

®

WATCHMARK



USER MANUAL

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Introduction

About Watchmark Cardio One

This is an advanced smartwatch from the CARDIO series, which offers many health monitoring functions, designed especially for active people who care about their well-being. This smart watch allows users to monitor and analyze various health parameters in real time, providing them with valuable information about their fitness.

Device configuration

Contents of the package



Smartwatch (color and material may vary depending on color selected)



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

Strap (color and material may vary depending on color selected)

Hardware requirements

iOS 9.0 and above
Android 5.0 and above
Supported
Bluetooth: 5.0

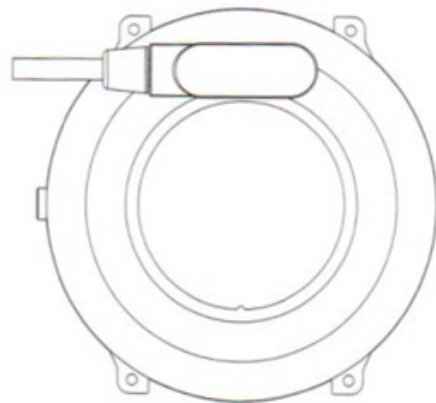
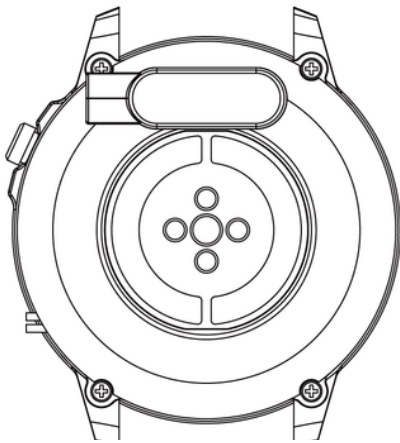


Android 5.0+



IOS 9.0+

Charging instructions



This smartwatch uses magnetic charging.

Connect the charging cable to the USB input and to the rear charging pins 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 charging.

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

Additional information

Before using the equipment, read the entire operating manual carefully. It is recommended to use only the original battery, charger and accessories included with the device.

The manufacturer or distributor is not responsible for the use of third-party accessories.

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

Before using the device for the first time, charge it for at least 2 hours. Before you start using the device, you must download and install the application and accept all consents requested by the smartphone. If this is not fully done, not all device functions will be available. The smartphone will only ask for access to functions that are necessary for the proper functioning of the smartwatch.

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 replaceable and you can buy additional straps in a different color or material.

Wearing a watch

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

To take full advantage of the heart rate monitoring feature while exercising, try wearing the device over your wrist (2 fingers above the wrist bone) for improved comfort and stability. Many exercises, such as cycling or lifting weights, may change the positioning of the smartwatch by, for example, bending the wrist. If the watch is positioned lower on the wrist bone, measurements may be interrupted, so correct positioning is so important.

Replacing the belt

Before using the watch, please attach the original strap to it. When performing this activity, be very careful and watch out for your nails when attaching the telescopes to the watch.

Putting on the belt

1. Insert one end of the strap with the telescope into the recess of the watch case.
2. On the other side, slide the telescope inside the recess and attach it to the watch.

Removing the belt

1. On one side, press the circle on the telescope and gently move it inwards.
2. Then, pull up until the telescope detaches from the watch.

Apps and features

Installing the application

The app for the Cardio One smartwatch model is "H Band". The application must be downloaded from the Google Play / App Store or using the QR code below.



Google Play



App Store

After installing the application, turn on Bluetooth on your phone and go to the application. Create an account or continue without registration. Complete the data and authorize access. For the application to function properly, it is necessary to provide all the consents requested by the application. To connect your watch, select "Click to connect" and then your watch model (Cardio1).

Features available in 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 steps taken on a given day (data resets every day from 00:00). The number of steps taken can be seen in the application or in the first tab on the right of the main screen.

- **Adjusting the brightness of the screen backlight**

Brightness adjustment helps protect your eyes from too bright a screen at night, adjust the backlight to the outdoor situation, and saves the watch's battery. You can find this function in the menu and select the appropriate display brightness.

