

## GETTING STARTED (30009, 30010, 30013, 30014, 30015, 30050, 30053, 30054)

### CHARGE YOUR SMARTWATCH

- Charge your smartwatch by connecting the magnetic USB cable provided and charge your watch for at least two hours before first use.

### TURN ON YOUR SMARTWATCH

- 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.
- The screen will turn off when your smart watch is not in use. To wake up the screen press the power button.
- With 'turn wrist to wake' (gesture control) 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 "HitFit Pro" from your app store.
- Or scan the appropriate QR code using your smartphone camera or QR code reader app.



App store



Google Play

The HitFit Pro app will work on the following smartphones:  
Android (version 5.1 and above)  
Apple iOS (version 10.0 and above)

### CONNECT YOUR SMARTWATCH TO THE APP

- Open the app and go to the menu by tapping on the icon in the top left of the screen.
- Tap on "Device" to search for nearby devices. Make sure your phone has Bluetooth turned on.
- 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 under "BLE name"
- Select the correct Bluetooth name from the list to connect to your smart watch.

### 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

- Open the app and navigate to the menu by tapping on the icon in the top left of the screen.
- Set which notifications you would like to receive on your watch.
- Under "Device", select "Message push" to set which notifications you would like to be displayed on your smart watch.

### OTHER SETTINGS:

- Expand the menu below "Device" to view more settings.
- Watch alarm – you can set up to five alarms.
  - Find watch – tap this and your watch will vibrate to help you find it.
  - Hydration 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 monitor – 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.

### 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 SMARTWATCH

#### THE SMARTWATCH INTERFACE

- Swipe right to display the function list – daily activity, temperature, heart rate, message, sports, sleep, weather, music, relax, timer, find phone, settings. Swipe up and down to scroll through the list and tap a function to select it.

- Swipe left for quick access to daily activity, sports, heart rate and temperature. Keep swiping left to view other functions.
- Swipe down to show a screen where you can access the timer, brightness settings, settings, and do not disturb mode. There is also a symbol showing the battery level on this screen.
- Swipe up to view new messages/notifications. Swipe up again to view heart rate data. Swipe up again to view daily activity data.

### BUTTONS

- Press the button to wake up the screen.
- Within any menu, press the button to return to the home screen.
- To turn your smartwatch on or off hold the button down for 5 seconds. Alternatively, swipe up from the home screen, tap the settings option and select System, then 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 and tap the "DIY" option.
- Tap on the watch face at the top of the page. You will be given the option to take a photo or access the album within your phone to select an existing photo.
- 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.

**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.

**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.

**HEART RATE:**

- When this is selected, the watch will begin to measure your heart rate.
- 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.

**SPORTS:**

- In this mode you can select from walking, running, climbing, riding or basketball, 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 lower button to end the recording of data.

**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.

**WEATHER:**

- After your watch has been connected to the HitFit Pro app, it will display local weather information.
- Scroll down 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

**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.

**RELAX:**

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

**TIMER:**

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

**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**

**LANGUAGE:**

- Set your language preference.

**SCREEN DISPLAY:**

- Change dial.
- Brightness – set the brightness of the watch screen.
- Screen time – set how long the screen stays awake for.
- Turn wrist wake – set how long the screen stays awake for when you turn your wrist. This setting must be turned on within the app (gesture control).

**DO NOT DISTURB:**

- Enter into do not disturb mode.

**VIBRATION:**

- Set the vibration level.

**SYSTEM:**

- System version – view Bluetooth name, software and UI version.
- Shut down.
- Reset – clear all data from the watch.

**CHANGING THE STRAP**

- The strap on your smartwatch is removable and interchangeable with other 22mm 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 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**

<b>Model</b>	<b>Sekonda</b>
<b>CPU</b>	<b>RTL8762C</b>
<b>ARM</b>	<b>Cortex-M0 53MHz</b>
<b>Memory</b>	<b>RAM 128KB + ROM 64Mb</b>
<b>Capacitive touch screen</b>	<b>1.4"square screen 240*240 screen</b>
<b>Bluetooth version</b>	<b>5.0</b>
<b>Battery</b>	<b>Lithium-ion 3.7V/160mAh</b>

**HOW TO UNPAIR YOUR SMARTWATCH 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" then "Unpair". The app will ask if you wish to unpair the watch. Tap "Action" 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 right on the home screen of your watch and navigate to "Setting".
- In this menu select "System", then "Reset".

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