ASWEE KM13

ASWEE Smart Watch User Manual

Model: KM13

1. INTRODUCTION

Thank you for choosing the ASWEE Smart Watch KM13. This device is designed to enhance your daily life by providing comprehensive fitness tracking, health monitoring, and smart communication features. It seamlessly integrates with your Android or iOS smartphone, allowing you to make and receive calls, get intelligent notifications, and manage your health data with ease. Please read this manual carefully to ensure proper use and optimal performance of your new smartwatch.

The ASWEE Smart Watch KM13, featuring a large display and call functionality.

2. Setup Guide

2.1 Connecting Your Watch and Phone

To fully utilize your ASWEE Smart Watch KM13, you need to connect it to your smartphone via the dedicated application. The watch is compatible with both iOS and Android devices.

1. **Step 1: Download the App**
   Search for "FitPro" in your phone's app store (Google Play Store for Android or Apple App Store for iOS) and download the application.

2. **Step 2: Pair Your Device**
   Open the FitPro Health App. Navigate to the 'Devices' section and select 'Bind device to experience more features'. Your phone will scan for available devices. Select your ASWEE Smart Watch (KM13) from the list to pair.

3. **Step 3: Remove Device (if needed)**

If you need to unpair your watch, open the FitPro Health App, go to 'Setting', and select 'Remove' to disconnect the device.
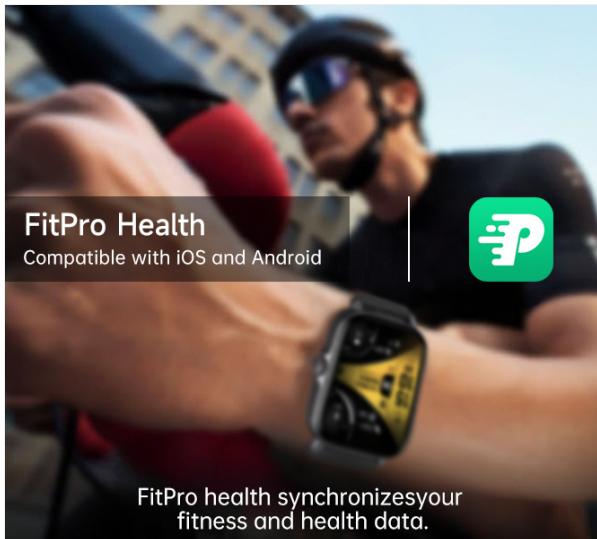
Visual guide for connecting your ASWEE Smart Watch KM13 to the FitPro Health App.

3. OPERATING INSTRUCTIONS

3.1 Calls Function

The ASWEE Smart Watch KM13 is equipped with a microphone and loudspeaker, enabling you to make and receive calls directly from your wrist after connecting it to your mobile phone via the FitPro app. This feature allows for convenient communication without needing to take out your phone.

3.2 Health Monitoring

The KM13 provides comprehensive health monitoring features to help you stay informed about your physical condition.

- **Heart Rate Monitoring:** Supports real-time dynamic monitoring of your heart rate throughout the day.
- **Blood Oxygen (SpO2) Monitoring:** Automatically provides 24-hour SpO2 level detection, crucial for understanding your oxygen supply.
- **Blood Pressure Monitoring:** Helps you better understand your physical condition by tracking blood pressure.
- **Stress Level Monitoring:** The watch can help regulate your breathing and relieve tension.

Easy 24/7 Health Monitoring

Powerful and accurate heart rate monitoring

- Heart Rate
- Blood-oxygen Saturation
- Stress Level

Health tricyclic 10:09

pedo 34%
25324 Step

train 33%
10/30 Minutes

stand 25%
3/12 Hour

*This product is not a medical device and cannot be used for medical purposes.

The ASWEE Smart Watch KM13 offers 24/7 health monitoring, including heart rate, blood oxygen, and stress levels.

Achieving Your Goals   Accurate data   Mant sports modesl   Music control

Synchronize data to APP

Monitor your heart rate, blood pressure, blood oxygen, body temperature and respiration all the time.
When you reach the goal, there will be a reminder and your data will be recorded. The data can be kept for 30 days.

Heart rate 10:09

heart rate
89 BPM
2 minutes ago: 88

Synchronize your health data, including heart rate, blood pressure, and blood oxygen, to the FitPro app for up to 30 days of record keeping.

