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WATCHMARK



USER MANUAL

WWW.WATCHMARK.COM

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Introduction

Watchmark Focus information

Focus is a health watch from the KARDIO series that will help you take care of your health. The watch has innovative functions for tracking health parameters such as blood pressure, oxygen saturation, pulse and temperature. The measurement results are displayed on the watch screen. The Focus smartwatch will allow you to monitor your progress and achievements, as well as improve your fitness.

Device configuration

Contents of the package



Smartwatch (color and material may vary depending on color selected)



Charger (color and material may vary depending on the model selected)

Strap (color and material may vary depending on color selected)

Hardware requirements

iOS 11.4 and later

Android 6.0 and above

Supported Bluetooth: 5.0

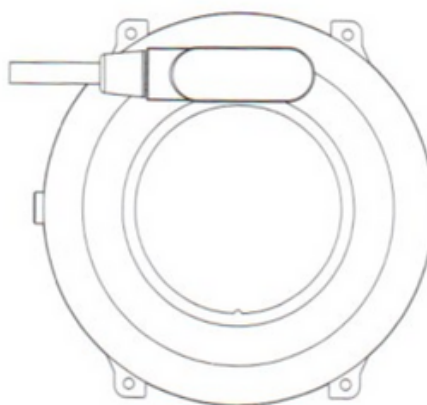
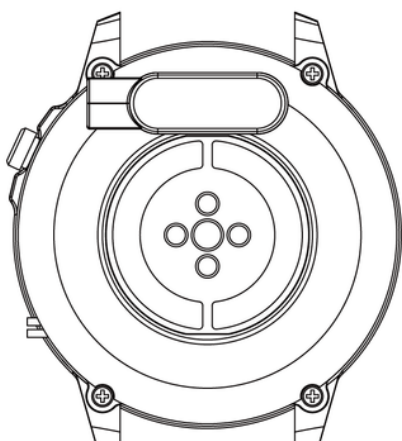


Android 6.0+



iOS 11.4+

Charging instructions



This smartwatch uses magnetic charging.

Connect the charging cable to the USB input and to the rear charging contacts of the device. Once connected, charging will start automatically and the charging icon will appear on the screen.

It takes approximately 2 hours to fully charge the battery. Do not use the watch while charging.

Caution: Do not connect the magnetic charging cable to any 2 pins at the same time with conductive material as this may cause a short circuit.

Additional information

Please read the entire instruction manual carefully before using the equipment. It is recommended to use only the original battery, charger and accessories that came with the device. The manufacturer or distributor is not responsible for the use of third-party accessories.

The functions that are presented in this manual may differ between models, because the manual is a general description of smartwatches. Some models may differ from the standard.

Charge the device for at least 2 hours before using it for the first time. Before using the device, you must download and install the application and accept all consents that the smartphone asks for. If this is not fully performed, not all functions of the device will be available. The smartphone will only ask for access to functions that are necessary for the proper functioning of the smartwatch.

The company reserves the right to change the content of this manual.

How to wear a smartwatch?

The strap for this watch model is 22mm wide. It is replaceable, you can buy additional straps in a different color or from a different material.

Wearing a watch

When you're not exercising, wear your smartwatch like a regular watch, one finger above your wrist bone.

To take full advantage of the heart rate monitoring feature during exercise, try wearing the device above the wrist (within 2 fingers above the wrist bone) for better comfort and stability. Many exercises, such as cycling or lifting weights, can cause the smartwatch to relocate by, for example, bending the wrist. If the watch is lower on the wrist bone, measurements may be interrupted, which is why correct placement is so important.

Belt replacement

Attach the original strap to the watch before using it. When doing this, exercise extreme caution and watch out for your nails when attaching the telescopes to the watch.

Putting on the belt

Insert one end of the strap with the telescope into the recess of the watch case.

On the other hand, slide the telescope into the center of the recess and attach it to the watch.

Removing the strap

1. On one side, press the ring on the telescope and gently move it to the center.
2. Then, pull upwards until the telescope detaches from the watch.

