WATCHMARK®

USER MANUAL

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General Information

Introduction

About Watchmark WT1

The armband is designed to measure body and ambient temperature. It provides a reliable measurement in a very short time. The watch also measures pulse, blood pressure and oxygenation and takes ECG measurements. The smartwatch will notify you of incoming calls and messages. The smartwatch is operated via a touch-sensitive metal panel that sits at the bottom front of the envelope.

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: 4.0

Android 4.4+

IOS 8.2+

Charging instructions

This smartwatch uses USB charging. Detach the smartwatch strap from the device and then plug the USB end into the USB port. Once connected, charging will start automatically and a charging icon will appear on the smartwatch screen.

It takes approximately 2 hours to fully charge the battery. Do not use the watch while it is charging.

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 17 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. Be careful when doing this.

Wearing the watch strap
Insert the end of the strap into the plastic parts of the watch envelope and tighten.

Removing the watch strap
Grasp the smartwatch envelope and strap. Pull the strap firmly to detach it.

Applications and functions

Installing applications

The app for the WT1 smartwatch model is "WearFit 2.0". The app must be downloaded from the Google Play / App Store or via the QR code below.

Google Play

App Store

Once the app is installed, turn on Bluetooth on your phone and go to the app. Create an account or go directly in (top right corner in the app). Allow access. For the app to work properly, you need to give all the permissions the app asks for. To grant permissions to the app, follow the instructions displayed in the app. To connect the watch, click in the bottom corner: "Me", "Call management" and "Connect bracelet". Your phone will search for devices and you should select the appropriate model (T1S).

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 first tab.

- **Calorie counter***

Calculates the number of calories burned on a given day. The data on calories burned can be seen in the second tab.

- **Distance travelled**

Information on how much distance was covered during the day. Data on distance travelled can be found in the third tab.

Features available on the Smartwatch

- **Pulse***

Heart rate, or pulse: this 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. In the watch, the function for measuring blood pulse is located in the fourth tab under the name BPM. To take a measurement, long press on the touch pad.

- **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 norm for systolic pressure is 120 mm Hg, while for diastolic pressure it is 80 mm Hg. On the watch, the function for measuring blood pressure is located in the Friday tab under the name MMHG. To take a measurement, long press the touch pad.

- **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 saturation is located in the sixth tab under the name SPO2. To take a measurement, long press the touch pad.

Features available on the Smartwatch

- **Measurement of immunity (immunological value)***

Measured by assessing the defence mechanisms of the immune system. The higher the value, the greater the body's immunity. In the watch, the function for measuring immunity is located in the seventh tab under the name immune reference. To take the measurement, long press the touch pad.

- **Temperature measurement***

This function allows you to measure the current body temperature. 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. The temperature is measured continuously. On the watch, the information about the temperature value is located in the eighth tab. To check the ambient temperature you need to change the dial of the clock.

- **ECG***

An electrocardiogram examines 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 ninth tab under the name ECG. To take a measurement, long press the touch pad. To finish, press the long-touch panel again. The result will appear 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 illustrative purposes only.

Features available on the Smartwatch

- **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.
On the watch, the sleep information is located in the tenth tab.

- **Notifications/messages**

Once the watch has been connected to the phone via the app and the relevant consents have been allowed, 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 18 for more. To view all notifications, go to the eleventh tab and long press the touchpad.

- **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, climbing, basketball, football. On the watch to activate the sports mode, go to the twelfth tab and long press the touch panel.

Features available on the Smartwatch

- **Stopwatch**

A function that is used to check and measure short distances of time. On the watch, the stopwatch function is located in the thirteenth tab. To activate the function, long press the touch panel and select "Stopwatch".

- **Find your phone**

A function to find your phone. When the function is activated, the phone will start beeping. On the watch, the Find Phone function is located in the thirteenth tab. To activate the function, long press the touch panel and select "Find". To deactivate, long press the touch panel again.

