

DEAR CUSTOMER, THANK YOU FOR YOUR PURCHASE OUR PRODUCT!

Please read the full instructions carefully before use. We recommend that you use only the original battery, charger and accessories that came with your device. The manufacturer and distributor are not responsible for the use of accessories from other manufacturers.

(The functions listed in this manual may vary slightly from model to model, as the manual is a general description of the smartwatch, so some models may differ from the standard).

Charge the device for at least 2 hours before using it for the first time.

Before using the device, you must download the app, install it and accept all permissions, otherwise not all functions will be available.

The company reserves the right to change the content of this manual.

EXPLANATION OF BUTTONS

Physical button:

- Long press to switch the device on/off.
- Short press to switch the main display on/off.
- Short press the selected function to return to the main screen.



Touch button:

- Swipe up from the main screen to access the main menu of the watch.
- Once you have selected a function, start the touch operation.
- You can end this function by swiping to the right.
- From the main menu, swipe right to enter the notification centre.
- From the main menu, swipe left to measure your heart rate.
- Swipe down from the main menu to enter Settings.

You can read them and swipe to read the next message. The clock will vibrate when you make a call or send a message. You can also turn off the vibration during a call by pressing the physical button.

- Status bar: expanded from the home screen (swipe down).

Bluetooth status, power consumption information, brightness settings and preferences are displayed.

- Activity information: data displayed on the home screen - number of steps walked, distance covered and calories burned during the day. The data will be stored in the app. The counter is reset to 24:00.

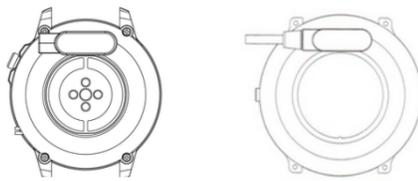
- Music remote control. When you turn on music on your phone, select the music icon in the smartwatch menu.

- Weather forecast. Your phone must have GPS enabled, and you can get local weather conditions under normal network conditions.

- ECG: measurements must be taken in the app. After entering the "HOME" icon on the left, select "ECG - Measurements" and wait 60 seconds after the start of the measurement. When the measurement is finished, the status index will be displayed.

- Blood pressure: keep your arms straight during the measurement. The measurement time is approximately 48 seconds. When the measurement is correct, the result will be shown on the display. The accepted norm for systolic blood pressure is 120 mm Hg and for diastolic blood pressure 80 mm Hg.

CHARGING INSTRUCTIONS



This product uses magnetic charging.

Connect the charger to the USB input and to the rear charging contacts of the device. Once the connection is established, charging starts automatically and the charging icon appears on the display.

A full charge will normally take 2 hours, the device will last up to 30 days in standby mode and 5-7 days in working mode. Do not use the watch while it is charging.

Note: Do not connect the magnetic charging cable to two contacts at the same time with conductive material, as a short circuit may occur.

However, it is important to bear in mind that pressure is constantly changing throughout the day and that it also changes with age. The older the person, the higher the pressure. Other norms are also established for children and people with chronic diseases.

- Blood oxygenation: SP02H is the percentage of oxygen in the blood.

To take the measurement, enter the O2 icon in the O2 menu. When the measurement is correct, the result will be displayed on the screen.

- Heart rate: wait 2 seconds before starting the measurement. The measurement is made by scanning the skin with a green optical light. To stop the measurement, slide your finger to the right or left. The standards for heart rate measurement results are 60-90 beats per minute. For professional athletes, the number of beats per minute may be less than 60. However, during intense exercise, readings of up to 200 beats per minute can be taken.

- Sport Modes.

Once you have selected an activity, click on it to start exercising. You can take a break between activities and then resume. Depending on the activity, your heart rate, calories burned, distance walked, number of steps and speed of movement are recorded.

APPLICATIONS

To connect your watch to your phone, you need to download the "TFit" app. There are two ways to do this:

1. Android/iOS phone:

To download "TFit", you need to scan the QR code.

2. Android phone. "Android Android device (Android or Android Android Android device with Android or Android Android device with Android. IOS phone.