Apps and features

Installing the application

The app for the Focus smartwatch model is "FitCloudPro".
The application must be downloaded from the Google Play / App Store or using the QR code below.



Google Play



App Store

After installing the application, turn on Bluetooth on your phone and go to the application. Create an account or continue without registration. Complete the data and allow access. For the proper operation of the application, you need to express all the consents that the application asks for. To connect the watch, select "Scan" and then the watch model (F900).

Smartwatch features

- **Time, date, day of the week**

On the main screen you can find information about what time, date and day of the week it is.

- **Pedometer**

Counts steps taken on a given day (data resets every day from 00:00). The number of steps taken can be seen in the application, on the main screen depending on the selected dial or after moving the main screen to the left.

- **Burnt calories counter**

Calculates the number of calories burned on a given day. You can see the calories burned data in the app or by swiping the main screen to the left.

- **Distance traveled**

Information about the distance covered during the day. The distance traveled can be seen in the application or by swiping the main screen to the left.

- **Adjusting the brightness of the screen backlight**

Brightness adjustment helps protect your eyes from too bright screen at night and saves watch battery. You can find this feature in the drop-down menu from the main screen.

Smartwatch features

- **Blood Pressure (BP)***

Blood pressure is the force exerted by the blood against the walls of the arteries during the contraction and relaxation of the heart muscle. The accepted norm for systolic pressure is 120 mm Hg, and for diastolic pressure 80 mm Hg. In the watch, the function for measuring blood pressure is in the menu under the name "BP".

- **Saturation***

The function informs about the level of blood oxygenation. As a norm, the result should be between 95 and 100%. When oxygen levels drop, it can be dangerous to our health. In the watch, the function for measuring saturation is in the menu under the name "Blood oxygen".

- **Pulse***

Heart rate, or pulse: this is the number of times the heart muscle beats in 1 minute. The accepted norm is the limit of 60 to 100 beats per minute. When the pulse is elevated, we talk about tachycardia, and when it is low, we talk about bradycardia. Both conditions can be dangerous to our health. In the watch, the function for measuring the pulse is in the menu under the name "Pulse".

Smartwatch features

- **Temperature measurement***

The function allows you to measure the current body temperature. The normal body temperature of an adult human being is 36.6 degrees Celsius. When the temperature level rises to 38 degrees, we talk about fever. In the watch, the function for measuring the pulse is in the menu under the name "Body temperature".

- **Laser therapy****

Laser therapy consists in emitting a beam of light (with a fixed intensity: length and power) on a part of the body for a certain time. Laser radiation has analgesic, anti-inflammatory, anti-swelling effects, increases microcirculation, affects immunological and hormonal processes, facilitates nerve regeneration, accelerates bone growth and stimulates the synthesis of muscle fibers. The duration of therapy is from 60 to 240 seconds. To activate the function, press the lower button on the side of the envelope.

**Contraindications to laser therapy include: cancer, hyperthyroidism, epilepsy, skin diseases (bacterial, viral or fungal infections). It should also not be used by pregnant women.

Smartwatch features

- **Stopwatch**

A function that is used to control and measure short periods of time. In the watch, you will find this function in the menu.

- **Alarm**

To set an alarm on your watch, select the time and alarm time in the app. More on page 18.

- **Sleep tracker**

A function that helps in the analysis of human sleep. The watch shows the number of hours you have slept. On your watch, you can find your sleep stats in the menu.

- **Weather**

After connecting to the phone, the current weather information is displayed on the watch. The weather function can be found in the menu. More on page 18.

- **Music**

You can control the music on your phone from your watch. Turn on music playback on your phone, then select the "Music" function in the watch menu. You can pause, play, rewind and rewind music.

Smartwatch features

- **Sports modes**

Sport modes on your watch allow you to control your training goals by monitoring your steps, heart rate, calories and distance.

Workout data can be found in the app after syncing or on the watch after training.

Sport modes available: Walk, Run, Climb, Cycling, Yoga, Cross trainer. In the sport mode, parameters such as time, calories burned, distance and heart rate are measured depending on the selected form of activity. On the watch, the sports functions are in the menu under the name "Training".

