NONGAMX smart watch

NONGAMX Smart Watch Fitness Tracker User Manual

Model: smart watch
Brand: NONGAMX

Introduction

This user manual provides comprehensive instructions for operating and maintaining your NONGAMX Smart Watch Fitness Tracker. Designed for both Android and iOS phones, this smartwatch offers a 2.0" full touchscreen display, enabling seamless interaction with its various features. It is equipped with advanced health monitoring capabilities, including heart rate, blood pressure, and blood oxygen tracking, alongside extensive sport modes for fitness enthusiasts. Please read this manual thoroughly to ensure optimal performance and longevity of your device.

What's in the Box

- NONGAMX Smart Watch Fitness Tracker (Black)
- Two Straps (one black, one grey/white as seen in images)
- USB Charging Cable
- User Manual (this document)

Setup

1. Initial Charging

Before first use, fully charge your smartwatch. Connect the magnetic USB charging cable to the charging port on the back of the watch and plug the USB end into a compatible power adapter (not included) or computer USB port. A full charge typically takes approximately 3 hours. The watch features a 430mAh large-capacity battery, providing 10-15 days of daily usage and up to 90 days of standby time.



Figure 1: Smartwatch charging and battery life details. The image also highlights 3ATM waterproof rating, suitable for swimming, rain, and sweat.

2. App Installation and Pairing

To unlock the full potential of your NONGAMX Smart Watch, download the companion app on your smartphone. The app is compatible with both Android (version 4.4 and above) and iOS (version 9.0 and above) devices. Follow the on-screen instructions within the app to pair your smartwatch via Bluetooth. Ensure Bluetooth is enabled on your phone during the pairing process.

Operating Instructions

Display and Navigation

The smartwatch features a vibrant 2.0" full touchscreen display for intuitive navigation. Swipe across the screen to access different functions and menus. The display offers HD vision and quick response for a smooth user experience.



Figure 2: The 2.0" high-definition large screen with full touch capabilities and quick response.

Call and Messaging Features

After connecting to your phone via Bluetooth, you can directly use the smartwatch to answer or make calls. It also supports reading messages, storing contacts, and viewing call history. Receive information reminders and social media notifications (Facebook, WhatsApp, Instagram, Twitter, etc.) directly on your wrist, accompanied by vibration alerts, ensuring you never miss important communications.



Figure 3: Bluetooth calling features, including dialing, answering calls, information reminders, and language assistant.

Health Monitoring

The smartwatch is equipped with optimized sensors for accurate health data collection. It monitors your heart rate, blood pressure, and blood oxygen levels. The sleep tracker provides a comprehensive analysis of your sleep quality, differentiating between deep sleep, light sleep, and wakefulness, to help you develop healthier sleep habits.



Figure 4: Health Assistant features, providing insights into sleep, heart rate, blood pressure, SpO2, and stress levels.

Fitness Tracking

With over 100 built-in indoor and outdoor sport modes, you can select the appropriate mode for your activity, such as walking, running, or cycling. The activity tracker records real-time data including heart rate, steps, calories burned, distance, and active hours, helping you set and achieve your fitness goals.



Figure 5: Over 100 sport modes available for customized fitness tracking.

Other Practical Functions

The NONGAMX Smart Watch includes a variety of daily practical functions to enhance your convenience:

- **Stopwatch:** For timing activities.
- **DIY Watch Dial:** Customize your watch face.
- **Weather Forecast:** Get real-time weather updates.
- **Music Control:** Manage music playback on your phone.
- **Timer:** Set countdown timers.
- **Photography Control:** Remotely take photos from your phone.
- **Electronic Card Package:** (Functionality may vary, refer to app for details).
- **Brightness Adjustment:** Adjust screen brightness for optimal viewing.
- **Long Sitting Reminder:** Prompts you to move after periods of inactivity.

- **Disturbance Mode:** Mute notifications during specific times.
- **Alarm Clock:** Set multiple alarms.
- **Calculator:** Perform basic calculations.
- **World Clock:** View time in different time zones.
- **Find Phone:** Locate your paired smartphone.



Figure 6: Overview of additional practical features and product dimensions.

Your browser does not support the video tag.

Video 1: Official product video showcasing the NONGAMX Smart Watch Fitness Tracker's features and functionality.

Maintenance

Water Resistance

The smartwatch features 3ATM waterproof construction, meaning it can withstand splashes, rain, and brief immersion in water (e.g., while washing hands or swimming). However, it is not recommended for hot water activities, diving, or prolonged submersion. Avoid exposing the watch to high-pressure water or steam.

Cleaning and Care

Regularly clean your smartwatch and straps with a soft, dry cloth. If necessary, use a slightly damp cloth with mild soap and water, then dry thoroughly. Avoid using harsh chemicals or abrasive materials, as these can damage the device. Ensure the charging contacts are clean and dry before charging.

Battery Care

To maximize battery life, avoid fully discharging the battery frequently. Charge the watch when the battery level is low. Store the watch in a cool, dry place when not in use for extended periods.

Troubleshooting

Problem	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Press and hold the power button for several seconds.
Cannot pair with phone	Ensure Bluetooth is enabled on your phone and the watch. Restart both devices. Check the app for specific pairing instructions.
Inaccurate health readings	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch. Readings are for reference and not medical diagnosis.
Notifications not appearing	Check app settings to ensure notifications are enabled for desired applications. Ensure the watch is connected via Bluetooth.
Short battery life	Reduce screen brightness. Disable unnecessary features or continuous monitoring. Ensure proper charging.

Specifications

Brand: NONGAMX

Model Number: smart watch

Screen Size: 2.0 Inches (Full Touchscreen)

Display Resolution: 240 x 282

Operating System: Wear OS

Connectivity: Bluetooth

Battery Capacity: 430mAh Lithium Ion (included)

Water Resistance: 3ATM (Waterproof for daily activities, rain, swimming)

Item Weight: 4.6 ounces

Package Dimensions: 6.06 x 4.45 x 0.94 inches

Human Interface Input: Touchscreen, Buttons

GPS: No GPS

Country of Origin: China

Date First Available: January 30, 2024

Warranty and Support

For any issues or inquiries regarding your NONGAMX Smart Watch Fitness Tracker, please contact the customer after-sales service team. Refer to the product packaging or the official NONGAMX website for specific warranty information and contact details.

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Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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