

iTouch TA4M01-K06

iTouch Air 4 Smartwatch User Manual

Model: TA4M01-K06

1. INTRODUCTION

This manual provides instructions for the iTouch Air 4 Smartwatch. It covers device setup, operation, health monitoring features, workout modes, and maintenance guidelines. Please read this manual thoroughly to ensure proper use and to maximize your smartwatch experience.



Image: Overview of the iTouch Air 4 Smartwatch displaying various customizable watch faces.

2. SETUP

2.1 What's in the Box

- 1 iTouch Air 4 Smartwatch
- 1 USB Charging Cable
- 1 Quick Start Guide

2.2 Initial Charging

Before first use, fully charge your iTouch Air 4 Smartwatch. Connect the provided USB charging cable to the magnetic charging port on the back of the watch and to a standard USB power source. A full charge typically provides up to 7 days of battery life, though this may vary with usage.

BATTERY LIFE 4+DAYS



* Battery life varies with usage and other factors.

Image: The iTouch Air 4 Smartwatch connected to its magnetic USB charging cable, displaying a 'Fully Charged' notification.

2.3 Pairing with the iTouch Wearables App

1. Download the iTouch Wearables app from your smartphone's app store. The app is compatible with iPhones running iOS 13 or higher and Android devices running Android 10 or higher.
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the iTouch Wearables app and follow the on-screen instructions to create an account or log in.
4. Select 'Add Device' or 'Pair New Device' within the app and choose your iTouch Air 4 Smartwatch from the list of available devices.
5. Confirm the pairing request on both your smartphone and the smartwatch.

CONNECT WITH OUR APP



Image: An iTouch Air 4 Smartwatch alongside a smartphone showing the iTouch Wearables app interface, illustrating the connection process.

3. OPERATING THE SMARTWATCH

3.1 Basic Navigation

- **Swipe Left/Right:** Access various features and widgets.
- **Swipe Up/Down:** View notifications or quick settings.
- **Tap:** Select an item or open an application.
- **Side Button:** Press to return to the main watch face or wake the screen.

3.2 Customizing Watch Faces

The iTouch Air 4 Smartwatch offers customizable watch faces. You can change the watch face directly on the device by pressing and holding the screen, then swiping to select. More options and custom photo watch faces are available through the iTouch Wearables app.

FASHION MEETS FUNCTION

Choose your band style & pick from hundreds of watchfaces.



Image: A display of several iTouch Air 4 Smartwatches in various colors, highlighting the customizable watch faces and interchangeable bands.

3.3 Notifications

Receive notifications for calls, SMS, and various apps directly on your smartwatch. Enable and manage which notifications you receive through the iTouch Wearables app settings.

**ENABLE THE NOTIFICATIONS
THAT ARE MOST IMPORTANT**



Image: A smartphone displaying the iTouch Wearables app's notification settings, allowing users to enable or disable alerts for various applications.

3.4 Additional Features

The smartwatch includes several utility features:

- **Camera Remote:** Control your smartphone camera remotely.
- **Music Remote:** Manage music playback on your smartphone.
- **Weather Information:** View current weather conditions.
- **Stopwatch & Alarm:** Utilize timing functions and set alarms.

4. HEALTH AND FITNESS TRACKING

The iTouch Air 4 Smartwatch is equipped with sensors to monitor various health and fitness metrics.

HEALTH



HEART RATE
MONITOR



BLOOD
OXYGEN MONITOR



SLEEP
MONITOR



RELAXATION
MODE



HYDRATION
REMINDER

Image: The iTouch Air 4 Smartwatch screen showing various health metrics including Blood O2 (98%), Sleep (8h 30min goal), and Heart Rate (97 BPM).

4.1 Heart Rate Monitor

The smartwatch continuously monitors your heart rate throughout the day. View real-time data on the watch and detailed historical trends in the iTouch Wearables app.

4.2 Blood Oxygen Monitor

The device includes a blood oxygen (SpO2) monitor. Access your current SpO2 levels on the watch and review historical data within the app.

4.3 Activity and Calorie Tracker

A built-in pedometer tracks your steps, distance traveled, and calories burned. These metrics are automatically recorded and synchronized with the app.

4.4 Sleep Monitor

Wear the smartwatch during sleep to track your sleep patterns, including deep, light, and awake times. Set sleep goals and review your sleep quality in the app.

4.5 Reminders

Set up hydration and sedentary reminders through the iTouch Wearables app to encourage regular movement and water intake.

4.6 Relaxation Mode

Utilize the relaxation mode for guided breathing exercises to help manage stress.

5. WORKOUT MODES

The iTouch Air 4 Smartwatch offers over 100 sports modes to track specific exercises and activities.

100+ SPORTS MODES

Track your steps, calories burned, and distance traveled.



Image: A woman wearing the iTouch Air 4 Smartwatch, with icons representing various sports modes such as running, cycling, and swimming.

