kogan KAP2RNDBLUA Pulse+II Smart Watch User Guide

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Watch User Guide

KOGAN PULSE+ II SMART WATCH

(KAP2RNDBLKA, KAP2RNDBLUA, KAP2RNDGRNA, KAP2RNDREDA, KAP2RNDPNKA, KAP2RNDWHTA, KAP2RNDLMGA & KAP2RNDGRYA)

Contents

SAFETY & WARNINGS

- To prevent device failure, fire and explosion, never place the smart watch or its accessories in any extremely high temperature or extremely low temperature areas.
- To prevent device damage, accessory damage and device failure, always protect the device against strong impact or shock.
- Do not disassemble or modify the device or its accessories without authorization. Any device failure should be referred to our after-sales service personnel.
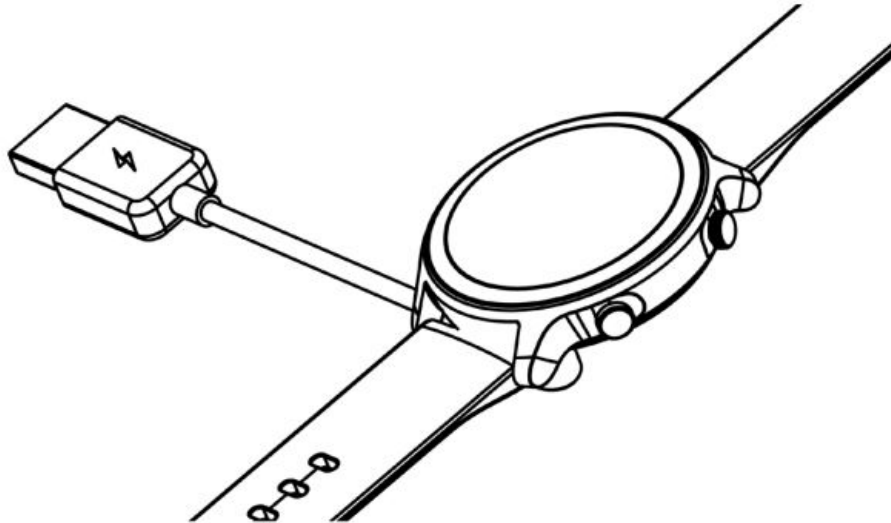
OVERVIEW

