



kogan KATPROGPSWA Active Pro GPS Always-On Display Smart Watch User Guide

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SAFETY & WARNINGS

Battery warning

Do not disassemble, pierce or damage the battery. Do not disassemble the built-in batteries of non-replaceable battery devices. Do not use sharp objects to remove the battery.

Health Warning

If you are wearing a pacemaker or other implanted electronic devices, consult your doctor before using the heart rate monitoring strap.

The watch's optical heart rate sensor glows green and flashes. If you suffer from epilepsy or are sensitive to blinking light sources, consult your physician for advice on if you can wear this product.

The device tracks your daily activities through sensors. This data is intended to tell you about your daily activities, such as steps, sleep, distance, heart rate and calories, but may not be completely accurate.

The device, accessories, heart rate sensors and other relevant data are designed for entertainment and fitness, not for medical purposes. They are not applicable to the diagnosis, monitoring, treatment or prevention of any diseases or symptoms. The heart rate data is for reference only. Kogan is not responsible for any consequences caused by any data deviation.

Notes:

Device data should be synchronised once every seven days to avoid data loss.

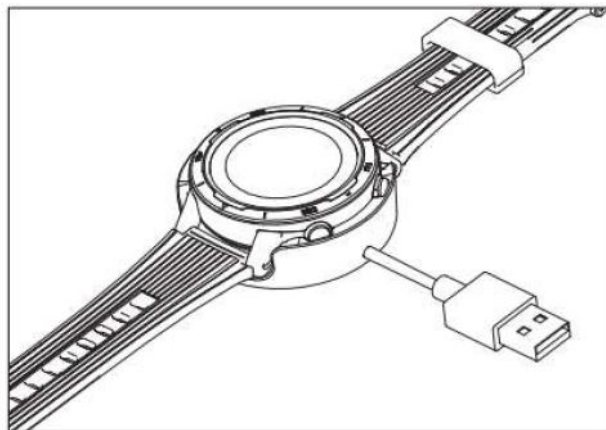
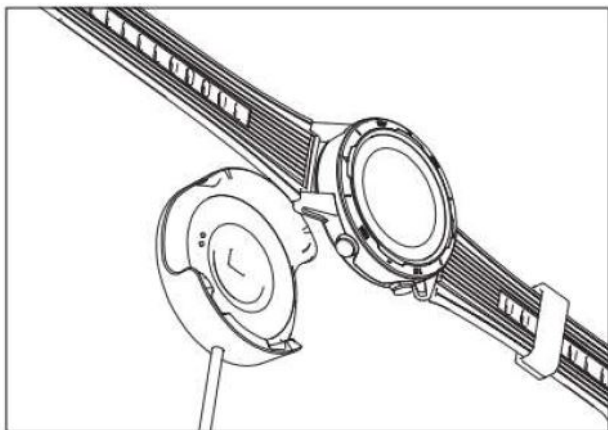
The device has no waterproof effect against seawater, acidic or alkaline solutions, chemical reagents or other corrosive liquids. Any damage or defect caused by misuse or improper use of the device is beyond the warranty scope. The device supports use under cold showers or swimming in freshwater, excluding diving.

- In daily use, avoid wearing the strap too tightly around your wrist.
- Keep the parts where the device touches the skin dry.
- During heart rate detection, stand still and keep your arm steady.

APP INSTALLATION

1. Turn On

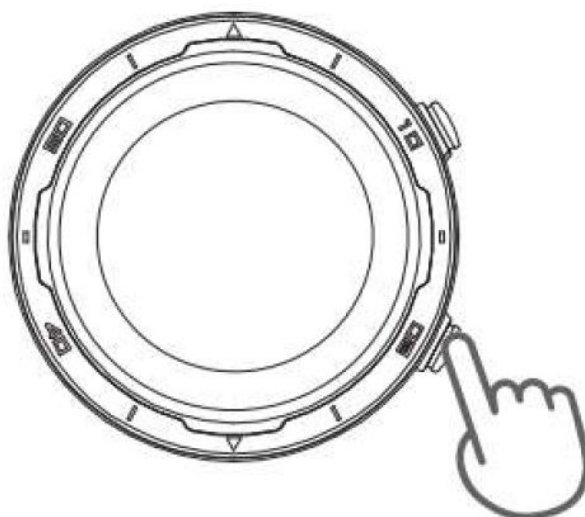
The unit will automatically turn on after charging.



