USER MANUAL

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Introduction

About Watchmark WF800

This is an advanced smartwatch for measuring health functions and laser therapy. The smartwatch is equipped with many functions to help take care of your health. The watch has the latest generation of chips from Texas Instruments and OSRAM measuring saturation, ECG and PPG. Thanks to the laser therapy function, the smartwatch supports blood purification, lowering hypertension and combating diabetes. 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 8.2 and above
Android 4.4 and later
Bluetooth supported: 5.0

Android 4.4+   IOS 8.2+

Charging instructions
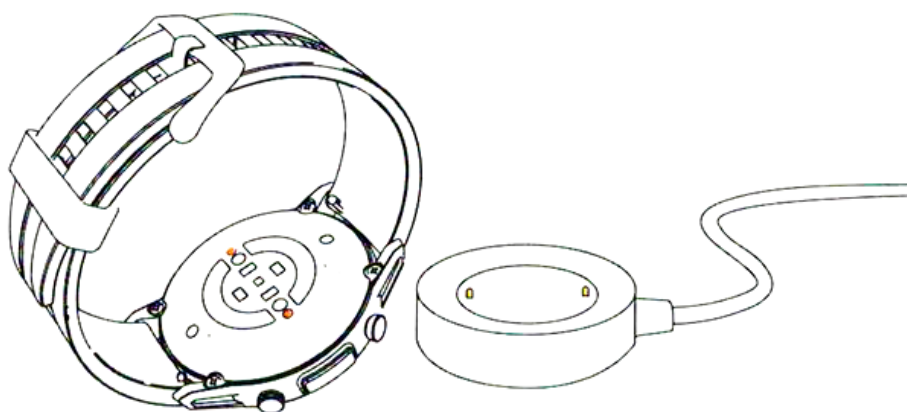
This smartwatch uses magnetic charging.
Attach the charging pad to the back charging contacts and connect the charging cable to the USB input. Once connected, charging will start automatically and the charging icon will appear on the screen.
It takes approximately 2 hours to fully charge the battery. 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 WF800 smartwatch model is "SmartHealth".
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 log in anonymously. For the app
to work properly, you need to give all the consents the app asks
for. Fill in your personal data - go to "Settings" in the bottom right
corner, then select the icon with your email address. To connect
the watch, in the bottom corner click: "Settings" and then "Device
status". Your phone will search for Bluetooth devices and you
should select the appropriate model (F800).

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.

- **3-step backlight brightness adjustment**

The three-stage brightness adjustment 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 drop-down menu from the main screen and select the appropriate brightness of the display.

- **Calorie counter**

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

- **Distance travelled**

Information on how much distance was covered during the day. The distance travelled can be found in the first tab to the right 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 is located in the menu to the left of the home screen under the name BP. To calibrate your blood pressure measurement, go to the app. More on page 15.

- **Oxygen saturation (BO)***

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.

- **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 reduced we speak of bradycardia. Both conditions can be dangerous to our health. On the watch, the function for measuring heart rate can be found in the menu to the left of the home screen under the name HR.

Features available on the Smartwatch

- **Body temperature***

This function allows the current body temperature to be measured. The normal body temperature of an adult is considered to be 36.6 degrees Celsius. When the temperature level rises to 38 degrees we speak of a fever.
On the watch, the temperature measurement function is located in the menu to the left of the home screen under the name Temp.

- **ECG***

The electrocardiogram measures the electrical activity of the heart. It allows the detection of many cardiovascular diseases. Hold the metal plate on the side of the watch during the measurement. The electrodes of the watch must be completely against the skin.
To perform an ECG test, it is necessary to connect the watch to an app on your smartphone. The result of the measurement is only visible in the app. On the watch, the function for ECG measurement is located in the 5th tab to the right of the home screen. To view the result, go to the app and select "ECG test". Then click the three dots at the top. Select 'Synchronise' next to the date the test was taken. To diagnose the result, select "AI diagnosis". You can save and share the result. You can also take the test from within the app. See page 18 for more.

*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 illustrative purposes only.

Features available on the Smartwatch

- **Sports modes**

The watch's 5 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: running, cycling, basketball, walking, climbing. On the watch, the sports modes function can be found in the menu to the left of the home screen under the name 'Workout'.

