

SEKONDA TRACK SMART WATCH INSTRUCTIONS (301169, 301170, 301171)

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 > About. 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 that 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:

- Tap the cog icon to access the settings list.
- Tap "display"
 - Tap on "brightness" to set the desired screen brightness.
 - 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 9 seconds.
 - Tap on "Turn wrist wake" to set how long the screen will stay on for after you turn your wrist.
- Tap "Vibration" to set the strength of the vibration that will be used for notifications.
- Tap "Battery" to view the current battery level, and to turn on/off power saving mode. Bluetooth will be disconnected.
- Tap "Date setting" to manually set the date on the watch.
- Tap "Time setting" to manually set the time on the watch.
- Tap "Time format" to choose between 12hr and 24hr display.

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" to set which notifications you would like to be displayed on your Smart Watch.

OTHER SETTINGS

- Heart rate monitoring – Turn on to allow your watch to monitor your heart rate at all times.
- Gesture control – With this selected, 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 right on any screen to return to the previous screen.

- **Swipe right** to display the function list. Swipe up and down to scroll through the list and tap a function to select it.
- **Swipe left** to display daily activity – steps, distance, and calories burned. Continue swiping left to show heart rate, sleep data, and weather.
- **Swipe down** to show further menu options, and to view the battery level.
- **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, tap it 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 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.

Sports - In this mode you can select from 8 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: running, walking, hiking, exercise bike, treadmill, fitness, football, tennis.

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

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. 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.

Stopwatch - Tap the play button to start the stopwatch. Tap the refresh button to return the stopwatch to zero.

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 be adjusted through the watch interface.

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 16mm 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 Resistance)

Your Smart Watch is IP68 rated, meaning it has complete protection from the ingress of dust, and is protected from continuous immersion in water up to a depth of 1.5metres 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 30169, 30170, 30171
CPU	RTL8762DK
Memory	RAM 128KB + ROM 64Mb
Capacitive touch screen	1.47" IPS
	172*320 screen
Bluetooth version	5.0
Battery	Lithium-ion 3.7V/140mAh

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.