NONGAMX Montre Connectée Homme

NONGAMX Smartwatch User Manual

Model: Montre Connectée Homme
Brand: NONGAMX

1. Introduction

Welcome to your new NONGAMX Smartwatch! This comprehensive user manual provides detailed instructions to help you get the most out of your device. Designed for outdoor enthusiasts and daily wear, this smartwatch offers a 1.53-inch round touchscreen, 3ATM waterproofing, and a powerful LED flashlight. It integrates Bluetooth call functionality, extensive health monitoring, and over 100 sports modes to support your active lifestyle.



Image 1.1: The NONGAMX Smartwatch, showcasing its round display and robust design.

2. What's in the Box

Upon opening your NONGAMX Smartwatch package, please ensure all the following items are present:

- NONGAMX Smartwatch Unit
- Silicone Strap (pre-attached or separate)
- Magnetic Charging Cable
- User Manual (this document)



Image 2.1: The NONGAMX Smartwatch packaging.

3. Setup Guide

3.1 Initial Charging

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power adapter (not included) or a computer USB port. A full charge typically takes approximately 2.5 hours. The watch has a 500mAh battery, providing up to 7-10 days of normal working time and up to 30 days of standby time.



Image 3.1: Connecting the magnetic charging cable to the smartwatch.

3.2 App Installation and Pairing

To unlock the full functionality of your smartwatch, you need to install the companion application on your smartphone. Search for and download the 'Da Fit' app from your device's app store (Google Play Store for Android, Apple App Store for iOS).

1. Ensure your smartwatch is charged and powered on.
2. Enable Bluetooth on your smartphone.

3. Open the 'Da Fit' app and follow the on-screen instructions to add your device.
4. Select your smartwatch from the list of available devices to pair.
5. Confirm the pairing request on both your phone and the watch.

Note: For mobile phone privacy, caller ID content may display as a phone number instead of a name. Social app message notifications may not display content directly on the watch.

4. Operating Instructions

4.1 Basic Navigation

The smartwatch features a 1.53-inch IPS touch screen with 360*360 pixels for clear and responsive interaction. Navigate through menus by swiping left, right, up, or down. Press the physical buttons on the side for specific functions like power on/off, returning to the home screen, or activating the flashlight.

4.2 Bluetooth Calls and Message Notifications

Equipped with a 5.3 Bluetooth chip, the smartwatch allows you to make and receive calls directly from your wrist when connected to your Android (6.0+) or iOS (8.0+) phone. It also displays social media message notifications, ensuring you stay connected without constantly checking your phone.



Image 4.1: Bluetooth call functionality on the smartwatch.

4.3 Health Monitoring

The smartwatch supports 24-hour heart rate monitoring, real-time blood pressure, and blood oxygen detection. It also provides sleep monitoring, recording your sleep time and detecting sleep status (deep sleep, light sleep, eye movement mode). These features help you better understand your physical condition and develop healthy routines.



Image 4.2: Health monitoring features, including heart rate and blood pressure tracking.

4.4 Sports Modes

With over 100 sports modes, the fitness watch monitors distance, exercise time, and calories burned for various activities. This allows for comprehensive tracking of your workouts and progress.



Image 4.3: Overview of the smartwatch's extensive sports modes.

4.5 LED Flashlight and Compass

The smartwatch includes a built-in LED flashlight and compass, useful for outdoor activities. To activate the flashlight, press and hold the top button on the left side of the watch. You can switch between highlight mode, flash mode, and SOS mode with a single click.



Image 4.4: The powerful LED flashlight feature of the smartwatch.

4.6 Other Features

The smartwatch offers a variety of other practical functions, including:

- Voice Assistant
- Alarm Clock
- Calculator
- Sedentary Reminder

- Remote Camera Control
- Music Control
- Weather Forecast
- Multi-dial Switching (200+ dials)
- Drink Water Reminder



Image 4.5: A selection of additional features available on the smartwatch.

5. Maintenance

5.1 Charging

Always use the provided magnetic charging cable. Ensure the charging pins are clean and properly aligned with the watch's charging contacts. Avoid using damaged cables or chargers. Do not charge the watch in wet conditions.

5.2 Waterproofing (3ATM)

The smartwatch is 3ATM waterproof, meaning it is resistant to splashes, rain, and suitable for swimming. However, it is not recommended for hot showers, saunas, or diving, as steam and hot water can damage the seals.

5.3 Cleaning and Storage

Wipe the watch and strap regularly with a soft, dry cloth to remove sweat, dirt, and debris. For stubborn stains, a slightly damp cloth can be used, followed by drying. Store the watch in a cool, dry place away from direct sunlight and extreme temperatures when not in use for extended periods.

6. Troubleshooting

If you encounter any issues with your NONGAMX Smartwatch, please refer to the following common solutions:

Problem	Possible Solution
Watch does not power on or respond.	Ensure the watch is fully charged. Press and hold the power button for several seconds. If unresponsive, try charging for at least 30 minutes.
Cannot pair with smartphone.	Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone. Ensure the 'Da Fit' app is updated to the latest version. Forget the device in your phone's Bluetooth settings and try pairing again.
Inaccurate health readings.	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Avoid excessive movement during measurements. Note that readings are for reference only and not for medical diagnosis.
LED flashlight is dim or not working.	Ensure the watch has sufficient battery. Try restarting the watch. If the issue persists after a short period of use, it may indicate a hardware fault.
Watch band breaks or wears out quickly.	This is typically due to material fatigue from prolonged use. Replacement bands can be purchased separately.
Screen cracked or damaged.	Avoid dropping the watch or exposing it to sharp objects or excessive force. Screen damage is typically not covered under standard warranty unless it's a manufacturing defect.

If these solutions do not resolve your issue, please contact customer support.

7. Specifications

Feature	Detail
Product Dimensions	3.82 x 0.98 x 6.5 inches
Item Weight	3.87 ounces
ASIN	B0D7MKY4CB
Item Model Number	Montre Connectée Homme
Batteries	1 Lithium Ion battery required (included)
Manufacturer	NONGAMX
Screen Size	1.53 inches
Water Resistance	3ATM
Battery Capacity	500mAh
Bluetooth Version	5.3

8. Warranty and Support

8.1 Warranty Information

Your NONGAMX Smartwatch comes with a 12-month warranty from the date of purchase. This warranty covers manufacturing defects and issues arising from normal use. It does not cover damage caused by misuse, accidents, unauthorized repairs, or normal wear and tear (e.g., watch band).

8.2 Customer Support

If you have any questions, concerns, or require assistance with your smartwatch, please do not hesitate to contact our customer support team. We are committed to providing a solution within 24 hours. Please refer to your purchase documentation or the product listing for specific contact details.

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