

SEKONDA MOTION PLUS SMART WATCH INSTRUCTIONS (30220, 30221, 30223, 30224, 30225)

CHARGE YOUR SMART WATCH

- Connect and charge your watch using the magnetic USB cable provided.
- Your smart watch should be charged for at least two hours before using it for the first time.
- NOTE: Do not use a charger exceeding 5V 2A for charging.

TURN ON YOUR SMARTWATCH

- Remove the printed screen protector. Below this is an additional screen protector. It is advised that you keep this on your watch to protect it from wear and tear.
- Press and hold the button for 5 seconds to turn your Smart Watch on.
- The home screen of the watch will be displayed.
- From the home screen, swipe to the right to access the menu screen. From here you can tap on any of the function icons to enter the related menu.
- Swipe right on any screen to return to the previous screen.
- The screen will turn off when your Smart Watch is not in use. To wake up the screen press the power button or turn your wrist.
- Wrist gesture control is automatically turned on so that the screen will also wake up when you turn your wrist. This can be turned on/off within the app, or the screen display settings on your watch.

DOWNLOAD AND INSTALL THE APP

- To download the app please search for "SEKONDA SMART" in the app store on your phone.
- Or scan the QR code using your smartphone camera or a QR code reader app.



The SEKONDA SMART app will work on the following smartphones:

- Android (version 7.1 and above)
- Apple iOS (version 12.0 and above)

CONNECT YOUR SMART WATCH TO THE APP

- Open the app and accept the permissions.
- Tap either "Sign In" or "Guest" to continue without creating an account.
- On the next screen you can enter your personal information and goals such as your step count target.
- The app will then prompt to search for devices to connect to.
- Your watch has a unique Bluetooth name beginning with "Sekonda" followed by letters and/or numbers. You can find your watch's Bluetooth name by swiping down from the home screen, tapping on the cog symbol, then going to System > System version. Here you will see the Bluetooth name.
- Select the correct Bluetooth name from the list on your phone to connect to your Smart Watch.
- The watch will display the correct time after pairing is successful.

SYNCHRONISE DATA WITH THE APP

- After your watch is paired with the app you can synchronise data the watch has recorded.
- Please sync your app daily to avoid loss of recorded data. Data on the watch is

reset at midnight every day.

- To sync your data, connect to the app. On the home screen, swipe down to sync data with the watch. "Syncing" will be displayed at the top of the page.

SET UP

On your Smart Watch:

- Swipe down from the home screen and use the + and - on the right to set the desired screen brightness.
- Tap the cog icon to access the settings list.
- Tap "screen display"
 - Tap on "screen time" to set how long the screen will stay on for. The screen can be set to stay awake for a maximum of 30 seconds.
 - Tap on "Turn wrist wake" to set how long the screen will stay on for after you turn your wrist.
- Tap "Always on" to set the display to stay on for a longer amount of time. Choose from 5/10/15/20mins, or Always On. **The always on display is for essential use only. Please also note that having the screen time set to longer will consume the battery life more quickly.**
- Tap "Vibration" to set the strength of the vibration that will be used for notifications.
- Tap "Heart Rate" to turn on/off continuous heart rate monitoring.
- Tap "Battery" to turn on/off power saving mode. Bluetooth will be disconnected.
- Tap "Unit Setting" to choose between Metric or Imperial measurements.
- Tap "Date" to manually set the date on the watch.
- Tap "Time" to manually set the time on the watch.
- Tap "Time display" to choose between 12hr and 24hr display.

SET A PASSWORD

- Swipe down from the home screen and tap the cog.
- Tap "Password", then "Password switch" to turn on using a password to access your Smart Watch.
- Choose a 4-digit password and enter it twice to confirm the password.
- The password will be set, and you will now need to enter this to access the menus of your Smart Watch.
- To turn off the password, go back to the password menu and tap "Password Switch" again. Enter your 4-digit password and the password will be turned off.

