

®

WATCHMARK



USER MANUAL

WWW.WATCHMARK.COM

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Introduction

About Watchmark Smartone

A multifunctional smartwatch created for those who enjoy an active lifestyle. Thanks to the built-in speakers and microphone, you can take calls straight from your wrist. You will also find 7 sports modes, measurement of calories burned and a heart rate monitor. 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)

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

Hardware requirements

iOS 9.0 and above

Android 5.0 and above

Bluetooth supported: 4.0

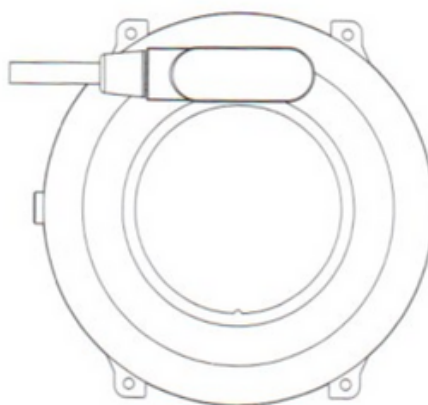
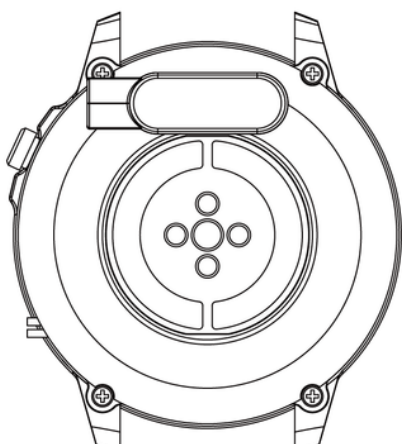


Android 5.0+



IOS 9.0+

Charging instructions



This smartwatch uses magnetic charging.

Connect the charging cable to the USB input and to the rear charging 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 22 mm 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.

Applications and functions

Installing applications

The app for the Smartone smartwatch model is "FitCloudPro". Download the app from the Google Play / App Store or via the QR code below. The app is in English.



Google Play



App Store

Once the app is installed, turn on Bluetooth on your phone and go to the app. Create an account or continue without registering. Fill in your data and allow access. For the app to work properly, you need to give all the consents it asks for. To connect your watch, select "Scanning" and then the watch model (Smart Watch - 85E).

To use the smartwatch to make and receive calls, connect the watch via Bluetooth as well. On your phone, go to the Bluetooth settings and establish a connection with the device named "BT-85E". Without such a connection, some of the functions will not be active.

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.

- **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 right of the main screen.

- **Calorie counter**

Calculates the number of calories burned on a given day. The data on calories burned can be found in the first tab to the right of the home screen or in the app.

- **Distance travelled**

Information on how much distance was covered during the day. Distance travelled can be found in the first tab to the right of the home screen or in the app.

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

Adjusting the brightness helps protect your eyes from a screen that is too bright at night and saves the watch battery. You can find this function in the drop-down menu from the main 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 menu to the left of the main screen under the name BP.

- **Oxygen 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, the function for measuring saturation is located in the menu to the left of the home screen under the name "Blood oxygen".

- **ECG***

An electrocardiogram examines the electrical activity of the heart. It allows the detection of many cardiovascular diseases. The electrodes of the watch must be completely against the skin. On the watch, the function for measuring ECG is located in the menu to the left of the home screen under the name ECG. You will see the result in the app.

*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

- **Pulse rate (HR)***

Heart rate, or pulse: is the number of beats of the heart muscle per 1 minute. The accepted norm is 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. On the watch, the function for measuring pulse can be found in the menu to the left of the home screen under the name "Pulse" or in the second tab to the right of the home screen.

- **Find phone function**

Once the device has been correctly paired 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, this function can be found in the menu to the left of the home screen.

- **Stopwatch**

A function that is used to check and measure short intervals of time. On the watch, you will find this function in the menu to the left of the home screen.

Features available on the Smartwatch

- **Timer**

The timer allows you to count down time. On the watch, the timer function is located in the menu to the left of the main screen.

- **Alarm**

To see the alarms you have set, go to the menu to the left of the home screen and select "Alarm". To activate the alarm go to the app. See page 18 for more.

- **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, the function for sleep monitoring is located in the menu to the left of the home screen and in the third tab to the right of the home screen.