- **Shield theme change**

The watch has several dials to choose from. To change dials, long press on the main screen (about 3 seconds). Other discs to choose from are in the app. More on page 16.

- **Changing the appearance of the menu**

You can customize the menu to your preferences. There are three different menu designs. To change the look, go to settings, then select "Main menu style

Smartwatch features

- **Notifications/Messages**

After connecting the watch to the phone via the application and allowing the appropriate consents, the watch will display incoming notifications from social networks and the beginning of the message. In order for notifications to be displayed, this function must be enabled in the application settings. More on page 17.

- **Do Not Disturb Mode**

A mode that causes all notifications to not appear. To enable this mode, go to settings and select "Do Not Disturb Mode".

- **"Find phone" function**

After properly pairing the device with the application on your phone, you will be able to quickly find your phone. Once you select "Find Phone", your phone will vibrate and ring. In the watch, you will find this function in the menu.

Smartwatch features

- **Factory reset**

A factory reset allows you to reset your watch and erase all data and settings. On the watch, the reset function is in the settings.

- **Settings**

In the settings you can:

- set the backlight time and screen brightness
- enable the power saving function
- set the vibration intensity
- set the strength and time of laser therapy
- select device language
- turn off the device

Features available in a dedicated application

- **Measurement history**

In the application you will find the history of measurements made by the watch. You can check the history on the main page of the application.

- **Notifications**

The notification function allows you to read the beginning of the message on the smartwatch screen. Notifications can come from applications such as Facebook, Instagram, Gmail. To enable this feature, go to "Device" and then select "Notification Settings".

- **Shield theme change**

Other shield themes are available in the dedicated app. To select watch faces, go to "Device" in the app, then "Watch Face Selection". Data/Wifi needs to be enabled on your phone to download watch faces.

- **Phone camera control**

The function allows you to remotely take pictures with the phone's camera by activating the camera's shutter by shaking the watch. To take a photo, select "Device" and then "Remote Camera". Useful for taking group photos from a distance.

Features available in a dedicated application

- **Find the device**

In the application, by selecting the "Watch search" function, a vibrating alarm will be activated in the watch, which will help locate the device.

- **Alarms**

To set an alarm on your watch, select the time and alarm time in the app. To do this, in the application, select "Device" and then "Alarms".

- **Motion Reminder**

In the application, you can set reminders, thanks to which the watch, after detecting that a person remains motionless for a long time, informs you about the need to perform an activity. To enable the feature, select "Device" and then "Inactivity Reminder".

- **Hydration reminder**

In the application you can set reminders, thanks to which the watch reminds you to reach for water. To enable this feature, in the app, select "Device" and then "Hydration Reminder".

Features available in a dedicated application

- **Weather**

For the watch to display the current weather, you must allow the app to access your phone's location and enable the weather feature in the app. Go to "Device" and then "Weather Information".

- **Wake up the screen with a flick of the wrist (G-Sensor)**

To enable the watch screen to wake up with a waving motion, select "Devices" in the app, then "Wake up with a wrist motion".

- **Automatic heart rate measurement**

You can set the app to measure your heart rate every hour. Automatic measurement is performed without our intervention every hour. To enable the feature, in the app, select "Device" and then "Continuous Heart Rate Monitoring".
Setting automatic measurements reduces battery life.

- **Factory reset**

A factory reset allows you to reset your watch and erase all data and settings. To reset, go to "Devices" in the app, then "Restore factory settings".

General Information

Technical data

IP67 waterproof**

Allows you to use the watch while washing your hands or on a rainy day.

280mAh battery

Modern lithium-polymer battery.

Realtek 8762c processor

Innovative processor characterized by high efficiency.

Classic design

Due to the classic design, the watch fits any outfit.



****IP67 standard allows water temperature from +10 to +35 degrees Celsius and immersion to a depth of 1m for 30 minutes. The watch cannot be used in hot baths or saunas as it is not steam resistant. It is not intended for swimming, it is designed to help you take care of your health.**



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