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› WATCHMARK Smartwatch Cardio One Slim User Manual

WATCHMARK d4440801-f239-4d79-b00f-cd58eec9f8c7

WATCHMARK Smartwatch Cardio One Slim User Manual

Model: d4440801-f239-4d79-b00f-cd58eec9f8c7

INTRODUCTION

The WATCHMARK Cardio One Slim smartwatch is designed to help you track your progress and improve your fitness with ease. It monitors essential health metrics such as steps, distance traveled, and calories burned, assisting you in reaching your training goals. Featuring a slim, high-resolution rectangular display, it offers convenient access to notifications and various applications. Its modern design, durable metal housing, and long-lasting battery make it an ideal companion for active individuals.

This manual provides comprehensive instructions for setting up, operating, and maintaining your Cardio One Slim smartwatch, ensuring optimal performance and longevity.

PACKAGE CONTENTS

- WATCHMARK Cardio One Slim Smartwatch
- Charging Cable
- User Manual (this document)



Image: The retail packaging for the WATCHMARK Cardio One Slim smartwatch. The box is white with red accents, featuring the "WATCHMARK" logo and "Cardio One Slim" text. A barcode is visible on the side.



Image: A side view of the WATCHMARK Cardio One Slim retail box, clearly showing a barcode with the number 5903949991642 and the text "Cardio One Slim cz".

SETUP

1. Initial Charging

Before first use, fully charge your smartwatch. Connect the provided charging cable to the charging contacts on the back of the watch and plug the USB end into a compatible power adapter (not included) or a computer's USB port. The watch display will indicate charging status.



Image: The back of the WATCHMARK Cardio One Slim smartwatch, displaying the optical heart rate sensors and metallic charging contacts. CE and RoHS compliance marks are also visible.

2. App Installation and Pairing

To unlock the full functionality of your smartwatch, download the companion application on your smartphone. Search for "WATCHMARK" or "Cardio One Slim" in your device's app store (Google Play Store for Android or Apple App Store for iOS). Once installed, open the app and follow the on-screen instructions to pair your smartwatch via Bluetooth. Ensure Bluetooth is enabled on your smartphone.

OPERATING INSTRUCTIONS

Basic Navigation

The Cardio One Slim features a responsive touchscreen display. Swipe left, right, up, or down to navigate through menus and functions. Tap to select an option or confirm an action. A physical button (if present, typically on the side or bottom of the screen) may serve as a home button or a quick access key.



Image: The front display of the WATCHMARK Cardio One Slim smartwatch. It shows the current time (09:40), day (WED), date (11/09), step count (23569), and heart rate (089). Icons for PPG and ECG measurements are also visible.

Health Monitoring

- **Heart Rate (PPG/ECG):** Access the heart rate monitoring function from the main menu. The watch uses PPG (Photoplethysmography) for continuous heart rate tracking and ECG (Electrocardiogram) for more detailed heart activity readings. Follow on-screen prompts for accurate measurements.



Image: The display of the WATCHMARK Cardio One Slim smartwatch showing an ECG reading. The screen indicates "ECG" and a heart rate of "080 bpm" at "09:55 AM", with a play button icon.

- **Step, Distance, and Calorie Tracking:** The smartwatch automatically tracks your daily steps, calculates the distance covered, and estimates calories burned. View these statistics directly on the watch face or in the companion app.

- **Sleep Tracking:** Wear the smartwatch to bed to monitor your sleep patterns. The companion app provides detailed analysis of your sleep quality, including different sleep phases (light, deep, REM).



Image: A graphical representation of sleep tracking data from the smartwatch. The graph shows sleep duration and phases (light, deep) over several days, with percentages for different sleep states.

Activity Tracking (Sport Modes)

Select from various sport modes to accurately track specific activities such as outdoor running, walking, hiking, cycling, and more. Each mode provides relevant metrics for your workout.



Image: The smartwatch display showing different sport modes, including outdoor run, outdoor walk, and hiking. Icons representing various activities like running, walking, cycling, and climbing are also shown.

Smart Features

- **Notifications:** Receive call, message, and app notifications directly on your wrist when paired with your smartphone.
- **Music Control:** Control music playback on your paired smartphone (play, pause, skip tracks) directly from the smartwatch.
- **Weather Display:** Get real-time weather updates on your watch face.



Image: Three smartwatches displaying different smart features: one showing an incoming call notification ("Ringing"), another showing music playback controls (pause, skip), and a third displaying weather information (26°C, sunny).

MAINTENANCE

Cleaning Your Smartwatch

Regularly clean your smartwatch to ensure hygiene and proper sensor function. Use a soft, lint-free cloth to wipe the screen and body. For stubborn smudges, slightly dampen the cloth with water. Avoid using harsh chemicals, abrasive cleaners, or solvents, as these can damage the device.

Battery Care

- Avoid fully discharging the battery frequently.
- Do not expose the device to extreme temperatures (hot or cold), as this can degrade battery life.
- Use only the provided charging cable.

Water Resistance

While the Cardio One Slim is designed for daily wear, including light splashes and sweat, it is not recommended for swimming or showering. Avoid prolonged exposure to water and do not submerge the device.

TROUBLESHOOTING

Device Not Turning On

- Ensure the battery is sufficiently charged. Connect the watch to its charger for at least 30 minutes.
- Press and hold the power button (if applicable) for several seconds to force a restart.

Cannot Pair with Smartphone

- Make sure Bluetooth is enabled on your smartphone.
- Ensure the smartwatch is within Bluetooth range of your phone.
- Restart both your smartwatch and smartphone.
- Clear the Bluetooth cache on your phone (if applicable) and try pairing again.
- Ensure the companion app is up to date.

Inaccurate Health Readings

- Ensure the watch is worn snugly on your wrist, but not too tight.
- Clean the sensors on the back of the watch.
- Avoid excessive movement during measurements.
- Note that environmental factors and individual physiology can affect accuracy.

SPECIFICATIONS

Feature	Detail
Model Number	d4440801-f239-4d79-b00f-cd58eec9f8c7
ASIN	B0DG61H5LK
Manufacturer	Watchmark
Batteries	1 Lithium Polymer (included)
Package Dimensions	16.8 x 9.7 x 3.3 cm
Item Weight	160 g
First Available Date	14 September 2024

WARRANTY AND SUPPORT

The WATCHMARK Cardio One Slim smartwatch is manufactured by Watchmark. For specific warranty terms, conditions, and support inquiries, please refer to the warranty card included with your product or visit the official Watchmark website. Keep your proof of purchase for warranty claims.