- **Laser therapy****

Laser therapy involves emitting a beam of light (of a fixed intensity: length and power) onto a section of the body for a set period of time. Laser radiation has analgesic, anti-inflammatory, anti-oedema effects, increases microcirculation, influences immunological and hormonal processes, facilitates nerve regeneration, accelerates bone growth and stimulates muscle fibre synthesis.

The duration of the therapy is 60 seconds. The recommended daily dose is 3 treatments of 60 seconds each.

To activate the function, press the bottom button on the side of the envelope.

**Contraindications to laser therapy include cancer, hyperthyroidism, epilepsy, skin conditions (bacterial, viral or fungal infections). It should also not be used by pregnant women.

Features available on the Smartwatch

- **Stopwatch**

A function that is used to check and measure short intervals of time. On the watch, the stopwatch function is located in the menu to the left of the main screen.

- **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 right of the home screen.

- **Changing the dial theme**

There are several dials to choose from on the watch. To change dials, long press the main screen (about 3 seconds)

- **Settings**

In the settings, you can:

-adjust the brightness of the screen

-select power and duration of laser therapy

-switch 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 "Main" in the app.

- **Blood pressure monitor calibration**

Calibrating the blood pressure monitor makes the results even more accurate. The watch checks how much the blood volume has changed compared to when the calibration was performed. To perform calibrations, go to "Main" in the app, click "Blood pressure" and select "Calibrate blood pressure measurement".

- **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 choose from the available sports modes: running, cycling, basketball, walking, climbing. At the end of the activity, the map in the app will show the route covered. You can share or upload your results.

Functions available in a dedicated application

- **Care function**

In the watch wearer's application, a 'friend' must be added via account name/e-mail. Once correctly added, he or she can check what measurements the watch wearer has. To add a person, go to 'Care' in the app.

- **Movement reminder**

In the app, it is possible to set cyclical reminders every 15-60 minutes, whereby the watch, when it detects that the person remains motionless for a prolonged period of time, reminds them to perform an activity. You can also set on which days and at what times the function should be active. To activate this function, in the app, select "Settings", then "Device status" and select "Movement reminder".

- **Automatic monitoring of health functions**

In the app, heart rate, pressure, saturation and temperature can be measured on a cyclic basis.

Cyclic measurement can be switched on or off in the app and set to take automatic measurements every 10-60 minutes. Automatic measurement is performed without our intervention. To enable the function, select "Settings" in the app, then "Device status" and "Health monitoring".

Setting automatic measurements reduces battery life.

Functions available in a dedicated application

- **Notifications**

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

- **Incoming call notifications**

Notifications of an incoming call with the name of a contact from your smartphone's phonebook. From the watch, the call can be rejected. To enable this function, go to "Settings", then "Device status" and "Notifications".

- **"Do not disturb" mode**

A mode that causes any notifications to not appear. To enable this mode, go to "Settings", then "Device status" and "Do not disturb". You can set the range of hours you want the mode to be active.

- **Alarm clock**

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

Functions available in a dedicated application

- **Fever alarm**

When the watch detects abnormalities related to temperature during measurements, it will notify you. In the app we have the option to set an alert when your body temperature reaches 38℃, this is an automatically set value. You can change the alert from a temperature of 37℃ or higher. To set the alarm, select "Settings", then "Device status" and select "Temperature alarm".

- **Alarm for too high a heart rate**

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

- **ECG**

An ECG test can also be performed via the app. To do this, go to the app and click "ECG test" and then the start button. Place your finger on the metal plate on the side of the watch and select "Start test" in the app. After the test, the result will be displayed in the app.

- **Find your phone**

In the app, selecting "Anti-lost function" will trigger a vibration signal on your phone to help locate your device.

Functions available in a dedicated application

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

To enable the watch screen wake-up function with a flick of the wrist, select "Settings" in the app, then "Device status" and "Lift wrist to resume screen".

- **3-step screen backlight brightness adjustment**

The three-step brightness adjustment 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 app. Select "Settings", then "Device status" and "Screen brightness".

- **Reset to factory settings**

Resetting to factory settings allows you to reset the watch and erase all data and settings. To reset, go to "Settings" in the app, then "Device status" and "Reset to factory settings".

General Information

Specifications

Waterproof to IP67***.

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

280mAh battery

The lithium-polymer battery will allow you to use the smartwatch for a long time.

Texas Instruments and OSRAM 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.

WATCHMARK

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