

# LADIES SMART WATCH INSTRUCTIONS

(40387/40388)

## GETTING STARTED

### CHARGE YOUR SMARTWATCH

- Connect and charge your watch using the magnetic USB cable provided.
- Your smartwatch should be charged for at least two hours before using it for the first time.

### TURN ON YOUR SMART WATCH

- Remove the printed screen protector.
- Press and hold down the button for 3 seconds to turn your smart watch on.
- The home screen of the watch will be displayed.
- From the home screen, swipe down to access the menu screen. From here you can tap on any of the function icons to enter the related menu.
- The screen will turn off when your smart watch is not in use. To wake up the screen press the power button.
- With wrist sense turned on, the screen will also wake up when you turn your wrist. This can be turned on/off within the app.

### DOWNLOAD AND INSTALL THE APP

- To download the app please search for “Qwatch” in the Google Play or App Store.

- Or scan the QR code using your smartphone camera.



### CONNECT YOUR SMARTWATCH TO THE APP

- Open the app and tap on “Device” at the bottom of the screen.
- Tap on “Device Binding” to search for nearby devices. Make sure your phone has Bluetooth turned on.
- Your watch has a unique Bluetooth name. You can find your watch’s Bluetooth name by swiping down from the home screen and tapping on the cog symbol. Tap on “System” to view system information, including your watch’s “Device name”.
- Select the correct Bluetooth name from the list in the app to connect to your smartwatch.

### SET UP

Open the app and tap on “Device” at the bottom of the screen.

### Set which notifications you would like to receive on your watch

- Select “Call/Reminder Settings” from the list of options.
- Select which apps you would like to receive notifications from.

### Other settings

- Alarm/Reminder – you may set up to three alarms. Here you can also turn on/off “Sedentary Alert” and “Drink Alert”
- Do not disturb mode – turn on/off do not disturb
- Blood pressure – Turn on to have your watch automatically detect your blood pressure at set intervals.
- Heart rate monitoring – Turn on to allow your watch to automatically record your heart rate at set intervals of 5 minutes.
- Wrist gesture control – With this on, the screen of your watch will wake up when you turn your wrist. Here you can also set whether you wear your watch on your left or right wrist.
- Menstrual period reminder – If you have your gender set as female in the app you will have the option to turn on/off this setting.
- Find My watch– Tapping this option will cause your watch to vibrate so that you can easily find it.
- Time Format – Set the time format for the watch to 12hr or 24hr.
- Weather – Choose whether you would like to view temperatures in Celsius or Fahrenheit.
- Display Time – Set how long you would like the display of your smartwatch to stay awake for.

### For the app to function correctly please take notice of the following:

- Do not pair the watch directly with the Bluetooth in your phone’s settings. Always pair the watch through the app.
- Do not turn off Bluetooth in your phone’s settings.
- If you would like to receive notifications from the app, you must accept the app’s permissions.

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## USING YOUR SMART WATCH

### THE SMART WATCH INTERFACE

- **Swipe right or left** to change the dial style.
- **Swipe down** to display the menu – from here you can turn on/off Do Not Disturb (DND) mode, set the screen brightness, power down your watch, and view system settings, where you can set the language and theme of your watch.
- **Swipe up** to view the main list of watch functions.

### FUNCTIONS

- **Step** – Track your steps
- **Heart Rate** – Measure your heart rate
- **Message** – View your notifications
- **Sleep** – Your watch will automatically detect sleep between 10pm and 8am the next day and will measure the amount of deep sleep and light sleep. Your watch must be worn while sleeping to accurately track your sleep.
- **Sports** – Select the sports mode you would like to use to start measuring your activity. Data that is recorded can include time, distance, heart rate, steps and calories burned, depending on which activity is selected.
- **Health** – Measure your blood pressure and blood oxygen level.
- **Music** – Control music playing from your phone – alter the volume and skip tracks.
- **Camera** – With the app open you can use your watch as a remote control to take photographs.
- **Game**
- **Stopwatch**
- **Breathe** – Guided breathing exercises.
- **Weather** – View the weather for the next 5 days.