Note:

The Watch must be charged and activated before the first use. Use only the original power adapter to charge the watch.

Turn on by pressing and holding DOWN button.






2. Download and Install VeryFitPro

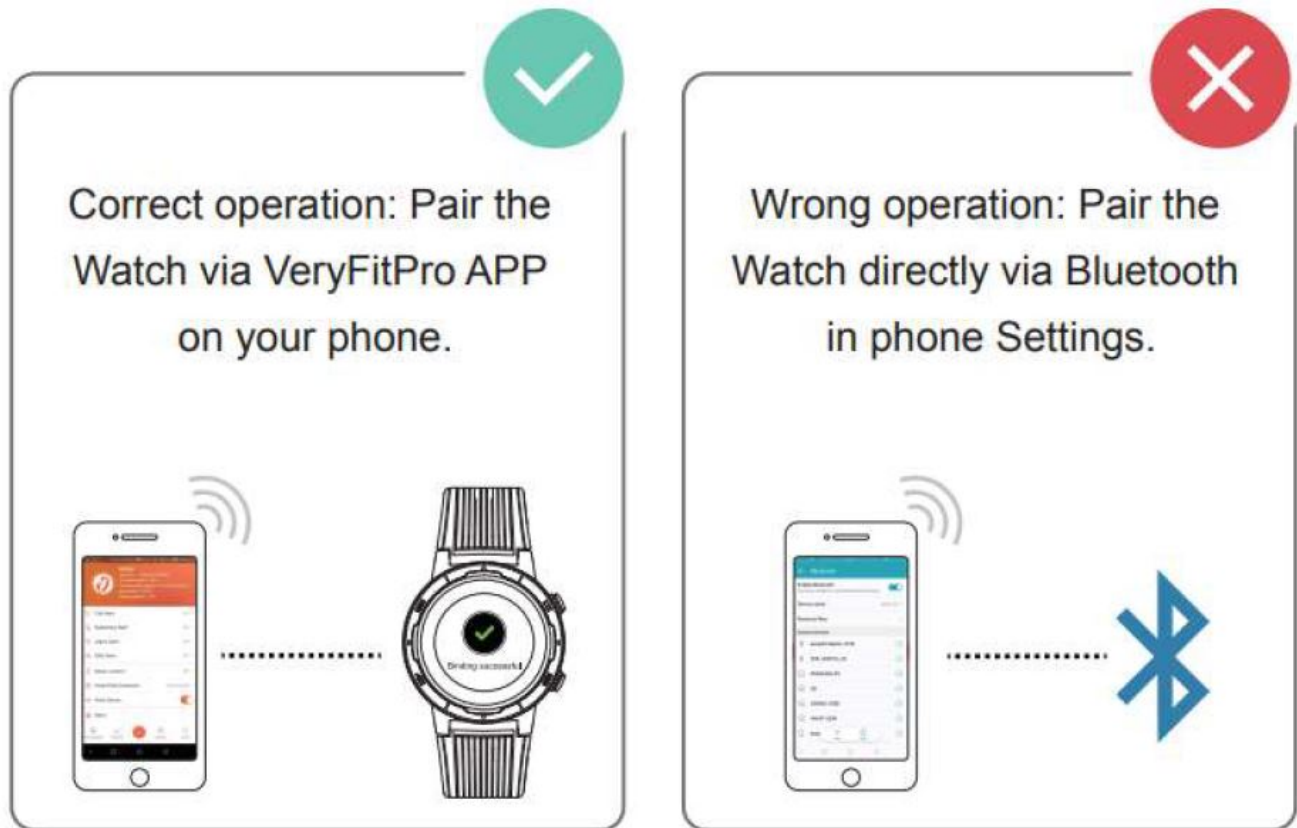


You can directly scan the QR code to download VeryFitPro or search “VeryFitPro” in the APP store to download and install.

