WATCHMARK®

USER MANUAL

WWW.WATCHMARK.COM

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Introduction

About Watchmark Active

The fashionable design of the smartwatch allows every woman's individual style to be highlighted. The watch not only catches the eye, but also motivates you to take care of your health. Change the design of the dial or wear a new strap for a more elegant or sporty look. The smartwatch will help improve your form by tracking your workout progress and recording it in the app. The watch's menu is in English.

Device configuration

Contents of the package

Smartwatch (colour and material may vary depending on the colour chosen)

Charger (colour and material may vary depending on the model selected)

Belt (colour and material may vary depending on the colour chosen)

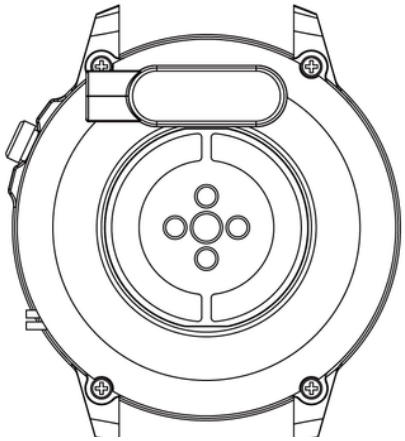
Hardware requirements

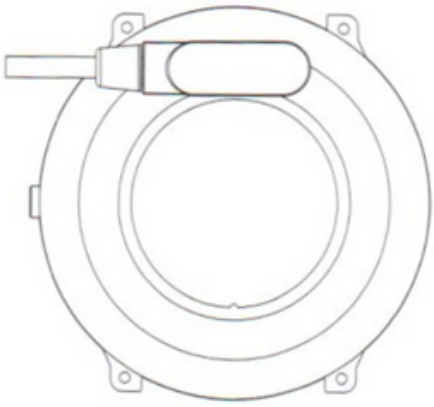
iOS 9.0 and above
Android 4.4 and later
Bluetooth supported: 4.0

Android 4.4+

IOS 9.0+

Charging instructions





This smartwatch uses magnetic charging.
Connect the charging cable to the USB input and to the rear charging contacts of the device. Once connected, charging will start automatically and the charging icon will appear on the screen.
It takes approximately 2 hours to fully charge the battery. Do not use the watch while it is charging.

Caution: do not connect the magnetic charging cable to any 2 contacts at the same time with conductive material, as this may cause a short circuit.

Additional information

Please read the entire user manual carefully before using the equipment. It is recommended to use only the original battery, charger and accessories that are included in the kit received with the device.
Neither the manufacturer nor the distributor is responsible for the use of third-party accessories.

The functions that are presented in this manual may vary between models, as the manual is a general description of smartwatches. Some models may deviate from the standard.

Before using the device for the first time, charge it for a minimum of 2 hours. Before using the device, you must download and install the app and accept all consents that the smartwatch asks for. If this is not done fully, not all features of the device will be available. The smartwatch will only ask for access to functions that are necessary for the smartwatch to function properly.

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

How to wear a smartwatch?

The strap for this watch model is 15mm wide. It is interchangeable and additional straps can be purchased in a different colour or material.

Wearing the watch

When you're not exercising, wear the smartwatch as you would a regular watch, i.e. one finger above your wrist bone.

To take full advantage of the heart rate monitoring function during exercise, try wearing the device above your wrist (2 fingers above your wrist bone) to improve comfort and stability. Many exercises, such as cycling or weightlifting, can cause the smartwatch's placement to change by bending the wrist, for example. If the watch sits lower on the wrist bone measurements can be intermittent, so correct placement is important.

Belt change

Attach the original strap to the watch before using it. When carrying out this operation, take careful care and watch out for your fingernails when attaching the telescopes to the watch.

Wearing the belt

1. Insert one end of the strap together with the telescope into the recess of the watch envelope.
2. With the other end, insert the telescope into the centre of the cavity and attach it to the watch.

Removing the belt

1. With one hand, press the wheel on the telescope and gently push inwards.
2. Then, pull upwards until the telescope detaches from the watch.