3.3 Activity Tracking

The KM13 provides 8 daily exercise modes and supports over 100 sports modes, including running, cycling, hiking, swimming, and skiing. It records real-time data such as heart rate, mileage, calories burned, and activity minutes, allowing you to adjust your exercise rhythm effectively.
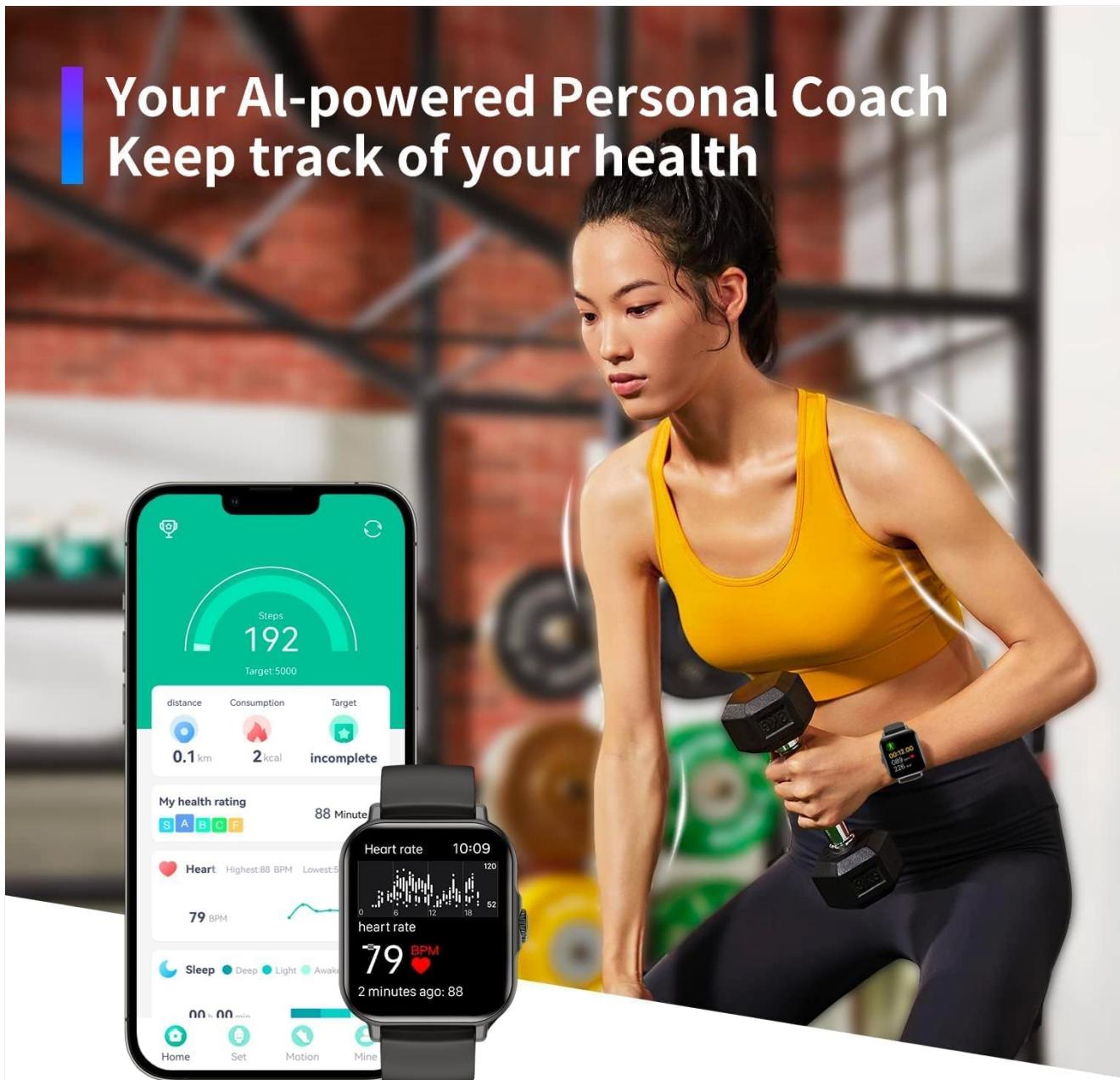
Your ASWEE Smart Watch KM13 acts as an AI-powered personal coach, tracking your health and fitness progress.

