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SW-310 SMARTWATCH
User Manual



Product description

- 1. Touch interface
- 2. Function button
- 3. Charging plate
- 4. Heart rate sensor

To charge the smart watch, connect the charging clip of the USB cable to the charging plate on the back of the smart watch. If successfully connected, the charging icon appears on the interface.



Install “Forever Smart” app on the phone

Search and install the “Forever Smart” app from Google Play or App Store. Or scan the following QR code to directly install the app.



IOS



Android

Connect the smart watch with the phone

- 1. Enable Bluetooth on your smart phone.
- 2. Open the “Forever Smart” app on your smart phone, and then fill in all the requested information in the “Settings” menu.
- 3. Tap “Connect device” in the “Settings” menu.
- 4. Select the smart watch icon to connect.
- 5. Choose your device name to connect it with your phone.

Unbind the smart watch with mobile phone

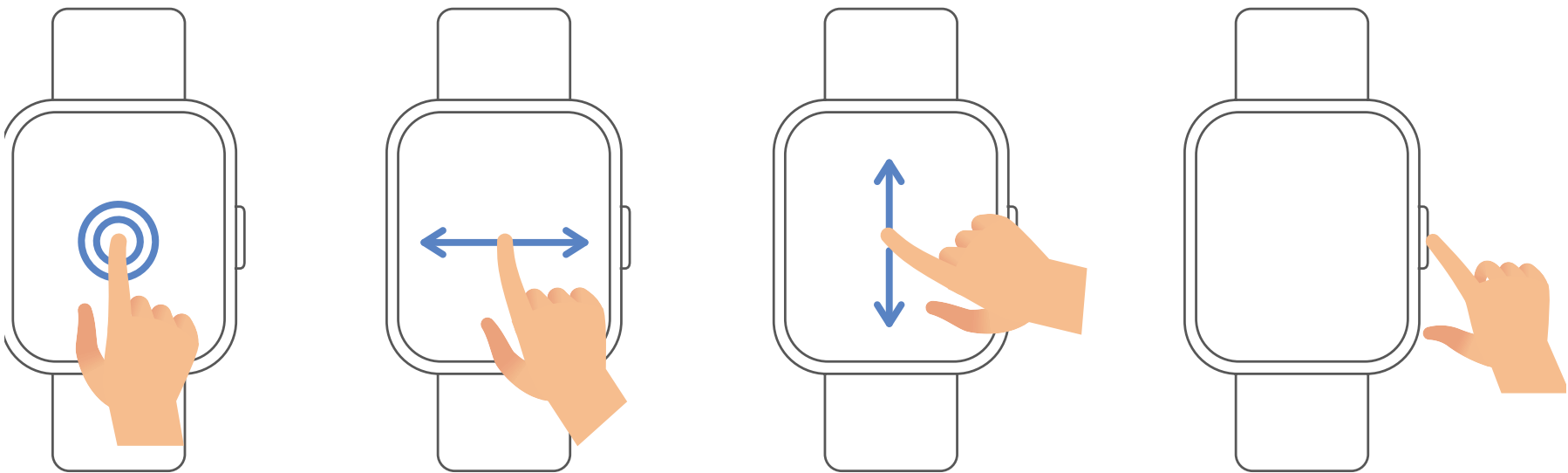
- 1. Open the “Forever Smart” app on your smart phone.
- 2. Tap “Disconnect device” in the “Settings” menu and confirm “OK”.
- 3. To disconnect your smart watch with an iPhone, click “Disconnect device” in the “Settings” menu of the “Forever Smart” app, and go to the Bluetooth settings on your iPhone, then access and select the “Forget This Device” option.

Operation introduction

- You can raise your hand or press the function button to turn on the screen.
- Press and hold the watch face interface, then slide left or right to change the watch face.
- Press and hold the function button to turn on the smart watch when powered off.

