

FOREVER Velora SB-306

FOREVER Velora SB-306 Smartwatch User Manual

Model: Velora SB-306 | Brand: FOREVER

1. INTRODUCTION

Welcome to the user manual for your new FOREVER Velora SB-306 Smartwatch. This elegant and functional device is designed to enhance your daily life with advanced health tracking, smart notifications, and customizable style. Featuring a vibrant AMOLED touchscreen and a durable design, your smartwatch is a versatile companion for both everyday wear and active lifestyles.

This manual provides essential information on setting up, operating, maintaining, and troubleshooting your smartwatch to ensure optimal performance and a satisfying user experience.



Image: The FOREVER Velora SB-306 Smartwatch featuring a gold case, a gold mesh band, and a vibrant floral watch face displaying the time and date.

2. SAFETY INFORMATION

- **Water Resistance (IP67):** The smartwatch is IP67 rated, meaning it is resistant to splashes, rain, and accidental immersion in shallow water for a short period. It is suitable for daily use and workouts. **Do not use the watch for swimming, bathing, or diving.** Exposure to hot water, steam, or high-pressure water jets may compromise its water resistance.
- **Battery Safety:** Do not attempt to replace the battery yourself. Only use the provided charging cable. Avoid exposing the watch to extreme temperatures or direct sunlight for prolonged periods.
- **Medical Device Disclaimer:** The health monitoring features (heart rate, SpO2, stress, sleep) are for general fitness and wellness purposes only and are not intended for medical diagnosis, treatment, or prevention of disease. Consult a medical professional for any health concerns.
- **Choking Hazard:** Keep the device and its accessories out of reach of small children.

3. PACKAGE CONTENTS

Please check the box for the following items:

- FOREVER Velora SB-306 Smartwatch
- USB Charging Cable
- Interchangeable Straps (one eco-leather, one metallic mesh)
- User Manual (this document)

4. SETUP

4.1. Charging the Smartwatch

Before first use, fully charge your smartwatch. Connect the USB charging cable to the charging port on the back of the watch and plug the other end into a USB power adapter (not included) or a computer's USB port.

- A charging icon will appear on the screen.
- Charging typically takes approximately 2 hours.
- Ensure the charging pins are clean and properly aligned with the watch's charging contacts.



Long Battery Life



Image: The smartwatch display showing a 'Charging complete!' message with a green circular icon, indicating the battery is fully charged.

4.2. Installing the Companion App

To unlock all features and synchronize data, you need to install the dedicated companion app on your smartphone. Search for the app name (refer to the packaging or quick start guide for the exact app name) in your smartphone's app store (Google Play Store for Android or Apple App Store for iOS).

- Download and install the app.
- Follow the on-screen instructions to create an account and set up your profile.

4.3. Pairing with Your Smartphone

After installing the app, pair your smartwatch with your smartphone via Bluetooth:

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the companion app on your smartphone.
3. Navigate to the 'Device' or 'Add Device' section within the app.
4. The app will search for available devices. Select 'Velora SB-306' or a similar name from the list.
5. Confirm the pairing request on both your smartphone and the smartwatch if prompted.
6. Once paired, the watch will synchronize time and data with your phone.

Stay Connected



Image: Two smartwatches side-by-side. The left watch displays a grid of colorful app icons, while the right watch shows a message notification from 'Andy' saying 'Let's have a supper together!'. This illustrates the 'Stay Connected' feature.

5. OPERATING INSTRUCTIONS

5.1. Basic Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and features. Tap to select an item.
- **Side Button:** Press the side button to return to the home screen or wake up the display. A long press may access power options or a quick menu.

5.2. Customizing Watch Faces

Personalize your smartwatch by changing watch faces:

- **On the Watch:** Long-press the home screen, then swipe left/right to browse pre-installed watch faces. Tap to select.
- **Via App:** Open the companion app, go to the 'Watch Face' or 'Dial Market' section. You can

download more designs or create custom ones using your photos.

5.3. Health and Fitness Tracking

Your Velora SB-306 Smartwatch offers comprehensive health monitoring:

- **Heart Rate Monitor:** The watch continuously monitors your heart rate. Access the heart rate interface on the watch to view real-time data.
- **Pedometer:** Automatically tracks your steps, distance, and calories burned throughout the day.
- **Sleep Monitor:** Wears the watch to bed to track your sleep patterns, including deep sleep, light sleep, and wake-up times. View detailed analysis in the app.
- **Blood Oxygen (SpO2) & Stress Measurement:** Access these features on the watch to take on-demand measurements. Ensure the watch is snug on your wrist for accurate readings.
- **Multi-sport Tracking:** Select from various sport modes (e.g., running, walking, cycling) to track specific workout data.