- **Music control**

When you connect the 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 go to the music function. On the watch, this function is located in the menu to the left of the home screen.

Features available on the Smartwatch

- **Sports modes**

The watch's 7 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 or on the watch in the menu to the left of the home screen under the name 'Physical Activity Log'.

Available sports modes: run, walk, bike, climb, basketball, yoga, stationary bike. The sports mode measures parameters such as time, calories burned and heart rate. On the watch, the sports functions can be found in the menu to the left of the home screen or by pressing the button on the side of the envelope.

- **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). You can download more dials in the app. See page 17 for more.

- **Weather**

The watch, when connected to the app, will indicate the temperature for the day. On the watch, the weather function is located in the menu to the left of the main screen or in the fourth tab to the right of the main screen. See page 19 for more.

Features available on the Smartwatch

- **Notifications/Notifications**

Once the watch is connected to your phone via the app and bluetooth and you have allowed the appropriate permissions, incoming notifications of messages and from social networks will be displayed on the watch. For notifications to display, you must enable this feature in the app settings. See page 17 for more.

- **Calls**

Connecting the watch to your phone via Bluetooth allows you to make calls from the smartwatch while maintaining high sound quality. Once the watch is connected to your phone, the contacts from your phone will be displayed on the watch. To make a call, you can manually enter the number or select from the list of most frequent contacts.

- **Frequent contacts**

You can access your most frequent contacts on the watch so you can make a call quickly. To add contacts, go to the app. See page 17 for more.

- **Do not disturb mode**

A mode that causes any notifications to not appear. To enable this mode, select the moon icon from the drop-down menu from the main screen.

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 settings in the menu to the left of the home screen.

- **Settings**

In the settings you can:

- set the backlight time and screen brightness
- set the response time of the G-sensor function
- adjust vibration intensity
- select the style of the main menu
- activate battery saving mode
- set the watch language - switch off the device
- turn the device off

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 the history, select "Home" in the app.

- **Notifications**

The notification function allows you to read the beginning of a message on the smartwatch screen. Notifications can come from apps such as: Facebook, Instagram, Skype and Messenger. To enable this function, go to "Device" and then select "Notification settings".

- **Changing the dial theme**

Other dial themes are available in the dedicated app. To select dials, go to 'Device' in the app and then 'Watch dial selection'. To download the dials, data/Wifi transmission must be enabled on the phone.

- **ECG***

To see the result of an ECG taken by the watch, go to "Home" and then "ECG".

- **Frequent contacts**

To add contacts, select "Device" and then "Contacts" in the app.

Functions available in a dedicated application

- **Phone camera control**

This function allows you to take pictures remotely with your phone's camera, by activating the camera shutter button by shaking the watch. To take a photo, select "Device" and then "Remote camera". A useful feature for taking group photos from a distance.

- **Find a device**

In the app, selecting "Find watch" will trigger a vibrating alarm on the watch to help locate the device.

- **Alarms**

To set an alarm on the watch, select an alarm time and time in the app. To do this in the app, select "Device" and then "Alarms".

- **Motion reminder**

Hourly reminders can be set in the app so that the watch, when it detects that a person remains motionless for an extended period of time, reminds them to perform an activity. To enable the function, select "Device" and then "Inactivity reminder".

Functions available in a dedicated application

- **Hydration reminder**

In the app, you can set cyclical reminders every 30-180 minutes to remind the watch to reach for water. To enable this function, in the app select "Device" and then "Hydration reminder".

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

To enable or disable the watch screen wake-up function with a flick of the wrist, select "Device" and then "Wrist wake-up" in the app.

- **Weather**

In order for the watch to display the current weather, you must allow the app to access your phone's location and enable the weather information function in the app. Go to "Device" and then "Weather information".

- **Automatic heart rate monitoring**

In the app, you can set to perform heart rate measurements on a cyclical basis. The frequency can be set within a given time interval. The automatic measurement is performed without our intervention. To activate the function, select "Device" and then "Continuous heart rate monitoring" in the app.

Setting automatic measurements reduces battery life.

General Information

Specifications

IP67** water resistance

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

230mAh battery

State-of-the-art lithium polymer battery.

RTL8762ck processor

An innovative processor characterised by high performance.

Fashion design

Slim body and excellent screen quality that is scratch-resistant.



**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.



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