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WATCHMARK



# OPERATING INSTRUCTIONS

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## Introduction

### About the WM18 watch

The WM18 smartwatch is a premium model that has been designed with your health in mind. The device has features such as a heart rate monitor, blood pressure monitor, pulse oximeter, thermometer, ECG measurement and sleep monitor. It has the latest generation Texas Instruments AFE Ti4404 chip built in for accurate pressure measurement, sports modes and the ability to display notifications from social apps.

### Device configuration

#### Packaging content



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



Smartwatch strap (colour and material may vary depending on the colour selected)



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

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## Hardware requirements

iOS 8.2 and above

Android 4.4 and later

Bluetooth supported: 4.0

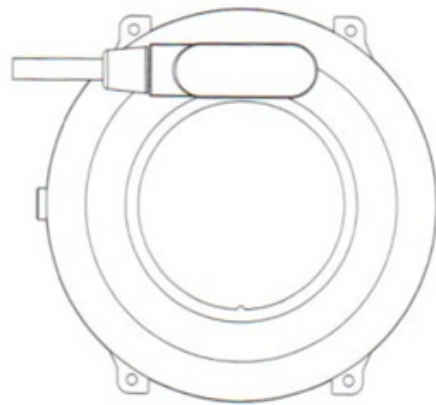
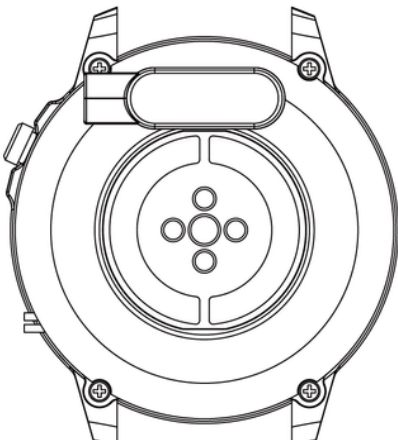


Android 4.4+



IOS 8.2+

## 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 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.**

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## **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 equipment.

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.

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## How to wear the WM18?

The band for this watch model is 22mm wide. It is interchangeable and additional straps in a different colour or material can be purchased for it.

### Wearing the watch

When you are not exercising, wear the WM18 like a normal watch, i.e. one finger above your wrist bone.

To get the most out 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.

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## **Replacing the strap**

Attach the original strap to the watch before using it. When carrying out this operation, take great care and be careful with your fingernails when attaching the telescopic straps to the watch.

### **Attaching the strap**

1. Insert one end of the strap with the telescope into the cavity of the WM18 Plus watch envelope.
2. With the other end, insert the telescope into the centre of the cavity and attach to the watch.

### **Removing the strap**

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



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## Apps and Features

### Installing applications

The app for the WM18 Plus smartwatch model is "SmartHealth". Download the app from the Google Play / App Store or via the QR code below.



Once the app is installed, turn on Bluetooth on your phone and navigate to the app. For the app to work properly, you will need to give all the consents the app asks for. Fill in your personal details - 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 (M18 Plus).

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## Functions 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 on the main screen of the watch.

- **3 steps adjustment of the screen backlight brightness**

The 3-step brightness adjustment helps protect your eyes from an overly bright screen at night and saves the watch's battery. You can find this function in the settings of the smartwatch and select the appropriate brightness of the display.

- **Calorie counter\***

Calculates the number of calories burned in a given day. The data on calories burned can be found on the home screen in the watch and 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. The number of steps walked and calories burned can also be found in this tab.

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## Features available on the Smartwatch

- **Blood pressure\***

Blood pressure is the force with which the blood pushes against the walls of the arteries during the contraction and diastole of the heart muscle. The accepted standard for systolic blood pressure is 120 mm Hg, while for diastolic blood pressure it is 80 mm Hg. The smartwatch has the ability to calibrate the blood pressure monitor built into the smartwatch via a medical blood pressure monitor app. The calibration aims to provide more accurate blood pressure monitor measurements.

After installing the dedicated app, go to the homepage and then search for the "PRESSURE" function. Once in the function, press the "CALIBRATION" button and enter the measurement result from a classic blood pressure monitor.

On the watch, the function for measuring blood pressure is located in the 5th tab, to the right of the main screen.

- **Saturation\***

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 blood oxygenation is located in the 6th tab to the right of the home screen.

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## Functions available on the Smartwatch

- **Heart rate\***

Heart rate, or pulse: this is the number of beats of the heart muscle per 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 heart rate function is located in the 3rd tab on the right of the home screen.

- **Body temperature\***

This function allows you to measure your current body temperature. The normal body temperature for 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 on the 2nd tab to the right of the home screen.

- **ECG\***

The electrocardiogram measures the electrical activity of the heart. It allows the detection of many cardiovascular diseases. During the measurement, hold the metal plate on the side of the watch. The watch's electrodes must be completely against the skin.

On the watch, the function for measuring the ECG is located in the 4th tab to the right of the home screen.