Button

Touch screen

Magnetic charging contacts

Heart rate sensor
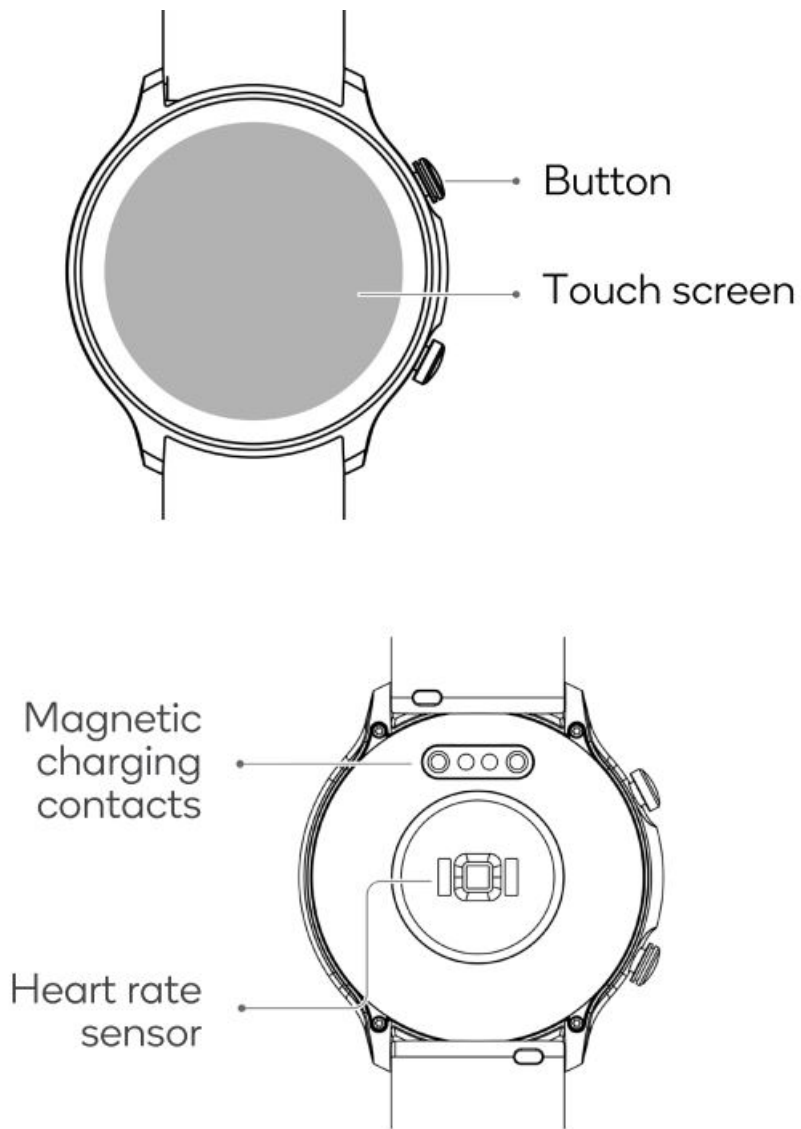
OPERATION

Note:
• Ensure the smart watch is charged fully before first use.

Charging

Whilst the watch is off, it automatically turns on when you put it on charge. To charge, attached the supplied magnetic charging cable to the magnetic charging contacts on the back of the smart watch.

Attach the opposite end of the cable into a USB charging adapter (not supplied). Ensure the adapter meets the specified voltage and current (5V/500mA).
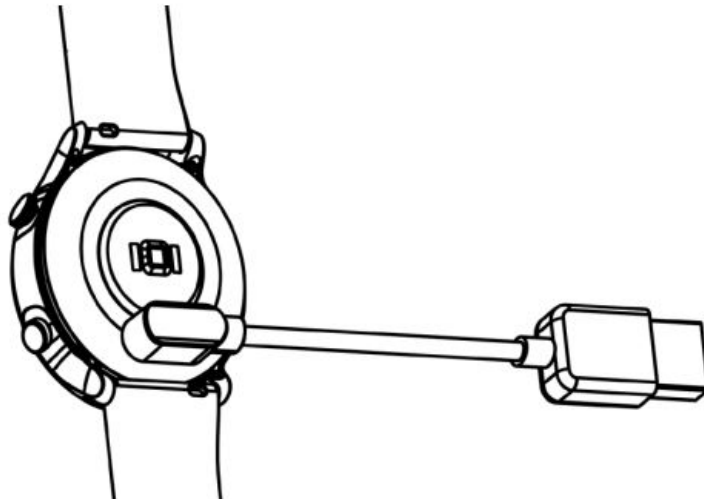
Wearing

1. Wear it correctly: make sure that the bottom sensor is properly attached to the skin and the strap shall be one finger away from the wrist.
2. Touch operation: the Pulse+ II smart watch supports full screen touch operations. Single click: select; long press: enter or confirm.
3. Touch button: the Pulse+ II smart watch has a touch button. Short press: return or close a notification.

Getting started

Powering on and off	To power off, open Setup menu and select "Turning Off"
	To power on, hold the physical button

Physical button operation

Short press	Return (back) Wake the screen when it is off
Press and hold	Turn on the watch Hold for 5 seconds while charging to restart the smart watch

Navigating and operation basics

Swipe the screen up/down	To toggle through menu / pages
	To view long text or details.
Swipe the screen left/right	To toggle through menu / pages
Tap the screen	To go to the sub-page.
	To complete the corresponding action, depending on which on-screen button is clicked
Tap and hold the screen	To change the watch face wallpaper.

PAIRING WITH VERYFIT APP

For Android users, open Google Play Store on your smartphone.
For iOS users, open app Store on your iPhone.
Search for "Very fit" and download the app.

Alternatively, scan this QR code on your device to open the appropriate store for your device and go straight to the app download page.

