CMF BY NOTHING D398

CMF by Nothing Watch Pro 2 Smartwatch User Manual

Model: D398

1. Product Overview

The CMF by Nothing Watch Pro 2 is an advanced smartwatch designed to enhance your daily life with comprehensive health monitoring, extensive sports tracking, and seamless communication features. It combines a durable design with intuitive controls and long-lasting battery performance.



Image: CMF by Nothing Watch Pro 2 Smartwatch with an orange strap, showcasing its round display and sleek design.

Key Features

- **120 Sports Modes:** Automatic recognition for 5 common activities including outdoor running, indoor running, outdoor walking, indoor walking, and outdoor cycling.
- **Intuitive Gesture Control:** Activate customized functions by rotating or shaking your wrist for calls, music, and weather.
- **Bluetooth Calls with AI Noise Reduction:** Crystal-clear communication via built-in microphone and speaker, with support for up to 30 contacts.
- **Health Monitoring:** Tracks heart rate, blood oxygen (SpO2), stress levels, and sleep quality.
- **Long Battery Life:** Up to 11 days of typical usage.
- **1.32" AMOLED Display:** Vibrant display with auto-brightness.
- **GPS:** Built-in multi-system GPS for accurate activity tracking.
- **IP68 Water Resistance:** Designed to withstand dust and water immersion.
- **Compatibility:** Supports iOS 13 and above, Android 8.0 and above.



Image: An infographic highlighting the main features of the CMF by Nothing Watch Pro 2, including its display, sports modes, and health tracking capabilities.

2. What's in the Box

Upon opening the package, ensure all the following items are present:

- CMF by Nothing Watch Pro 2 Smartwatch (Model: D398)
- USB Charging Cable
- Wall Adapter Dual Port
- User Manual (this document)

3. Setup

3.1 Charging the Device

Before initial use, fully charge your CMF by Nothing Watch Pro 2. Connect the USB charging cable to the watch's charging port and the other end to the provided wall adapter or a compatible USB power source. The watch display will indicate charging status.

3.2 Pairing with Your Smartphone

1. Download the official CMF Watch app from your smartphone's app store (available for iOS 13+ and Android 8.0+).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the CMF Watch app and follow the on-screen instructions to create an account or log in.
4. Select "Add Device" or similar option within the app.
5. The app will search for nearby devices. Select "CMF Watch Pro 2" from the list.
6. Confirm the pairing request on both your watch and smartphone.
7. Once paired, the watch will synchronize with your phone, and you can customize settings through the app.

3.3 Wearing the Watch

Wear the watch snugly on your wrist, about one finger's width above your wrist bone. Ensure the sensors on the back of the watch are in contact with your skin for accurate heart rate and SpO2 measurements.



Image: A person wearing the CMF by Nothing Watch Pro 2, demonstrating how the watch sits on the wrist for optimal sensor contact.

4. Operating the Device

4.1 Basic Navigation

- **Touchscreen:** Swipe left/right to navigate between widgets, swipe up/down to access quick settings or notifications. Tap to select.
- **Functional Crown:** Rotate the crown to scroll through menus or adjust settings. Press the crown to return to the watch face or confirm selections.

4.2 Making and Receiving Calls

With the watch paired to your smartphone, you can make and receive Bluetooth calls directly from your wrist.

- **To make a call:** Access the call log or contacts list on your watch, select a contact, and initiate the call.
- **To receive a call:** When a call comes in, the watch will display the caller ID. Tap the green icon to answer or the red

icon to decline.

4.3 Sports Modes and Activity Tracking

The watch supports 120 sports modes. To start an activity:

1. Navigate to the "Workout" or "Sports" section on your watch.
2. Select your desired activity (e.g., Outdoor Running, Cycling).
3. Tap to start the activity. The watch will begin tracking relevant metrics like duration, distance, heart rate, and calories burned.
4. For activities like running or cycling, ensure GPS is active for accurate route mapping.
5. To end an activity, pause it and then select "End" or "Finish".

