

## FOREVER SB-320

# Forever Smartwatch ForeVive SB-320 User Manual

Model: SB-320 | Model Number: 780461

## INTRODUCTION

This manual provides comprehensive instructions for the proper use and maintenance of your Forever Smartwatch ForeVive SB-320. Please read this manual carefully before using the device to ensure optimal performance and longevity. The ForeVive SB-320 is designed to be a versatile fitness tracker and smart companion, offering features such as heart rate monitoring, sleep analysis, activity tracking, and smart notifications.

## PRODUCT OVERVIEW AND COMPONENTS

The Forever Smartwatch ForeVive SB-320 comes with the main watch unit and a charging cable.

- **Main Watch Unit:** Features a 1.3-inch LCD color screen (240x240 px), various sensors, and a removable strap.
- **Charging Cable:** Standard USB connector integrated into the strap for convenient charging.



Image: The ForeVive SB-320 smartwatch, showcasing both the metal mesh strap and the silicone strap. The watch face displays heart rate data.



Image: Side profile of the ForeVive SB-320 smartwatch, highlighting its slim design and the single physical button on the right side.



Image: Rear view of the ForeVive SB-320 smartwatch with a metal mesh strap, clearly showing the optical heart rate sensor with a green light and charging pins.

## SETUP

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### 1. Charging the Device

To charge your ForeVive SB-320, gently remove the upper part of the wristband. This will reveal a standard USB connector. Plug this connector directly into any standard USB port on a PC, laptop, or a compatible USB wall adapter.

- A full charge takes approximately 2 hours.
- Once fully charged, the battery life can last 4 to 7 days in standby mode, depending on usage.

### 2. App Installation and Pairing

For full functionality, download the dedicated "Forever Smart" application on your smartphone. The watch is compatible with Bluetooth 4.2.

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the "Forever Smart" app and follow the on-screen instructions to search for and pair with your ForeVive SB-320.

3. Once paired, the watch will automatically synchronize with your smartphone, enabling smart notifications and data transfer.

## OPERATING INSTRUCTIONS

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### Basic Navigation

The ForeVive SB-320 features a touch-sensitive screen for navigation. Swipe left/right or up/down to access different functions and menus. A single physical button on the side typically serves as a back button or to wake the screen.



Image: The ForeVive SB-320 smartwatch worn on a wrist, showing the time and various activity icons on its display.

### Smart Notifications

Once paired with your smartphone, the watch can display notifications for incoming calls, text messages, and various applications. Manage notification settings within the "Forever Smart" app.

## Music Control

Control music playback on your connected smartphone directly from your watch. This feature allows you to play, pause, skip tracks, and adjust volume.

## Multi-Sport Function

The watch supports multiple sport modes to accurately track your workouts. Select the desired sport mode before starting your activity for precise data collection.

## Alarm and Weather Information

Set silent alarms through the app to wake you gently. The watch can also display weather information synchronized from your smartphone.

## HEALTH MONITORING

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### Heart Rate Monitor

The ForeVive SB-320 continuously monitors your heart rate. You can view real-time heart rate data on the watch and track trends over time in the "Forever Smart" app. This helps in understanding your resting heart rate and its relation to your activity levels.



Image: The ForeVive SB-320 smartwatch with a silicone strap, showing a heart rate reading of 80 BPM on its display.

## Sleep Analysis

The watch automatically captures your sleep patterns, providing insights into your sleep quality. Review your sleep data in the app to help improve your rest.

## Activity Tracking

Accurately track your daily activities including steps taken, distance covered, and calories burned. Comprehensive analysis of your activity data is available in the companion application.



