

carneo Soniq+

Carneo Soniq+ Fitness Tracker User Manual

Model: Soniq+

1. INTRODUCTION

The Carneo Soniq+ is a versatile fitness tracker designed to monitor your daily activities and provide smart notifications. It features an IPS color screen and is compatible with both iOS and Android mobile operating systems. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device.

Package Contents:

- Carneo Soniq+ Fitness Tracker
- Charging Cable
- User Manual

2. SETUP

2.1 Charging the Device

Before first use, fully charge your Carneo Soniq+ fitness tracker. The magnetic charging cable attaches to the two lower points on the back of the device. Ensure a secure connection for proper charging.



Image: The magnetic charging cable connecting to the back of the Carneo Soniq+ fitness tracker.

2.2 Installing the Carneo Fit App

Download the 'Carneo Fit' application from your smartphone's app store (available for iOS and Android). The app is free and essential for full functionality and data synchronization.

2.3 Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Carneo Fit app and follow the on-screen instructions to search for and connect to your Carneo Soniq+ device.
3. Confirm the pairing request on both your smartphone and the fitness tracker.

After initial setup and synchronization, you can begin using the tracker's functions.

3. OPERATING THE DEVICE

3.1 Basic Navigation

The Carneo Soniq+ features a touchscreen display. The menu can be navigated by swiping up, down, left, or right. Pressing the side button or tapping the screen reactivates the display if it times out.





Image: The Carneo Soniq+ fitness tracker showing the time, date, and heart rate on its main display.

3.2 Health Monitoring Functions

The tracker measures various health metrics:

- **Body Temperature:** Monitors your body temperature.
- **Blood Pressure:** Provides blood pressure readings.
- **Blood Oxygen Saturation (SpO2):** Measures the oxygen level in your blood.
- **Heart Rate:** Continuously tracks your heart rate.
- **Sleep Quality:** Analyzes your sleep patterns.