- **Distance traveled**

Information about the distance covered during the day. The distance traveled is located in the first tab on the right side of the main screen.

Features available in the Smartwatch

- **Blood pressure (BP)***

Arterial pressure is the force with which blood pushes against the walls of arteries during contraction and relaxation of the heart muscle. The accepted norm for systolic blood pressure is 120 mm Hg, and for diastolic blood pressure it is 80 mm Hg. On the watch, the blood pressure measurement function is located in the menu under the name "Blood pressure".

- **Saturation***

The function informs about the level of blood oxygenation. As a standard, the result should be between 95 and 100%. When oxygenation levels drop, it can be dangerous to our health. In the watch, the saturation measurement function is located in the menu under the name "Blood oxygen".

- **Pulse***

Heart rate, i.e. pulse: it is the number of heart muscle beats per minute. The accepted norm is the limit of 60 to 100 beats per minute. When the pulse is elevated, it is called tachycardia, and when it is decreased, it is called bradycardia. Both conditions can be dangerous to our health. In the watch, the heart rate measurement function is located in the menu under the name "Heart rate".

*You should not make health decisions solely based on the test results from your smartwatch. For accurate measurements, users should measure health functions at rest as with traditional medical devices and refrain from measuring while exercising, smoking or drinking alcohol. The smartwatch is not a medical device and the measurement results are for illustration purposes only.

Features available in the Smartwatch

- **Temperature measurement***

The function allows you to measure the current body temperature. The normal body temperature for an adult is 36.6 degrees Celsius. When the temperature level rises to 38 degrees we call it a fever. In the watch, the heart rate measurement function is located in the menu under the name "Body temperature".

- **Glucose measurement****

The glucose meter in the smartwatch is a built-in tool that allows you to quickly measure blood glucose levels. On the watch, the glucose measurement function is located in the menu under the name "Blood glucose".

- **ECG***

An electrocardiogram examines the heart's electrical activity. It allows you to detect many diseases related to the circulatory system. During measurement, hold the metal plate on the side of the watch. The watch's electrodes must be completely in contact with the skin. The result will appear in the application. The measurement can also be done via the app.

*You should not make health decisions solely based on the test results from your smartwatch. For accurate measurements, users should measure health functions at rest as with traditional medical devices and refrain from measuring while exercising, smoking or drinking alcohol. The smartwatch is not a medical device and the measurement results are for illustration purposes only.

**All decisions regarding diabetes care and the interpretation of glucose measurements should always be consulted with a physician who is qualified to provide professional advice and recommendations.

Features available in the Smartwatch

- **Stopwatch**

A function that is used to control and measure short periods of time. On the watch, you will find this function in the menu.

- **Alarm**

To set an alarm on your watch, select the time and alarm time in the app. More on page 18.

- **Countdown timer**

The timer allows you to count down the time. On the watch, you will find this function in the menu.

- **Sleep monitor**

A feature that helps analyze human sleep. The watch shows the number of hours slept. On the watch, you can find your sleep statistics in the menu.

- **Music**

You can control the music on your phone from the watch. Turn on music playback on your phone, then select the "Music" function in the watch menu. You can pause, play, rewind, and increase the volume.

Features available in the Smartwatch

- **Sports modes**

Sports modes on the watch allow you to stay on top of your training goals by monitoring your steps, heart rate, calories and distance.

You can find your workout data in the app after syncing or on your watch after your workout.

Available sports modes: walking, running, cycling, elliptical trainer and climbing, stationary bike. In the sports mode, depending on the selected form of activity, parameters such as time, calories burned, distance and heart rate are measured. On the watch, sports functions are located in the menu.

- **Changing the shield theme**

The watch has several dials to choose from. To change dials, long press the main screen (about 3 seconds). Other dials to choose from are available in the app. More on page 17.

- **Changing the appearance of the menu**

You can adjust the menu to your preferences. There are two different menu appearances. To change the appearance, go to settings.

