

Carneo Soniq+

Carneo Soniq+ Fitness Tracker User Manual

Model: Soniq+

INTRODUCTION

The Carneo Soniq+ Femme fitness tracker is a versatile device designed to monitor your daily activities and health metrics. Featuring an IPS color screen, it connects to your mobile phone to provide notifications for calls, SMS, and app messages. This device is equipped to measure body temperature, blood pressure, blood oxygen saturation, heart rate, distance, calories burned, and sleep quality. With an IP67 rating, it offers resistance to water and dust, and its battery provides approximately 5-7 days of usage.



Image: Carneo Soniq+ Femme fitness tracker with its main interface showing various functions.

SETUP GUIDE

1. **Charge the Device:** Before initial use, fully charge your Carneo Soniq+ fitness tracker using the provided USB charging cable. Connect the cable to a USB power source.
2. **Download the Carneo Fit App:** Scan the QR code provided in the product packaging or search for "Carneo Fit" in your mobile device's app store (available for iOS and Android). Install the application.
3. **Pair with Your Smartphone:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Open the Carneo Fit app and follow the on-screen instructions to create an account or log in.
 - Navigate to the device pairing section within the app. The app will guide you through connecting your Carneo Soniq+ tracker. If pairing fails on the first attempt, try again. A stable connection is crucial for full functionality.
4. **Initial Configuration:** Once paired, the app will prompt you to set up personal information such as age, height, weight, and daily goals. This information helps in accurate tracking of activities and health metrics.

OPERATING INSTRUCTIONS

Basic Navigation

The Carneo Soniq+ features an IPS color touchscreen for easy navigation. Swipe left/right or up/down to access different functions and menus. Press the side button to return to the main screen or wake the device.

Health Monitoring

- **Heart Rate:** Access the heart rate function on the device or through the app to measure your current heart rate. The device continuously monitors heart rate during activities.
- **Blood Pressure:** To measure blood pressure, navigate to the BP function. For accurate readings, it is recommended to calibrate the device using a medical blood pressure monitor and inputting the values into the Carneo Fit app.
- **Blood Oxygen (SpO2):** Select the blood oxygen function to measure your current SpO2 level.
- **Body Temperature:** The Soniq+ can measure body temperature. Access this feature from the device menu.
- **Sleep Tracking:** Wear the device while sleeping to monitor your sleep patterns, including deep sleep, light sleep, and awake times. Data is synchronized with the Carneo Fit app for detailed analysis.
- **Steps, Distance, Calories:** The tracker automatically records your daily steps, calculates distance traveled, and estimates calories burned. View these statistics on the device or in the app.



Image: The Carneo Soniq+ displaying a blood pressure measurement.

Sport Modes

The Carneo Soniq+ offers 5 dedicated sport modes to track your workouts effectively:

- Walking
- Running
- Hiking
- Cycling
- Basketball

Select your desired sport mode before starting an activity. The device will display real-time data such as current heart rate, distance, calories burned, and total activity time.

Smart Notifications

When paired with your smartphone, the Soniq+ will notify you of incoming calls, SMS messages, and alerts from various online applications. Ensure notification permissions are granted in the Carneo Fit app and your phone's settings. The device will vibrate to alert you.

Customization

You can personalize your fitness tracker by choosing from various watch faces available through the Carneo Fit app.





Image: Customizable watch face displaying key metrics.

MAINTENANCE AND CARE

- **Cleaning:** Regularly clean the device and its silicone strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.
- **Water Resistance (IP67):** The Carneo Soniq+ is IP67 rated, meaning it is resistant to dust and can withstand immersion in water up to 1 meter for 30 minutes. It is suitable for daily use and splashes. However, it is not recommended for showering, swimming, or diving, as prolonged exposure to water or high-pressure water jets may compromise its seals.
- **Battery Care:** To prolong battery life, avoid extreme temperatures. Charge the device when the battery is low, but avoid leaving it fully discharged for extended periods. The battery typically lasts 5-7 days on a single charge.
- **Storage:** When not in use for an extended period, store the device in a cool, dry place.

TROUBLESHOOTING

Device not turning on or charging:

- Ensure the charging cable is correctly connected to the device and a working USB power source.
- Check if the charging contacts on the device and cable are clean and free from debris.
- Try a different USB port or power adapter.

Unable to pair with smartphone:

- Make sure Bluetooth is enabled on your smartphone and the device is within range.
- Restart both your smartphone and the fitness tracker.
- Ensure the Carneo Fit app has the necessary permissions (location, Bluetooth).
- If previous pairing attempts failed, try unpairing the device from your phone's Bluetooth settings and then re-attempt pairing through the Carneo Fit app.

Inaccurate health readings (e.g., blood pressure, sleep):

- **Blood Pressure:** For best accuracy, calibrate the blood pressure function in the Carneo Fit app using readings from a medical-grade blood pressure monitor.
- **Sleep Tracking:** The device tracks sleep based on movement and heart rate. Significant movement during sleep (e.g., getting up briefly) might not always be accurately recorded as awake time by some algorithms. Ensure the device is worn snugly but comfortably.
- Ensure the device is worn correctly on your wrist, not too loose or too tight, for optimal sensor performance.

Notifications not appearing:

- Verify that Bluetooth is connected and stable.
- Check notification settings within the Carneo Fit app to ensure desired apps are enabled.
- Confirm that your smartphone's system settings allow the Carneo Fit app to send notifications and display them on the connected device.

SPECIFICATIONS

Brand:	Carneo
Model:	Soniq+ Femme

Connectivity:	Bluetooth
Compatible Devices:	Smartphones (iOS, Android)
Water Resistance:	IP67 (Dust and water resistant)
Battery Life:	Up to 7 days
Display Type:	IPS Color Screen
Health Monitoring:	Heart Rate, Blood Pressure, Blood Oxygen, Body Temperature, Sleep Quality, Steps, Calories, Distance
Sport Modes:	Walking, Running, Hiking, Cycling, Basketball
Special Features:	Smart Notifications, Customizable Watch Faces, Menstrual Calendar
Age Range:	Adult
Shape:	Round
Origin:	China

WARRANTY AND SUPPORT

For warranty information, technical support, or service inquiries, please refer to the documentation included with your purchase or contact Carneo customer service directly. Contact details can typically be found on the manufacturer's official website or through your retailer.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question