Play Your Favourite

Supporting more than 100 sports modes like running, cycling, hiking, swimming and skiing.

Engage in your favorite activities with over 100 supported sports modes.

3.4 Intelligent Notifications & Controls

The KM13 offers numerous practical functions to keep you connected and in control:

- **Message Notifications:** Receive SMS and app messages (e.g., Twitter, Facebook, Messenger, Viber) directly on your watch.
- **Multimedia Control:** Control music playback on your phone from your watch.
- **Brightness Adjustment:** Adjust the screen brightness for optimal viewing.
- **Weather Display:** Get real-time weather updates.
- **Camera Control:** Remotely control your phone's camera.
- **Reminders:** Includes long-sitting reminders, alarms, and stopwatch functions.
- **Find Phone:** Locate your misplaced phone using your watch.

Bluetooth Phone Calls & Message Reminder

Phone Call Notifications

Intelligent message reminder

Stay connected with Bluetooth phone calls and intelligent message reminders.

Feel energized in your fitness

Support Bluetooth control music playback, get rid of the shackles of mobile phones, and make it easier to get happiness in fitness.
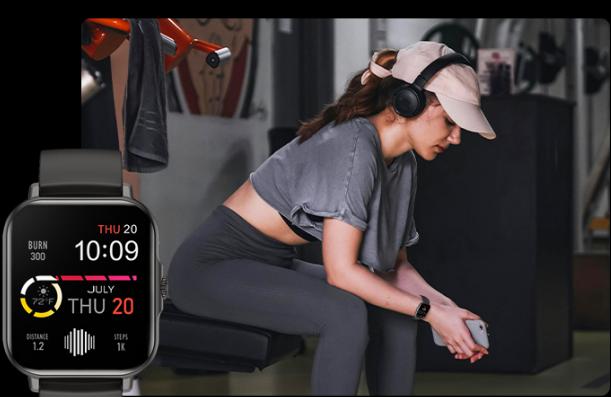
Control your music playback directly from your watch, enhancing your fitness experience.

3.5 Sleep Monitoring

The ASWEE Smart Watch KM13 accurately monitors your sleep patterns, providing insights into your sleep quality, including deep sleep and light sleep stages. This helps you form a regular sleep routine and improve your overall rest.

Monitor your sleep quality and patterns for better rest every night.

3.6 SOS Emergency Contact

The KM13 allows you to set up emergency contacts. In case of need, you can directly contact and seek help through your watch, providing an added layer of safety.

4. MAINTENANCE AND CARE

To ensure the longevity and optimal performance of your ASWEE Smart Watch KM13, follow these maintenance guidelines:

- **Cleaning:** Regularly wipe the watch screen and strap with a soft, dry cloth. If necessary, use a slightly damp cloth and then dry thoroughly. Avoid harsh chemicals or abrasive materials.

- **Charging:** Use the provided charging cable. Ensure the charging contacts on the watch and cable are clean and dry before charging.
- **Battery Life:** The KM13 offers up to 7 days of battery life depending on usage. To maximize battery life, reduce screen brightness, limit continuous heart rate monitoring, and turn off unnecessary notifications.
- **Water Resistance:** While the watch is designed for daily use and can withstand splashes, avoid prolonged immersion in water or wearing it during hot showers or saunas.
- **Storage:** Store the watch in a cool, dry place when not in use.

Enjoy extended usage with up to 7 days of battery life on your ASWEE Smart Watch KM13.

5. TROUBLESHOOTING

If you encounter issues with your ASWEE Smart Watch KM13, please refer to the following common solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- **Unable to pair with phone:**

a. Ensure Bluetooth is enabled on your phone.

b. Make sure the watch is within Bluetooth range (typically 10 meters).

c. Restart both your phone and the watch.

d. Check if the FitPro app is updated to the latest version.

e. If previously paired, try unpairing the device from your phone's Bluetooth settings and then re-pairing through the FitPro app.

- **Inaccurate health data:**

  a. Ensure the watch is worn snugly on your wrist, not too tight or too loose.

  b. Clean the sensor on the back of the watch.

  c. Note that environmental factors and individual physiology can affect readings. This device is not a medical device and should not be used for medical purposes.

- **Notifications not appearing:**

  a. Ensure the watch is connected to your phone via Bluetooth and the FitPro app.

  b. Check notification permissions for the FitPro app in your phone's settings.

  c. Verify that app notifications are enabled within the FitPro app settings.