Once downloaded, open the app, fill in your info, then go to the "Home" page and select "Bind Device."

Make sure Bluetooth on your smartphone is turned on. You will see a list of devices. Select the Pulse + II smart watch and continue with the binding process.

Light up the smart watch screen and bring it close to your phone.

Confirm the binding request on the smart watch. Fill in your information and set your step goal on the app to complete the binding. Make sure location/GPS permissions are granted to the app for full functionality.

FUNCTIONS

Watch face
Switch between different watch faces in Watch Face Settings on the Very Fit opp. Download and install more watch faces from the Watch Face Market.

Exercise

- The watch supports 14 exercise modes:

  Outdoor run, Indoor run, Outdoor walk, Indoor walk, Outdoor cycle, Indoor cycle, Hiking, Cricket, Pool swim,

  Open water swim, Yoga, Rower, Elliptical and Workout.
- You can show or hide the exercise types displayed on the watch via the VeryFit opp.

- The Pulse+ II smart watch supports intelligent sports recognition. It can recognize whether the user is running or walking. This feature can be turned on or off on the opp.
- The Pulse + II smart watch's summary of exercise contains various exercise data, which can be checked on the VeryFit opp.

Apps list

On the watch face screen, press the Up button to access the apps list. Apps displayed from top to bottom include Exercise, Exercise record, Heart rate, Sleep, Blood oxygen, Stress, Women health, Breath training, Stopwatch, Timer, Alarm, Music, Find phone and Settings.
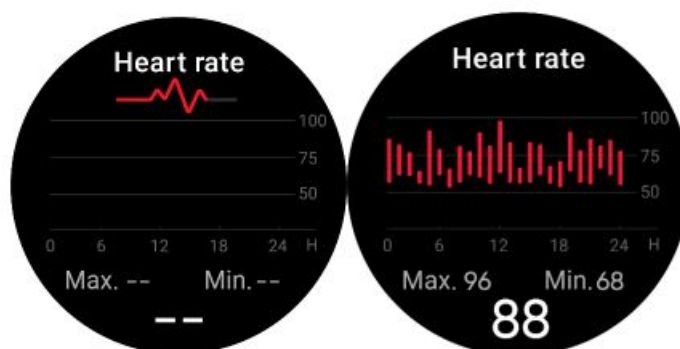
Health data
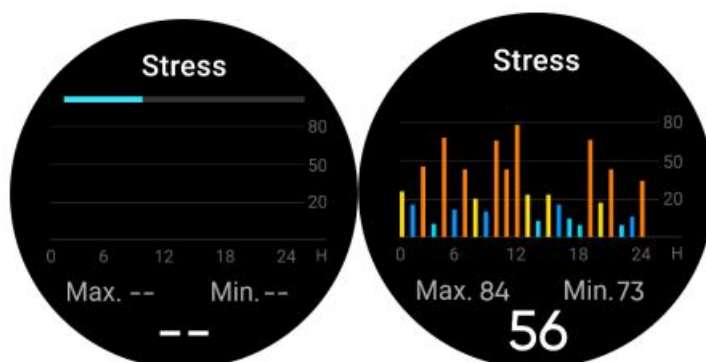The watch supports checking data of the day (steps, calories, distance).

Heart rate

The watch supports continuous heart rate measurement as well as checking of heart rate data throughout the day. You can turn this feature on or off and set the measurement frequency in the app's settings.

Each time heart rate is measured, keep your arm and wrist still and wait patiently until the measurement finishes.
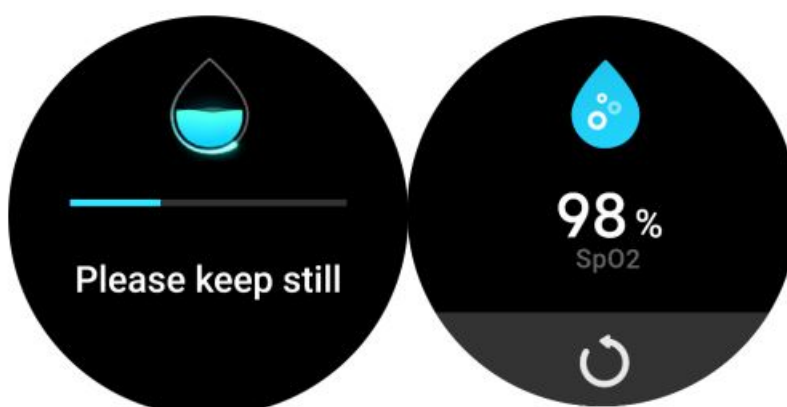
Stress