Belt length adjustment

1. Unscrew the sharp end of the device so that the bracelet strap is placed on the sponge.
2. Press the sharp end against the hole where the rivet is located in the bracelet to detach the segment.
3. For best visual effect, detach the segments symmetrically from both sides of the bracelet.

Applications and functions

Installing applications

The app for the Active smartwatch model is "H Band". Download the app from the Google Play / App Store or via the QR code below. The app is in the English language.

Google Play

App Store

Once the app is installed, turn on Bluetooth on your phone and go to the app. Create an account or log in anonymously. Allow access. Then click on 'Scan hardware'. Select AK38. Once connected, you can choose which apps you want to receive notifications from. The app will then ask you to grant it access to notifications. Select the "H Band" application from the menu. For the app to work properly, you need all the consents it asks for.

Features available on the Smartwatch

- **Time, date**

The display shows the time, date and day of the week. The data is displayed on the main screen of the watch.

- **Pedometer**

Counts the steps taken on a given day (data resets each day from 00:00). The number of steps taken can be seen in the app or in the first tab to the left of the main screen.

- **Screen backlight brightness adjustment**

Adjusting the brightness helps to protect your eyes from a screen that is too bright at night, to adapt the backlight to the outdoor situation and to save the watch's battery. You can find this function in the drop-down menu from the main screen and select the appropriate display brightness.

- **Distance travelled**

Information about the distance covered during the day. The distance travelled can be found in the first tab to the left of the home screen.

Features available on the Smartwatch

- **Blood pressure (BP)***

Blood pressure is the force with which the blood pushes against the arterial walls during systole and diastole of the heart muscle. The accepted norm for systolic blood pressure is 120 mm Hg, while for diastolic blood pressure it is 80 mm Hg. On the watch, the function for measuring blood pressure can be found in the first tab to the right of the home screen or in the menu by pressing the side button.

- **Heart rate***

Heart rate, or pulse: this is the number of beats of the heart muscle per 1 minute. The accepted norm is a limit between 60 and 100 beats per minute. When the pulse is elevated we speak of tachycardia, while when it is reduced we speak of bradycardia. Both conditions can be dangerous to our health. In the watch, the function for measuring heart rate can be found in the 2nd tab to the right of the main screen or in the menu by pressing the side button.

- **Calorie counter**

Calculates the number of calories burnt in a given day. The data on calories burnt can be found in the first tab on the left of the home screen.

***Do not make health decisions based solely on smartwatch results. For measurements to be accurate, users should measure health functions at rest as they would with traditional medical devices and refrain from measuring during exercise, smoking or alcohol consumption. The smartwatch is not a medical device and the measurement results are for reference only.**

Features available on the Smartwatch

- **Music control**

Once the watch is connected to your phone via the app and music is turned on on your phone, you can pause and resume music, as well as rewind and rewind songs. To control music, turn it on on your phone and then go to the music function by pressing the side button.

- **Find your phone**

On the smartwatch, selecting the 'Find Phone' function will trigger a beep and vibration on your phone to help you find your phone quickly and easily. The function is active when the watch is connected to your phone. You will find it in the menu after pressing the side button.

- **Taking photos**

The smartwatch can be used as a remote camera shutter. To take a photo remotely, select the "Camera" function from the menu and then on your phone allow the permissions the app asks for. The camera on your phone will start up. To take a photo, shake your wrist.

Features available on the Smartwatch

- **Sleep monitor**

A function that helps to analyse a person's sleep. The watch shows the number of hours slept and the phases of sleep, in which we distinguish between shallow and deep sleep. You will find the sleep data in the second tab to the left of the home screen.

- **Sports modes**

The watch's 10 sports modes allow you to control your training goals by monitoring steps, heart rate, calories and distance. Workout data can be found in the app after synchronisation. Available sports modes: outdoor run, indoor run, outdoor walk, indoor walk, hike, stair stepper, bike, stationary bike, orbiter, rowing machine. On the watch, the sports modes function can be found in the menu after pressing the side button.

