



## ACTIVATE 3.0 FITNESS SMARTWATCH

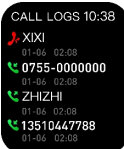
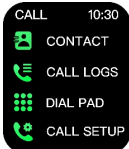


User Manual

### CALL

You can make calls and view call records and contacts.

Note: If you want to use the call function, you must enter the Bluetooth menu of your phone and connect your watch through Bluetooth. The Bluetooth name of the watch is "MyBat Pro Activate 3.0".



### MESSAGE

The notification Center mode lets you view stored notifications from your phone. You must enable the desired types of notifications via the app by going to watch settings and selecting the notification types (incoming call, app alerts, idle alerts, activity goal alert and incoming SMS).



### WELCOME

Thank you for choosing the MyBat Pro Activate 3.0 Fitness Smartwatch. This powerhouse device is your key to taking control of your fitness journey. Keep tabs on your daily steps, blood pressure, heart rate, calorie burn, and shut-eye with ease. And don't let those distractions get in your way, this watch has got you covered with all the tools you need to stay on track. Jam out to your favorite tunes, stay connected with call and message notifications, set reminders, time your workouts with the stopwatch, and never miss a beat with preset alarms. So gear up, activate that max mode and let's get to work.

Please read this user manual carefully and keep it for future reference.

### PACKAGE CONTENTS



Activate 3.0  
Fitness Smart  
Watch



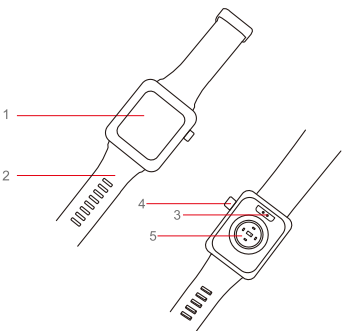
Charging Cable



User Manual

1. Activate 3.0 Fitness Smart Watch
2. USB Charging Cable
3. User Manual

### PRODUCT OVERVIEW

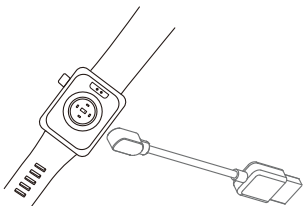


1. Touch Screen
2. Adjustable Silicone Strap
3. Charging Port
4. Multi-Function Button
5. Heart Rate Sensor

### HOW TO CHARGE

Fully charge the Activate 3.0 before first use.

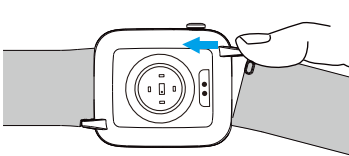
1. Connect the charging cable to a USB power supply.
2. The charging cable should attach magnetically to the Activate 3.0's charging port.



NOTE: Check that your cable's charging pins are secure in the charging port for optimal charging.

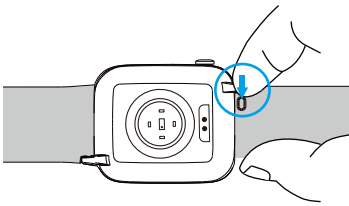
### ASSEMBLING YOUR WATCH

1. Slide the pin into the notch on the watch (opposite side of the quick-release button).
2. While pressing the quick-release button, slide the other end of the strap into place.
3. You may stop pressing the quick-release button once both pins are inserted.



### REMOVING THE STRAP

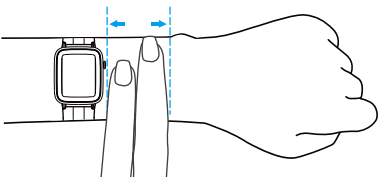
1. To remove the wristbands, turn over the watch and find the quick-release button.
2. Press the quick-release button and gently pull the strap away from the watch.
3. Repeat on the other side.



### RECOMMENDED WEARING

A two-finger distance from your wrist bone is recommended in order to ensure the heart rate sensor tracks properly.

NOTE: Ensure that the wristband is adjusted tightly as the optical sensor must be in contact with your skin.



### APP SETUP



Scan the QR Code or search for the RDFit app in the Apple Store / Google Play store.

NOTE: The RDFit app is only compatible with phones, not tablets or PCs.