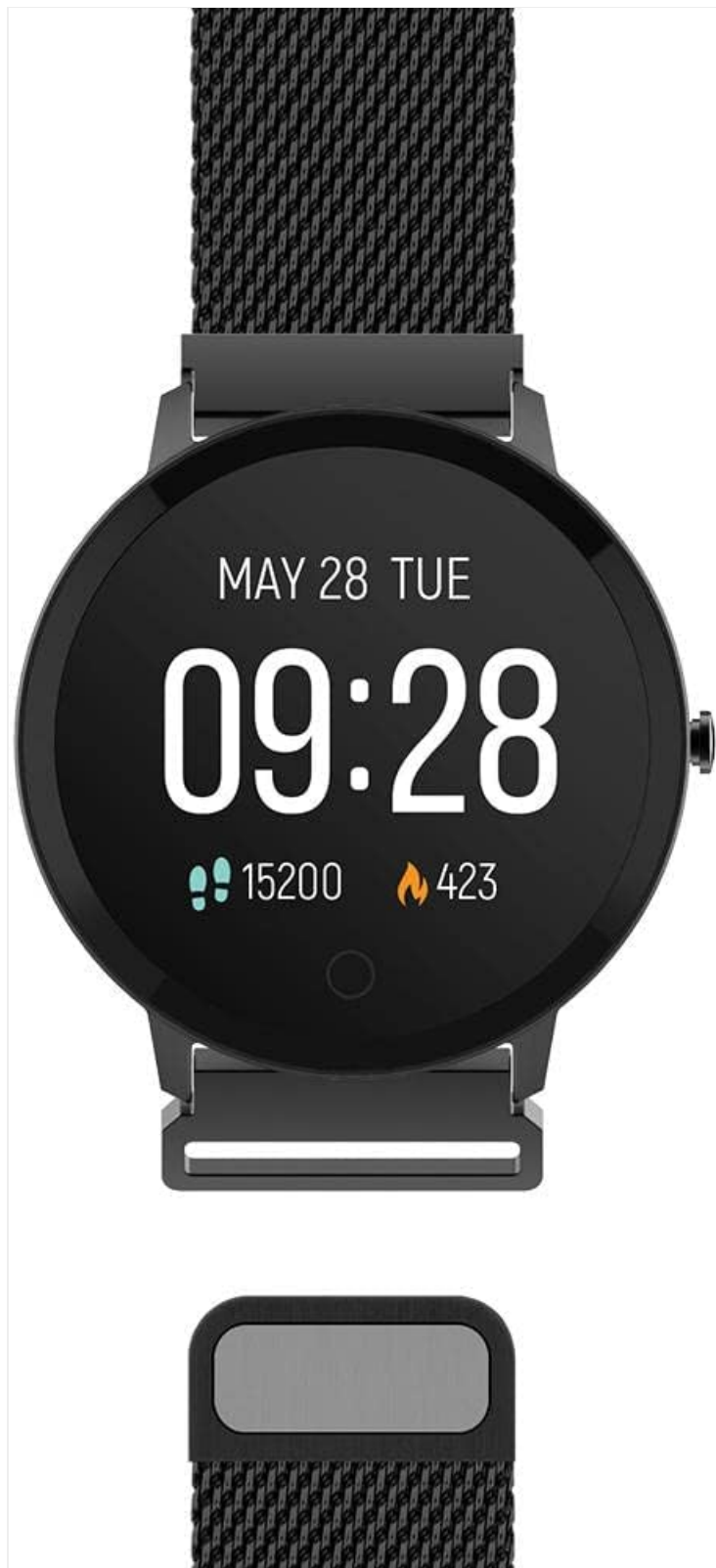


Image: The ForeVive SB-320 smartwatch with a metal mesh strap, showing the current date and time, along with tracked steps (15200) and calories burned (423).

## MAINTENANCE

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### Water Resistance (IP67)

The ForeVive SB-320 is rated IP67 water-resistant, meaning it is protected against dust and can withstand immersion in water up to 1 meter for up to 30 minutes. It is suitable for daily use and can withstand splashes, rain, and brief immersion. However, it is not recommended for swimming or showering with hot water.