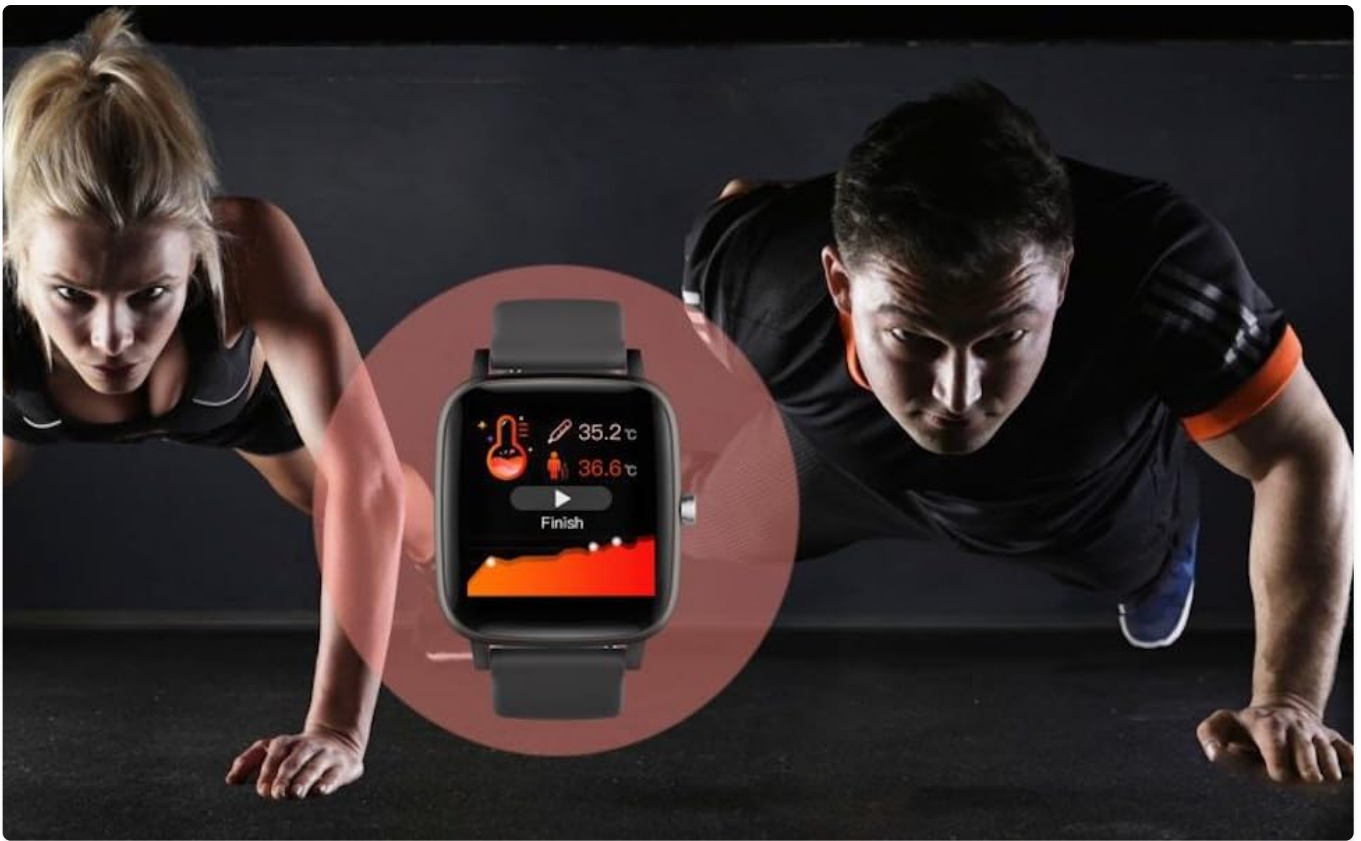


Image: The Carneo Soniq+ displaying body temperature measurement during a workout.



Image: The Carneo Soniq+ monitoring sleep quality while a person rests.

3.3 Activity Tracking

The tracker monitors daily activities including distance traveled and calories burned. It also features a sport function with a selection of 5 sports:

- Walking
- Running
- Hiking
- Cycling
- Basketball

For each activity, it provides a clear display of data such as current heart rate, distance, calories burned, and total activity time.



Image: The Carneo Soniq+ displaying heart rate recording during physical activity.

3.4 Smart Notifications

When paired with your smartphone, the Carneo Soniq+ can notify you of incoming calls, SMS messages, and messages from online applications.



Image: The Carneo Soniq+ displaying various push notifications from social media applications.

3.5 Customization

You can choose from different watch faces according to your preference via the Carneo Fit app.

4. MAINTENANCE

4.1 Cleaning

The Carneo Soniq+ is IP67 rated, making it resistant to water and dust. You can clean the device with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials. Regularly clean the silicone strap and the charging contacts to ensure optimal performance and hygiene.



Image: The Carneo Soniq+ fitness tracker submerged in water, illustrating its IP67 water resistance.

4.2 Battery Care

The device has a Lithium-ion battery with an average life of 5-7 days. To prolong battery life, avoid extreme temperatures and fully discharging the battery frequently. Use only the provided charging cable.

4.3 Software Updates

Ensure your Carneo Fit app and the tracker's firmware are kept up-to-date. Updates often include performance improvements and new features.

5. TROUBLESHOOTING

5.1 Device Not Turning On or Responding

- Ensure the device is fully charged.
- Try pressing and holding the side button for several seconds to force a restart.

5.2 Pairing Issues

- Verify Bluetooth is active on both your smartphone and the tracker.

- Ensure the Carneo Fit app is open and running in the background.
- Restart both your smartphone and the fitness tracker.
- If previously paired, try unpairing the device from your phone's Bluetooth settings and then re-pairing through the app.

5.3 Inaccurate Measurements

- Ensure the tracker is worn correctly, snug but not too tight, on your wrist.
- Clean the sensors on the back of the device.
- Note that fitness trackers are not medical devices and readings are for reference only.

5.4 Screen Timeout Too Short / Language Issues

- If the screen times out too quickly or the language is unfamiliar, navigate to the device settings via the Carneo Fit app to adjust screen timeout duration and language preferences.

5.5 Weather Display Not Working

- Ensure the Carneo Fit app has location permissions enabled on your smartphone.
- Verify that your smartphone has an active internet connection.
- Synchronize the app with the tracker.

6. SPECIFICATIONS

Feature	Specification
Model Name	Carneo Soniq+
Display Type	IPS Color Screen (LCD)
Display Resolution	454 x 454
Connectivity	Bluetooth
Compatible OS	Android, iOS
GPS	Integrated GPS
Water Resistance	IP67 (Waterproof up to 1 meter)
Battery Type	Lithium-ion
Average Battery Life	5-7 days
Band Material	Silicone
Case Material	Plastic
Input Method	Touchscreen
Health Monitoring	Heart rate, Body temperature, Blood oxygenation, Blood pressure, Sleep quality
Sport Modes	Walking, Running, Hiking, Cycling, Basketball
Special Features	Wireless charging, Small size, Travel

7. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation provided with your purchase or contact your retailer. You may also visit the official Carneio website for further assistance.

© 2023 Carneio. All rights reserved.

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