Your Personal Trainer and Health Companion



Image: A smartwatch displaying active fitness data, including workout duration (00:35:42), distance (05.33 km), and heart rate (160 bpm). In the background, a woman is shown running outdoors, illustrating the fitness tracking capabilities.

5.4. Notifications

Receive notifications directly on your wrist:

- Ensure the watch is paired and app notifications are enabled in your smartphone settings and the companion app.
- The watch will vibrate and display incoming calls, messages, and app alerts.

5.5. Music Control & Camera Remote

Control your smartphone's music playback and camera remotely:

- **Music Control:** Access the music control feature on the watch to play/pause, skip tracks, and adjust volume for music playing on your phone.
- **Camera Remote:** Use the watch as a remote shutter for your smartphone's camera. Open the camera function in the app, then tap the camera icon on your watch to take a photo.

5.6. Water Resistance Guidelines

As an IP67 rated device, the Velora SB-306 is designed to withstand daily water exposure. However, proper care is essential:

- Avoid prolonged immersion.
- Do not expose to hot water, steam, or high-pressure water.
- Dry the watch thoroughly after exposure to water to prevent skin irritation and ensure proper function.



Always with You - Even in Water



Image: The FOREVER Velora SB-306 Smartwatch, with a white strap and floral watch face, partially submerged in water, demonstrating its IP67 water resistance for daily use.

6. MAINTENANCE

6.1. Cleaning the Smartwatch

- Wipe the watch screen and body with a soft, lint-free cloth. If necessary, slightly dampen the cloth with water.
- Avoid using harsh chemicals, abrasive cleaners, or solvents, as these can damage the finish.
- Ensure the charging contacts are clean and dry to prevent corrosion and ensure efficient charging.

6.2. Strap Replacement

Your smartwatch comes with two interchangeable straps. To replace a strap:

1. Locate the quick-release pin on the underside of the strap where it connects to the watch body.
2. Slide the pin inwards to detach the strap from the watch.
3. Align the new strap with the watch body and slide the quick-release pin into place until it clicks securely.
4. Gently pull on the strap to ensure it is firmly attached.



Image: The smartwatch with an elegant gold metallic mesh band, showcasing a floral watch face.



Image: The smartwatch with a comfortable white eco-leather band, also featuring a floral watch face.

6.3. Battery Care

- Avoid completely draining the battery regularly. Charge it before it reaches very low levels.
- If storing the watch for an extended period, charge it to about 50% and store it in a cool, dry place.

7. TROUBLESHOOTING

If you encounter issues with your smartwatch, try the following solutions:

Problem	Solution
Watch does not turn on or charge.	<p>Ensure the charging cable is securely connected to both the watch and the power source.</p> <p>Check if the charging contacts on the watch and cable are clean.</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>
Cannot pair with smartphone.	<p>Ensure Bluetooth is enabled on your smartphone.</p> <p>Make sure the watch is within Bluetooth range of your phone.</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 companion app.</p>
Inaccurate health readings.	<p>Ensure the watch is worn snugly on your wrist, not too tight or too loose.</p> <p>Clean the sensor on the back of the watch.</p> <p>Avoid excessive movement during measurements.</p>
Screen is unresponsive.	<p>Restart the smartwatch (if possible, by holding the side button).</p> <p>Ensure the screen is clean and dry.</p>

8. SPECIFICATIONS

Feature	Detail
Model Name	Velora SB-306
Display	1.19-inch AMOLED Touchscreen, 390 x 390 px resolution, Always On Display
Connectivity	Bluetooth
Water Resistance	IP67 (Splash, rain, and daily use resistant; not for swimming/bathing)
Battery Capacity	145 mAh Lithium-ion
Compatibility	iOS and Android devices
Health Monitoring	Heart Rate, Pedometer, Sleep, Blood Oxygen (SpO2), Stress Measurement

Feature	Detail
Special Features	Customizable Watch Faces, Music Control, Camera Remote, Notifications, Multi-sport Tracking, GPS via smartphone
Internal Storage	128 MB
Case Material	Stainless Steel
Strap Material	Eco-leather, Metallic Mesh
Dimensions	25 x 5 x 2 cm
Weight	60 Grams

9. WARRANTY AND SUPPORT

Your FOREVER Velora SB-306 Smartwatch is covered by a manufacturer's warranty. Please refer to the warranty card included in your package for specific terms and conditions, including the warranty period and coverage details.

For technical support, service, or any questions regarding your product, please contact FOREVER customer service through the contact information provided on the official FOREVER website or your purchase documentation. When contacting support, please have your product model (Velora SB-306) and proof of purchase readily available.