## Cleaning

To clean your smartwatch, wipe it gently with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, as these can damage the device. Ensure the charging contacts are clean and dry before charging.

## TROUBLESHOOTING

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If you encounter issues with your ForeVive SB-320, please refer to the following common solutions:

- **Device not turning on:** Ensure the watch is fully charged. Connect it to a USB power source for at least 15 minutes.
- **Cannot pair with smartphone:**
  - Ensure Bluetooth is enabled on your phone and the watch is within range.
  - Restart both the watch and your smartphone.
  - Try unpairing and re-pairing the device through the "Forever Smart" app.
- **Inaccurate heart rate/activity data:**
  - Ensure the watch is worn snugly on your wrist, not too loose or too tight.
  - Clean the sensor on the back of the watch.
  - Ensure the app is updated to the latest version.
- **Notifications not appearing:**
  - Check notification permissions for the "Forever Smart" app on your smartphone.
  - Ensure the watch is connected via Bluetooth.
  - Verify notification settings within the "Forever Smart" app.

For further assistance, please contact Forever customer support.

## SPECIFICATIONS

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Feature	Detail
Brand	FOREVER
Model Number	780461
Color	Black
Display	1.3-inch LCD Color Screen, 240x240 px
Operating System	Android Wear 2.9 (as per specification, though likely a custom OS)
Connectivity	Bluetooth 4.2
Special Features	Text Messaging, Notification, Alarm, Heart Rate Monitor, Multi-sport function, Weather info
Compatible Devices	Smartphone
Battery Type	Lithium-ion
Battery Capacity	180 mAh

Feature	Detail
Water Resistance	IP67
GPS	Integrated GPS (as per specification, though often means connected GPS for smartwatches at this price point)
Shape	Round

## WHAT'S IN THE BOX

Upon opening your Forever Smartwatch ForeVive SB-320 package, you should find the following items:

- Forever Smartwatch ForeVive SB-320 (main unit with strap)
- Charging Cable (integrated into strap)
- Protective Case



Image: The retail packaging for the Forever Smartwatch ForeVive SB-320, displaying the watch on various sides of the box.

## WARRANTY AND SUPPORT



For information regarding warranty coverage, returns, or technical support, please refer to the official Forever website or contact their customer service department. Keep your purchase receipt as proof of purchase.



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### Related Documents - SB-320

	<p><a href="#">Forever ForeVive Lite SB-315 Smartwatch User Manual</a></p> <p>Concise user manual for the Forever ForeVive Lite SB-315 Smartwatch, covering setup, charging, app connection, and basic features. Download the full manual for detailed instructions.</p>
	<p><a href="#">Forever Fitband SB-50 User Manual</a></p> <p>User manual for the Forever Fitband SB-50 fitness tracker smartband, covering general information, specifications, product description, charging, app installation, device operation, functions, safety, and disposal.</p>
	<p><a href="#">Forever SB-50 Fitband Fitness Tracker Smartband User Manual</a></p> <p>Comprehensive user manual for the Forever SB-50 Fitband fitness tracker smartband, covering general information, product description, charging, app installation, device operation, functions, and safety precautions.</p>
	<p><a href="#">FOREVER ForeVigo 2 SW-310 Smartwatch User Manual - Features and Operation</a></p> <p>Comprehensive user manual for the FOREVER ForeVigo 2 SW-310 Smartwatch. Learn how to set up, connect, use features like heart rate monitoring, sleep tracking, multi-sport modes, and more.</p>

	<p><a href="#">Forever SW-700 Grand Smartwatch User Manual</a></p> <p>Comprehensive user manual for the Forever SW-700 Grand smartwatch, covering setup, features, functions, app connection, safety guidelines, and disposal information.</p>
	<p><a href="#">Forever Smartwatch SB-320 User Manual</a></p> <p>Comprehensive user manual for the Forever Smartwatch SB-320, covering setup, features, operation, and settings. Learn how to connect, use, and manage your smartwatch.</p>