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## Functions available on the Smartwatch

- **Respiratory rate\***

The number of breaths per minute is called the respiratory rate (RR). A normal calm breathing rate in an adult is 12-20 breaths per minute.

On the watch, the function for measuring respiratory rate is located in the 7th tab to the right of the home screen.

- **Sleep monitor\***

A function that helps analyse a person's sleep. The watch shows the number of hours you have slept and the phases of sleep, which distinguish between shallow and deep sleep.

On the watch, the function for sleep monitoring is in the 9th position at the bottom of the function selection.

- **Notifications / messages**

Once the watch has been connected to the phone via the app and the appropriate permissions have been granted, incoming notifications of messages and from social networks will be displayed on the watch.

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## Functions available on the Smartwatch

- **Stopwatch**

A function that is used to check and measure short intervals of time.

In the watch, the stopwatch function is located in the 10 position at the bottom of the function selection.

- **Phone camera control**

This function allows you to remotely take photos with your phone's camera by activating your phone's camera shutter button via the smartwatch.

On the watch, the camera control function is in the 11th position at the bottom of the function selection.

- **Weather**

An additional function that is currently being tested. Weather may indicate an incorrect location.

- **Sports modes**

The watch's 7 sports modes allow you to control your training goals by monitoring time, pace, calories burned and pulse during your workout, among other things.

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 are located to the left of the main screen.

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## Features available on the Smartwatch

- **Reset to factory settings**

Reset to factory settings allows you to select different types of settings and reset them later to factory settings.

On the watch, the reset to factory settings function is located at position 3 in the main settings.

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## Functions available in the dedicated app

- **Blood pressure monitor calibration**

The smartwatch has the ability to calibrate the blood pressure monitor built into the smartwatch via the medical blood pressure monitor app. The calibration aims to provide more accurate blood pressure monitor measurements.

After installing the dedicated app, go to the home page and then search for the "PRESSURE" function. Once in the function, press the "CALIBRATION" button and enter the measurement result from a classic blood pressure monitor.

- **Automatic heart rate detection**

In the app, it is possible to take heart rate measurements on demand and to set the measurements to be taken in a cyclic manner.

Cyclic measurement can be switched on or off in the app and automatic measurements can be set to take place every 10-60 minutes. The automatic measurement is performed without our intervention.

The heart rate measurement helps us to determine the intensity of our workout, to detect differences in our heart rate in stressful situations and at rest.

Setting up automatic measurements reduces battery life.



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## Functions available in the dedicated app

- **Incoming call notifications**

Notifications of an incoming call with the name of a contact from your smartphone's phonebook.

- **Social app notifications**

The app notification function allows you to read a message on the smartwatch screen. Notifications can come from apps such as QQ, WeChat, LinkedIn, Skype, Facebook, Twitter, WhatsApp, Viber, Line and others.

- **Alarm clock**

An alarm clock can be set in the app to help you wake up on time.

- **"Do Not Disturb" mode**

This mode will be useful during situations and meetings where notifications should not distract you. While it is running, you will not be shown notifications for messages and from the app.

- **No motion**

No movement This function signals us when we have not been active for a long time. It reminds us and encourages us to start being active.

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## Functions available in the dedicated app

- **Care function**

In the watch owner's app, a 'friend' needs to be added via account name/e-mail. Once correctly added, he or she can check what measurements the watch wearer has.

- **Find phone**

On the smartwatch, selecting the 'Find Phone' function will trigger a beep on the phone to help you find your phone quickly and easily.

- **ECG measurement**

The app allows us to measure the ECG, i.e. check the normal heart rate. Thanks to this measurement, we can detect deviations from the norm, which can alert us to health problems. In the application we have the possibility to call up an ECG measurement. To take the measurement correctly, you need to

fasten the smartwatch strap tightly to the wrist. The metal plate on the inside of the envelope must be pressed against the skin, at the same time the button on the right side of the envelope must be pressed. During the measurement, do not move, remain calm and await the end of the measurement.

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## **Functions available in the dedicated app**

### **Two alarms can be set in the app:**

- **Fever alarm settings**

In the app we have the possibility to set a notification when the body temperature reaches 38°C (temperature set automatically). You can change the temperature in the notification from 37°C or higher.

- **Setting an alarm for too high a heart rate**

Alarms are set to notify you when your heart rate is too high. You can set the heart rate you want the app to inform you about. The heart rate that is automatically set when the alarm is activated is 150 beats per minute.

### **In the app, you will find available measurement histories:**

- steps taken
- calories burnt
- distance travelled
- length of sleep
- heart rate measurement
- blood pressure
- blood oxygenation
- body temperature
- respiratory rate
- activity

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## General information

### Technical data

#### Waterproof to IP67\*\*

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

#### Processor by Texas Instruments and OSRAM\*\*\*.

High precision monitoring of health functions.

#### 240mAh battery

Large battery capacity allows you to use the smartwatch for long periods of time.

#### Design Classic

Thanks to the classic design, the watch fits into any styling.



\*\*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.

\*\*\*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.



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