

WATCHMARK



USER MANUAL

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Introduction

About Watchmark GPS WATCH

This is an OUTDOOR smartwatch that offers a variety of health monitoring features, designed specifically for active people who care about their well-being. With advanced health and sports features, it will become your daily partner, ready to support you in every challenge.

Device configuration

Package Contents



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 9.0 and above Android 5.0
and above Supported Bluetooth:
5.0



Android 5.0+



IOS 9.0+

Charging instructions



This smartwatch uses magnetic charging.

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

It takes about 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 with conductive material at the same time, as this may cause a short circuit.

Additional information

Before using the device, please read the entire user manual carefully. It is recommended to use only the original battery, charger and accessories that are included in the package received with the device.

The manufacturer or distributor is not responsible for the use of third-party accessories.

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

Before using the device for the first time, it must be charged for at least 2 hours. Before using the device, you must download and install the application and accept all consents requested by the smartphone. If this is not fully completed, 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 material.

Wearing a watch

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

To fully benefit from heart rate monitoring during exercise, try wearing the device above your wrist (2 fingers above your wrist bone) for comfort and stability. Many exercises, such as cycling or lifting weights, can cause the smartwatch to shift in position by bending your wrist, for example. If the watch is lower on your wrist bone, measurements may be interrupted, so correct positioning is important.

Replacing the belt

Before using the watch, you must attach the original strap to it. When doing this, be very careful and watch your fingernails when attaching the spring bars to the watch.

Putting on the belt

1. Insert one end of the strap with the spring bar into the recess of the watch case.
2. On the other side, insert the telescope into the recess and attach it to the watch.

Removing the belt

1. On one side, press the circle on the telescope and gently slide it inwards.
2. Then, pull up until the spring bar detaches from the watch.

Applications and features

Installing the application

The application for the GPS Watch smartwatch model is "InfoWear". The application should be downloaded from the Google Play / App Store or using the QR code below. The application is in Polish.



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. Fill in the data and allow access. For the application to work properly, it is necessary to express all consents requested by the application. To connect the watch, select "Click to connect" and then the watch model.

Features available in Smartwatch

- **Time, date**

The display provides information about the time, date, and day of the week. The data is displayed on the main watch screen.

- **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 or in the first tab on the left from the main screen.

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

Brightness adjustment helps to protect your eyes from too bright a screen at night, adjust the backlight to the outdoor situation and save the watch's battery. You can find this function in the menu and select the appropriate display brightness.

- **Distance traveled**

Information about the distance traveled during the day. The distance traveled is located in the first tab on the left side of the main screen.

Features available in Smartwatch

- **Saturation***

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

- **Pulse***

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

- **Stress measurement**

The stress measurement function analyzes the heart rate to detect the level of tension. If high stress is detected, it is worth doing breathing exercises, which are also in the smartwatch and help reduce it.

*Health decisions should not be made solely based on smartwatch test results. For accurate measurements, users should measure health functions at rest as with traditional medical devices and refrain from measuring while exercising, smoking or drinking alcohol. A smartwatch is not a medical device and measurement results are for illustrative purposes only.

Features available in Smartwatch

- **Stopper**

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, you must select the time and alarm time in the app. More on page 18.

- **Minute timer**

The timer allows you to count down time. In the watch, you will find this function in the menu.

- **Pomodoro Focus Time**

The smartwatch function supports effective work and learning by helping to organize time according to the Pomodoro method. The user sets work intervals (from 5 to 60 minutes), followed by a few minutes' break.

- **Sleep monitor**

A function that helps analyze a person's sleep. The watch shows the number of hours slept. On the watch, you can find sleep statistics in the menu on the left of the main screen.

Features available in Smartwatch

- **Music**

You can control music on your phone from your watch. Start playing music on your phone, then select the "Music" function in the watch menu. You can pause, play, rewind, skip back and increase the volume of the music.

- **Sports modes**

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

You can find your workout data in the app after syncing or on your watch after you finish your workout.

Available sports modes: walking, gym, running, treadmill, cycling, freestyle, stair climbing, yoga, cross-country running, rope jumping. Editing sports modes is in the dedicated application. There are 10 sports modes allowed on the watch. To edit a given sports mode, select "device" and then "Device settings" remove one of the sports modes to add another.

In sports mode, depending on the selected form of activity, parameters such as time, calories burned, distance and heart rate are measured. In the watch, sports functions are located in the menu.

Features available in Smartwatch

- **Changing the shield theme**

There are several watch faces to choose from on your watch. To change the watch faces, long press the main screen (about 3 seconds). Other watch faces to choose from are in the app. More on page 17.

