

®

WATCHMARK



USER MANUAL

WWW.WATCHMARK.COM

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Introduction

About the Watchmark WGT2

The Watchmark WGT2 is a state-of-the-art device with many functions to keep track of your health. The smartwatch measures blood pressure , blood oxygenation, ECG and pulse. Despite its advanced functions, the watch is very simple to use. It also has several sports modes. It measures steps, calories burned, distance covered and training time.

Device configuration

Packaging content



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



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

Watch strap (colour and material may vary depending on the colour chosen)

Hardware requirements

iOS 9.0 and newer

Android 5.5 and newer

Bluetooth supported: 4.0

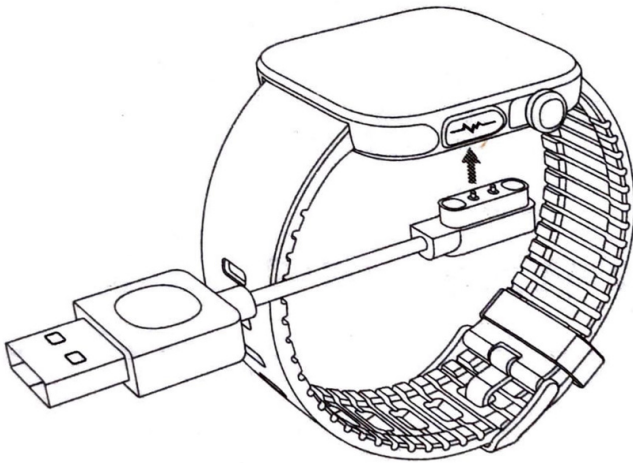


Android 5.5+



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 22mm wide. It is interchangeable and additional straps can be purchased in a different colour or material.

Wearing a 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.

Replacing a watch strap

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 a watch strap

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 watch strap

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.

App and functions

Installing applications

The apps compatible with the WGT2 model are 'Wofit', 'Wofit Lite' and 'morePro'. The apps must be downloaded from the Google Play / App Store or via the QR code below (code for the Wofit app), which is in English.



Google Play



App Store

Once it is installed, turn on Bluetooth on your phone and go to the application. Create an account or log in anonymously. Fill in your details and allow access. For the app to work properly, you need to give all the consents it asks for. To connect the watch, click on the bottom bar: "Device", then "Add new device" and "Add device manualy". Allow all the consents the app asks for. The phone will search for devices, then select the appropriate model (GT2). Once the smartwatch is connected, the time and date will automatically update.

Features available on the Smartwatch

- **Time, date, day of the week**

The display shows the time, date and day of the week. The data is displayed on the main screen of the watch. To set the date and time, connect the smartwatch to the app on your phone.

- **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 on the main screen of the watch.

- **Multi-stage screen brightness adjustment**

Adjusting the brightness helps protect your eyes from a screen that is too bright at night and saves the watch's battery. You can find this function in the menu on the left in the settings under the name "Brightness".

- **ECG***

An electrocardiogram tests the electrical activity of your heart. It allows the detection of many cardiovascular diseases. During the measurement, hold the metal plate on the side of the watch. The electrodes of the watch must be completely against the skin. The measurement can be taken using the app (more on page 16).

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, you will find the function for measuring blood pressure by moving the main screen to the left.

- **Saturation (SpO2)*.**

This function indicates the oxygenation level of the blood. As a norm, the result should be between 95 and 100%. When the oxygenation level drops, it can be dangerous for our health. On the watch, you will find the function for measuring blood oxygenation by moving the main screen to the left.

- **Heart rate (HR)***

Heart rate, or pulse: it 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 lowered we speak of bradycardia. Both conditions can be dangerous to our health. On the watch, the function for measuring heart rate can be found by moving the main screen to the left.

Features available on the Smartwatch

- **Sports modes**

The watch's 10 sports modes allow you to control your training goals by monitoring time, calories burned, pulse, distance and steps during your workout.

Workout data can be found in the app after synchronisation.

Available sports modes: running, cycling, fitness, badminton, pingpong, basketball, skipping. On the watch, the sports modes can be found by swiping the main screen to the left under 'Sports'.

- **Timer**

The timer allows you to count down the time. On the watch you will find the countdown timer after sliding the main screen to the left under the name "Countdown".

- **Stopwatch**

The stopwatch allows you to measure time accurately. You will find the stopwatch in the watch by moving the main screen to the left under the name "Stopwatch".

Features available on the Smartwatch

- **"Find phone" function**

Once you have correctly paired your device with the app on your phone, you will be able to quickly find your phone. When you select "Find phone", your phone will start vibrating and ringing. On the watch, you will find this function by swiping the main screen to the left.