The watch supports automatic stress measurement as well as checking of stress data throughout the day. You can turn this feature on or off and set the measurement frequency in the app's settings.

Each time stress is measured, keep your arm and wrist still and wait patiently until the measurement finishes.
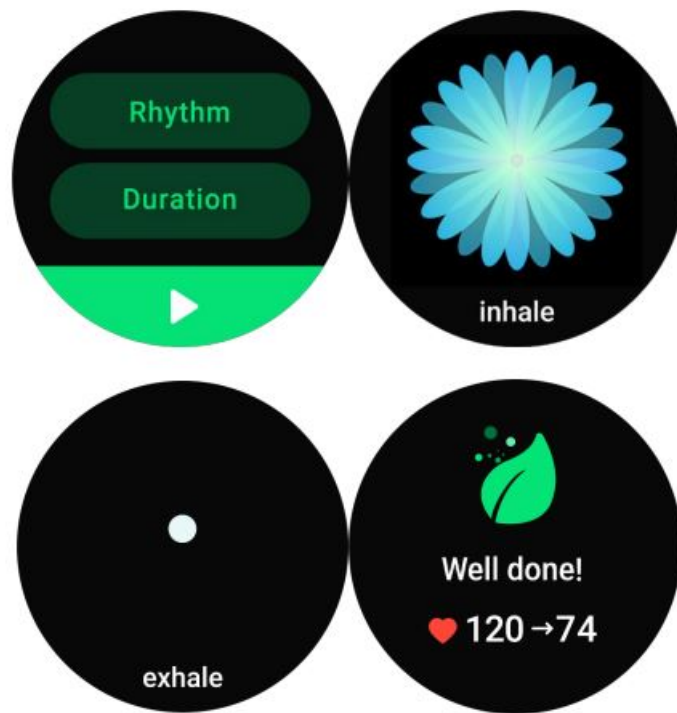
Blood oxygen

Each time blood oxygen is measured, keep your arm and wrist still and wait patiently until the measurement

finishes.

Breath training

Click Breath training icon to access this feature. It helps adjust your breathing rate: fast, normal and slow.
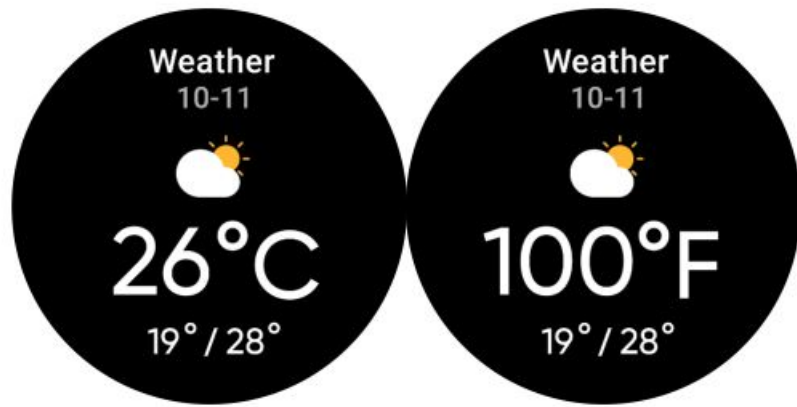
Click Start to directly enter the breath training animation. Follow the vibration and animation frequency to adjust your breathing. Reasonable breath training can help soothe your emotions.
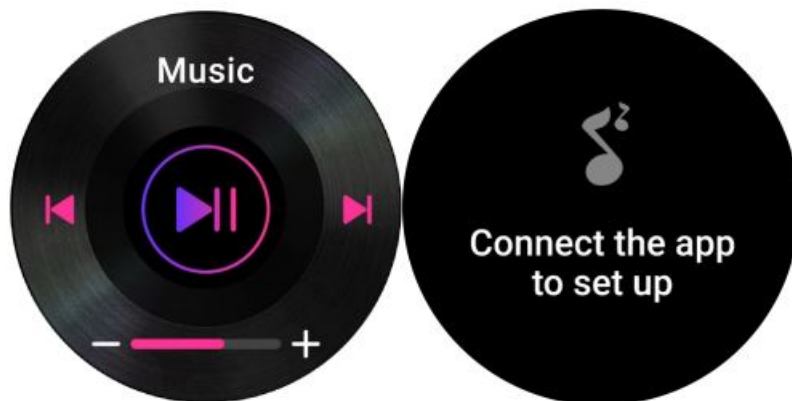
Sleep

