

# ALTIUS



## SMART WATCH

ATSW-SCA

**USER MANUAL**



## WELCOME

We hope you enjoy your purchase!

ALTIUS products are carefully designed and produced to the highest standards of performance and safety, backed by our comprehensive 1 Year Warranty.

This user guide will provide all the information required for you to setup and use your new product.

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## GENERAL SAFETY WARNINGS



This product complies with Australian Safety Standard AS/NZS 62368.1 to ensure the safety of the product.

### Health & Safety Information

Read these important safety instructions before using your smart watch.

If you feel discomfort while using the device, stop using it and remove it from your wrist. If your device becomes hot to the touch, please remove it until it cools.

### Maintaining Water and Dust Resistance

To avoid electric shock and damage to your device, do not charge the device while it is wet or in an area where it could get wet. Do not handle the device, charger or cords with wet hands while it is charging.

Your device is water resistant up to 1 metre as per IP67 standard. Not intended for scuba diving. Avoid excessive, sudden temperature changes, and high velocity activities. Falls and shocks may breach integrity. After use in sea water, rinse in fresh water and dry the device. Despite this classification, your device is not impervious to water damage in any situation. It is important that all compartments are closed tightly.

### Follow these tips carefully to prevent damage to the device:

- Whenever your device gets wet, dry it thoroughly with a clean, soft cloth. Failure to rinse the device in fresh water and dry it as instructed may cause the device to suffer from operability or cosmetic issues.
- Do not expose the device to water at high pressure.
- If the device is dropped or receives an impact, the water and dust resistant features of the device may be compromised.

### Heart Rate Sensor/Blood Pressure/Blood Oxygen

When the smart watch is synced with a compatible smart watch app (Da Fit), you can use additional features. The information gathered from this device or the Da Fit app is not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment or prevention of disease.

The accuracy of the information and data provided by this device and its related software, including heart rate, blood pressure and blood oxygen readings, may be affected by factors such as environmental conditions, skin condition, specific activity performed while using/wearing the device, settings of the device, user configuration/user-provided information, placement of the sensor on the body, and other end-user interactions. Please refer to the User Manual for more information on proper wear and use.

## Charging

This product can only be charged with the provided charging dock.

The charging dock shall not be used for any other purpose other than charging the smart watch.

Do not place any metallic objects in the charging dock.

## Device Temperature

Some functions or prolonged usage may increase device temperature. Prolonged skin contact with a device that is too hot to touch may produce skin discomfort or redness, or low temperature burns. If the device feels too hot to touch, discontinue use and close all applications or turn off the device until it cools.

Always ensure that the device has adequate ventilation and air flow.

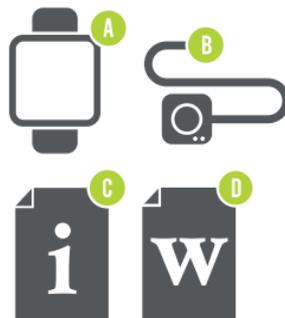
## Restricting Children's Access to Your Mobile Device

Your device is not a toy. Do not allow children to play with it because they could hurt themselves and others, or damage the device.

Keep the device and all its parts and accessories out of the reach of small children.

## PRODUCT OVERVIEW

What's in the box:



- A. Smart Watch
- B. Charging Dock
- C. User Manual
- D. Warranty Certificate



- 1. Touch screen
- 2. Charging pins
- 3. Heart rate, blood pressure and blood oxygen sensor

## OPERATION

### FIRST TIME USE

Charge your watch before using for the first time, you will need to charge it for about 3 hours.

### CHARGING STEPS:

1. Place the watch on top of the base with the charging points on the back of the watch aligned with the charging pins on the charging base. It will snap into position once correctly aligned.
2. Plug the USB charging dock into a USB charging adaptor (not included) or a USB port on your computer.
3. Once fully charged, unplug the charging dock from the charger.

To keep the charging pins clean, use a semi-wet cloth to clean the pins weekly.

### DA FIT APP

Search for the Da Fit app in the app store to download, or scan the QR code below for installation.



For Android



For iOS



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### TURN ON THE WATCH

Once the watch is fully charged, press and hold the touch screen for 5 seconds to turn on the watch.

### CONNECT TO THE APP

Open the Da Fit app on your smart phone. On the main page, tap on the  icon then "Add A Device." On the device list, select "ATSW-SCA" to connect to the watch. On iOS devices, you may need to tap on "Pair" on a pop up window.

### DISCONNECT FROM THE APP

Open the Da Fit app on your smart phone. Tap on the  icon, then tap on "ATSW-SCA" then tap "OK" to disconnect the watch. On iOS devices, you will also need to open the Settings menu on your iPhone. Go to Bluetooth settings and then tap 'Forget This Device' to finish disconnecting.