Features available in the Smartwatch

- **Notifications/Messages**

After connecting the watch to the phone via the application and allowing the appropriate consents, incoming notifications from social networks and the beginning of messages will be displayed on the watch. For notifications to appear, this function must be enabled in the application settings. More on page 17.

- **"Find phone" function**

After correctly pairing the device with the application on your phone, you will be able to quickly find your phone. After selecting the "Find phone" option, the phone will vibrate and ring. On the watch, you will find this function in the menu.

- **Breathing training**

It helps you relax and calm down. You can set the length of your training. On the watch, the breathing training function is located in the menu.

- **Monitoring a woman's cycle**

In the application you can choose from 4 options: menstruation cycle, ovulation, pregnancy and motherhood. After entering data into the application, the smartwatch records menstrual cycles and reminds you when the next one is due. You can also set the expected delivery date. To set parameters, go to "Profile" in the application, then click on your profile at the top and select the pink icon.

Features available in the Smartwatch

- **Resetting to factory settings**

Factory reset allows you to reset your watch and erase all data and settings. On the watch, the reset function is in the settings.

- **Settings**

In settings you can:

- set the backlight time and screen brightness
- set the date and time
- enable or disable automatic measurements
- select which applications notifications should be displayed from
- select device language
- turn off the device

Functions available in a dedicated application

- **Measurement history**

In the application you will find the history of measurements made by the watch. You can check the history on the application's home page.

- **Notifications**

The notification function allows you to read the beginning of the message on the smartwatch screen. Notifications may come from applications such as: Facebook, Instagram, Gmail. To enable this feature, go to "Profile", "My Devices", and then select "Notifications".

- **Changing the shield theme**

Other dial themes are available in the dedicated app. To select dials, go to "Device" and then "Dial Settings" in the app. To download shields, data/Wifi must be turned on on your phone.

- **Phone camera control**

The function allows you to take photos remotely with your phone's camera by activating the camera's shutter button by shaking the watch. To take a photo, select "My device" and then "Take photo". This function is useful for taking group photos from a distance.

Functions available in a dedicated application

- **Find your device**

In the application, selecting the "Search for watch" function will trigger a vibration alarm in the watch, which will help locate the device.

- **Alarms**

To set an alarm on your watch, select the time and alarm time in the app. To do this, select "My device" and then "Alarm clock" in the application.

- **Motion reminder**

You can set reminders in the application, thanks to which the watch, when it detects that a person remains motionless for a long time, informs about the need to perform an activity. To enable the feature, select "My Device" and then "Activity Alert".

- **Weather**

To display the current weather on your watch, you must allow the application to access your phone's location and enable the weather information function in the application. Go to "My Device" and then "Weather Settings".

Functions available in a dedicated application

- **Waking up the screen with a movement of the wrist (G-Sensor)**

To enable the function of turning on the watch screen with a hand gesture, select "My device" in the application and then "Wake up screen gesture".

- **Calibration of the blood pressure monitor**

The smartwatch has the ability to calibrate the blood pressure monitor in the watch. Calibration is intended to provide more accurate measurements. To calibrate the blood pressure monitor, go to "Profile" in the application, then click "My device" and select "Personalize blood pressure". Enter the result from the medical blood pressure monitor.

- **Automatic measurements**

In order for the watch to perform measurements itself, you must enable this function in the application. Select "My devices" and then "Additional functions" and select which measurements should be performed automatically. Setting automatic measurements reduces battery life.

- **Resetting to factory settings**

Factory reset allows you to reset your watch and erase all data and settings. To reset, go to "Devices" in the app and then "Restore factory settings."

General Information

Technical data

IP68 waterproof**

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

280mAh battery

Modern lithium-polymer battery.