## CHANGING YOUR WATCH DIAL STYLE

- On the home screen swipe left or right to choose a dial style.

### DOWNLOADING MORE DIAL STYLES

- Open the app and tap “Dial market” at the bottom of the screen.
- Tap on a dial to download it to your watch.

### ADDING A PHOTO TO YOUR WATCH DIAL

- Open the app and tap “Device” at the bottom of the screen.
- Tap on “DIY Home”
- Tap above where it says “Image” – you will be given the option to take a photo with your camera or choose an image from the photos stored on your phone.
- Once chosen, the image will be uploaded to your watch.
- Under “Mask” you can set the transparency of the background image.
- You can choose which information you would like to view on the home screen of your watch – step count, calories burned, weather, or heart rate.

## CHANGING THE STRAP

- The strap on the smartwatch is removable and interchangeable with other 20mm watch straps.
- Turn the watch over and locate the quick release.
- Slide the quick release across to separate the strap from the watch.

## SAFETY AND CARE INSTRUCTIONS

### INTERNATIONAL PROTECTION RATING (WATER RESISTANCE)

Your smart watch is IP67 rated, meaning it has complete protection from the ingress of dust, and is protected from continuous immersion in water up to a depth of 1 metre for a maximum of 30 minutes. Please note that salt water or certain chemicals in water may damage or weaken the watch seals, especially with repeated exposure.

To ensure your watch stays in good functioning condition it is recommended that you:

- **Do not** press the buttons while your watch is submerged.
- **Do not** use the watch when swimming, diving, or snorkelling.
- **Do not** attempt to charge the watch while it is wet.

**Please note that the watch’s touch screen will not function while submerged in water.**

If your watch is exposed to water, always dry it fully with a soft cloth.

If your watch is exposed to any other liquids such as salt water, swimming pool water, soapy water, perfume, sunscreen, hand sanitiser, cosmetics, or other chemical products; wash it with clean water and dry it fully with a soft cloth.

**The watch’s functionality may be affected if these instructions are not followed.**

- **Do not** attempt to disassemble your smart watch. This may cause a safety hazard, could damage your watch, and/or affect the water resistance.

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- **Do not** use hair dryers, blowers, or any other heated equipment to dry your watch. Don't operate your watch near radiators or heat sources. This could cause damage to your watch.
- **Do not** place heavy objects or exert strong pressure on your smart watch.
- **Avoid** using the watch in extremely high or low temperature environments.
- **Avoid** using the watch in high humidity environments. This could affect the water resistance of the watch.
- **Protect** your smart watch from long exposure to direct sunlight.

Please note that the measurement results of this device are for reference only and are not intended for medical use. Users should always follow the advice of their doctor or other trusted medical professionals.

When using your smart watch on aeroplanes, in hospitals, or near medical electronic systems please follow the authority standards and be aware that wireless signals transmitted could impact the functionality of sensitive electronics.

## PRODUCT SPECIFICATION

Model	Sekonda 40387/40388
CPU	Nordic 52832
Memory	512kb + 64kb
Capacitive touch screen	1.1 inch IPS 240*240 screen
Battery	Lithium-ion 5.0V/150mAh

## HOW TO UNPAIR YOUR SMART WATCH FROM YOUR PHONE

- Open the app and tap on "Device" at the bottom of the screen.
- Tap on "Device Binding" and tap "Bind New devices"
- Select "Determine" to unbind your watch.

## HOW TO RESTORE YOUR WATCH TO FACTORY SETTINGS

- To clear all data from your watch and restore it to factory settings please swipe down from the main screen and tap on the cog symbol.
- Scroll down to the bottom of the list and tap on "Factory Reset".

**If for any reason you need to return your watch to us, please restore your smart watch to factory settings before sending it.**

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