- **Short battery life:**

  a. Reduce screen brightness.

  b. Disable continuous heart rate monitoring if not needed.

  c. Limit the number of apps sending notifications to the watch.

  d. Ensure the watch is fully charged each time.

If these steps do not resolve your issue, please contact ASWEE customer support for further assistance.

6. TECHNICAL SPECIFICATIONS

Feature	Specification
Model Number	KM13
Screen Size	1.85 Inches
Product Dimensions	28.7 x 7.3 x 1.7 cm
Weight	90 g
Battery Capacity	400 Milliamp Hours
Battery Type	Lithium Ion (1 C battery included)
Connectivity Technology	Bluetooth
Operating System	Wear OS 3.0
Memory Storage Capacity	128 MB
Special Features	Multisport Tracker, Text Messaging, Activity Tracker, Alarm Clock, Phone Call
Language Support	English, German, Italian, Spanish, French

GPS	No GPS
Shape	Rectangular

7. Warranty and Support

ASWEE is committed to providing high-quality products. For any questions, technical support, or warranty claims regarding your ASWEE Smart Watch KM13, please refer to the contact information provided with your purchase or visit the official ASWEE website. Please retain your proof of purchase for warranty purposes.

What's in the Box:

- ASWEE Smart Watch KM13
- Charging Cable
- User Manual (this document)
- Watch Band

Related Documents - KM13

1. Dial Page
- Long press the screen to enter the dial selection page
- Left or right stroke can switch the dial
- Confirm the dial after clicking.
(Note: The system presets 6 dial pages, and the last dial is "Custom". This dial will change according to the dial market of the APP side and the download Settings of the custom dial)

2. Menu Page
- Press the right button on the dial page to enter the Menu page.
- After entering the Menu page, press the right button twice continuously to switch the menu style, and press only once to return to the main Dial page.

3. Function Page
Click the application icon on the Menu page to enter the corresponding function, Swipe right to return, And simply press the right button to return to the Main Dial page.

Square Key
1. In the shutdown state, long press the Square button to turn on the machine.
In the startup state, long press the Square button to turn off the machine
2. Press the Square key on the main dial to access the Menu screen.
3. On the Menu screen, click the Square button to return to the Main Dial screen.
4. Double-click the Square button to switch to different menu styles.

Up: Message notification

Swipe left: Movement data

Swipe right: Go to the sidebar

Down: Control Center

Alarm
After the watch is connected to the APP, you can set a single alarm clock, a cycle alarm clock, and up to 10 alarm clocks in the APP terminal.

Stopwatch
- Click the Start button to start the timing.
- Click the Pause button to stop the timing.
- Click the Reset button to return the timing to zero.

Breathing Training
- During breathing exercises, there are 1-minute and 5-minute options.
- Users click on the corresponding time to perform breathing training.
- Click Start and follow the ICONS in the breathing exercises to zoom in and zoom out.

Blood Pressure
When entering the Blood Pressure Measurement interface, the green light at the bottom will start the test and there will be a vibration reminder when the measurement is completed within 30 to 60 seconds. The measurement is based on PPG technology.

Female
After the watch is connected to the APP, a women's health alert can be enabled on the APP to view women's health information on the watch.

Heart Rate
When you enter the Heart Rate Measurement interface, the green light at the bottom will start to measure. When the measurement is completed in about 40 seconds, there will be a vibration reminder. If the message "Please wear the watch correctly" is displayed, you need to wear the watch again.

Blood oxygen
When entering the interface of Blood Oxygen Measurement, the red light at the bottom will start the test for 30~60 seconds and there will be a vibration reminder when the measurement is completed. The measurement is based on PPG technology.

Movement
Sports mode options: Hiking, Running, Cycling, Mountaineering, Badminton, Baseball, Basketball, etc. Click the icon to start Sports.

Weather
When the watch is connected to the APP, the weather interface will display real-time weather temperature and weather type.

Messages
After the watch is connected to the APP, you can open the push of relevant information on the APP terminal. The watch terminal can receive the corresponding push message and save up to 15 latest messages.
For example, after receiving a WeChat message, enter the WeChat function interface to view the message. After receiving a short message, enter the Information interface to view the message.

Set-Up
The Settings function includes screen display (Switching Dial, On-Screen Duration, Brightness Adjustment, Wrister On-Screen Duration, and Touchscreen Clock), language, vibration intensity, menu style, battery, password, two-dimensional code, and system.

