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## iTouch iTOUCH Air 4

# iTouch Air 4 Smartwatch User Manual

Comprehensive guide for your iTouch Air 4 Smartwatch.

## INTRODUCTION

Welcome to the iTouch Air 4 Smartwatch user manual. This guide provides detailed instructions on how to set up, operate, and maintain your new smartwatch. The iTouch Air 4 is a versatile fitness tracker designed to monitor your health, track your activities, and keep you connected.

Key features include a built-in pedometer, 24/7 heart rate monitoring, blood oxygen tracking, and over 100 sports modes. It also offers customizable watch faces, notifications, and long battery life.

## WHAT'S INCLUDED

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

## SETUP GUIDE

### 1. Charging Your Smartwatch

Your iTouch Air 4 Smartwatch comes with a limited battery charge and should be fully charged before its first use. A full charge provides up to 7 days of battery life, depending on usage.

1. Connect the USB charging cable to a USB power source (e.g., computer USB port, USB wall adapter).
2. Attach the magnetic end of the charging cable to the charging points on the back of your smartwatch. Ensure the pins align correctly.

3. The watch screen will indicate charging status. Allow approximately 2-3 hours for a full charge.

# BATTERY LIFE 4+ DAYS



\* Battery life varies with usage and other factors.

Image: The iTouch Air 4 Smartwatch connected to its magnetic charging cable, displaying "Fully Charged" on the screen.

Your browser does not support the video tag.

Video: An overview of the iTouch Air 4 Smartwatch features, including charging, health monitoring, and app connectivity.

## 2. Downloading the iTouch Wearables App

To unlock the full potential of your smartwatch, download the iTouch Wearables app on your smartphone. The app is compatible with iPhones running iOS 13 or higher and Android 10 or higher.

- Search for "iTouch Wearables" in the Apple App Store or Google Play Store.

- Download and install the app.

# CONNECT WITH OUR APP



Image: The iTouch Air 4 Smartwatch shown alongside a smartphone screen displaying the iTouch Wearables application, highlighting the connectivity between the devices.

## 3. Pairing Your Smartwatch

Ensure Bluetooth is enabled on your smartphone before proceeding.

1. Open the iTouch Wearables app on your smartphone.
2. Follow the on-screen instructions to create an account or log in.
3. The app will guide you through the pairing process. Select "iTouch Air 4" from the list of available devices.
4. Confirm the pairing request on both your smartphone and smartwatch.

## OPERATING YOUR SMARTWATCH

## Basic Navigation

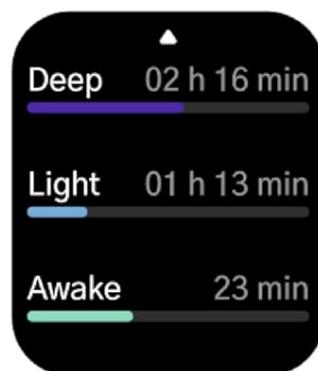
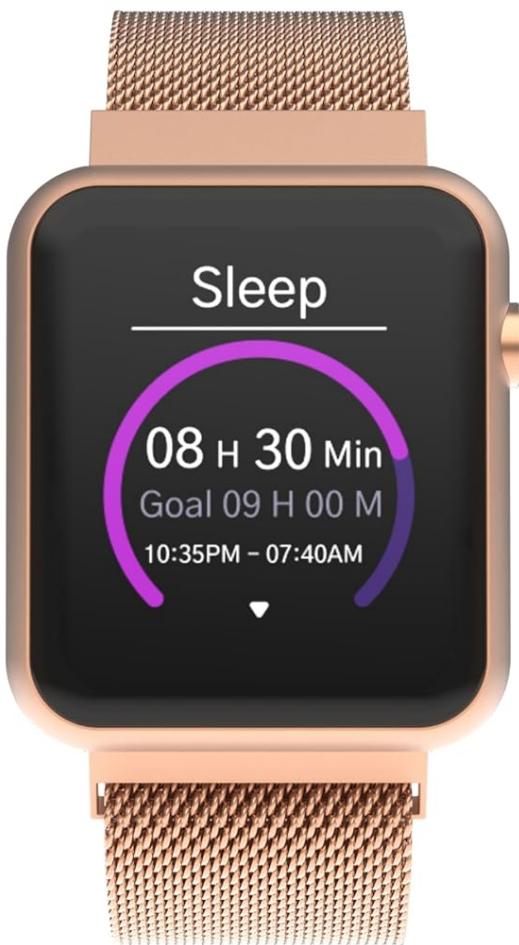
- **Swipe Right:** Access additional features like relaxation mode, camera/music remote, weather, stopwatch, and alarm.
- **Swipe Up/Down:** Navigate through menus and notifications.
- **Tap:** Select an option or confirm an action.
- **Side Button:** Press to return to the main watch face or wake the screen.

