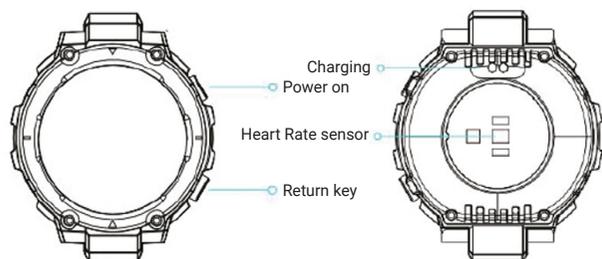


SEKONDA ALPINE SMART WATCH INSTRUCTIONS (30180)



CHARGE YOUR SMART WATCH

- Connect and charge your watch using the magnetic USB cable provided.
- Your smart watch should be charged for two hours before using it for the first time.
- When connected to the charger, the watch will automatically turn on. This may take up to a minute when the battery is fully depleted.

TURN ON YOUR SMART WATCH

- Press and hold the top button for 5 seconds to turn your smart watch on.
- 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.
- When started for the first time, the Device Information will be displayed.
- Swipe left to view the QR code which you can scan to download the InfoWear app.

DOWNLOAD AND INSTALL THE APP

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

The InfoWear app will work on the following smartphones:

- Android (version 5.0 and above)
- Apple iOS (version 10.0 and above)

CONNECT YOUR SMART WATCH TO THE APP

- Open the app and accept the permissions.
- Select your region (e.g. "U.K")
- Either create an account or select "Login without 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 "G18" followed by letters and/or numbers. You can view the Bluetooth name of your watch listed in the Device Information shown on the screen when you first turn your smart watch on.
- Select the correct Bluetooth name from the list 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. "Data syncing" will be displayed at the top of the page.

SET UP

On your smart watch:

- Swipe up from the home screen and tap the cog.
- Select "Brightness" to set the screen brightness.
- Select "Vibration intensity" to set the strength of the vibration that will be used for notifications.
- Swipe up to view the next section of the menu and select "Auto lock" to set how long the screen will stay on for. The screen can be set to stay awake for a maximum of 20 seconds. Turn on "Raise to wake" to have the screen turn on when you turn your wrist.

ON THE INFOWEAR APP:

SET THE LANGUAGE

- Tap on "Device" at the bottom of the app screen.
- Then tap on "device management".
- Next to the Bluetooth name, tap on "Enabling" > "More settings" > "Device language selection".
- Available languages are English, Simplified Chinese, French, German, Italian, Spanish, Russian, Polish, Portuguese, Hindi, and Japanese.

SET WHICH NOTIFICATIONS YOU WOULD LIKE TO RECEIVE ON YOUR WATCH

- Tap "Device" at the bottom of the screen.
- Tap "Message notification settings" and tap the "Master switch" to accept the permissions for the app to access your notifications. This function can not be used without accepting the permissions.
- On this screen you can set which apps you would like to receive notifications from on your smart watch, as well as incoming calls, messages, and missed calls.
- If you are using an android phone tap "Third-party app" to select which apps you would like to receive notifications from.

OTHER SETTINGS

- Reminder settings
 - Alarm reminder – Set up to 5 alarms that will cause the smart watch to vibrate at the set time.
 - Sedentary alert – Set an alert to remind you to get up and walk around – the smart watch will vibrate at the set intervals.
 - Drink water reminder – The smart watch will vibrate at the set intervals.
 - Medication reminder – The smart watch will vibrate at the set intervals.
- Continuous Heart Rate Monitoring – You can set your smart watch to continuously monitor your heart rate (please note, this will greatly reduce the battery life). You can also set a "Heart rate warning" to notify you when your heart rate exceeds the set rate.
- Weather settings – Turn on/off "Weather sync" for your smart watch to display up-to-date local weather.
- Shake to take photos – Use your smart watch as a remote shutter for the camera on your smart phone.
- App, open the InfoWear app and tap on "My" at the bottom of the screen.

- Tap on "Data authorization", then "Strava". Tap the switch to authorize data sharing with Strava.

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

- The screen will turn on when you turn your wrist, or by pressing one of the buttons.
- The home screen of the watch with the time will be displayed.
- Swipe to the left or right from the home screen to cycle through the watch function screens – heart rate, blood oxygen, sleep tracker, weather, music control, calorie and step counter.
- Press the top button while on the home screen to enter the main menu. From here you can access the following – Workout, Activity, Stats, Heart rate, Blood oxygen, Sleep, News, Weather, Music Control, Stopwatch, Timer, Find phone, Breathing, and Settings.
- Swipe down from the home screen to view your notifications.
- Swipe up from the home screen to view a menu where you can access the following settings:
 - Vibration intensity – set the intensity of the vibration of the watch.
 - Sun symbol - "Wake for 5 mins" – The screen will stay on for 5 mins.
 - Padlock symbol - Lock screen – The screen will be locked – hold the top button down for 5 seconds to unlock.
 - Moon symbol – Turn on 'Do Not Disturb' mode. No notifications will be received.
 - Battery symbol – Turn on power saving mode – The watch will not receive notification messages and the brightness of the watch will be the lowest setting.
 - Cog symbol – further settings – Watch faces, Brightness, Vibration intensity, Auto lock, System Settings, QR code, About.

BUTTONS

- Pressing any of the buttons will wake up the screen.
- Within any menu, press the top button to go back, or press the bottom button to return to the home screen.
- To turn your smartwatch on or off hold the top button down for 5 seconds and select "Power off".

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 to choose a dial style and tap to select it.