Note: The hardware requirements for connecting to a smart device are shown below.

		
iOS 9.0 and above	Android 4.4 and above	Bluetooth 4.2

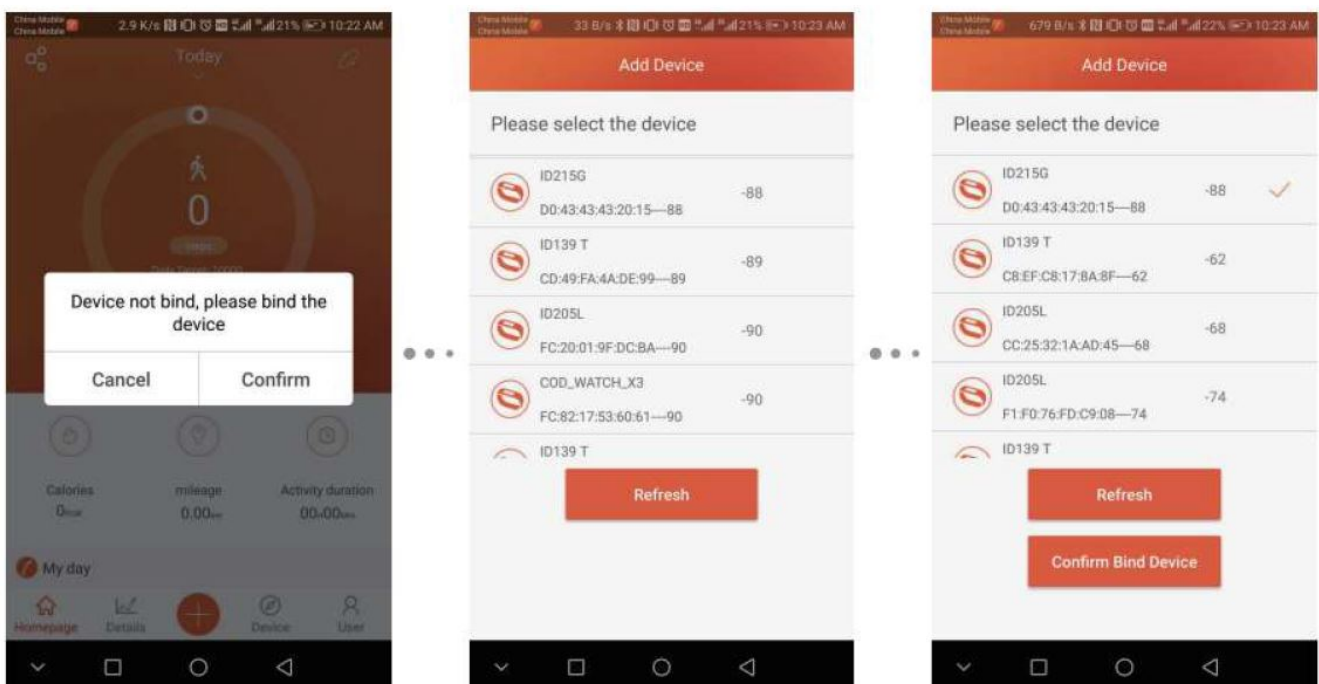
3. Connect to mobile phone correctly.



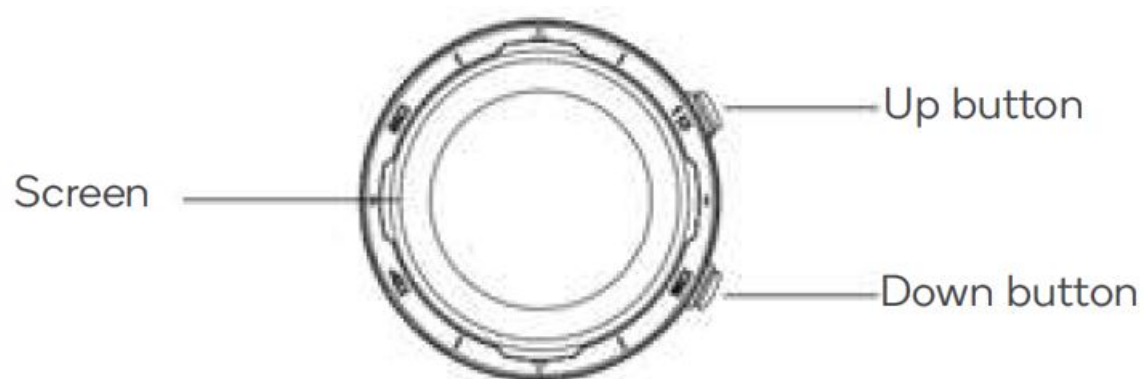
4. Bind the Device

Go to the App home page to show the binding request. Select the product model and tap “Confirm Binding” to complete binding.