Music
When the watch is connected to the APP, you can control the Pause and Start of the mobile music player, adjust the volume and switch songs.

Timer
In the timing function, the system preset the common timing duration. You can click the corresponding duration to time quickly or click the custom button to set the time.
- Click the Start button to start the timing.
- Click the Pause button to pause the timing.
- Click the Reset button to reset the timing to zero.

Sleep
The watch displays the total sleep duration as well as light and deep sleep duration last night, and the sleep screen slides up to show sleep data generated in the last seven days.

Computer
On the Menu screen, click Calculator to enter the Function Screen of Calculator. On this screen, you can calculate addition, subtraction, multiplication, and division.

Movement Data
Display the number of steps, distance, and calorie data recorded on that day. You can scroll up the data interface to view the number of steps in the recent seven days, and set the target number of steps, distance, and calories in the APP.

Bluetooth Phone
When the watch is connected to the Bluetooth of the mobile phone, it can synchronize with the watch after adding the common contacts in the APP. You can dial directly from the interface of the common contacts of the watch, or use the watch to dial and control the call of the mobile phone.

Looking for Mobile Phone
After the watch is connected to the APP, click to find the phone, the phone will ring and the watch will show that the search is successful. If the watch and the APP are not connected, the sides of the watch will prompt to show Bluetooth® is disconnected.

The Control Center
Function Description: Screen Brightness Adjustment, Do Not Disturb Mode, Flashlight, Audio Bluetooth, Settings, System Information, Phone Search, Music Playback.

1. The watch isn't starting. What to do?
Ans: Press the Power button for more than 6 seconds. Or, the battery may be low. Charge it in time.
2. Bluetooth is not connected or cannot be connected. How to deal with that?
Ans: You can try the following ways:
1) Please try to restart the watch and re-link.
2) Please try to restart Bluetooth and connect again.
3) Don't connect your phone to other Bluetooth devices at the same time.
3. Watch is measuring the heart rate, blood pressure, and blood oxygen data abnormally. Possible reasons?
Ans: There could be several reasons for that. Here are a few of them:
1) Generally for measurement, the watch sensor and the human body might be in poor contact. Please check and work on that.
2) Please pay attention to full contact between the sensor and the wrist during measurement.
3) For people with darker skin color and hairy arms, please enable enhanced measurement in App [Device > Enhanced measurement].
4. Abnormal sleep data is showing. Possible reasons?
1) Sleep monitoring simulates people's self-perceived state of falling asleep and waking up, which needs to be worn correctly.
2) If you wear it for too long or when you fall asleep, errors

ASWEE Smart Watch Instruction Manual: Setup, Features & Operation Guide

Learn how to set up and use your ASWEE Smart Watch. This guide covers connecting to your phone, using health monitoring features, sports modes, and troubleshooting.

may occur.
3) Sleep data is not monitored during the day, and the
default sleep monitoring is from 9:30 PM to 12:00 noon the
next day.

For more frequently asked questions, please check the App
(My ->FAQ)

Bluetooth data transmission

When connected to a mobile phone, the watch
synchronizes some data, including weather, notifications,
sports, and health data, with the phone via Bluetooth.
When the connection is disconnected or Bluetooth is
turned off, the data will not be synchronized.
Note:
1) Do not charge in a humid environment.
2) Please use a clean flannelette to clean the magnetic
suction charging hole on the back of the watch. This will
ensure that the magnetic suction charging port and
magnetic charger fit well confirming normal charging.
3) This product is not equipped with a power adapter to
ensure the safety of the family and property. While
charging, you can use the computer USB interface or
choose a power adapter whose output is not more than
5V1A. Please buy the power adapter through the regular
channel, and avoid using the bottom quality and fake
power adapter to avoid bursting or firing.
Matters Needing Attention
1. The measurement results of this product are only for
industrial examination and are not used for any medical
use or basis. Please follow the doctor's guidance and do
not use the measurement results for self-diagnosis and
treatment.
2. This product' s waterproof grade is IP68, so, it cannot
be used for deep diving and a long time in the water.
In addition, this product does not put hot water, because
the steam will affect the watch.
3. The Company reserves the right to modify the contents
of this manual without prior notice.
Some functions are different in the corresponding software
version. This is normal.