### FUNCTIONS ON THE HOME SCREEN

- Swipe up to get to the main menu. From here, swipe up/down to navigate to different menu screens.
- Swipe down for the quick settings menu. From here, swipe down again to go back to the home screen.
- Press and hold the screen for the watch Mac address.

### FUNCTIONS IN ANY SCREEN

- Swipe right to return to the previous screen.
- Tap on any icon to get into the sub screen.

## APPLICATIONS

Please allow permission and enable the notification settings on the respective smart phone application.

### STEP

On the main menu, tap on the Step icon to enter the Step app. The Step app acts as a pedometer and will track the number of steps taken and calories burnt.

### MESSAGE

On the main menu, tap on the Message icon to enter the Message app to view text messages. To display incoming calls and messages or notifications from other applications installed on your smart phone, you need to turn on notifications on the Da Fit app. The Message app will store your last 3 messages, after the limit is reached, the previously displayed message will be deleted.

### EXERCISE

On the main menu, tap on the Sports icon to enter the exercise/sports interface. There are 8 activities: walking, running, cycling, climbing, soccer, basketball, jump roping and badminton.

Select the desired exercise and the watch will display the relevant data.

## SLEEP MONITORING

On the main menu, tap on the Sleep icon to enter the Sleep app. The Sleep app allows you to track your sleep patterns (you must be wearing the watch throughout your sleep). You can synchronise data between your smart watch and the Da Fit App.

### STOPWATCH

On the main menu, tap on the S-Watch icon to enter the stopwatch function. Tap the start icon to start the stopwatch and the pause icon to pause. Press the icon again to reset the time.

### WEATHER

On the main menu, tap on the weather icon to display the weather. You must be connected to the Da Fit app for the weather to be available. Go to the others menu on the app and turn weather on and select your city. You must have Internet connection and your phone location must be turned on.

## HEART RATE MEASUREMENT

On the main menu, tap on the HR icon to enter the heart rate interface. It will vibrate once the measurement has finished and the data will be displayed.

For accurate measurements, ensure the following:

- The smart watch has good contact with your wrist.
- Check that the sensor is clean and there is no dirt or debris covering it.
- It may take over 30 seconds before the first result is shown on the screen.

## BLOOD PRESSURE

On the main menu, tap on the Blood Pressure (BP) icon to enter the blood pressure interface. It will vibrate once the measurement has finished and the data will be displayed. Tap the measure icon on the app to start a new measurement.

## BLOOD OXYGEN

On the main menu, tap on the Blood Oxygen (SPO2) icon to enter the blood oxygen interface. It will vibrate once the measurement has finished and the data will be displayed. Tap the measure icon on the app to start a new measurement.

For accurate measurements for heart rate, blood pressure and blood oxygen, ensure the following:

- The smart watch has good contact with your wrist.
- Check that the sensor is clean and there is no dirt or debris covering it.
- It may take over 30 seconds before the first result is shown on the screen.

Note: The results and measurements of heart rate, blood pressure and blood oxygen data cannot be used for medical reference and should be used as a guide only.

## CAMERA (REMOTE CAPTURE)

On the Da Fit app, make sure the watch is connected. On the main menu, tap on the camera to use the watch as a camera remote for your phone. Tap the camera icon again (you can also tap "shutter" on the app). Tap the icon on the watch screen to remotely take a photo.

## BRIGHTNESS

On the main menu, tap on the brightness icon to adjust the screen brightness of the watch. Swipe right to exit to the main menu and save the brightness setting.

## MORE

On the main menu, tap on the More icon to enter and change the following settings:

**RESET:** Reset all settings to the factory state.

**POWER OFF:** Turn the watch off.

**ABOUT:** Display the watch's Bluetooth name, hardware address and software version.

## WATCH FACE

You can change the watch face on the Da Fit app. Go to the watch faces menu on the app, tap on the desired design and the watch will now display the selected face.

## SET ALARM

You can set alarms on the Da Fit app and synchronise to the watch. On the app, turn alarm on and set the time. You can set up to 3 alarms. The watch will vibrate during the set alarm.

## TROUBLESHOOTING

PROBLEM	SOLUTION
Weather function is not working	<ul style="list-style-type: none"><li>• Ensure your smart watch is connected to the Da Fit app.</li><li>• Ensure you have Wi-Fi/Mobile data internet connection</li><li>• Ensure your smartphone's location/GPS setting is on.</li><li>• Manually set the city on the Da Fit app.</li></ul>
Heart rate/Blood pressure/Blood oxygen function is not working	<ul style="list-style-type: none"><li>• The smart watch has good contact with your wrist.</li><li>• Check that the sensor is clean and there is no dirt or debris covering it.</li><li>• It may take over 30 seconds before the first result is shown on the screen.</li></ul>