DOWNLOADING MORE DIAL STYLES

- Open the app and tap "Device" at the bottom of the screen.
- Tap on "Dial center", then "Online dial". Here you can view the available dial designs.
- To select a dial and add it to your watch, tap it and then tap "Sync dial".
- Make sure your watch is close to your phone. The app will display "Transmitting..." for a few seconds while data is transferred, then the dial will be installed on the smart watch.
- The new dial will then be displayed on your watch.

ADDING A PHOTO TO YOUR WATCH DIAL

- Open the app and tap "Device" at the bottom of the screen.
- Tap on "Dial center", then "Online dial".
- Scroll down to "Album dial" and tap on this.
- Tap on "Upload photo" - You will be given the option to take a photo or access the album within your phone to select an existing photo.
- Select whether you would like the time/date to be positioned at the top, bottom, or center of the dial.
- Choose the Font colour at the bottom of the screen.
- Tap "Sync dial" to add the dial to your watch.

FUNCTIONS

Press the top button. The watch will display a list of the below functions. Scroll up or down and tap to select an option.

Workout

- In this mode you can select from the following workout modes to record data during the activity - outdoor running, indoor running, outdoor cycling, indoor cycling, outdoor walking, outdoor skating, freestyle, basketball, ping pong, football, cricket, badminton, tennis, trail run, trekking, volleyball, rope skipping, climbing, yoga, baseball.
- Data that is recorded can include distance, time, heart rate, steps and calories burned, depending on which activity is selected.
- Tap the green play button on the screen to begin the activity.
- Press a button to pause/restart the activity.
- When paused, tap the red stop button on screen to end the activity.
- Swipe left to access the music controls during any activity.

Activity

- The watch will display the user's workout activity from the day.

Stats

- The watch will display the user's tracked burnt calories, step count, and times stood up during the current day.

Heart Rate

- Recorded heart rate data will be shown, including maximum and minimum heart rate recorded on the current day.
- Tap the bottom of the screen to measure your heart rate.

Blood oxygen

- Follow the on-screen instructions to measure your blood oxygen.

Sleep

- The watch will display your total sleep time for the previous night, including the total time of deep sleep and light sleep.
- Sleep data is recorded between 6pm and 10am the next day.
- The data can be viewed with a more detailed breakdown by day, week, or month in the InfoWear app.

News

- 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

- Local weather information will be displayed.
- Swipe up to see more detail, and 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.
- If no weather information is displayed, open the InfoWear app and go to Device> Weather settings, and make sure "Weather sync" is switched on.

Music

- With your phone connected via Bluetooth, music can be selected through the watch interface.
- Volume of the music playing from your phone can be adjusted, and music tracks can be skipped.

Stopwatch

- Tap to start the stopwatch.
- Tap the left button on the screen to record a split time. Up to 30 split times can be recorded.

- To reset the stopwatch, pause the timer using the on-screen button and tap the left on-screen refresh button.

Timer

- Choose a timer from the pre-set options or tap the green plus on-screen button to set a custom timer in hours, minutes, and seconds.

Find phone

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

Breathing

- Set the time and speed, then tap the green on-screen button to begin the guided breathing exercise.

Settings

- Watch faces, Brightness, Vibration intensity, Auto lock, System Settings, QR code, About.

HOW TO USE THE GPS FUNCTION**Select a preferred workout**

- While on the home screen, press the top button on your smartwatch.
- Tap the "workout" function to display a list of all sports modes.
- Once you are outside in a clear and open space, select your preferred sports mode from the below GPS compatible sports modes.

Outdoor running, outdoor cycling, outdoor walking, trail run & trekking.

Start your workout

- Tap on your preferred sports mode & the watch will show the message "Tighten watch strap and use GPS outside"

The 3 signal bars at the top of the screen will animate showing that the watch is searching for signal. Once the GPS signal has connected, the watch will vibrate, and the signal bars will turn green.

The number of green bars shown will indicate the signal strength, with three bars indicating the strongest signal strength and one bar indicating the lowest.

If you are in an area of low or poor connection the watch will display the message "GPS signal is weak (exercise in open area)". This means you will be required to try again in a less built-up area with higher signal strength.

- After the GPS signal is connected, tap the green play button on the screen to begin the activity.
- Press any button to pause/restart the activity.
- When paused, tap the red stop button on screen to end the activity.

The watch will require at least 5 minutes of workout time to record conclusive activity data.

Synchronise your workout data

- Once you have finished your workout, go to your phone, and open the InfoWear app.
- Tap the health icon on the bottom left of your screen.
- Tap "exercise record" and select the correct date to show your recent work out.
- Select your desired workout to display all the workout analysis, including the GPS tracking data for your workout.

Connecting to the Strava app

- Open the InfoWear app and tap on "My" at the bottom of the screen.
- Tap on "Data authorization" and then Strava.
- Tap the authorization switch to start data sharing with the Strava app. (The Strava app will need to be downloaded separately).

Once you have followed the above your workout data will auto sync to Strava after every workout.

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. 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 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
CPU	Dialog 14695
Storage	128Mb
Capacitive touch screen	1.32" round HD screen
	360*360
Bluetooth version	5.0
Battery	Lithium-ion 480mAh

How to unpair your smart watch from your phone

- Open the app and tap on "Device" at the bottom of the screen.
- Tap on the Bluetooth name of your smart watch, that should be shown below "Device Management".
- Tap "Unbind".

How to restore your watch to factory settings

- To clear all data from your watch and restore it to factory settings swipe up from the home screen and tap on the cog symbol.
- Tap on "System settings" then "Reset". After confirming, all user data and settings will be erased.

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