System Requirements:  
- iOS 8.0 and higher  
- Android 4.4 and higher  
- Bluetooth 4.0 and higher

### PAIRING YOUR PHONE

This watch has Bluetooth call function. Please use the RDFit app to pair the Activate to your phone, and then connect the watch directly to your mobile phone through Bluetooth in the mobile phone Bluetooth settings.

1. Ensure your phone's Bluetooth setting is turned on.
2. Open the RDFit app on your phone and go to the "Device" page. Tap "Scan the device" to search for devices.
3. Once found, tap on "MyBat Pro Activate 3.0" to connect the watch to your phone. If your phone failed to find the device, please search for it again.
4. Open the Bluetooth settings of the phone, find "MyBat Pro Activate 3.0" and connect.



NOTE: Once paired to the app, the Activate 3.0 will automatically search and reconnect if the connection is lost or if Bluetooth is reset. If the Activate 3.0 is disconnected from the app, the information will be reset. Please do not disconnect from the app unless there is an issue that requires a reset to the app or your watch.

### GETTING TO KNOW YOUR ACTIVATE 3.0



#### Button Operations

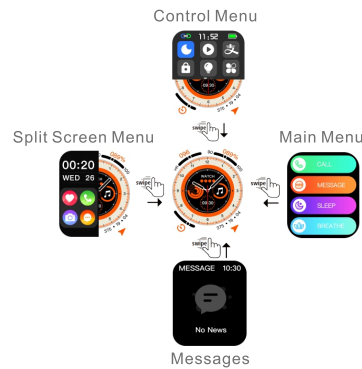
Light Up Screen	Press 1X
Turn Off Screen	Press 1X While On The Watch Face
Return To Watch Face	Press 1X While On Other Screens
Power Off	Press & Hold for 10 Seconds
Scroll Up / Scroll Down	Turn The Button Up Or Down

### SCREEN MENUS

Swipe left, right, up or down to access the Main Menu, Split Screen Menu, Messages, and the Control Menu from the Watch Face.

Tap the screen to enter the selected menu or setting.

Swipe right to return to the prior screen after tapping to enter a menu.



### MAIN INTERFACE

The rotation button on the standby interface can switch the dial, and can slide up and down in the secondary menu; the star-studded menu can be zoomed in and out. After the interface is maximized, you can enter the application in the middle of the interface, and support users to push pointer dials and numbers on the APP side. Watch faces and custom watch faces;



### MAIN MENU

Swipe left to enter the main menu, and you can select the list function;



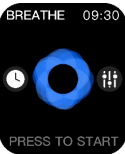
### SLEEP

NOTE: Data from Sleep Monitoring can only be seen through the RDFit app and will only be collected if the Activate 3.0 is worn while sleeping.



### BREATHE

Click to start breathing training, you can perform inhalation/exhalation training, relax and relieve stress;



### HR (HEART RATE)

Keeps an accurate heart rate record by tracking it in real-time as it syncs with the app.

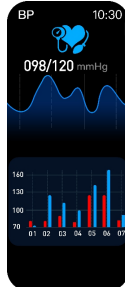
When you enter this page, the watch automatically starts to measure the heart rate.



### BP (BLOOD PRESSURE)

Keeps an accurate blood pressure record and monitors spikes and dips by tracking it in real-time as it syncs with the app.

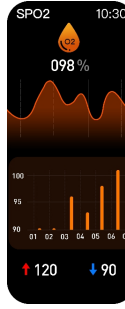
When you enter this page, the watch automatically starts to measure the blood pressure.



### SPO2 (BLOOD OXYGEN)

Allows you to monitor your blood-oxygen levels in real-time and tracks spikes and dips in your levels.

When you enter this page, the watch automatically starts to measure the blood-oxygen.



### PEDOMETER

View your daily steps, walking distance, and calories burned.

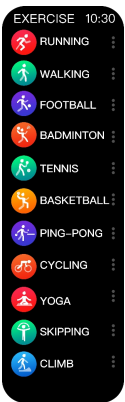
Additionally, stats are synced with the app for use with Sports settings and to better track data.



The watch can choose multiple sports modes for sports: such as running, walking, football, badminton, tennis, basketball, table tennis, cycling, yoga, rope skipping, mountain climbing, after the exercise is completed, you can enter the connected APP to view the exercise records.