The operations are as follows:



OPERATION



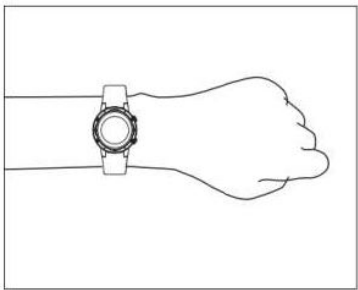
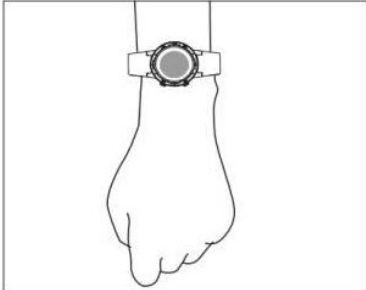
Instructions

UP Button	Press	In screen locked state: Unlock screen
		Sibling interface: Circularly flip
		Pop-up interface: Confirm
		During stopwatch/timer working: Pause/Continue
		During sports paused: Continue sport
		During sports: Pause sports
		Other interfaces: Quickly launch sports
	Press and hold	In screen locked state: Unlock screen
		During sports paused: Stop sports
DOWN Button	Press	Pop-up interface: Cancel/Close
		During stopwatch operation: count
		During timer operation: Stop timekeeping and quit
		Other interfaces: Return to previous interface/dial
	Press and hold	Turn on/Turn off

Operation on Screen

Screen	Tap	Select to enter the next interface/s elect current item.
	Tap and hold	Tap and hold in the main dial interface to enter dial switching interface.
	Slide left/right	Switch interfaces left and right.
	Slide up/down	Switch interfaces up and down.

Operation of Gestures

	
Raise to turn on backlight.	Hang to turn off backlight.

Note: Activation of this function can be set up through mobile APP.

Sports Function

1. Activate Sports



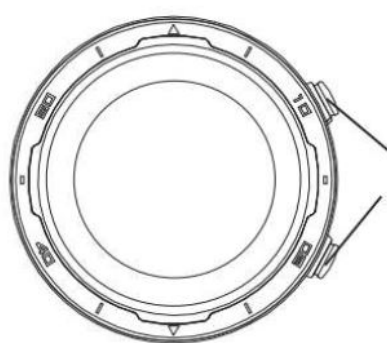
Enter Sports list interface, slide up or down to select sports item and tap icon to start sports.

2. Start Sports

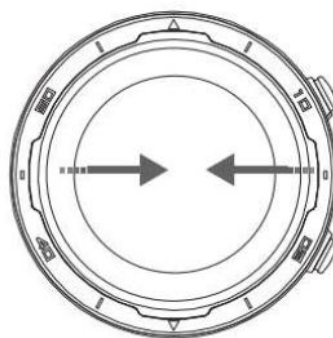


When Outdoor Running is activated, the Watch will scan for GPS signals automatically. You can tap Skip Icon to skip GPS positioning, but motion trail cannot be displayed prior to successful positioning. Count-down starts after successful positioning or after skipping positioning. Start sports after count-down is over.

