iTouch TA4M01-C12

iTouch Air 4 Smartwatch User Manual

Brand: iTouch | Model: TA4M01-C12

1. INTRODUCTION

The iTouch Air 4 Smartwatch is a versatile fitness tracker designed to help you monitor your health, track your activities, and stay connected. It features a customizable watch face, heart rate and blood oxygen monitoring, sleep tracking, and over 100 sports modes. This manual provides detailed instructions on setting up, operating, and maintaining your iTouch Air 4 Smartwatch.

Image: The iTouch Air 4 Smartwatch in Blush, displaying its main screen with time, date, and various health metrics.

2. GETTING STARTED

2.1 What's in the Box

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

2.2 Initial Setup & Charging

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

Image: The iTouch Air 4 Smartwatch connected to its magnetic USB charging cable, indicating a full charge on its display.

2.3 Pairing with Your Smartphone

To unlock the full potential of your iTouch Air 4 Smartwatch, pair it with your smartphone using the iTouch Wearables app. The app is compatible with iPhones running iOS 13 or higher and Android 10 or higher. Download the app from your device's app store, enable Bluetooth on your phone, and follow the in-app instructions to connect your smartwatch.

CONNECT WITH OUR APP

Image: The iTouch Air 4 Smartwatch shown alongside a smartphone, illustrating the connection to the iTouch Wearables app for tracking fitness goals.

3. Core Features & Operation

3.1 Navigation

Navigate your iTouch Air 4 Smartwatch by swiping left, right, up, or down on the touchscreen. The side button typically serves as a home button or to access the main menu, depending on the current screen.

3.2 Customizing Your Watch Face

Personalize your smartwatch by choosing from a wide array of watch faces available through the iTouch Wearables app. You can also create custom watch faces using your own photos.

Image: A selection of diverse digital watch faces available for the iTouch Air 4 Smartwatch, showcasing customization options.

3.3 Health Monitoring

The iTouch Air 4 Smartwatch is equipped with advanced sensors to help you monitor key health metrics:

- **Heart Rate Monitor:** Continuously tracks your heart rate throughout the day.
- **Blood Oxygen Monitor:** Measures your blood oxygen levels.
- **Sleep Monitor:** Analyzes your sleep patterns, including deep, light, and awake times.
- **Activity & Calorie Tracking:** Automatically tracks steps, distance, and calories burned.

HEALTH

Blood O2

98 %

View Blood O2 history in app

Heart Rate

97 BPM

200
140
80

00 08 16 24

▲ 120 ▼ 120

Sleep

08 H 30 Min
Goal 09 H 00 M
10:35PM – 07:40AM

Relaxation

Mode

Deep   02 h 16 min

Light   01 h 13 min

Awake   23 min

| HEART RATE MONITOR | BLOOD OXYGEN MONITOR | SLEEP MONITOR | RELAXATION MODE | HYDRATION REMINDER |

Image: The iTouch Air 4 Smartwatch screen showing health data including Blood O2, Sleep duration, and Heart Rate readings.

3.4 Workout Modes

Activate Sports Mode to track specific exercises and gain real-time statistics. The iTouch Air 4 Smartwatch offers over 100 different sports and workout options, collecting data tailored to each activity to help you track your improvement over time. Your workout history is accessible on the watch and within the iTouch Wearables app.

Image: A woman wearing the iTouch Air 4 Smartwatch, surrounded by icons representing over 100 sports modes available for tracking workouts.

4. Additional Smart Features

Beyond health and fitness, your iTouch Air 4 Smartwatch offers several convenient features:

- **Notifications:** Receive alerts for calls, SMS messages, and app notifications directly on your wrist.
- **Hydration and Sedentary Reminders:** Set reminders to drink water and move throughout the day.
- **Relaxation Mode:** Engage in guided breathing exercises for stress reduction.
- **Camera and Music Remote:** Control your smartphone's camera and music playback from your watch.
- **Weather Information:** Get current weather updates.
- **Stopwatch and Alarm:** Utilize built-in stopwatch and alarm functions.

ENABLE THE NOTIFICATIONS THAT ARE MOST IMPORTANT

Image: A user interacting with their iTouch Air 4 Smartwatch to view notifications, with a corresponding smartphone screen showing notification preferences in the app.

5. SPECIFICATIONS

Feature	Detail
Model Name	iTOUCH Air 4 Smartwatch
Item Model Number	TA4M01-C12
Brand	iTouch
Screen Size	1.53 Inches
Item Weight	8.1 ounces
Battery	1 Lithium Ion battery (included)
Battery Life	Up to 7 days (varies with usage)
Connectivity Technology	Bluetooth
Operating System	Proprietary/Customized (iOS Compatible)
Water Resistance	Water Resistant up to 1 meter

6. MAINTENANCE

To ensure the longevity and optimal performance of your iTouch Air 4 Smartwatch, follow these maintenance guidelines:

- **Cleaning:** Regularly clean your watch and band with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.
- **Water Resistance:** The watch is water resistant up to 1 meter. It is suitable for everyday use like hand washing or light rain, but not recommended for swimming or showering. Avoid prolonged submersion.
- **Storage:** Store your watch in a cool, dry place when not in use.

Image: The iTouch Air 4 Smartwatch with water droplets on its screen, demonstrating its water-resistant capabilities.

7. TROUBLESHOOTING

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

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the charging cable and allow it to charge for at least 30 minutes.
- **Not Syncing with App:** Check your phone's Bluetooth settings to ensure it's enabled and the watch is paired. Restart both the watch and your phone. Ensure the iTouch Wearables app is up to date.
- **Inaccurate Readings (Heart Rate/Steps):** Ensure the watch is worn snugly on your wrist, not too loose or too tight. Clean the sensors on the back of the watch.
- **Display Unresponsive:** Try restarting the watch. If the issue persists, ensure the screen is clean and dry.

For more complex issues, refer to the official iTouch support resources or contact customer service.

8. WARRANTY & SUPPORT

Your iTouch Air 4 Smartwatch comes with a limited manufacturer's warranty. Please refer to the warranty information provided with your product packaging for details on coverage and duration. For technical support, frequently asked questions, or to contact customer service, visit the official iTouch website or the support section within the iTouch Wearables app.

Related Documents - TA4M01-C12

	[iTOUCH AIR SE Smartwatch User Manual](#) User manual for the iTOUCH AIR Special Edition Smartwatch, covering setup, features, care, and regulatory information.
	[iTouch Air Smartwatch User Manual](#) Comprehensive user manual for the iTouch Air Smartwatch, covering setup, features, app integration, and care.
	[iTOUCH Active Fitness Tracker User Manual](#) A comprehensive user manual for the iTOUCH Active fitness tracker, covering setup, features, usage, care, and safety information.
	[iTOUCH Explorer 3 Smartwatch User Manual](#) 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.
	[iTouch Pulse Smartwatch User Manual](#) Comprehensive user manual for the iTouch Pulse Smartwatch, detailing setup, functions, and features for both iPhone and Android devices.
	[iTOUCH AIR S Smartwatch User Manual](#) Comprehensive user guide for the iTOUCH AIR S Smartwatch, covering setup, features, activity tracking, and care.