GR5515 processor

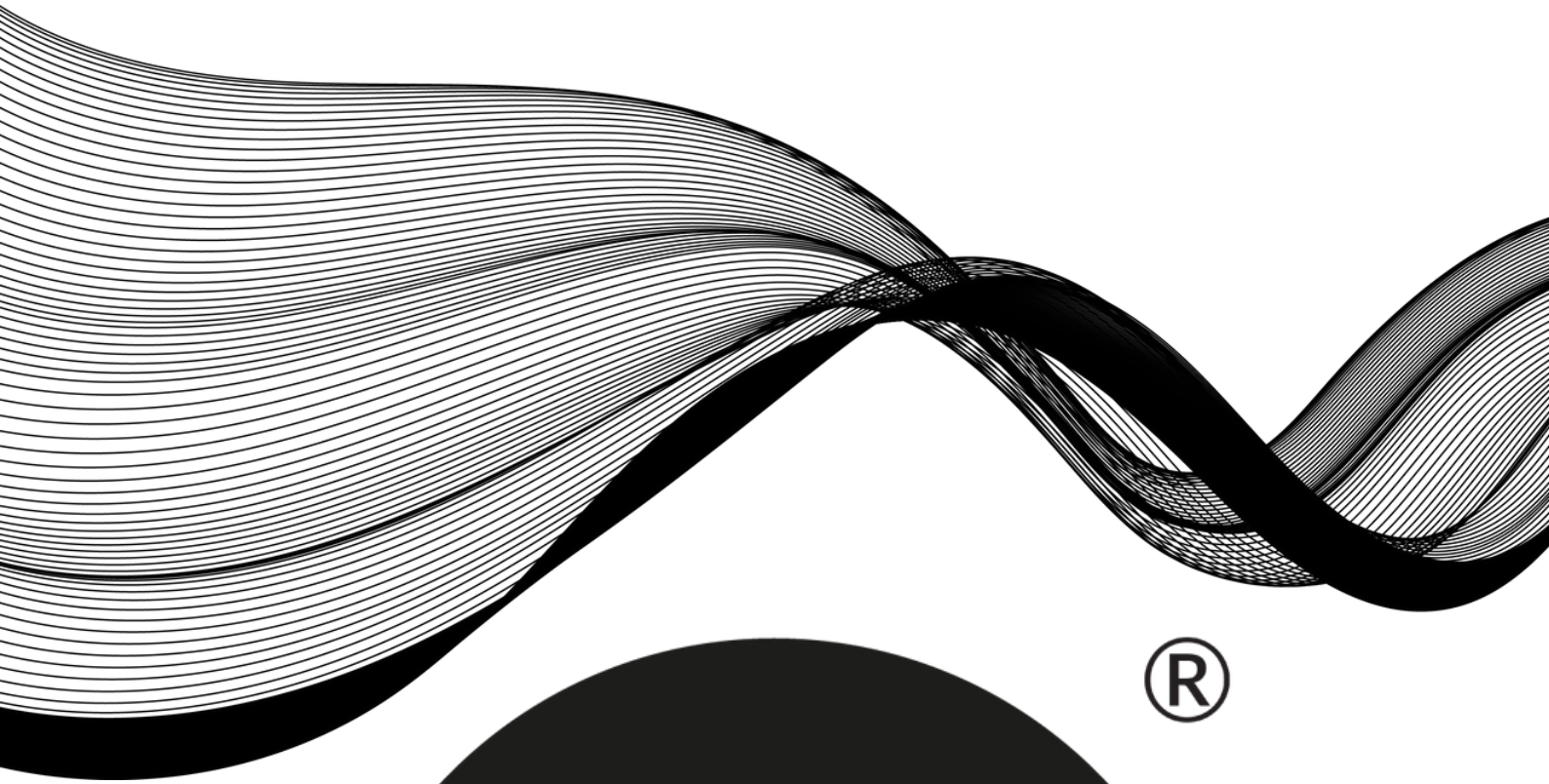
Innovative processor with high performance.

Sporty design

Slim housing and extremely clear, colorful display.



**The IP68 standard allows water temperatures from +10 to +35 degrees Celsius and immersion to a depth of 1.5 m for up to 30 minutes. You cannot use the watch during hot baths or in the sauna because it is not steam resistant. It is not intended for swimming, it is designed to help you stay healthy.



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