How to use

- Turn on:** Press and hold the function button for 3 seconds.
- Go to menu:** Slide from left to right in the watch face interface.
- Select a function:** Slide up/ down or right/left in the watch face and then tap the icon.
- Confirm:** Tap the icon.
- Exit the menu:** Slide the interface from left to right.
- Return to the watch face:** Briefly press the function button in any interface.
- Check messages:** Slide from bottom to top in the watch face interface.



Menu navigation

After turning on the smart watch, the watch face interface is displayed.



When the watch face interface is displayed:

- Go to the menu interfaces:
 - » Slide from left to right in the watch face interface to enter the menu interfaces.
 - » Slide up and down to switch the menu interfaces.
 - » Tap the icon to enter the sub menu. Slide from left to right to return to the previous menu.
- Go to the messages shortcut interface
 - » Slide from bottom to top in the watch face interface.
- Go to other shortcuts interface
 - » Slide from top to bottom in the watch face interface.

Functions

Watch face interface

EN

PL

BG

CZ

DE

EE

ES

FR

GR

HU

IT

LT

LV

NL

PT

RO

RU

SK



You can press the function button to go to the watch face interface quickly.

If you want to change the watch face of your smart watch, press and hold the current watch face for 3 seconds, then slide left or right to go through the different watch faces and choose the one you like.

Shortcut



- Interface brightness

You can tap the brightness icon to adjust (+/-) the interface brightness.

- Find phone

If your smart watch is connected with Forever Smart app, you can find your phone by tapping this icon and yourShut down

You can shut down your smart watch by tapping this icon.

- Settings

You can go to settings of your smart watch quickly by tapping this icon.

Raise hand to activate display

You can turn on or off function of raise hand to activate display by tapping this icon.

Multi-Sport



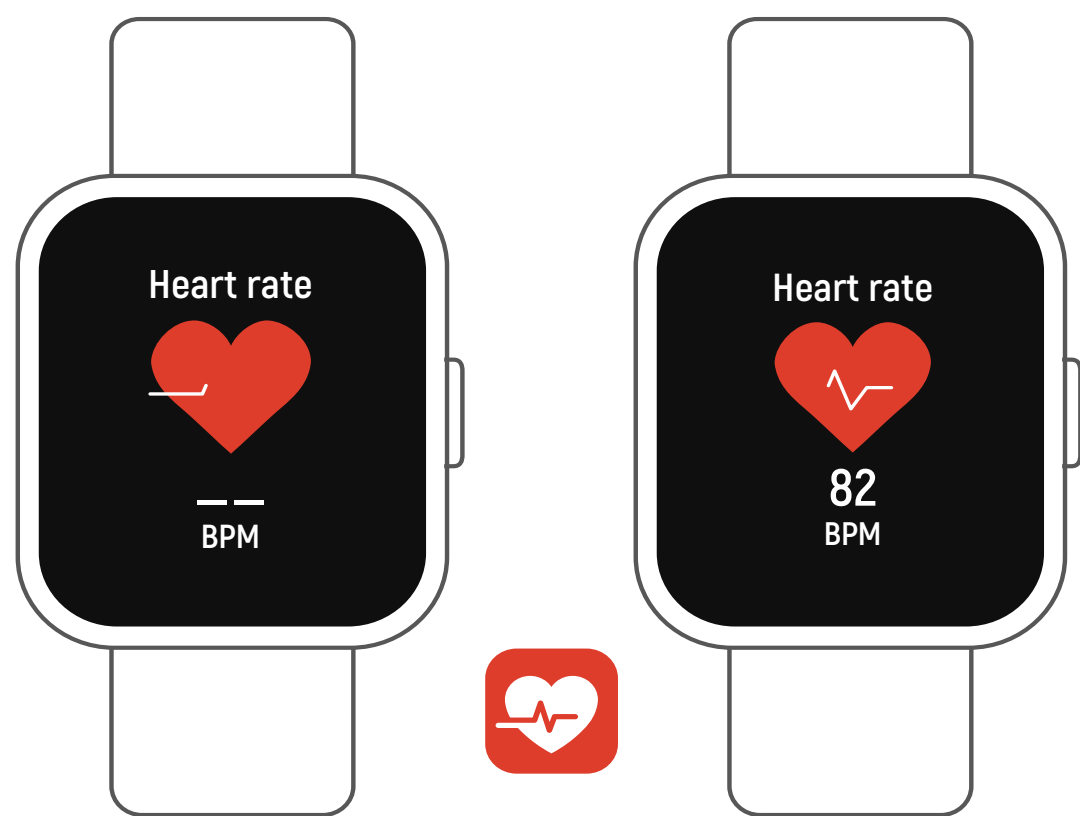
Tap this icon to enter the multi-sport mode. The smart watch has 6 sports modes: walking, running, cycling, indoor run, hiking and swimming. Choose a sport mode you want, and then do sports. The smart watch records your exercise data.