- **Stopwatch**

A function that is used to check and measure short distances of time. On the watch, the stopwatch function can be found in the menu by pressing the side button.

Features available on the Smartwatch

- **Alarm**

To see the alarms you have set, go to the menu by pressing the side button. To set an alarm clock go to the app. See page 16 for more.

- **Timer**

The timer allows you to count down time. On the watch, the timer function can be found in the menu by pressing the side button.

- **Weather**

The watch, when connected to the app, will indicate the temperature for the day. On the watch, the weather function can be found in the menu after pressing the side button.

- **Changing the dial theme**

There are several dials to choose from on the watch. To change the dials, press the main screen for a long time (about 3 seconds). In the app, you can download more dials or set your own image. See page 19 for more.

Features available on the Smartwatch

- **Reset to factory settings**

Resetting to factory settings allows you to reset the watch and erase all data and settings. On the watch, the reset function is located in the settings in the menu after pressing the side button.

- **Settings**

In the settings you can:
-select from which apps you want to receive notifications on the watch,
-adjust the screen brightness,
-adjust the screen backlight time (up to a maximum of 30 seconds).
And also enable:
-motion reminder (Sedentary mode)
-automatic monitoring of health functions (pulse, blood pressure). Setting automatic measurements reduces battery life.
-setting the pulse alarm (you set the upper pulse limit in the app, more on page 17)
-lighting of the screen by hand movement

Functions available in a dedicated application

- **Measurement history**

In the app, you will find the history of the measurements taken by the watch. To check your history, select "Desktop" in the app.

- **Sports modes**

In the app you can use the sports modes and have a preview on your phone of the route taken, pace, calories burned and duration of activity. You can select a sports mode with GPS or choose from the available sports modes. When the activity is over, the map in the app will show the route covered. You can share or upload your results.

- **Movement reminder**

In the app, you can set cyclical reminders every 30-240 minutes, whereby the watch, when it detects that a person remains motionless for an extended period of time, reminds you to perform an activity. The mode can be set at specific times. To enable this function, in the app select "Profile", then "AK38" and select "Activity Alert".

- **Alarm clock**

To set an alarm on the watch, select the alarm time and time in the app. To do this, in the app select "Profile", then "AK38" and select "Alarm clock".

Functions available in a dedicated application

- **Notifications**

The app notification function allows you to read the beginning of a message on the smartwatch screen. Notifications can come from apps such as QQ, WeChat, LinkedIn, Skype, Facebook, WhatsApp, Instagram and Gmail. To enable this feature, go to 'Profile', then 'AK38' and 'Notifications'.

- **Alert to inform you if your heart rate is too high**

When the watch detects irregularities related to your heart rate during measurements, it will notify you. To enable this function, go to "Profile" in the app, then "AK38" and select "Heart rate alert". Set from which BPM level the watch should notify you of irregularities.

- **Auto-disable screen**

To set the backlighting time of the screen, go to "Profile" in the app, then "AK38" and select "Auto screen off".

Functions available in a dedicated application

- **Screen wake-up with a flick of the wrist (G-Sensor)**

To enable the watch screen wake-up with a flick of the wrist, select "Profile" in the app, then "AK38" and "Screen wake-up gesture".

- **Battery saving mode**

This mode allows the watch to run for longer. To activate the power saving mode, go to "Profile" in the app, then "AK38" and select "Low power consumption mode".

- **Blood pressure monitor calibration**

The smartwatch has the ability to calibrate the watch's blood pressure monitor. Calibration aims to provide more accurate measurements. To calibrate your blood pressure monitor, go to "Profile" in the app, then "AK38" and select "Personalise blood pressure". Enter the result from your medical blood pressure monitor.

Functions available in a dedicated application

- **Female cycle monitoring**

To activate this function, the user's gender must be set in the app. A message will appear to activate the female cycle function. In the app, there are 4 options to choose from: menstrual cycle, ovulation, pregnancy and maternity. Once entered into the app, the smartwatch records menstrual cycles and reminds you when the next one arrives. The expected date of childbirth can also be set. To set parameters, go to 'Profile' in the app, then click on your profile at the top and select the pink icon.

