

- Manuals.plus /
- › [Sekonda](#) /
 - › Sekonda Flex 42mm Smartwatch User Manual

Sekonda Flex

Sekonda Flex 42mm Smartwatch User Manual

Model: Flex | Brand: Sekonda

INTRODUCTION

The Sekonda Flex 42mm Smartwatch is designed to enhance your daily life with a range of smart features. This smartwatch features a durable silver alloy case with a round, interactive 1.1-inch dial. Key functionalities include activity tracking, sleep monitoring, and health metrics. It comes with a comfortable stainless steel mesh strap and boasts an IP67 water resistance rating, allowing for immersion up to 1 meter for 30 minutes.



Image: Front view of the Sekonda Flex 42mm Smartwatch with a digital display showing time and activity data.

PACKAGE CONTENTS

Ensure all items are present in the package:

- Sekonda Flex Smartwatch
- Magnetic USB Charging Cable
- Instruction Manual

SETUP

1. Charging the Smartwatch

Before initial use, fully charge your smartwatch. Connect the magnetic USB charging cable to the charging points on the back of the watch and to a standard USB power source. A full charge typically provides up to 10 days of battery life, depending on usage.



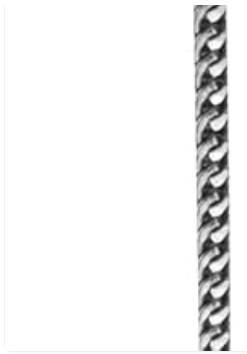


Image: Side view of the smartwatch, highlighting the charging contacts on the back of the watch case.

2. App Installation

The Sekonda Flex Smartwatch is compatible with Android devices (version 5.1 and newer) and Apple iOS devices (version 10.0 and newer). To download the companion application:

1. Search for "Q Watch" in your smartphone's app store (Google Play Store for Android or Apple App Store for iOS).
2. Alternatively, scan the QR code provided in the included instruction manual to directly access the app download page.
3. Install the "Q Watch" application on your smartphone.

3. Pairing with Your Smartphone

After installing the "Q Watch" app:

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the "Q Watch" app and follow the on-screen instructions to add your device.
3. Select "Sekonda Flex" from the list of available devices to establish a connection.
4. Confirm the pairing request on both your smartphone and the smartwatch if prompted.

OPERATING THE SMARTWATCH

Basic Navigation

The smartwatch features a responsive touchscreen and a physical button on the side for navigation. Swipe across the screen to access different functions and menus. Press the physical button to return to the home screen or wake the device.



Image: Close-up of the smartwatch display showing time, date, and battery indicator.

Customizing the Display

You can personalize your smartwatch display:

- **Change Watch Face:** On the home screen, press and hold the center of the display. Swipe left or right to browse pre-installed watch faces and tap to select.
- **Download More Watch Faces:** The "Q Watch" app offers over 100 additional watch face designs. You can also upload a custom photo to use as your watch face through the app.



Image: A person's hand interacting with the smartwatch display, demonstrating touch functionality.

FEATURES

Activity and Sports Tracking

The Sekonda Flex Smartwatch tracks your daily activity and supports various sports modes:

- **Daily Activity:** Monitors total steps, distance covered, and active calories burned. Helps you track and achieve your fitness goals.
- **Sport Modes:** Select specific modes like walking, running, climbing, and more to record detailed data during your workouts.



Image: A person holding a water bottle, with the smartwatch visible on their wrist, suggesting an active lifestyle.

Health Monitoring

Monitor your health metrics directly from your wrist:

- **Heart Rate Monitor:** Tracks your heart rate throughout the day.
- **Sleep Monitor:** Analyzes your sleep patterns, including deep and light sleep stages.
- **Blood Pressure & Oxygen:** Provides measurements for blood pressure and blood oxygen levels.
- **Body Temperature:** Tracks your body temperature.

Smart Notifications & Controls

Stay connected and control your media:

- **Notifications:** Receive alerts for incoming calls, messages, social media updates, and emails directly on your smartwatch.
- **Music Control:** Control music playback on your connected smartphone, including skipping tracks, pausing, playing, and adjusting volume.
- **Weather:** View local weather forecasts and temperature.
- **Find Phone:** Use your smartwatch to locate your paired smartphone.