SET THE LANGUAGE

- Swipe down from the home screen and tap the cog.
- Tap "Language".
- Available languages are English, Spanish, Polish, Portuguese, German, French, Czech, Slovakian, Hungarian, Italian, Romanian, Turkish, Croatian, Dutch, Danish, Estonian, Greek.

On the SEKONDA SMART app:

Open the app and navigate to the menu by tapping on the watch icon in the bottom right of the screen.

Set which notifications you would like to receive on your watch

- Select "Message push" and set which notifications you would like to be displayed on your Smart Watch.

OTHER SETTINGS

- Frequent contacts – Set up to 10 frequent contacts.
- Heart rate monitoring – Turn on to allow your watch to monitor your heart rate at all times.

- Gesture control – With this on, the screen of your watch will wake up when you turn your wrist.
- Watch alarm – you may set up to five alarms.
- Find watch – tap this and your watch will vibrate to help you find it.
- Camera – use your watch as a remote shutter for taking photographs.
- Drink water reminder – Set up your watch to give you reminders at set intervals.
- Sedentary reminder - Set up your watch to give you reminders at set intervals.
- Left hand or right hand – select which wrist you wear your watch on.

CONNECTING MULTIPLE WATCHES TO ONE PHONE

You can create separate profiles for different people and switch between these when using the app.

- Tap on the person icon in the top left.
- Tap on "Family", then tap on the + symbol in the top right.
- The "Add a family member" screen will appear. Enter the required details then tap "Bind device".
- The app will search for nearby devices. Select the correct Bluetooth name from the list. You may need to tap "More" to view the full list.
- Once paired, you will have the option to switch to this user's profile.
- Up to 3 additional family accounts can be added.
- To delete an account, swipe left on it and tap the red delete button.

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.**

USING YOUR SMART WATCH

THE SMART WATCH INTERFACE

Swipe in the opposite direction to return to the previous screen.

From the home screen

- **Swipe right** to display the function list – daily activity, phone call, frequent contacts, call records, sports, sports record, heart rate, temperature, sleep, blood pressure, blood oxygen, message, weather, female care, alarms, calendar, timer, music, relax, calculator, find phone, setting. Swipe up and down to scroll through the list and tap a function to select it.
- **Swipe left** for quick access to daily activity, heart rate, blood oxygen, blood pressure, sleep, weather, and music. When you reach "function editing" tap this to edit which functions can be viewed by swiping left from the menu.
- **Swipe down** to show a screen where you can access the alarm, do not disturb mode, torch, call settings, always on display setting, general settings, and brightness setting on the right. There is also a symbol showing the battery level on this screen in the top left.
- **Swipe up** to view new messages/notifications.

BUTTON

- Press the button to wake up the screen.
- Within any menu, press the button to return to the home screen.
- To turn your Smart Watch on or off hold the button down for 5 seconds.

CHANGING YOUR WATCH DIAL STYLE

- On the home screen (the screen displaying the clock) of your watch, press and hold on the middle of the screen.
- Swipe left or right to choose a dial style and tap to select it.

DOWNLOADING MORE DIAL STYLES

- Open the app and tap the watch face icon in the bottom middle of the screen.
- Here you can browse different dial designs.
- To select a dial and add it to your watch, select the dial and then tap "Push".
- Make sure your watch is close to your phone. The app will display "Syncing..." for a few seconds while data is transferred.
- The new dial will then be displayed on your watch.

ADDING A PHOTO TO YOUR WATCH DIAL

- Open the app and tap the watch face icon in the bottom middle of the screen.
- Tap "DIY" at the top of the screen, then tap the image of the watch.
- You will be given the option to take a photo or access the album within your phone to select an existing photo.
- Scroll down to see further options.
- Under "Colour" you can select white or black to change the time/date colour.
- Select whether you would like the time/date to be positioned at the top, bottom, or centre of the dial.
- Tap "Push" to add the dial to your watch.

FUNCTIONS

Swipe right to access the menu. The watch will display a list of the below functions. Scroll up or down and tap the function to select an option.