If you want to end the sports, slide the interface to right and tap the “√” icon to finish your sports and save the data. The smart watch displays your exercise data. If you’ve connected your smart watch with the “Forever Smart” app via Bluetooth, you can also check your exercise data in the app.

Note: Exercise time should be more than 5 mins, distance should be more than 0.1km and calories should be more than 1 Kcal, otherwise, the data cannot be saved.

Heart rate monitor



Tap icon to monitor your current heart rate. To exit the heart rate monitor, slide the interface to right. If you’ve connected your smart watch with the “Forever Smart” app via Bluetooth, and turn on “Healthy detection” in advanced settings of the app, you can also check your heart rate data in the app.

Sleep monitor



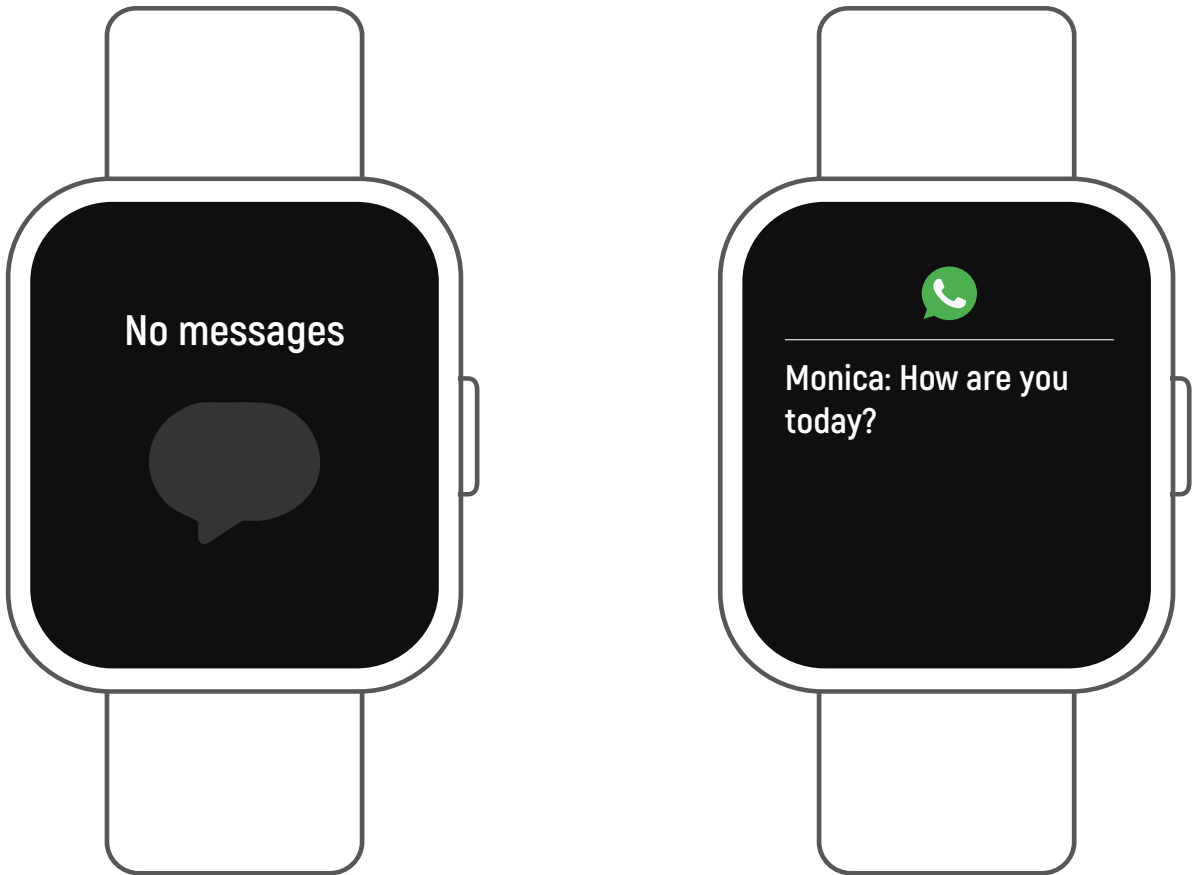
The smart watch automatically monitors your sleep between 9:30 p.m. and 11a.m.

