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› Denver SW-162 Smartwatch User Manual

Denver SW-162

Denver SW-162 Smartwatch User Manual

Model: SW-162

1. INTRODUCTION

This manual provides essential instructions for the proper setup, operation, and maintenance of your Denver SW-162 Smartwatch. Please read this manual thoroughly before using the device to ensure optimal performance and longevity.

2. PACKAGE CONTENTS

Please verify that all items are present in the package:

- Denver SW-162 Smartwatch
- USB Charging Cable
- User Manual (this document)

3. PRODUCT OVERVIEW

Familiarize yourself with the components of your Denver SW-162 Smartwatch.





Figure 3.1: Front view of the Denver SW-162 Smartwatch. The display shows the current time (06:28), date (SUN 26), and various activity metrics including heart rate (82), calories burned (357.5), and steps taken (67932). The watch features a square face and a pink strap.



Figure 3.2: Angled view of the Denver SW-162 Smartwatch. This perspective highlights the watch's side button, which is used for navigation and power control, and the adjustable pink silicone strap with a silver buckle.



Figure 3.3: Rear view of the Denver SW-162 Smartwatch. This image displays the optical sensors, typically used for heart rate monitoring, and the two metallic charging contacts. The back casing is also pink, matching the strap.

4. SETUP

4.1. Charging the Smartwatch

1. Connect the USB charging cable to a compatible USB power source (e.g., computer USB port, USB wall adapter).

2. Align the magnetic charging pins of the cable with the charging contacts on the back of the smartwatch (refer to Figure 3.3).
3. Ensure a secure connection. The watch display will indicate charging status.
4. A full charge typically takes approximately 2 hours.

4.2. App Installation and Pairing

To unlock the full functionality of your SW-162 Smartwatch, you need to install the companion application on your smartphone (compatible with Android and iOS).

1. Scan the QR code provided in the quick start guide (if applicable) or search for the official "Denver Smartwatch" app in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Download and install the application.
3. Ensure Bluetooth is enabled on your smartphone.
4. Open the installed app and follow the on-screen instructions to create an account or log in.
5. Within the app, navigate to the device pairing section. Select "SW-162" from the list of available devices.
6. Confirm the pairing request on both your smartphone and the smartwatch.

5. OPERATING INSTRUCTIONS

5.1. Basic Navigation

- **Power On/Off:** Press and hold the side button for a few seconds.
- **Wake Screen:** Raise your wrist or press the side button.
- **Navigate Menus:** Swipe left/right or up/down on the touchscreen.
- **Select Item:** Tap on the desired icon or option.
- **Return:** Swipe right from the left edge of the screen or press the side button briefly.

5.2. Multi-Sport Mode

The SW-162 offers 4 dedicated sport modes to track your workouts:

- **Running:** Tracks distance, pace, time, and calories for outdoor runs.
- **Walking:** Monitors steps, distance, and calories for walks.
- **Indoor Exercise/Walking:** Suitable for treadmill or indoor walking, tracking similar metrics.
- **Cycling:** Records duration, distance, and calories for cycling activities.

To start a sport mode, navigate to the "Sport" or "Workout" menu on your smartwatch, select the desired activity, and tap to begin. Tap again to pause or end the activity.

5.3. Body Temperature Sensor

The smartwatch can reliably measure your body temperature. To take a reading:

1. Ensure the watch is worn snugly on your wrist.
2. Navigate to the "Temperature" function on the watch.
3. Remain still for a few moments while the sensor takes a reading.
4. The temperature will be displayed on the screen. For best results, avoid taking readings immediately after intense physical activity or in extreme environmental conditions.

5.4. Activity Tracking

The SW-162 automatically tracks your daily activity:

- **Steps:** Counts the number of steps taken throughout the day.

- **Calories Burned:** Estimates the calories burned based on your activity and personal profile.
- **Distance:** Calculates the total distance covered.

These metrics can be viewed directly on the watch face or in more detail within the companion app.

5.5. Special Features

- **Time Display:** Always shows the current time and date.
- **Sedentary Reminder:** Notifies you when you have been inactive for a prolonged period, encouraging you to move.
- **Activity Tracking:** Continuous monitoring of daily physical activity.

6. MAINTENANCE

- **Cleaning:** Regularly wipe the watch screen and strap with a soft, dry, lint-free cloth. For stubborn dirt, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- **Water Resistance:** The device may have a degree of water resistance. Refer to the product specifications for details. Avoid submerging the watch in water unless explicitly stated as waterproof.
- **Storage:** When not in use for extended periods, store the smartwatch in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge the device when the battery level is low.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Smartwatch does not turn on.	Low battery; device is off.	Charge the smartwatch for at least 30 minutes. Press and hold the side button to power on.
Cannot pair with smartphone.	Bluetooth is off; app not open; watch not in pairing mode.	Ensure Bluetooth is active on your phone. Open the companion app. Restart both the watch and phone, then try pairing again.
Inaccurate activity tracking.	Watch not worn correctly; incorrect personal data in app.	Wear the watch snugly on your wrist. Verify your height, weight, and age in the companion app settings.
Screen is unresponsive.	Software glitch; low battery.	Recharge the watch. Perform a soft reset by pressing and holding the side button until the device restarts.

8. SPECIFICATIONS

Model Name	SW-162
Brand	Denver
Operating System Compatibility	Android, iOS
Screen Size	1.4 Inches
Connectivity	Bluetooth, NFC
Special Features	Time Display, Sedentary Reminder, Activity Tracking, Body Temperature Sensor, Multi-Sport Mode

Battery Composition	Lithium-ion
GPS	No GPS
Shape	Square

9. WARRANTY AND SUPPORT

Your Denver SW-162 Smartwatch is covered by a manufacturer's warranty. For specific warranty terms and conditions, please refer to the warranty card included in your product packaging or visit the official Denver website. For technical support, product inquiries, or service requests, please contact Denver customer support through their official channels.

Note: Information regarding software updates and spare parts availability is not provided at the time of this manual's publication.