Daily Activity - The watch will display the user's total number of steps, the distance walked, and calories burned for the current day. The data will be cleared at midnight every day. You can also access the daily activity screen by swiping left from the home screen.

Phone Call - Brings up the keypad to dial a phone number.

Frequent contacts - Select from your frequent contacts to place a phone call. Your frequent contacts can be added in the SEKONDA SMART app. Up to 10 contacts can be added.

Call records - Shows your call history of your last 10 call records.

Sports - In this mode you can select from 15 sports modes to record data during the activity. Data that is recorded can include time, heart rate, steps and calories burned, depending on which activity is selected. Press the button to end the recording of data. Full sports list: walking, running, hiking, elliptical, rope skipping, rowing machine, exercise bike, yoga, fitness, tennis, HIIT, dance, pilates, treadmill, football.

Sports record - Shows your sports activity history for the day.

Heart Rate - When this is selected, the watch will begin to measure your heart rate. The watch will vibrate when it has finished measuring.

Temperature - When this is selected, the watch will begin to measure your temperature. The top measurement shows your surface skin temperature. The bottom measurement shows your body temperature. Your watch will take 60 seconds to measure this. Please note that to accurately measure body temperature the room temperature must be between 18-30°C.

Sleep - The watch will display your total sleep time for the previous night, including the total time of deep sleep and light sleep. The watch will measure sleep times between 21:30 – 12:00 the next day.

Blood Pressure - When this is selected, the watch will begin to measure your blood pressure. The watch will vibrate when it has finished measuring.

Blood Oxygen - When this is selected, the watch will begin to measure your blood oxygen. The watch will vibrate when it has finished measuring.

Message - When connected to your phone via Bluetooth, notifications from your phone will be sent to your watch. View new messages/notifications here. Make sure to accept the permissions for push notifications on your phone for this to function correctly.

Weather - After your watch has been connected to the app, it will display local weather information. Scroll down to see the weather for the upcoming week. To update the weather information, synchronise the watch with the app. Please make sure location permissions are turned on within your phone's settings.

Female Care - In the app, scroll down on the home screen and tap "Female Care". Enter your details to set up this function. This can then be viewed from your Smart Watch menu. Please choose "female" when setting up your profile for this function to appear.

Alarms - View your current alarms or set new alarms for the week. You can also turn on/off any existing alarm settings from this watch menu.

Calendar

Timer - Tap to start the timer. Tap again to pause the timer.

Music - With your phone connected via Bluetooth, music can be controlled through the watch interface. The volume of the music playing from your phone can also be adjusted through the watch interface.

Relax - Select one minute or two minutes. Tap to start. The watch will guide your breathing for the duration of the time selected.

Calculator

Find phone - After the watch has been connected to your phone via Bluetooth, selecting this option will cause the phone to vibrate and beep so that it can be easily located.

Setting

CHANGING THE STRAP

- The strap on the Smart Watch is removable and interchangeable with other 20mm watch straps.
- Turn the watch over and locate the quick release as pictured.
- Push the quick release pin away from the watch to separate the strap from the watch.



SAFETY AND CARE INSTRUCTIONS

International Protection Rating (Water Resist)

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.
- **Do not** use hair dryers, blowers, or any other heated equipment to dry your watch
- **Do not** 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 professional.

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 30220,30221,30223,30224,30225
CPU	RTL8763EWE
ARM	Cortex-M0 53MHz
Memory	RAM 578KB + ROM 128Mb
Capacitive touch screen	1.83"IPS 240*284 screen
Bluetooth version	5.0
Battery	Lithium-ion 3.7V/230mAh

How to unpair your smart watch from your phone

- Open the app and navigate to the menu by tapping on the icon in the top left of the screen.
- Tap on "Device".
- Tap "Unpair". The app will ask if you wish to unpair the watch. Tap "OK" to do so.

How to restore your watch to factory settings

- To clear all data from your watch and restore it to factory settings please swipe down on the home screen of your watch and tap on the cog to enter the settings menu.
- In this menu select "System", then "Reset".

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