- **Information**

Once the watch is connected to your phone via the app and you have allowed the appropriate permissions, the watch will display incoming notifications for messages, calls and information from social networks. In order for the notifications to display, this function must be enabled in the app (see page 17 for more). You will find the latest notification when you slide the main screen to the left under the name 'Information'.

- **Music control**

When you connect your watch to your phone via the app and turn on music 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 find the "Music" function in the menu when you slide the screen to the left.

Features available on the Smartwatch

- **Daily statistics**

If you swipe the main screen to the right, you will find the statistics for the whole day, i.e. the number of calories burned, the number of steps and the distance covered.

- **Sleep monitor**

A function that helps 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.

On the watch, you will find the statistics of the sleep you have slept by moving the main screen to the right.

- **Changing the dial theme**

There are several dials to choose from on the watch. You will change the dials by sliding the main screen up or down.

- **Settings**

In the settings you can:

- select which apps you want to receive notifications from on the watch,
- adjust screen brightness
- adjust the screen backlight time (up to a maximum of 30 seconds)

And also enable:

- motion reminder (Sedentary)
- Screen illumination through movement of the hand (Turn the wrist)
- automatic monitoring of health functions

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 "Home" in the app.

- **Sports modes**

In the app, you can use the sports modes and have a preview on your phone of the route covered, the pace and the duration of the activity. When you have finished an activity, the app will show the route covered on the map. You can share or upload your results. The available modes are: Run, Indoor run, Bike, Plank, Walk, Climb and Hike.

- **Badges**

You can receive badges for completed achievements. To view the badges you can earn, select 'Mine' in the app and then 'My badges'.

- **Setting goals**

In the app, you can set your goals related to the daily number of steps to take, the number of calories to burn, your target sleep cycle and its length. Here you will also set your alarm clock for a specific time, and the smartwatch will tell you the best time to go to sleep.

Functions available in a dedicated application

- **Personalised settings**

In the app, you can set basic information about yourself, i.e. age, gender, weight, height and BMI. It is also possible to record your menstrual cycle and set a reminder when it arrives. To enter these details, in the app go to 'Mine' and then click the icon at the top.

- **Care function**

In the watch keeper app, you can add a 'friend' via your account name. Once correctly added, you can check what measurements the watch wearer has. To add a friend, select 'Mine' in the app and then 'Follow'.

- **ECG measurement**

An electrocardiogram examines the electrical activity of the heart. It allows the detection of many cardiovascular-related diseases. During the measurement, hold the metal plate on the side of the watch. The electrodes of the watch must be completely against the skin. To take a measurement using the app, go to the app and select "Home", "ECG" and then "Start testing".

Functions available in a dedicated application

- **Hypoxia alert**

When the watch detects saturation abnormalities during automatic measurements, it will notify you. To enable this feature, go to 'Home' in the app, then 'SPO2' and select 'Hypoxia wake up'.

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

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

- **Social app 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: Facebook, WhatsApp, Instagram and Gmail. To enable this function, go to 'Device' and then select 'Notifications'.

Functions available in a dedicated application

- **Movement reminder**

In the app, it is possible to 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 them to perform an activity. You can also set the range of hours during which the function will be active. To enable this function, in the app, select 'Device' and then 'Sedentary Reminder'.

- **Wrist movement screen wake-up (G-Sensor)**

To enable the function of activating the watch screen with the movement of your wrist, select "Device" in the app and then "Light up display by rotating your wrist".

- **Alarm clock**

An alarm clock can be set in the app to help you wake up on time. To enable this feature, select "Device", then "Alarms".

- **Automatic measurements**

To have the watch take automatic measurements itself, enable this function in the app. Select "Device", then "Switch setting" and choose which measurements to take automatically.

Functions available in a dedicated application

- **Disconnecting the smartwatch from the app**

To cancel the pairing of your device with the app, in the app select "Device" and then "Cancel pairing".

- **Resetting data**

To reset data in the app, select "Device" and then click on the name of the paired watch. The data reset function is located in the menu under the name "Clear device data".

General Information

Technical data

IP68** water resistance

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

220mAh battery

The large battery capacity allows long use of the smartwatch.

NRF52832 processor

High performance and precision measurements.

Sporty design

Sleek body and extremely clear colour display.



**The IP68 standard allows water temperatures of +10 to +35 degrees Celsius and immersion to a depth of 1.5m for up to 30min. The watch cannot be used during hot baths or in the sauna as it is not steam resistant. It is not designed for swimming, it has been designed to help look after your health.

***The smartwatch has Ti AFE4404 + 2*OSRAM 2703 + OSRAM LED sensors to measure blood oxygenation, the Ti 129X chip is responsible for measuring ECG, and Ti AFE4404 + 2*OSRAM 2703 for measuring PPG.

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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