Additional Functions

The smartwatch includes several other useful tools:

- 9 default languages
- Do Not Disturb mode
- Countdown timer and stopwatch
- Water drinking reminder
- Menstrual alerts
- Remote photo capture (control your phone's camera from the watch)

MAINTENANCE

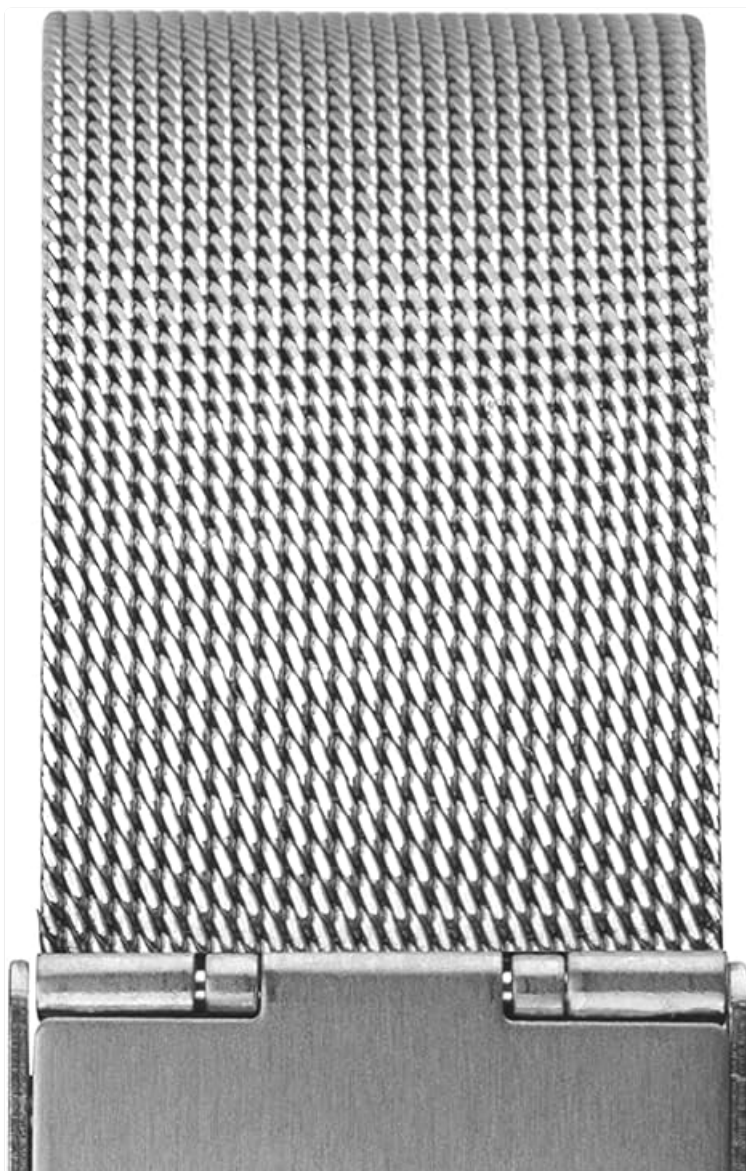
Water Resistance

The Sekonda Flex Smartwatch has an IP67 water resistance rating. This means it is protected against dust and can withstand immersion in water up to 1 meter for 30 minutes. It is suitable for swimming and bathing, but not for diving or high-pressure water activities.

Cleaning and Care

To maintain your smartwatch:

- Wipe the screen and strap regularly with a soft, dry, lint-free cloth.
- Avoid using harsh chemicals, abrasive cleaners, or solvents, as these can damage the watch's finish and seals.
- Ensure the charging contacts are clean and dry before charging to prevent corrosion.