3. Operations during Sports



Screen locked



Screen unlocked

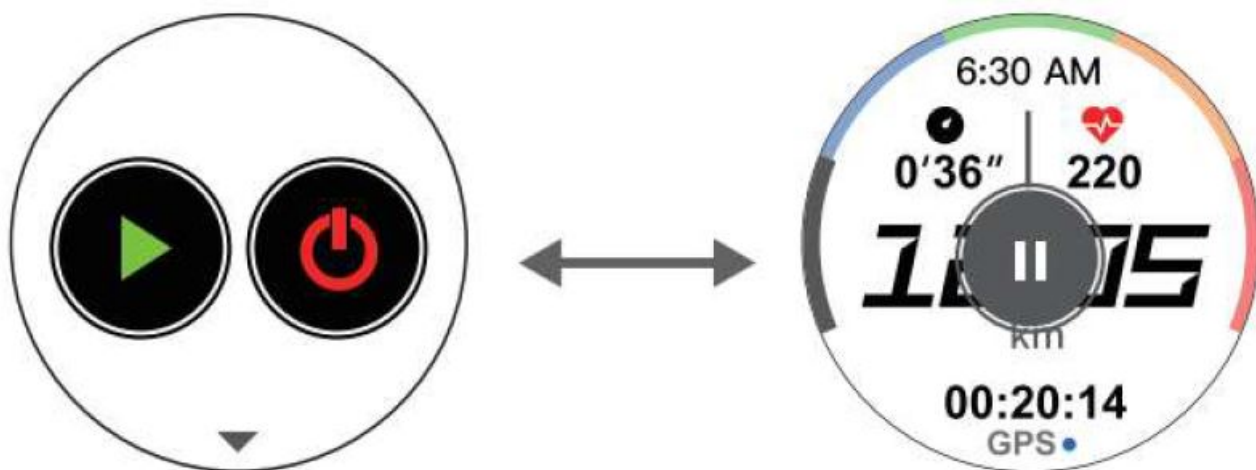
4. Reminders during Sports

During sports, the Watch will continuously detect your current heart rate. If the current heart rate exceeds the maximum heart rate, the Watch will remind you to reduce sports intensity or stop sports through vibration and interface alarm. Set your safe heart rate reminder through More>Heart rate zone>User defined Maximum Heart rate is in the mobile APP.

5. Pause or Stop Sports

Pause sports:

In the unlocked state, press and hold "UP" button to pause sports. Tap continue icon to resume sports. In the paused state, slide up to view current sports data.



Stop sports

In the paused state, select "STOP" to stop sports. After sports, the Watch will keep details of the sports. View in

sports records.

Other Functions

1. Health Data



Enter Health Data interface to view the accumulated steps, calories and distances for the day.

2. Notifications

Turn on smart reminder

Enable “Smart Reminder” in the APP, then select and enable notification types to be reminded. This function requires a constant Bluetooth connection between the Watch and mobile phone.

View message

When receiving a message, the Watch will vibrate to alert you. If the message is not immediately viewed after being received, slide down to view the message.

Delete message

The Watch can save the most recent 12 notifications. Beyond this limit, the earliest notice will be automatically deleted once a new notice is received. When the notification content exceeds one screen, it will be displayed continuously on the second screen.

- On the message list interface, swipe left on a single message box to show Delete Icon and tap Delete icon to delete the message.
- Swipe down to the top of message list and tap Clear icon to clear all messages.



3. Heart Rate



The Watch supports heart rate detection. Slide to Heart Rate Detection interface, hold for two seconds, and the Watch will automatically detect heart rate. Stand still and keep your arm steady during the detection so that the Watch can record more accurate heart rate data.

Note: To improve the accuracy of heart rate detection, wear the Watch correctly and keep parts that contact the skin clean.

4. Blood Oxygen



The Watch supports blood oxygen detection. Slide to Blood Oxygen Detection interface, hold for two seconds, and the Watch will automatically detect blood oxygen levels. Stand still and keep your arm steady during the detection so that the Watch can output more accurate blood oxygen data.

Note:

- To improve the accuracy of blood oxygen detection, wear the Watch correctly and keep parts that contact the skin clean.
- Blood oxygen detection can take some time; be patient.

5. Weather



The Weather function allows you to keep track of the weather in your city. Because weather data is obtained through your mobile phone network, this function requires a constant Bluetooth connection between the Watch and mobile phone for regular weather data updates.

6. More Functions

Compass

The internal gyroscope will require calibration when entering Compass interface for the first time. Once the calibration is completed, it can be used as normal.

Note: Calibration can take some time; be patient. To avoid signal interference, stay away from areas with strong magnetic interference.

Stopwatch

Allows the recording of multiple lap times.

Timer

Allows setting a countdown timer. The watch will vibrate once this time has elapsed.

Alarm clock

You can set alarm clocks from the mobile APP.

When it is the set time, the Watch will alert you through vibration. In the case of no operation after 20 seconds, the alarm clock will automatically stop. After 5 minutes, the alarm clock will then vibrate again. Press UP/DOWN button to engage the Snooze function, and after 5 minutes the alarm clock will alert you again. Slide up to turn off alarm reminder.