5.1 Activating Sports Mode

Navigate to the 'Workout Mode' on your smartwatch and select from the available sports options. The watch will collect data tailored to that specific exercise, providing real-time statistics and 13 workout metrics.

5.2 Tracking Progress

Your workout history is accessible directly on the watch and in the iTouch Wearables app. Workouts under one minute are not logged.

6. MAINTENANCE

6.1 Water Resistance

The iTouch Air 4 Smartwatch is water-resistant up to 1 meter. It is suitable for everyday use and can withstand splashes or brief immersion. It is not recommended for swimming or showering with hot water.



Image: The iTouch Air 4 Smartwatch screen with water droplets, illustrating its water-resistant capability.

6.2 Cleaning

To clean your smartwatch, gently wipe the screen and band with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.

7. TROUBLESHOOTING

If you encounter issues with your iTouch Air 4 Smartwatch, refer to the following common solutions:

- **Syncing Issues:** Ensure your smartwatch is charged, Bluetooth is enabled on your phone, and the iTouch Wearables app is open and updated. Try unpairing and re-pairing the device, or restarting both the watch and your phone.
- **Screen Unresponsive:** Restart the smartwatch. If the issue persists, ensure the screen is clean and dry.
- **Inaccurate Step Tracking:** Ensure the watch is worn snugly on your wrist. Calibrate step tracking within the iTouch Wearables app if available.
- **Battery Draining Quickly:** Reduce screen brightness, disable unnecessary notifications, and limit continuous heart rate monitoring if not required. Ensure 'raise to wake' is not overly sensitive.

8. SPECIFICATIONS

Feature	Specification
Model Number	TA4M01-K06
Screen Size	1.53 Inches (3.89 cm)
Connectivity	Bluetooth



Feature	Specification
Battery Type	Lithium Ion
Battery Capacity	200 Milliamp Hours
Battery Life	Up to 7 days (varies with usage)
Operating System	Wear OS
Item Weight	8.4 ounces (0.24 Kilograms)
Water Resistance	Up to 1 meter
Compatibility	iOS 13+ / Android 10+





9. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your product or visit the official iTouch Wearables website. Contact their support team for assistance with product defects or operational issues.

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Related Documents - TA4M01-K06

<div><div>iTOUCH AIR SPECIAL EDITION SMARTWATCH</div><div></div><div>USER MANUAL VERSION 1.0</div></div>	<div>iTOUCH AIR SE Smartwatch User Manual</div> <div>User manual for the iTOUCH AIR Special Edition Smartwatch, covering setup, features, care, and regulatory information.</div>
<div><div>iTOUCH AIR SMARTWATCH</div><div></div><div>(125) USER MANUAL VERSION 1.0</div></div>	<div>iTouch Air Smartwatch User Manual</div> <div>Comprehensive user manual for the iTouch Air Smartwatch, covering setup, features, app integration, and care.</div>

 <p>The cover of the iTOUCH ACTIVE Fitness Tracker User Manual features a black fitness tracker with a digital display showing '08:30' and '100%' battery. The text 'iTOUCH ACTIVE' is at the top, 'FITNESS TRACKER' is below it, and 'USER MANUAL VERSION 1.0' is at the bottom.</p>	<p>iTOUCH Active Fitness Tracker User Manual</p> <p>A comprehensive user manual for the iTOUCH Active fitness tracker, covering setup, features, usage, care, and safety information.</p>
 <p>The cover of the iTOUCH Explorer 3 Smartwatch User Manual features a black smartwatch with a digital display showing '06:05'. The text 'iTOUCH EXPLORER 3' is at the top, 'SMARTWATCH' is below it, and 'USER MANUAL VERSION 3.21.22' is at the bottom.</p>	<p>iTOUCH Explorer 3 Smartwatch User Manual</p> <p>User manual for the iTOUCH Explorer 3 Smartwatch, covering setup, features, navigation, and care. Learn how to charge, pair, use sports modes, receive notifications, monitor health, and more.</p>
 <p>The cover of the iTouch Pulse Smartwatch User Manual features a black smartwatch with a digital display showing '06:05'. The text 'iTOUCH PULSE' is at the top, 'SMARTWATCH' is below it, and 'USER MANUAL VERSION 1.0' is at the bottom.</p>	<p>iTouch Pulse Smartwatch User Manual</p> <p>Comprehensive user manual for the iTouch Pulse Smartwatch, detailing setup, functions, and features for both iPhone and Android devices.</p>
 <p>The cover of the iTOUCH AIR S Smartwatch User Manual features a black smartwatch with a digital display showing '06:05'. The text 'iTOUCH AIR S' is at the top, 'SMARTWATCH' is below it, and 'USER MANUAL VERSION 1.0' is at the bottom.</p>	<p>iTOUCH AIR S Smartwatch User Manual</p> <p>Comprehensive user guide for the iTOUCH AIR S Smartwatch, covering setup, features, activity tracking, and care.</p>