- **Notifications/Messages**

After connecting the watch to your phone via the app and allowing the appropriate permissions, incoming notifications from social media and message content will be displayed on the watch. For notifications to be displayed, this function must be enabled in the app settings. More on page 17.

- **"Find phone" feature**

After successfully pairing the device with the application on your phone, you will be able to quickly find your phone. After selecting the "Find phone" option, the phone will vibrate and ring. On the watch, you will find this function in the menu.

- **Monitoring a woman's cycle**

In the application, you can choose from 4 options: menstrual cycle, ovulation, pregnancy and motherhood. After entering data into the application, the smartwatch records menstrual cycles and reminds you about the next one. You can also set the expected date of delivery. To set the parameters, go to "Profile" in the application, then click on your profile at the top and select the pink icon.

Features available in Smartwatch

- **Factory reset**

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

- **Settings**

In settings you can:

- set the backlight time and screen brightness
- set date and time
- enable or disable automatic measurements
- choose which applications notifications will be displayed
- select device language
- reset the device
- turn off the device

- **AOD (Always On Display) mode function**

allows the time and basic information to be displayed on the smartwatch screen even when it is in sleep mode. This allows the user to quickly check the time without having to wake up the device.

Features available in Smartwatch

- **Making calls (BUZZ)**

The smartwatch allows you to make phone calls thanks to the BUZZ function. To use it, first add contacts using the application on your smartphone, going to the "device" section and then "Frequent contacts". Make sure that the watch is correctly connected to the phone via Bluetooth - select the device with the "audio" addition. After configuration, you can conveniently make calls directly from the watch.

Features available in the dedicated application

- **Measurement history**

In the application you will find the history of measurements taken 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 a message on the smartwatch screen. Notifications can come from applications such as: Facebook, Instagram, Gmail. To enable this function, go to "Profile", "My devices", and then select "Notifications".

- **Changing the shield theme**

Other watch face themes are available in the dedicated app. To select watch faces, go to "My Devices" in the app, then "Dial Settings". To download the watch faces, your phone's data/WiFi must be turned on.

- **Phone camera control**

This feature allows you to take photos remotely with your phone's camera by shaking the watch to trigger the camera shutter. To take a photo, select "device" and then "Shake to take photo". This feature is useful for taking group photos from a distance.

Features available in the dedicated application

- **Find device**

In the app, selecting the "Find device" function will trigger a vibration alarm on the watch, which will help locate the device.

- **Alarms**

To set an alarm on your watch, you must select the time and alarm time in the app. To do this, select "My Device" in the app, then "Alarm Clock".

- **Reminders to move, drink water and wash your hands**

The smartwatch supports healthy habits by reminding you to move, hydrate and wash your hands. To enable reminders, go to "Device" > "Notification settings" in the app and select the function you are interested in. Set the frequency of notifications so that the smartwatch supports you in your daily routine.

- **Weather**

To display the current weather on your watch, you must allow the app to access your phone's location and enable the weather information feature in the app. Go to "My Device" and then "Weather Settings."

Features available in the dedicated application

- **Waking up the screen with a wrist movement (G-Sensor)**

To enable the watch screen wake-up gesture, select "My Device" in the app and then "Screen wake-up gesture".

- **Automatic measurements**

To have the watch take measurements on its own, you need to enable this function in the app. Select "My devices", then "Additional features" and choose which measurements should be taken automatically. Setting automatic measurements shortens battery life.

- **Factory reset**

Factory reset allows you to reset your watch and erase all data and settings. To reset, go to "Device" in the app, then "Disconnect".

- **GPS**

The GPS function in the smartwatch allows precise tracking of the user's location without the need to use the phone. Thanks to the built-in GPS module, the smartwatch records the routes of running, walking and cycling, providing accurate data on distance, speed and time. The exact route is located in the application. To update the GPS, go to "Device" in the application, then "AGPS Update"

General Information

Technical data

Waterproof IP68**

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

400 mAh battery

Modern lithium polymer battery.

Processor ATS3085L

An innovative processor with high performance.

Sporty design

Slim housing and extremely clear, color display.



**The IP68 standard allows for water temperatures from +10 to +35 degrees Celsius and immersion to a depth of 1.5m for up to 30min. You cannot use the watch in hot baths or saunas because it is not resistant to steam. It is not intended for swimming, it has been designed to help take care of your health.

The logo features a central black circle with the word "WATCHMARK" in white, bold, sans-serif capital letters. The circle is set against a white background with two large, flowing, wavy lines that resemble liquid or smoke, rendered in a fine, cross-hatched pattern. A registered trademark symbol (®) is located to the upper right of the circle.

WATCHMARK