## Health and Fitness Tracking

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

- **Pedometer:** Automatically tracks your steps and distance throughout the day.
- **Heart Rate Monitor:** Provides 24/7 heart rate monitoring. View your heart rate data on the watch or in the app.
- **Blood Oxygen Monitor:** Tracks your blood oxygen levels. History is available in the iTouch Wearables app.
- **Sleep Monitor:** Records your sleep patterns, including deep, light, and awake times. Set sleep goals in the app.
- **Calorie Tracker:** Estimates calories burned based on your activity level.

# HEALTH



HEART RATE MONITOR



BLOOD OXYGEN MONITOR



SLEEP MONITOR



RELAXATION MODE



HYDRATION REMINDER

Image: The iTouch Air 4 Smartwatch screen showing various health monitoring features, including blood oxygen saturation, heart rate, and sleep duration with sleep stage breakdown.

## Workout Modes

Activate Sports Mode to track specific exercises and get real-time statistics. The iTouch Air 4 offers over 100 different sports and workout options.

1. From the main watch face, swipe right to access features.
2. Select "Sports Mode" or "Workout Mode".
3. Choose your desired activity (e.g., Running, Cycling, Hiking, Walking).
4. The watch will begin tracking relevant metrics for your chosen activity.
5. Your workout history is available on the watch and in the iTouch Wearables app.

# 100+ SPORTS MODES

Track your steps, calories burned, and distance traveled.



Image: The iTouch Air 4 Smartwatch showing its "Workout Mode" screen with options to select different sports activities, such as running, cycling, hiking, and walking.

## Notifications and Reminders

Receive notifications from your smartphone directly on your smartwatch. You can customize which notifications you receive through the iTouch Wearables app.

- **Call & SMS Alerts:** Get incoming call and text message notifications.
- **App Notifications:** Receive alerts from social media apps, email, and more.
- **Hydration Reminders:** Set reminders to drink water.
- **Sedentary Reminders:** Get alerts when you've been inactive for too long.

## ENABLE THE NOTIFICATIONS THAT ARE MOST IMPORTANT



Image: A user wearing the iTouch Air 4 Smartwatch, which is displaying a notification, while a smartphone screen in the foreground shows the detailed notification settings within the iTouch Wearables app.

### Customizing Your Watch Face

Personalize your smartwatch with various watch faces available through the iTouch Wearables app.

- Open the iTouch Wearables app.
- Navigate to the "Watch Faces" section.
- Browse and select from hundreds of available watch faces.
- You can also upload your own photos to create custom watch faces.

# FASHION MEETS FUNCTION

Choose your band style & pick from  
hundreds of watchfaces.



Image: A collection of iTouch Air 4 Smartwatches showcasing various band colors and customizable watch faces, emphasizing the product's aesthetic versatility.

## MAINTENANCE

### Cleaning Your Smartwatch

Regular cleaning helps maintain the appearance and functionality of your iTouch Air 4 Smartwatch.

- Wipe the screen and body with a soft, lint-free cloth.
- For stubborn spots, dampen the cloth slightly with water. Avoid using harsh chemicals or abrasive materials.
- Clean the charging contacts on the back of the watch periodically to ensure proper charging.