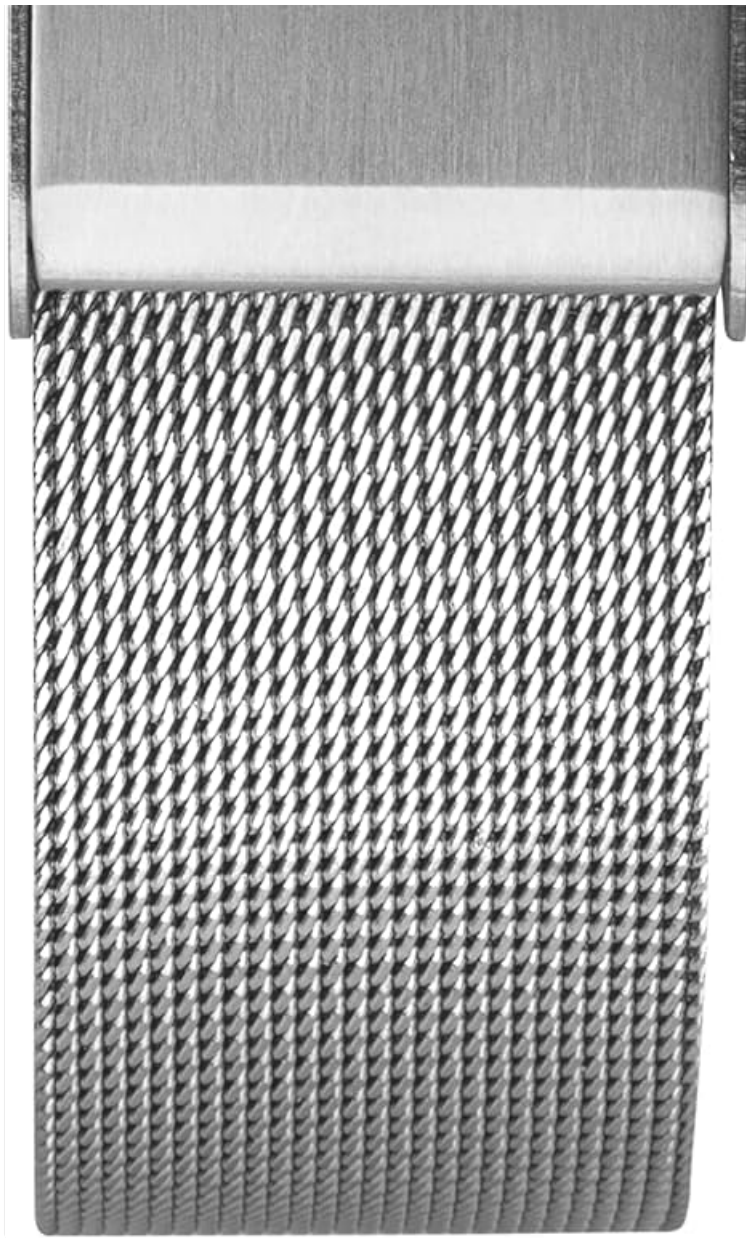


Image: Close-up view of the stainless steel mesh strap, showing its texture and construction.

TROUBLESHOOTING

Problem	Possible Solution
Short Battery Life	Battery life can vary based on usage. Frequent use of health monitoring features, notifications, and screen brightness can reduce battery duration. Try reducing screen brightness, disabling unnecessary notifications, or adjusting monitoring frequency in the app. Ensure the watch is fully charged.
App Disconnects Frequently	Ensure the "Q Watch" app is updated to the latest version. Check your phone's Bluetooth settings and ensure the app has necessary permissions (e.g., location, background activity). Try restarting both your phone and the smartwatch, then re-pair them. Keep the smartwatch within Bluetooth range of your phone.
Inaccurate Activity Data / Data Loss	Ensure the smartwatch is worn correctly and securely on your wrist. Regularly sync data with the "Q Watch" app to prevent loss. If data loss occurs after a disconnection, ensure the app is set to synchronize from the watch to the app, or manually initiate a sync.

Problem	Possible Solution
Notifications / Alarms Not Working	Verify that notifications are enabled in both the smartwatch settings and the "Q Watch" app. Check your phone's app permissions for "Q Watch" to ensure it can access notifications. Ensure a stable Bluetooth connection. For alarms, confirm they are set correctly in the app and synced to the watch.
Smartwatch Not Turning On	Connect the smartwatch to its charger and ensure it is receiving power. If it still doesn't turn on after a few minutes of charging, try performing a hard reset (refer to the physical manual for specific instructions, if available, or hold the side button for an extended period).

SPECIFICATIONS

Feature	Detail
Model Name	Flex
Model Number	40387
Case Size	42 mm
Operating System	Android (5.1+), iOS (10.0+)
Connectivity	Bluetooth
Screen Shape	Round
Screen Size	1.1 inches
Display Type	AMOLED
Resolution	360 x 360
Max Display Brightness	500 NITS
Case Material	Stainless Steel Alloy
Strap Material	Stainless Steel Mesh
Water Resistance Rating	IP67 (1 meter for 30 minutes)
Battery Type	Lithium Polymer
Battery Life	Up to 10 days
Input Interface	Touchscreen and Physical Dials
Health Monitors	Heart Rate, Blood Oxygen, Blood Pressure, Body Temperature, Sleep

WARRANTY & SUPPORT

Warranty: The Sekonda Flex Smartwatch comes with a Lifetime Warranty, ensuring peace of mind regarding manufacturing defects and quality issues. Please retain your proof of purchase for warranty claims.

Support: For further assistance, technical support, or warranty claims, please refer to the contact information provided in your product packaging or visit the official Sekonda website. Ensure you have your model number (40387) and proof of purchase ready when contacting support.

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

Open the live page

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