## SPECIFICATIONS

Display	1.3", 240 x 240 pixels
Ingress protection	IP67
Charging time	3 hrs (approx.)
Charging base input	5V=100mA
Bluetooth Range	< 10m
Built-In Battery	Li-ion 3.7V 170mAh
Weight	41g
Dimensions (mm)	35(W) x 40(H) x 12(D)

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## COMPLIANCE AND RESPONSIBLE DISPOSAL

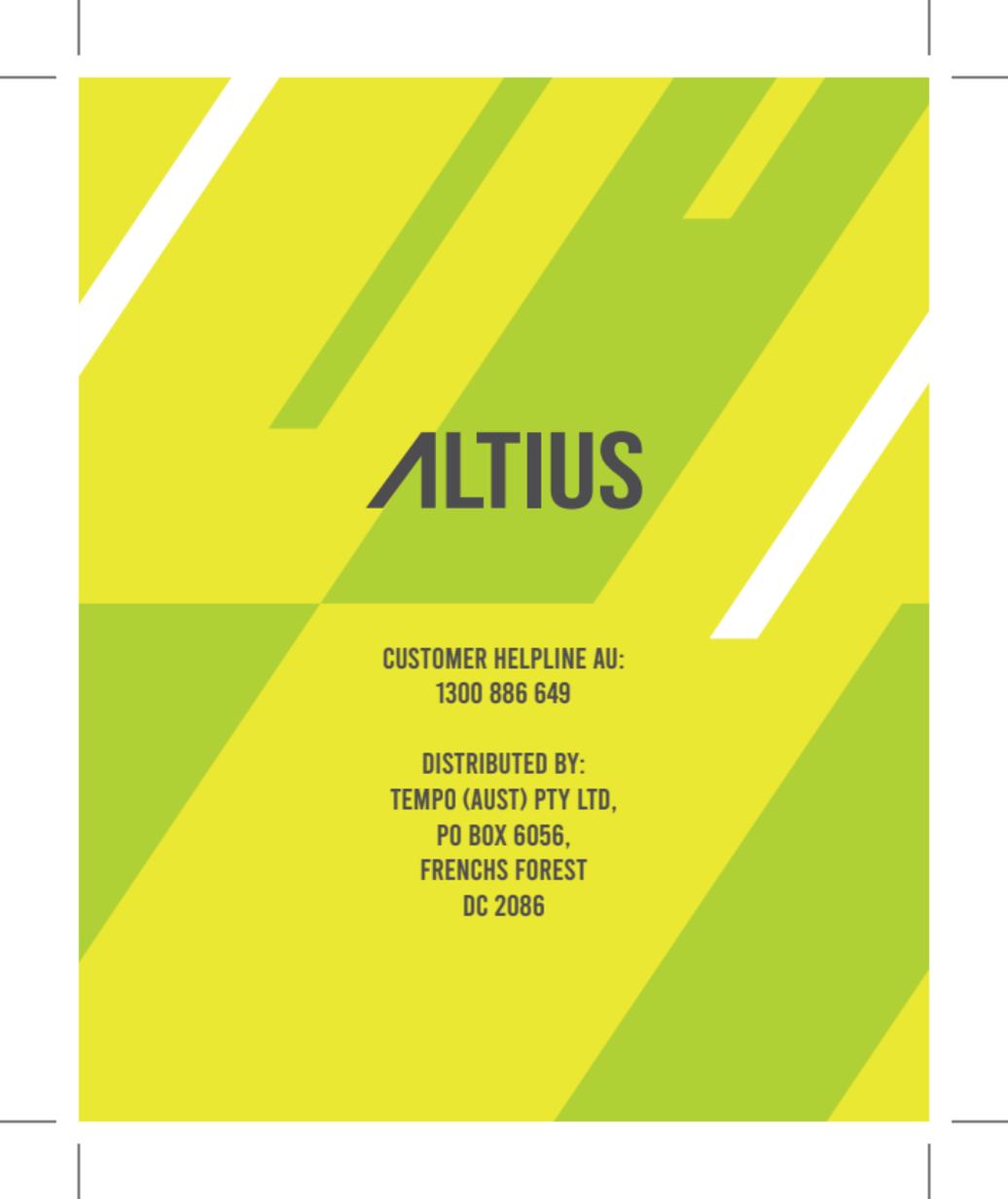
### Packaging

The packaging of your product has been selected from environmentally friendly materials and can usually be recycled. Please ensure these are disposed of correctly. Plastic wrapping can be a suffocation hazard for babies and young children, please ensure all packaging materials are out of reach and are safely disposed of. Please recycle these materials rather than throwing them away.

### Product

At the end of its working life, do not throw this product out with your household rubbish. An environmentally friendly method of disposal will ensure that valuable raw materials can be recycled. Electrical and electronic items contain materials and substances which, if handled or disposed of incorrectly, could potentially be hazardous to the environment and human health.

This product complies with the Australian Safety Standard AS/NZS 62368.1 to ensure the safety of the product.



# **ALTIUS**

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