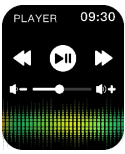
With the Activate 3.0, you can track and monitor your activity levels during your workouts or any sports you choose. The screen will do a 3-second countdown before starting to track.

To Finish Your Activity or Restart Your Activity, swipe right on the screen.



### PLAYER

The music control feature lets you control your music app on your mobile phone. Your music app must be started on your phone before entering this mode.



### COUNTDOWN

Choose from 1, 3, 5 or 10 minutes, or customize your own duration.



### WEATHER

Displays current weather condition.

NOTE: Weather information will not appear on the watch if it is disconnected from the app.



### ALARM

After connecting to the APP, the alarm clock set on the APP side can be synchronized to the watch side;



### TAKE PHONE

When the mobile phone is not locked, click on the watch to take a photo, and the mobile phone enters the photo interface, and the photo will be stored on the mobile phone;



### VOICE ASSISTANT

After connecting with the Bluetooth of the mobile phone, it supports the voice assistant function, and wakes up the voice assistant through the watch;



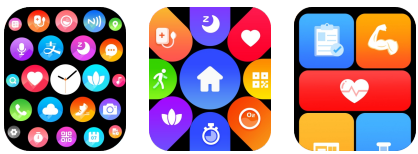
### CALCULATOR

Enter to perform simple calculations;



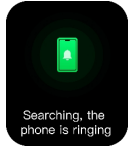
### MOTION TRACK

The watch is connected to the APP, and the APP end enters the special sports: running, walking, cycling, mountain climbing, and indoor running can be synchronized to the watch end for simultaneous display.



### FIND PHONE

Activate 3.0 will control the vibration or sound of your phone so that you can quickly find your phone.



### SETTINGS

**SOLID TIME:** Adjust the watch bright screen time.

**SCREEN-OFF TIME:** Adjust the screen-off time of the watch.

**RAISE WRIST BRIGHT SCREEN:** Turn on/off raise wrist bright screen.

**BRIGHTNESS:** Adjust the brightness of the watch screen.

**VIBRATION INTENSITY:** Turn on/off the vibration, adjust the vibration intensity.

**DO NOT DISTURB MODE:** Turn on/off the do not disturb mode.

**PASSWORD SETTING:** Set watch password.

**LANGUAGE:** Switch language.

**TIME SETTING:** Set time and select time format.

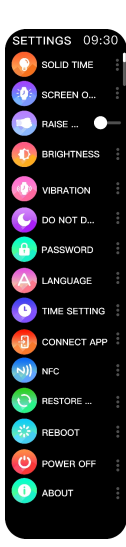
**CONNECT APP:** APP download QR code.

**RESTORE FACTORY:** Clear data, restore factory settings.

**REBOOT:** Restart the watch.

**POWER OFF:** Turn off the watch.

**ABOUT:** Displays the Activate 3.0's version number.



### FAQS

1. I wonder if the Bluetooth connection is successful? Answer: When the watch pulls down the status bar and the Bluetooth icon is white, it means that the Bluetooth connection is successful; when the Bluetooth icon is gray, it means that the Bluetooth is not connected.

2. What should I do if the Bluetooth connection fails for many times? Answer: Due to the lack of uniformity in the Bluetooth protocols of various mobile phone brands, sometimes the Bluetooth connection between the mobile phone and the watch may be unstable. You can turn off the Bluetooth of the mobile phone and reconnect, or restore the factory settings of the watch and try to connect again.

3. What should I do if I can't receive the message notification? Answer: The watch only synchronizes the notification function of the mobile phone, such as mobile phone calls, Facebook, Twitter message reminders, etc. Go to "Settings" "Application Management" on the mobile phone, find "Privilege Management", and open them all. Then enter "Notification Management", find "RDFit APP", and open all permissions. Open "RDFit APP" "Device" "Message Reminder", enable the background operation permission, and enter the APP that chooses to synchronize information notifications, such as Facebook, Twitter, etc.

4. Why can't I answer the phone with my watch? If you want to use the call function, you must enter the Bluetooth menu of your phone and connect your watch through Bluetooth. The Bluetooth name of the watch is "MyBat Pro Activate 3.0". If you can't use it, please connect your watch with Bluetooth again.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radiofrequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna. - Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

