## NONGAMX Montre Connectée Femme avec Collier (B0DJW19RWD)

# NONGAMX Smartwatch User Manual

Model: Montre Connectée Femme avec Collier (B0DJW19RWD)
Brand: NONGAMX

## 1. Introduction

Thank you for choosing the NONGAMX Smartwatch. This manual provides essential information for setting up, operating, and maintaining your device. Please read it carefully to ensure optimal performance and longevity of your smartwatch.

### What's in the Box

- 1 x Smartwatch for Women
- 2 x Straps (one pre-attached, one extra)
- 1 x Zircon Necklace
- 1 x Charging Cable
- 1 x User Manual (French)




Image: The NONGAMX Smartwatch in silver with a mesh strap, an additional white silicone strap, and a heart-shaped zircon necklace.

## 2. Setup

### 2.1 Charging the Smartwatch

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 power adapter (not included) or a computer's USB port. A full charge takes approximately 2 hours. The watch has a 300mAh battery, providing 1-7 days of usage and up to 25 days of standby time, depending on usage.




Image: A close-up of the smartwatch showing battery capacity (300mAh), charging time (2 hours), usage (1-7 days), and standby time (25 days).

### 2.2 App Installation

To unlock the full features of your smartwatch, you need to download and install the companion application on your smartphone. The smartwatch is compatible with Android 5.0 or higher and iOS 8.0 or higher. Search for the app name (usually mentioned in the included quick start guide or on the watch screen during initial setup) in your phone's app store (Google Play Store for Android, Apple App Store for iOS).

### 2.3 Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the companion app on your smartphone.
3. Follow the in-app instructions to search for and connect to your smartwatch. The watch supports Bluetooth 5.2 for a stable connection.
4. Confirm the pairing request on both your phone and the smartwatch if prompted.

## 3. Operating Instructions

### 3.1 Basic Navigation

The smartwatch features a 1.27-inch HD touchscreen with a resolution of 360*360 pixels. Navigate through menus and functions by swiping left, right, up, or down, and tapping to select options.

### 3.2 Bluetooth Calls

Once paired, your smartwatch supports Bluetooth calling. You can answer calls directly from your wrist, dial numbers, and synchronize contacts and call logs from your phone.

### 3.3 Notifications

Receive smart reminders for messages (SMS, social media apps), alarms, sedentary alerts, and drinking water reminders directly on your watch.

### 3.4 Voice Assistant

Activate the built-in voice assistant to perform various tasks using voice commands.

### 3.5 Music and Photo Control

Control music playback on your smartphone and remotely trigger your phone's camera directly from your smartwatch.

### 3.6 Watch Faces

Choose from over 400 watch face selections or create your own DIY watch faces using photos from your phone.




Image: The smartwatch displaying screens for Bluetooth calls, message notifications, and voice assistant functionality.




Image: A collage showing different watch faces, multi-function icons (timer, DND, business card, weather, stopwatch, brightness, alarm, time setting, password), smart reminders, and photo/music control features.

## 4. Health Monitoring

The NONGAMX Smartwatch is equipped with advanced sensors to help you monitor your health metrics throughout the day.

- **Heart Rate Monitoring:** Continuously track your heart rate and view historical data in the app.
- **Blood Pressure Detection:** Measure your blood pressure directly from your wrist.
- **Blood Oxygen (SpO2) Detection:** Monitor your blood oxygen saturation levels.
- **Sleep Monitoring:** Automatically track your sleep patterns, including deep sleep, light sleep, and wake-up times, to analyze sleep quality.
- **Women's Health Tracking:** Features include menstrual cycle reminders and tracking.
- **Breathing Training:** Guided breathing exercises to help you relax and manage stress.

*Note: Health monitoring data is for reference only and should not be used for medical diagnosis or treatment. Consult a healthcare professional for any health concerns.*




Image: The smartwatch showing various health assistant screens including blood pressure, heart rate, sleep tracking, blood oxygen, and breathing training. Also shows people engaging in various activities like sleeping, jumping rope, playing basketball, and meditating.

## 5. Sports Modes

The smartwatch offers over 110 sports modes to track your physical activities. It monitors calories burned, steps taken, and distance covered throughout the day. You can customize and add more sports modes via the companion app.

## 6. Other Features

- **Weather Forecast:** Get real-time weather updates.
- **Calculator:** A convenient calculator function on your wrist.
- **Alarm Clock:** Set multiple alarms.
- **Timer & Stopwatch:** Essential tools for timing activities.
- **Password Setting:** Protect your watch with a startup password.
- **Brightness Adjustment:** Adjust screen brightness for optimal visibility.
- **QR Code Business Card:** Display your QR code for easy sharing.

- **Do Not Disturb Mode:** Silence notifications during specific times.

## 7. Maintenance

### 7.1 Water Resistance (IP68)

The smartwatch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, such as hand washing or light rain. However, it is not recommended for swimming, diving, or hot showers/saunas as steam and hot water can damage the seals.

### 7.2 Cleaning

Regularly clean your smartwatch and strap with a soft, dry cloth. If necessary, use a slightly damp cloth and then dry thoroughly. Avoid using harsh chemicals or abrasive materials.

### 7.3 Battery Care

To prolong battery life, avoid exposing the watch to extreme temperatures. Charge the watch regularly and avoid letting the battery completely drain for extended periods.

## 8. Troubleshooting

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes before attempting to power it on.
- **Cannot pair with phone:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone, then try pairing again through the companion app.
- **Notifications not received:** Check app permissions on your phone to ensure the companion app has access to notifications. Also, verify that 'Do Not Disturb' mode is not active on the watch.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, about one finger's width from your wrist bone. Avoid excessive movement during measurements.
- **Screen visibility issues:** Adjust the screen brightness setting on the watch. Ensure the screen is clean and free from smudges.
- **No integration with Google Fit/Samsung Health:** This smartwatch uses its own dedicated companion application for data synchronization and analysis. It may not directly integrate with third-party health platforms like Google Fit or Samsung Health. Please refer to the companion app for all your health data.

## 9. Specifications




Image: Diagram showing the smartwatch dimensions (1.27" screen, 49mm height, 42.2mm width, 11.7mm thickness, strap length 248mm), along with the included necklace, extra strap, charging cable, and user manual.

| Feature | Description |
|---|---|
| Brand | NONGAMX |
| Model Number | Montre Connectée Femme avec Collier |
| Color | Silver |
| Screen Size | 1.27 Inches |
| Screen Type | TFT Touchscreen |
| Resolution | 360*360 Pixels |
| Operating System | Proprietary (Compatible with iOS, Android) |

| | |
|---|---|
| Connectivity | Bluetooth 5.2 |
| Battery Capacity | 300 mAh Lithium-ion |
| Charging Time | Approx. 2 hours |
| Usage Time | 1-7 days (depending on usage) |
| Standby Time | Up to 25 days |
| Water Resistance | IP68 |
| Special Features | Bluetooth calls, Message reminders, Voice assistant, Heart rate monitoring, Blood pressure detection, Blood oxygen detection, Sleep tracking, Women's health, 400+ watch faces, DIY watch faces, 110+ exercise modes, QR code business card, Calculator, Do Not Disturb mode, Time setting, Breathing training, Alarm, Password, Step counter, Calories, Weather forecast. |

## 10. Warranty and Support

### 10.1 Return Policy

This product is eligible for a 30-day refund/replacement return policy from the date of purchase. Please refer to your retailer's specific return guidelines for detailed instructions.

### 10.2 Customer Support

For any questions, technical assistance, or warranty claims, please contact the seller or manufacturer's customer support. Refer to the packaging or product documentation for contact information.

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