The watch also features smart automatic recognition for 5 common activities, prompting you to start tracking without manual input.

4.4 Health Monitoring

The CMF by Nothing Watch Pro 2 continuously monitors various health metrics:

- **Heart Rate:** View your current heart rate on the watch or in the app. The app provides historical data and analysis.
- **SpO2 (Blood Oxygen):** Measure your blood oxygen saturation levels.
- **Stress Monitoring:** Tracks your stress levels throughout the day.
- **Sleep Tracking:** Monitors your sleep patterns, including deep sleep, light sleep, and awake times.

For accurate readings, ensure the watch is worn correctly and snugly on your wrist.

5. Maintenance

5.1 Cleaning the Watch

- Regularly clean the watch body and strap with a soft, damp cloth.
- For the sensors on the back, gently wipe with a dry, lint-free cloth to ensure accurate readings.
- Avoid using harsh chemicals, abrasive cleaners, or solvents.

5.2 Water Resistance (IP68)

The watch is IP68 water-resistant, meaning it can withstand dust and immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, hand washing, and light rain. However, it is not recommended for swimming, diving, or high-pressure water activities.

- After exposure to water, wipe the watch dry before charging or using the functional crown.
- Do not operate the watch's buttons or crown underwater.

5.3 Battery Care

- To prolong battery life, avoid fully discharging the watch frequently.
- Charge the watch using the provided USB cable and wall adapter.
- Store the watch in a cool, dry place when not in use for extended periods.

6. Troubleshooting

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Watch not turning on	Low battery	Charge the watch for at least 30 minutes.
Unable to pair with phone	Bluetooth off; App issue; Watch not discoverable	Ensure phone's Bluetooth is on. Restart both watch and phone. Reinstall the CMF Watch app.
Inaccurate heart rate/SpO2 readings	Watch too loose; Sensor dirty	Ensure watch is snug on wrist. Clean the sensors on the back of the watch.
Notifications not appearing	App permissions; Notification settings	Check notification permissions for the CMF Watch app on your phone. Verify notification settings within the app.
Bluetooth call quality poor	Distance from phone; Interference	Keep watch within Bluetooth range of your phone. Minimize interference from other devices.

If the problem persists, please refer to the official CMF BY NOTHING support resources.

7. Specifications

Feature	Detail
Model Number	D398
Display	1.32" AMOLED with auto-brightness
Connectivity	Bluetooth 5.3
Compatibility	iOS 13 and above, Android 8.0 and above
Water Resistance	IP68
Sensors	Heart Rate, SpO2, Accelerometer, Gyroscope
Battery Life	Up to 11 days (typical usage)
Dimensions	1.77 x 1 x 0.63 inches
Weight	1.57 ounces
Manufacturer	CMF BY NOTHING
Release Date	July 8, 2024

8. Warranty and Support

8.1 Warranty Information

CMF BY NOTHING products typically come with a limited manufacturer's warranty. Please refer to the warranty card included in your product packaging or visit the official CMF BY NOTHING website for detailed warranty terms and conditions specific to your region and purchase date. Keep your proof of purchase for warranty claims.

8.2 Customer Support

For technical assistance, troubleshooting, or general inquiries, please contact CMF BY NOTHING customer support through their official website. You may find FAQs, support articles, and contact information (email, phone, or chat) on their

support page.

Official CMF BY NOTHING Store: Visit Store

9. Safety Information

Please read the following safety information carefully before using your CMF by Nothing Watch Pro 2 to ensure safe and proper operation.

- Do not attempt to disassemble, repair, or modify the device. This may cause damage, fire, electric shock, or other hazards.
- Keep the device away from extreme temperatures, direct sunlight, and high humidity.
- Avoid exposing the device to strong impacts or vibrations.
- Do not use the device while driving or in situations where it could distract you from important tasks.
- Consult a doctor before starting any new exercise regimen or if you have pre-existing health conditions that might be affected by using a wearable device.
- Dispose of the device and its batteries responsibly according to local regulations. Do not dispose of batteries in fire.

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