Once the app is installed, turn on Bluetooth and the app on your phone.

Confirm the required notifications and other permissions. Fill in your personal details - go to 'My' in the bottom right corner.

To connect your watch, click the bottom corner:

"Devices" and then "Add device". Your phone will search for a Bluetooth device and select the appropriate model (L8).

- Alarm: You can set multiple alarms in the app.

- Stopwatch. The watch has a history of the last 20 measurements.

- Timer. When the countdown ends, the watch vibrates.

- Configure the unit: locate the phone: touch this function and the phone will ring. Bluetooth camera: to use this option, you need to unlock your phone and enter the app, then find the camera function on the watch and touch it. Then press the camera image on the watch and a photo will be taken. The photo will be saved in an album on your phone. Sedentary lifestyle, water reminder: with the app you can set how often you need to move or drink water. To make the settings, enter the "Device" icon in the app and select "Wristband function settings".

- Screen backlight when you raise your wrist: set the "Raise your hand to light up the screen" option in the app - available in "Wristband feature settings".

When you raise your wrist, the home screen appears.

When this feature is enabled, power consumption is higher.

-Data transfer: the app will store all data, whether it is steps, heart rate, sleep quality or sports mode.

NOTICE

Once you've launched the app, press the "Devices" button (bottom corner).

Then go to "Push notifications" and select the notifications you want to receive. You can select all of them.

There is an "Incoming call" function which you activate by selecting this option in the app. When this feature is ticked, the clock will display incoming calls to your phone.

There is also a "SMS alert" function, which is activated by selecting this option in the app. After checking the clock, SMS messages sent to the phone will be displayed.

To view the messages, swipe right on the home screen.

APPLICATION UPDATES

If you want to use up-to-date apps, you need to update them regularly. You can find information about the app in the "My" icon in the bottom right corner.

IMPORTANT INFORMATION

1.Security:

-clean the watch with a soft cloth to keep the watch and strap clean (use clean water or seawater)

- make sure the heart rate lens on the watch is close to your skin.

- The skin temperature on the wrist is too low due to weather conditions, which affects the heart rate control.

2.Notes on water resistance (even if it is a waterproof watch):

Pay attention to the following methods as they impair waterproofing.

-Do not wear the watch in the shower.

-Do not wear the watch in a heated swimming pool, sauna or other high temperature/humidity environment.

-Do not wear the watch when washing hands or face or when working with soap or detergent -Rinse off any salt or dirt after immersion in the sea.

WARRANTY

Warranty service

1. Under normal use of the products, provided that the product is free from mechanical damage and is not the result of improper use, consumers can benefit from free warranty services for a period of 24 months from the date of purchase.

2. Consumers cannot benefit from the warranty if:

A. the damage is self-inflicted,

B. the warranty period has expired,

C. they have not used the product in accordance with the instructions for use and maintenance,

D. the products have been disassembled, repaired or immersed in water.

The Bluetooth protocol is different for each brand of mobile phone. Sometimes the Bluetooth connection between the mobile phone and the smartwatch is unstable. In this case, restart Bluetooth and try to connect again. You will need to make some settings on your phone to ensure smooth data transfer.

MAIN FUNCTIONS

- Language/time/date,

When the Bluetooth connection is established. The data is updated when the smartwatch is successfully connected to the app.

- Main interface. Once selected, select it with a short click. Choose from 4 dials.

- Sleep tracking: the smartwatch turns on automatically from 22.00 to 8.00 All sleep quality data

You can check your sleep quality in the app. If the watch is connected to your phone, sleep quality data is automatically saved in the app.

- Notifications: all notifications such as Facebook,

WhatsApp, SMS, email, etc. To view notifications with content, you need to configure the apps on your phone to show the details of Facebook and WhatsApp notifications.

The watch will show the last 5 notifications.

SMARTWATCH WATCHMARK WL8

Navodila za uporabo



watchmark.com



www.watchmark.com
ul. Paprotna 7
Wrocław
POLAND