can be synchronized to the App.

Heart rate



Press the function key to switch to the heart rate page, and it starts measuring your heart rate. The data measured can be synchronized to the App.

Message



Press the function key to switch to the message page. The notification includes incoming calls, and new messages from SMS, QQ, WeChat and Whatsapp.

Multi-Sport



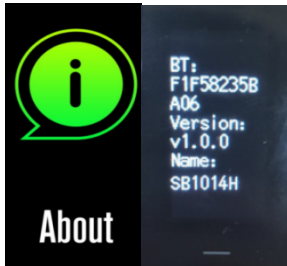
On the Sports page, long press the function key to enter a particular sport mode. Five sport modes are offered: walking, running, hiking, cycling. To exit a sport mode, press the function key and the data is recorded. **Note:** If the sport time is less than 1 minute, the data is not recorded.

More features



Long press the function key to enter sub-options of the “More” page. The options include the features mentioned below.

About



Long press the function key to show the BT Mac address, device name and firmware version of the watch.

Power off



Long press the function key to turn off the watch.

Find Phone



If the watch is connected to the App, the “Find Phone” page has more options. Long press the function key, then your android phone rings. If you use an iPhone, you must display your Denver Smart Life display on the screen.

Sedentary reminder



Set detailed requirements on the App for sedentary reminder, such as start/end time, interval and repeat setting. When the sedentary time arrives, the watch vibrates to remind you.

Water warning



Set detailed requirements on the App for water drinking reminder, such as start/end time, interval and repeat setting. When water drinking time arrives, the watch vibrates.

Alarm



You can set five alarms on the App. When alarm time arrives, the watch vibrates and the alarm icon on the watch screen is animated.

Gesture control

You can set the gesture control style on the App to turn on the watch screen.

- Raising hand: while raising your hand, the screen is turned on.
- Turning wrist: while turning your wrist toward you, the screen is turned on.