Check your last sleep record and data of each sleep stage.

Weather

The watch allows to view a three-day forecast, including the current weather and temperature and the maximum and minimum temperatures for the day, as well as the weather and the maximum and minimum temperatures for the next two days.

Music

When the watch is paired with your phone via the app, you can control your phone's music player from the watch, including playing next/previous track, play/pause and increasing/decreasing the volume.

You can show or hide this feature in the app's settings.

Stopwatch
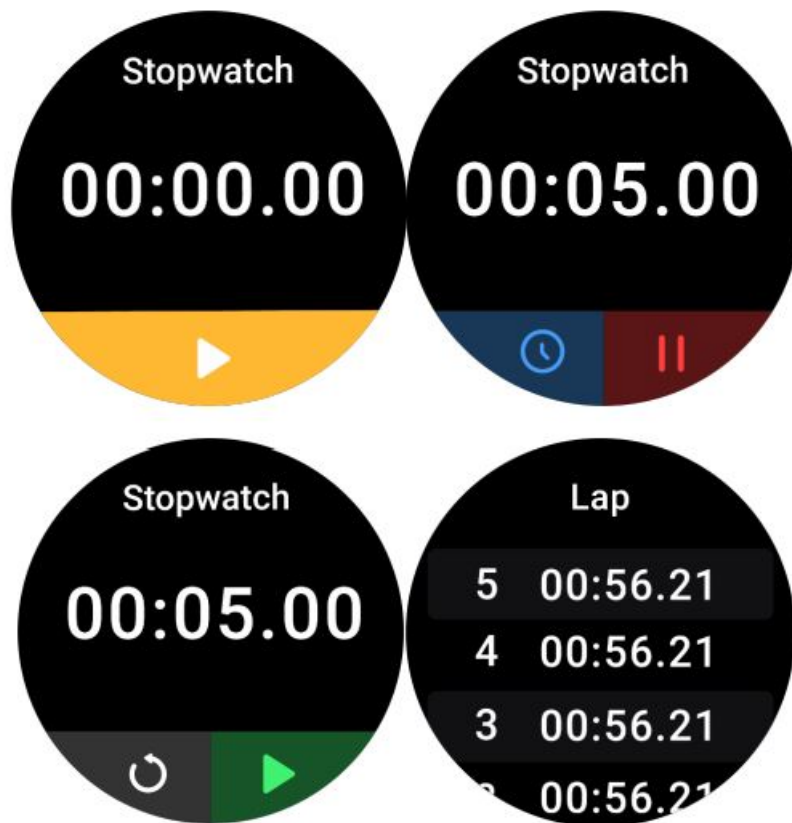
Use the watch as a stopwatch. The stopwatch has a "Lap" function.

