

SEKONDA CONNECT SMART WATCH INSTRUCTIONS (40622, 40623, 40624, 40625)

CHARGE YOUR SMART WATCH

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

TURN ON YOUR SMART WATCH

- 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 from left to right to go back in any menu.
- The screen will turn off when your smart watch is not in use. To wake up the screen press the button.
- With 'turn wrist to wake' turned on, the screen will also wake up when you turn your wrist. This will be turned on by default.

DOWNLOAD AND INSTALL THE APP

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

The HitFit Pro app will work on the following smartphones:
Android (version 7.0 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 and tapping on the (i) symbol.
- 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.

After connecting, a message may be displayed prompting you to update to the latest version of the firmware. Follow the on-screen instructions to do this. This is important to ensure all features of your watch will work correctly. Please factory reset your watch after your first connection to the app to remove any bugs or faults.

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 tap the cog.
 - Tap "Menu Style" to set the main menu style.
 - Tap "Screen Display"
 - Tap "Brightness" to set the screen brightness.
 - Tap "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. Please note that having the screen time set to longer will consume the battery life more quickly. To turn on/off the Always On display swipe down from the home screen and tap the lightbulb symbol.
 - Tap "Vibration" to set the strength of the vibration that will be used for notifications.
 - Tap "Unit Setting" to choose between Metric or Imperial measurements.
 - Tap "Date&Time" to manually set the date and time on the watch, and 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 HitFit Pro app:

Open the app and navigate to the menu by tapping on the profile icon in the top corner 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

- Watch alarm – you may set up to five alarms by tapping on the plus symbol in the top right.
- Find watch – tap this and your watch will vibrate to help you find it.
- 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.
- Camera – use your watch as a remote shutter for taking photographs.
- 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.

- Left hand or right hand – select which wrist you wear your watch on.
- Frequent Contacts – Add up to 10 frequent contacts from your phone by tapping on the plus symbol in the top right.

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 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 left again to see a plus symbol. Tap this to customise the options shown when you swipe left from the home screen.
- Swipe down to show further menu options, and to view the battery level.
- Swipe up to view new messages/notifications.

BUTTONS

- Press the button to wake up/put to sleep the screen.
- Within any menu, press the button to return to the home screen.
- To turn your smart watch off hold the button for 5 seconds, then tap "Shut down".

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 right 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 right of the screen.
- Tap "Create your own watch face".
- Tap "Use favorite photos as watch face background"
- Tap the plus symbol under "History"
- You will be given the option to take a photo or access the album within your phone to select an existing photo.
- Scroll down. 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 center 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.

Phone Call

- Brings up the dial pad to dial a phone number.

Frequent contacts

- Select from your frequent contacts to place a phone call.

Call records

- Shows your call history.

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 14 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, yoga, rope skipping, rowing machine, exercise bike, fitness, tennis, HIIT, dance, pilates, treadmill.

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.

Sleep Monitor

- 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.

Messages

- 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 HitFit Pro app, it will display local weather information.

- Swipe up to see 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.

Alarms

- View your alarms. These can be set from within the HitFit Pro app.

- Once set within the app you can turn them on/off on your watch from this menu.

Female Care

- In the HitFit Pro 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.

Relax

- Select one minute or two minutes. Tap to start.

- The watch will guide your breathing for the duration of the time selected.

Calendar**Calculator****Stopwatch**

- Tap the play button to start the stopwatch.

- Tap the blue refresh button to return the stopwatch to zero.

Timer

- Choose from a 1, 3, 5, 10, 20, or 30 minute timer.

- The watch will vibrate when the timer reaches zero.

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 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.

- You can also access this option by swiping down from the home screen.

Settings**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.

- 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.

- **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 40622, 40623, 40624, 40625
CPU	RTL8763EWE
Memory	RAM 128KB + ROM 128Mb
Capacitive touch screen	1.1" Round AMOLED display
	360°360 screen
Bluetooth version	5.0
Battery	Lithium-ion 3.8V/230mAh

How to unpair your smart watch from your phone

- Open the app and tap on the profile icon in the top corner of the screen.

- Tap on "Device".

- Tap "Unpair". The app will ask if you wish to unpair the watch. Tap "Ok".

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 home screen of your watch and tap on the cog symbol.

- Scroll down to "System", then tap "Reset".

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