- **4-step backlight brightness adjustment**

The four-stage brightness adjustment helps protect your eyes from a screen that is too bright at night and saves the watch's battery. On the watch, the brightness setting function is located in the thirteenth tab. To set the brightness, long press the touchpad and select "Brightness". To confirm the selection, long press the touch panel again.

Features available on the Smartwatch

- **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 the music, turn it on on your phone and then go to the music function. You will find this function in the thirteenth tab. To control music, long press the touch panel and select "Music". By pressing the touch panel briefly, you can switch between the options - pause/resume music, rewind, fast-forward and exit music mode. To confirm the options, long press the touch panel.

- **Changing the dial theme**

There are several dials to choose from on the watch. To change dials, long press the touch panel (about 4 seconds). Switch by pressing the touch panel briefly. To select a dial, long press the touch panel.
NOTE: A dial that measures and displays the ambient temperature significantly reduces battery life.

- **Switching off the device**

To switch off the device, go to the thirteenth tab and press the touch panel long. Select the "Off" function and long press the touch panel again. The device will switch off.

Functions available in a dedicated application

- **Measurement history**

In the app, you will find the history of measurements taken by the watch. To check the history, select "Main" in the app and then click on the parameter you are interested in. You can analyse how the results change over the course of a day, week and month.

- **Measuring pulse, blood pressure, saturation and resistance***

You can also measure these measurements using the app. To measure via the app, go to the app and select "Main", "Pulse/Blood Pressure/Saturation/Resistance" and then "Single measurement".

- **Fatigue measurement***

You can also take fatigue measurements from within the app. The measurement takes 20 seconds. The score ranges from 0 to 120. The higher the score, the greater the fatigue. To take a measurement using the app, go to the app and select "Main", "Fatigue" and then "Single measurement".

Functions available in a dedicated application

- **ECG***

To measure using the app, go to the app and select "Main", "Fatigue" and then "Click to start measuring". The result will appear in the app. To download or share the measurement result, select the icon in the top right corner.

- **Body temperature**

The device continuously measures temperature. To see the current result and the measurement history, go to the app and select "Main" and then "Body temperature". To download or share the measurement result, select the icon in the top right corner.

- **Find your device**

To find your device, go to 'Me' in the app, then 'Device management' and select 'Bracelet search'. The watch will start vibrating.

- **Shake to take a photo**

The smartwatch can act as a remote camera shutter on your phone. To take a photo, go to "Me" in the app, then "Device management" and select "Photo". Then shake your hand to take a photo.

Functions available in a dedicated application

- **Call and message notifications**

From the smartwatch, you can enable call and message notifications. The watch will vibrate when a call or message arrives on your phone. To enable these features, go to 'Me', then 'Device management' and select 'Notifications'.

- **Notifications from apps**

From the smartwatch, you can enable which apps you want to receive notifications from. Notifications can come from: QQ, WeChat, Facebook, WhatsApp, Twitter. To enable this feature, go to 'Me', then 'Device management' and select 'Notifications'.

- **Alarm clock**

You can set an alarm clock in the app to help you wake up on time. To enable this feature, go to "Me", then "Device management" and select "Alarm clock".

- **Do not disturb mode**

In this mode, no notifications will be received by the smartwatch. To enable this function, select "Me", then "Device management" and "Set times without notifications".

Functions available in a dedicated application

- **G-Sensor function**

To enable the function of activating the watch screen with a movement of the hand, select "Me" in the app, then "Device management" and "Touch screen".

- **Automatic monitoring of health functions every hour**

To perform automatic measurements without our intervention, automatic is performed without our intervention, enable the automatic measurements function. To enable this function, select "Self", then "Device management" and "Measure every hour".

- **Reset to factory settings**

Resetting to factory settings allows you to reset the watch and erase all data and settings. To reset the watch, select "Me", then "Settings" and "Reset bracelet".

General Information

Specifications

IP67** water resistance

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

90mAh battery

State-of-the-art lithium polymer battery.

MTK2502 processor

High performance and precision measurements.

Sporty design

Durable materials and silicone strap for easy cleaning.

**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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