Alarm
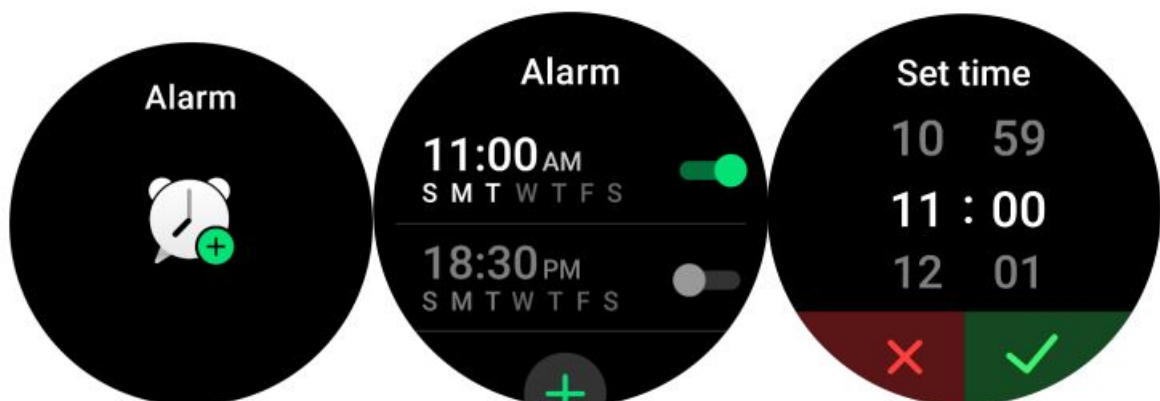
You can add, delete an alarm or turn the alarm on/off on the watch and set an alarm for the watch via the opp.

Timer

Exercise record

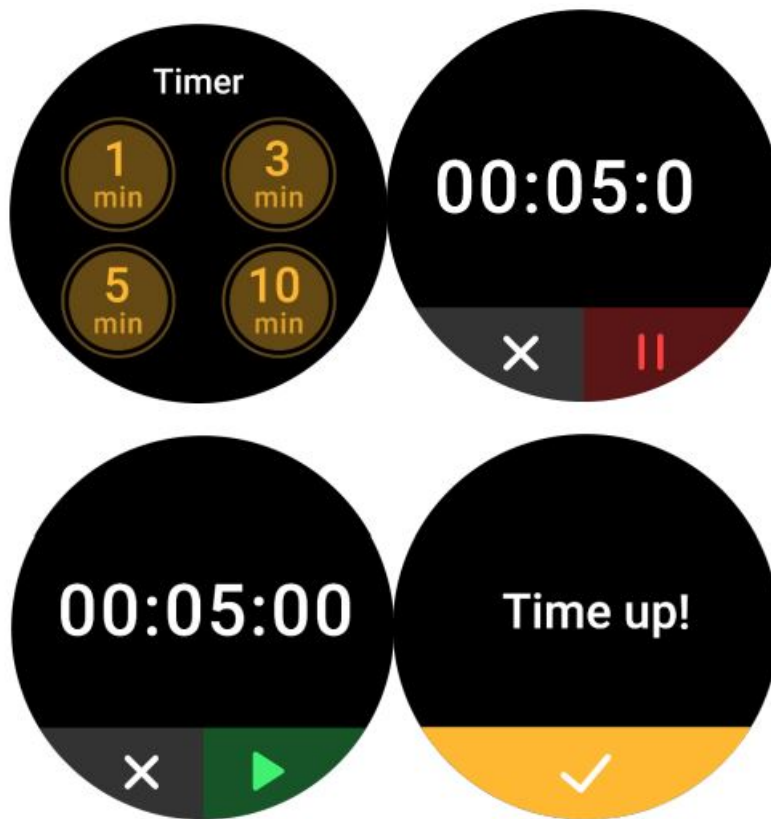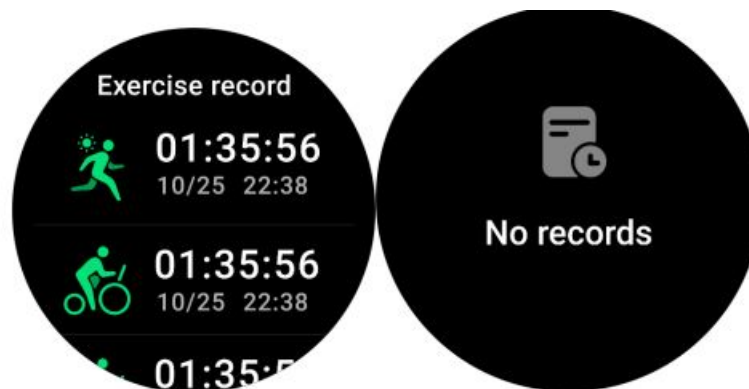You can check your exercise history on the watch, including detailed exercise data. You can also check it on the opp.