### Water Resistance

The iTouch Air 4 Smartwatch 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.



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

## TROUBLESHOOTING

Problem	Solution
Smartwatch not turning on or charging.	<p>Ensure the charging cable is securely connected to both the watch and the USB power source.</p> <p>Check if the charging pins on the watch and cable are clean and free of debris.</p> <p>Try a different USB port or power adapter.</p> <p>Allow the watch to charge for at least 30 minutes before attempting to turn it on.</p>
Unable to pair with smartphone.	<p>Ensure Bluetooth is enabled on your smartphone.</p> <p>Make sure the iTouch Air 4 is within Bluetooth range (typically 10 meters).</p> <p>Restart both your smartphone and the smartwatch.</p> <p>Forget the device in your phone's Bluetooth settings and try pairing again through the iTouch Wearables app.</p> <p>Verify your smartphone meets the compatibility requirements (iOS 13+ or Android 10+).</p>
Inaccurate health data (steps, heart rate).	<p>Ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone.</p> <p>Clean the sensors on the back of the watch.</p> <p>Calibrate step tracking in the iTouch Wearables app if available.</p>
Notifications not appearing.	<p>Check notification settings within the iTouch Wearables app to ensure they are enabled.</p> <p>Verify that your phone's notification settings allow the iTouch Wearables app to send notifications.</p> <p>Ensure the watch is connected to your phone via Bluetooth.</p>

## SPECIFICATIONS

Feature	Detail
Model Name	iTOUCH Air 4 Smartwatch
Brand	iTouch
Connectivity Technology	Bluetooth, USB
Special Features	Heart Rate Monitor, Blood Oxygen Monitor, Pedometer, Sleep Monitor, Calorie Tracker, 100+ Sports Modes, Customizable Watch Faces, Notifications, Hydration & Sedentary Reminders, Camera & Music Remote, Weather, Stopwatch, Alarm
Battery Life	Up to 7 days (varies with usage)
Compatibility	iOS 13 or higher, Android 10 or higher
Water Resistance	Up to 1 meter
Item Weight	9.2 ounces
Dimensions	6.54 x 4.61 x 2.09 inches (Package)

## WARRANTY AND SUPPORT

For warranty information, technical support, or further assistance, please refer to the official iTouch Wearables website or contact their customer support directly. Details are typically provided in the Quick Start Guide included with your product.

You can also visit the [iTouch Store on Amazon](#) for additional product information and resources.

 <p>USER MANUAL VERSION 2.0</p>	<p><a href="#"><b>iTOUCH AIR SE Smartwatch User Manual</b></a>  User manual for the iTOUCH AIR Special Edition Smartwatch, covering setup, features, care, and regulatory information.</p>
 <p>USER MANUAL VERSION 1.0</p>	<p><a href="#"><b>iTouch Air Smartwatch User Manual</b></a>  Comprehensive user manual for the iTouch Air Smartwatch, covering setup, features, app integration, and care.</p>
 <p>(US) USER MANUAL VERSION 3.0</p>	<p><a href="#"><b>iTOUCH Active Fitness Tracker User Manual</b></a>  A comprehensive user manual for the iTOUCH Active fitness tracker, covering setup, features, usage, care, and safety information.</p>
	<p><a href="#"><b>iTouch Pulse Smartwatch User Manual</b></a>  Comprehensive user manual for the iTouch Pulse Smartwatch, detailing setup, functions, and features for both iPhone and Android devices.</p>
 <p>USER MANUAL VERSION 2.0</p>	<p><a href="#"><b>iTOUCH AIR S Smartwatch User Manual</b></a>  Comprehensive user guide for the iTOUCH AIR S Smartwatch, covering setup, features, activity tracking, and care.</p>
 <p>(US) USER MANUAL VERSION 1.0</p>	<p><a href="#"><b>iTouch Air Smartwatch User Manual</b></a>  Comprehensive user guide for the iTouch Air Smartwatch, covering setup, features, app integration, and care instructions.</p>