- **Changing the dial**

Many other dial themes are available in the dedicated app. To select dials, go to 'Profile' in the app, then 'AK38' and select 'Dial Settings'. To download dials, select "More watch dials". Data/Wifi transmission must be enabled.

- **Resetting to factory settings**

Resetting to factory settings allows you to reset the watch and erase all data and settings. To reset the device and the app, go to "Profile" in the app, then "AK38" and select "Factory reset".

General Information

Specifications

IP67** water resistance

Allows you to use the watch while washing your hands or on a rainy day.

160mAh battery

The large battery capacity allows long use of the smartwatch.

GR5515I0ND processor

High performance and precision measurements.

Classic design

Due to its classic design, the watch goes with any style.

****The IP67 standard allows a water temperature of +10 to +35 degrees Celsius and immersion to a depth of 1m for up to 30min. The watch cannot be used in hot baths or saunas as it is not steam resistant. It is not designed for swimming, it has been designed to help look after your health.**

General Information

Product complaint

- Any product bought in the Shop can be claimed. The claim given by the manufacturer is 2 years from the purchase of the equipment.
- The advertised product should be sent to the address: Watchmark CH Marino, 7 Paprotna Street, 51-117 Wrocław.
- To register a complaint, please fill in the form at https://ecom.freshdesk.com/support/tickets/new.
- After registering the complaint, you will receive a confirmation of its submission to the specified e-mail address along with a pdf attachment containing a summary of the complaint. The complaint must be accompanied by the advertised product with proof of purchase and the application number received in the e-mail.
- Once the goods have been verified, the Complaints Department will contact the customer and inform them that the complaint has been processed.
- The complaint will be considered within 30 days from the day the Complaints Department receives the advertised goods.

General Information

Product return

- The customer has the right to withdraw from the contract within 14 days of receiving the product, without giving any reason. Returned goods must be of full value and must not bear any signs of use. If the returned goods are not in perfect condition, the Customer shall bear the financial consequences related to the reduction of the value of the goods if they have been used in an inappropriate manner and bear traces of use going beyond a basic functionality check.

- The Customer shall inform the shop of the withdrawal from the contract by filling in the return form at: https://ecom.freshdesk.com/support/tickets/new.

- Once the withdrawal form is registered, the Customer will receive a confirmation of its notification to the e-mail address indicated, together with a pdf attachment containing a summary. In order to comply with the withdrawal period, it is sufficient for the Customer to send information concerning the exercise of his/her right of withdrawal before the expiry of the withdrawal period.

General Information

Product return

- The seller shall refund the payment using the same method of payment used by the consumer, unless the consumer has expressly agreed to a different method of refund that does not incur any costs for the consumer.

- Goods purchased stationary in the shop are not refundable.

Replacement of the product

- The customer has the right to exchange the goods within 14 days of receipt without giving any reason.

- The customer shall inform the shop about the wish to exchange the goods by filling in the form: https://ecom.freshdesk.com/support/tickets/new.

- Once the exchange form is registered, the Customer will receive a confirmation of his/her request to the e-mail address indicated, together with the request number. In order to comply with the exchange deadline, it is sufficient for the Customer to send information concerning his/her wish to exercise his/her right to exchange before the expiry of the exchange deadline.

General Information

- The customer sends the purchased goods on their own to the address: Emedyczny CH Manhattan, Al. Jana Pawła II 16, 64-100 Leszno. The parcel must be accompanied by the purchased goods free of defects and the application number received after completing the form.

- The exchange will be made immediately, but no later than within 5 days from the date of delivery of the goods to us, if the product for which the customer wants to exchange the goods is available in the shop. If the product indicated by the customer for exchange is not available, it will be dispatched as soon as we have accepted delivery of the product in question.

- If the returned goods are not of full value, the customer will be financially liable for any reduction in the value of the goods if they have been used inappropriately and bear signs of use beyond a basic functionality check.

- It is not possible to exchange the watch for the same model.

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