Find phone

When the watch is paired with your phone via the app, you can make your phone ring using this feature. Click the icon, the phone stops ringing.

Settings
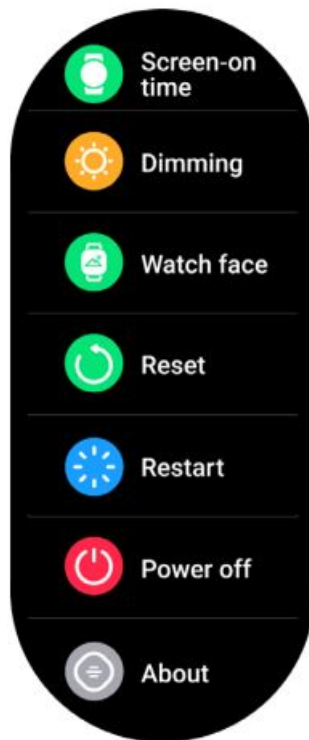
In the watch's settings, you can set the screen-on time, screen brightness and change the watch face.

In the watch's settings, you can also shut down, restart or reset the watch (once reset, all data stored in the watch will be cleared and the watch will be unpaired from your phone).

Reminder module

The watch supports multiple reminder modes, including reminders for incoming text messages and calls, step goal achieved and reminder to walk around, drink water, etc.

19:08 AM

Adamdsfs-
gghhafadgg

Let's celebratetonig.
Happy10th a is Let's
celebratetonig Let's

✓

BABY

300
Remaining steps

10:28 AM

Drink some water!

16:30 AM

8000
Steps
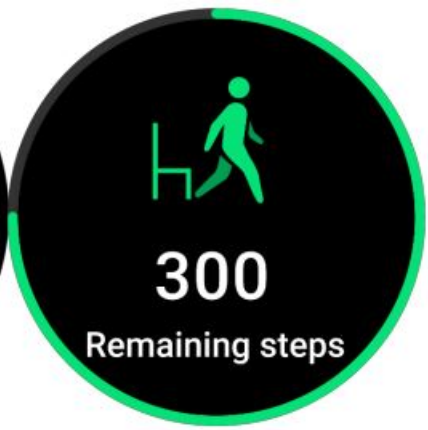
CLEANING & CARE

Below are three recommendations on wearing and maintenance:

- Keep the device clean
- Keep the device dry
- Do not wear the device too tight

For cleaning:

- Do not use household cleaners to clean the device. Use soap-free cleaners instead.
- For stains that are difficult to remove, it is recommended to scrub with alcohol.

Waterproof performance: the device is not suitable for diving, swimming in the sea or sauna, it is suitable for swimming pool, shower (cold water) and swimming in shallows.

SPECIFICATIONS

Battery capacity	300mAh
Charging Time	about 2.5 hours
Waterproof level	5ATM
Operating Temperature	0°C-60°C
Product Frequency	2402-2480MHZ
Screen Type	1.28-inch colour screen
Charging Voltage	5V±0.2v
Battery Life	5 days
Weight of Product	42g
Bluetooth Version	BLE5.0
Max. transmission Power Consumption	4dBm

NOTES

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Need more information?
We hope that this user guide has given you the assistance needed for a simple set-up.
For the most up-to-date guide for your product, as well as any additional assistance you may require,
head online to **help.kogan.com**
kogan.com

Documents / Resources

kogan KAP2RNDBLUA Pulse+II Smart Watch [pdf] User Guide
KAP2RNDBLUA Pulse II Smart Watch, KAP2RNDBLUA, Pulse II Smart Watch,
KAP2RNDBLKA, KAP2RNDBLUA, KAP2RNDGRNA, KAP2RNDREDA, KAP2RNDPNKA, KAP
2RNDWHTA, KAP2RNDLMGA, KAP2RNDGRYA