Call reminder

Enable the Call Reminder function in the mobile APP and keep a constant Bluetooth connection between the Watch and the phone. When there is an incoming call, the Watch will alert you through vibration. Close the call pop-up by pressing UP/DOWN button. Slide up to reject a call.

Control Centre

DND (do-not-disturb) mode

Slide up once on the dial interface and enter control centre interface. Tap DND icon to lighten the icon and enable DND mode. Tap DND icon again to dim the icon and disable DND mode.

Brightness adjustment

Slide up once on dial interface and enter control centre interface and tap again to cycle through brightness levels: 2 (default) > 3 > off > 1


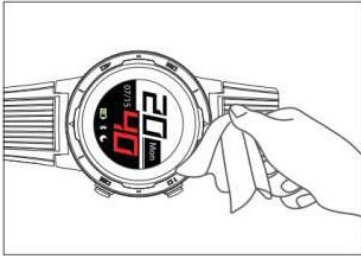
System settings

Slide up once on the dial interface and enter control centre interface. Tap System Setting icon to enter system settings.

In system settings, you can enter:

- Dial settings: Tap and enter this function to switch dials among different styles.
- UP button function settings: Tap and enter this function to set sports style entered by pressing and holding UP button.
- Factory data reset settings: Tap to enter factory data reset procedure.
- Firmware information: Tap and enter to view firmware information and Bluetooth address.

CLEANING & CARE

	
<p>Replace watch strap</p>	<p>Use a soft brush or clean soft cloth to clean the Watch.</p>

- Remove the Watch from your wrist and disconnect all connections with other equipment before cleaning and maintenance.
- Keep the Watch and its accessories dry. Do not dry them with external heating equipment such as a microwave oven or hair dryer.
- Do not place the Watch or its accessories in an area where the temperature is excessively high or low, as this may cause malfunction, fire or explosion.
- Avoid strong shock or vibration to prevent damage to the Watch and its accessories.
- Do not disassemble or modify the Watch and its accessories.

SPECIFICATIONS

Screen model	1.1" All-reflective wake screen
Battery capacity	260mAh
Working voltage	3.8V
Charging time	≤2 hours, 25 °C constant temperature
Battery duration	15 days (Battery life depends on usage)
Waterproofing grade	5ATM
Bluetooth version	Bluetooth v4.2
Working temperature	-20°C-40°C
Product weight	49.2g
Waterproofing	Use during hand washing, raining and swimming in shallow water is supported. Use in a hot shower, while diving, underwater diving, surfing etc. is unsupported.

TROUBLESHOOTING

Problem	Solution
Mobile phone cannot be connected to the Watch.	1. It is recommended to update VeryFitPro to the latest version.
	2. It is recommended to quit all APPs, reactivate the phone Bluetooth and reconnect.

	3. Confirm that the system of the phone is Android 4.4 or iOS 9.0 and above.
The Watch has no message or call reminders.	1. The smart reminder function and call reminder function must be enabled in the APP and synchronised to the Watch.
	2. The Watch must be paired with your mobile phone through Bluetooth and maintaining a constant connection.
Bluetooth disconnects frequently.	1. Excessive distance between the Watch and the phone may cause Bluetooth disconnection. Bluetooth connection over 7 metres or more will be significantly weaker.
	2. Shielding between the Watch and the phone will affect the connection. Any obstruction may also interfere with the Bluetooth signal, such as metal jewellery.
	3. Confirm that Bluetooth function of the phone is operational.


Disposal

This marking indicates that this appliance should not be disposed with other house-hold wastes. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources.

Need more information?

This is a Quick Start Guide, and we hope that this 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

Documents / Resources

<div><div>QUICK START GUIDE</div><div>kugon.com</div></div> <div></div> <div>ACTIVE PRO GPS ALWAYS-ON DISPLAY SMART WATCH <small>KATPROGPSWA</small></div>	<div>kogan KATPROGPSWA Active Pro GPS Always-On Display Smart Watch [pdf] User Guide</div> <div>KATPROGPSWA, Active Pro GPS Always-On Display Smart Watch</div>
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