When you get up the next day, the smart watch displays your sleep report about the time of total sleep, light sleep and deep sleep. If you’ve connected your smart watch with the “Forever Smart” app via Bluetooth, you can also check more detailed sleep report in the app.

Alarm

You can set reminders in the “Forever Smart” app. When alarm time is up, the alarm icon is animated and the smart watch vibrates.

Messages



Slide the watch face from bottom to top, and then you can check your phone calls, SMS, QQ, WeChat, Whatsapp, Facebook and Twitter notifications, etc. The messages will be automatically deleted by tapping the interface.

Weather

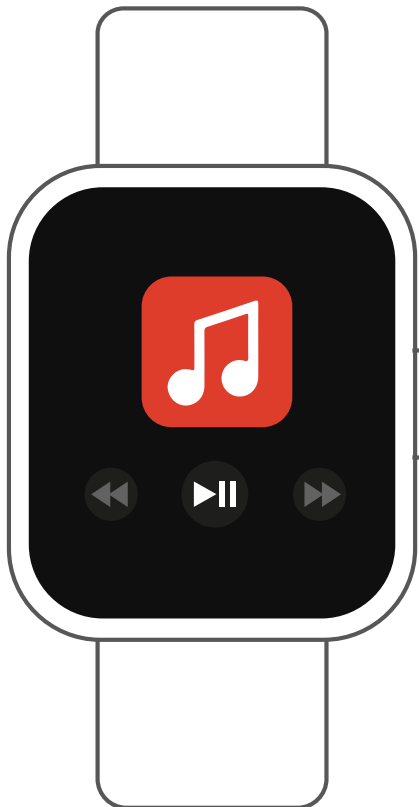


If you’ve connected your smart watch with the “Forever Smart” app via Bluetooth, the smart watch displays the weather forecast. You can manually set the city or automatically set a city in the “Forever Smart” app.

Remote capture

To use this feature, choose “Shake and take photo” in advanced settings of the app and shake your hand 3 times to take a photo. With the remote capture function, you can take pictures remotely from your smart watch.

Music playback control



Tap the music icon to enter the music playback control interface. You can select the previous/next song, and play/pause music. To exit music playback control, slide the interface from left to right.

Sedentary reminder

Go to the “Advanced settings” under the “Settings” of the “Forever Smart” app to set the time intervals (minutes), start time and end time. Slide the interface to right to exit.

- **Find phone**

If your smart watch is connected with Forever Smart app, you can find your phone by tapping this icon and your phone will ring.

- **Watch faces**

Tap the icon and then slide left or right to go through the different watch faces and choose the one you like.

- **Interface brightness**

You can tap the brightness icon to adjust (+/-) the interface brightness.

- **System**

You can check the system of your smart watch by tapping this icon.

- **Languages**

You can set language here.

- **Shut down**

You can shut down your smart watch by tapping this icon.

- **Reset**

You can reset your smart watch by tapping this icon.

TelForceOne S.A. declares that the product is compatible with requirements and other relevant provisions of the 2014/53/UE directive. You can download the declaration of product on website <https://sklep.telforceone.pl/en-gb/>