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Vieta Pro Move

Vieta Pro Move Smartwatch User Manual

Model: Move (251186)

1. INTRODUCTION

Thank you for choosing the Vieta Pro Move Smartwatch. This manual provides essential information for setting up, operating, and maintaining your device. Please read it thoroughly to ensure proper use and to maximize the features of your smartwatch.

2. SAFETY INFORMATION

- Do not attempt to disassemble or modify the device.
- Keep the device away from extreme temperatures and direct sunlight.
- Avoid exposing the device to strong impacts or vibrations.
- Use only the provided charging cable and a compatible 5V/1A power adapter.
- Consult a medical professional before starting any new exercise regimen, especially if you have pre-existing health conditions.
- The IP68 rating indicates resistance to water and dust under specific conditions. Avoid prolonged submersion or use in hot water/steam.

3. PACKAGE CONTENTS

The Vieta Pro Move Smartwatch package typically includes:

- Vieta Pro Move Smartwatch
- Charging Cable (USB)
- User Manual

4. PRODUCT OVERVIEW

Familiarize yourself with the components of your Vieta Pro Move Smartwatch.



Figure 4.1: Angled view of the Vieta Pro Move Smartwatch, displaying a digital watch face with time and step count.



Figure 4.2: Front view of the smartwatch screen, showing various health metrics such as steps, calories burned, and distance.



Figure 4.3: Side view of the Vieta Pro Move Smartwatch, highlighting the physical control button and the strap attachment point.



Figure 4.4: Overhead view of the smartwatch placed on a surface, demonstrating its overall design and size.

5. SETUP

5.1 Charging the Smartwatch

Before first use, fully charge your smartwatch. Connect the charging cable to the charging port on the back of the watch and plug the USB end into a 5V/1A power adapter or a computer's USB port. The battery capacity is 200 mAh. For optimal battery life, ensure the device is fully charged at least once every 3 months, even if not in regular use.

5.2 Power On/Off

- **Power On:** Press and hold the side button until the screen lights up.
- **Power Off:** Navigate to the settings menu on the watch, select "Power Off," and confirm.

5.3 App Installation (DaFit)

To unlock the full potential of your smartwatch, download and install the **DaFit** application on your smartphone.

- **For Android:** Search for "DaFit" on the Google Play Store.
- **For iOS:** Search for "DaFit" on the Apple App Store.

Install the app and grant necessary permissions for optimal functionality.

5.4 Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the DaFit app on your smartphone.
3. Follow the in-app instructions to search for and connect to your Vieta Pro Move Smartwatch. The watch will appear as "Vieta Pro Move" or similar in the device list.
4. Confirm the pairing request on both your smartphone and the smartwatch if prompted.

Once paired, the watch will synchronize data with the app, and you will receive notifications on your watch.

6. OPERATING THE SMARTWATCH

6.1 Basic Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Button:** Press to return to the home screen or to wake the device. Long press for power options.

6.2 Sport Modes

The smartwatch supports various sport modes to track your physical activities. Access these modes through the main menu to monitor metrics such as steps, distance, calories burned, and duration during your workouts.

6.3 Health Monitoring

- **Heart Rate Monitor:** The watch can continuously monitor your heart rate. View your current heart rate on the watch or detailed historical data in the DaFit app.
- **Sleep Monitor:** Wear the watch to bed to track your sleep patterns, including deep sleep, light sleep, and awake times. Data is synchronized with the DaFit app.
- **Pedometer:** Automatically tracks your daily steps, distance covered, and calories burned.

6.4 Notifications

Once paired with your smartphone, the smartwatch will display notifications for incoming calls, messages, and alerts from various applications. Manage notification settings within the DaFit app.

6.5 Customization

Personalize your smartwatch experience by changing watch faces. Many options are available through the DaFit application, allowing you to choose a style that suits your preference.

7. MAINTENANCE

7.1 Cleaning

Wipe the watch and strap regularly with a soft, dry cloth. For stubborn dirt, a slightly damp cloth can be used, followed by drying. Avoid using harsh chemicals or abrasive materials.

7.2 Battery Care

To prolong battery life, avoid fully discharging the battery frequently. Charge the device when the battery level is low. As mentioned, charge it completely at least once every 3 months to prevent deep discharge.

7.3 Water Resistance (IP68)

The Vieta Pro Move Smartwatch is rated IP68, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. This makes it suitable for daily activities like hand washing or light rain. It is not recommended for swimming, diving, or exposure to high-pressure water or hot water/steam.

8. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with smartphone:**
 - Ensure Bluetooth is enabled on your phone.
 - Make sure the watch is within Bluetooth range (approx. 10 meters).
 - Restart both the watch and your smartphone.
 - Clear Bluetooth cache on your phone (Android) or forget the device and re-pair.
- **Notifications not received:**
 - Check notification permissions for the DaFit app on your phone.
 - Ensure the watch is properly connected via Bluetooth.
 - Verify notification settings within the DaFit app.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch.

9. SPECIFICATIONS

Feature	Specification
Brand	Vieta Pro
Model Name	Move
Model Number	251186
Color	Rose
Display Type	Digital
Wireless Communication Standard	Bluetooth
Battery Capacity	200 mAh
Charging Input	5V/1A
Water Resistance	IP68
Compatible Phone Models	iOS and Android devices
Band Material Type	Silicone or Synthetic Leather

10. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the warranty card included in your product packaging

or visit the official Vieta Pro website. Keep your purchase receipt as proof of purchase for warranty claims. For technical assistance or further inquiries, please contact Vieta Pro customer service through the contact details provided on their official website.