

FOREVER SW-320

Forever Smartwatch 3 SW-320 User Manual

Model: SW-320 | Brand: FOREVER

INTRODUCTION

Thank you for choosing the Forever Smartwatch 3 SW-320. This device is designed to assist you in monitoring your daily activities, health metrics, and staying connected. This manual will guide you through the essential steps to get started and make the most of your smartwatch.



Image: The Forever Smartwatch 3 SW-320, displaying both digital and analog watch face options.

SETUP

1. Charging the Smartwatch

Before initial use, fully charge your smartwatch. Connect the charging cable to the charging contacts on the back of the watch and to a USB power source. The watch display will indicate charging status.



Image: Rear view of the smartwatch, highlighting the charging contacts and health sensors.

2. Powering On/Off

To power on, press and hold the side button until the screen lights up. To power off, navigate to the power off option in the settings menu or press and hold the side button and select "Power Off".

3. Pairing with Your Smartphone

1. Download the official Forever Smartwatch application from your smartphone's app store (iOS or Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the Forever Smartwatch app and follow the on-screen instructions to search for and pair with your SW-320 smartwatch.
4. Confirm the pairing request on both your smartphone and smartwatch.

The smartwatch is compatible with smartphones and tablets via Bluetooth connectivity.

OPERATING INSTRUCTIONS

Basic Navigation

The Forever Smartwatch 3 SW-320 features a full touchscreen interface. Swipe left, right, up, or down to navigate through menus and features. Tap to select an option or open an application.

Key Features

- **Activity Tracking:** Monitor steps, distance, calories burned, and active minutes.

- **Heart Rate Monitoring:** Continuously track your heart rate throughout the day.
- **Pedometer:** Counts your steps automatically.
- **Sleep Analysis:** Tracks your sleep patterns, including deep and light sleep stages.
- **Notifications:** Receive alerts for calls, messages, and app notifications directly on your wrist.
- **Customizable Watch Faces:** Personalize your smartwatch with various pre-installed watch faces or upload your own images.
- **Sports Modes:** Access various sports modes for accurate tracking during different physical activities.
- **Hydration Reminder:** Set reminders to drink water throughout the day.
- **Thermometer:** Measures body temperature.
- **Oximeter (SpO2):** Monitors blood oxygen levels.
- **Menstrual Cycle Tracking:** Helps track and predict menstrual cycles.



Image: Smartwatch screen showing real-time activity data during a workout, including heart rate and calories burned.



Image: Visual representation of key features: sports modes, thermometer, oximeter, IP68 water resistance, sleep analysis, dual strap options, and 1.7-inch display.



Image: The smartwatch showing sleep duration and quality metrics, with a person sleeping peacefully.



Image: Smartwatch displaying a "Drink Water" reminder, encouraging hydration.

MAINTENANCE

Cleaning Your Smartwatch

Regularly clean your smartwatch and strap to prevent skin irritation and maintain device functionality. Use a soft, damp cloth to wipe the screen and casing. For the strap, follow the manufacturer's recommendations based on the material. Avoid harsh chemicals or abrasive materials.

Water Resistance

The Forever Smartwatch 3 SW-320 features IP68 water resistance. This means it is protected against dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use and light water activities, but not recommended for diving, hot showers, or high-pressure water exposure.

Battery Care

To prolong battery life, avoid exposing the smartwatch to extreme temperatures. Charge the device fully before its first use and when the battery is low. Do not leave the battery completely drained for extended periods.

TROUBLESHOOTING

Smartwatch Not Turning On

Ensure the smartwatch is fully charged. Connect it to the charger for at least 30 minutes before attempting to power it on again.

Cannot Pair with Smartphone

- Make sure Bluetooth is enabled on your smartphone and the smartwatch.
- Ensure the smartwatch is within the Bluetooth range of your phone (typically 10 meters).
- Restart both your smartphone and smartwatch.
- Check if the Forever Smartwatch app is updated to the latest version.
- If previously paired, try unpairing and re-pairing the device through your phone's Bluetooth settings and the app.

Inaccurate Health Readings

For accurate heart rate and activity tracking, ensure the smartwatch is worn snugly on your wrist, about one finger's width above your wrist bone. Avoid excessive movement during measurements. Environmental factors and skin conditions can affect sensor accuracy.

Notifications Not Appearing

Verify that notification permissions are granted for the Forever Smartwatch app in your smartphone's settings. Also, check the app's settings to ensure notifications are enabled for the desired applications.

SPECIFICATIONS

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| Brand | FOREVER |
| Model Name | 3 SW-320 |
| Model Number | GSM169759 |
| Display Size | 1.7 Inches |
| Display Resolution | 240 x 280 |
| Connectivity | Bluetooth |
| Compatible Devices | Smartphone, Tablet |
| Special Features | Heart Rate Monitor, Pedometer, Thermometer, Oximeter |
| Battery Type | 1 Lithium Ion |
| Average Battery Life | Up to 1 Day (usage dependent) |
| Weight | 180 g |
| Dimensions | 11.5 x 9 x 7 cm |
| Water Resistance | IP68 |
| Human Interface Input | Touchscreen |

Note: Battery life and charging times can vary based on usage and environmental conditions. The "1 Day" for charging time in the original data is likely an error and typically refers to battery life.

WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the documentation included with your product or visit the official FOREVER website. Keep your proof of purchase for warranty claims.

If you encounter issues not covered in this manual, please contact FOREVER customer service for assistance.