FILA

Smart Watch F90 CONNECTED

BT 5.3

USER MANUAL / MANUAL DE USUARIO / MANUAL DO UTILIZADOR / L'UTILISATEUR / MANUALE / DELL'UTENTE / BENUTZERHANDBUCH / GEBRUIKERSHANDLEIDING

SW-90

Notificaciones | Actividades deportivas | Calorías | Llamada directa (desde el reloj)

App Store | Google Play

ENGLISH

Thank you for purchasing our product.
Smart Watch F90 connected to the smart watch, such as heart rate, blood oxygen and blood pressure, are merely indicative, it is not an exact medical measuring device.
Even if you are well, go to all the appointments scheduled by your doctor.
Recommendations for people with sensitive skin during use of electronic wrist devices, Smartwatch and Smartband.
The materials used for the APP and Smartwatch and Smartbands are selected following a rigorous control of hypoallergenic measures, but some people may be sensitive to certain materials with current regulations for materials in contact with the skin.
A small number of people, however, may experience some type of skin reaction.
If you suspect, or know, that you are allergic or have an above average sensitive skin type, you should monitor the use of these devices for any type of reaction due to said allergies, environmental factors or prolonged exposure to irritants, like soap, sweat, or other causes. Smartwatches and Smartbands may contain materials such as nickel or other metals, latex, plastics, or other, that may cause in some amounts in the manufacturing process, may cause skin to react if you are sensitive to them.
If you use these devices for a prolonged period of time, you may be more susceptible to developing skin sensitivities. To avoid possible skin irritations we recommend you do not expose the device to chemicals or use it if your skin has, or has been recently applied with, any of the products listed below:
* Insect repellents
* Moisturizing creams and lotions
* Oils
* Perfumes
* Antiseptic gels
* Soaps
* Sun protection creams
It is recommended that the devices are used when the skin is completely dry, free of any of the above-mentioned products to avoid hand-to-skin contact, and to avoid prolonged sun exposure with wet skin. They are not submersible or waterproof.
Clean the device thoroughly to remove sweat after training and allow it to dry.
Prolonged exposure to moisture can cause skin irritation.
It is also advisable not to wear these devices too tight or too loose.

If the strap is too tight, it may cause skin irritation. If the strap is too loose, chafing may occur.
The watch strap should be left so that it can move slightly back and forth on the wrist.
If you have the device for prolonged periods of time, remove it, give your skin a rest. To avoid irritation, swap the device to your other wrist.
If you notice redness, swelling, itching or any other irritation, remove the Smartwatch immediately and consult your physician after using the device again.
Special attention must be paid to the use of these devices in places with relatively low humidity conditions.
Do not use the Smartwatch/Smartband in places with low relative humidity (dry/poorly ventilated places, low humidity atmospheric conditions, dry indoors, if heating or air conditioning is always on, etc.), as with any other electronic device, it may be affected by static charges: static electricity on rare but certain occasions. They may cause damage to the device and also to the person wearing it at that time.
Static electricity is everywhere.
It accumulates and is without perceiving it.
An effective trick to avoid a high percentage of static electricity at home:
* Use a humidifier. Humidity is a good conductor of electricity therefore, by maintaining an acceptable percentage of it, we will avoid static in areas of the home where we metal objects may be found.
Small containers of water on top of radiators is another alternative solution.
The use of the devices in bed, whilst sleeping, is especially recommended for people who suffer from RLS (or who have repeated movements during the night may cause, through friction with the sheets, blankets, etc. a charge of static electricity. This may result in a sudden discharge of the watch's battery and/or feeling of same as the human body is a conductive element and can cause a reaction to people with sensitive skin, redness, irritation, etc.
If you notice redness, swelling, itching, or any other form of irritation, stop using the device and consult your physician.
Do not use the device again in case you are suffering from any type of allergic reaction or otherwise.

INNOVA CELLULAR.

INNOVA CELLULAR, SL
Street Ronda Ronda Sant Pere 5 Floor (Internal 2) 08010 Barcelona
Tel. +34 91 713 94 98
Fax: +34 93 488 01 01

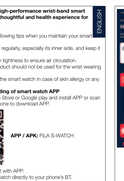
ESPAÑOL

Welcome to use our high-performance wrist-band smart watch which create thoughtful and healthy experience for you.
Device maintenance
Please remember the following tips when you maintain your smart watch:
- Clean the smart watch regularly, especially its inner side, and keep it dry.
- Adjust the smart watch tightness to ensure air circulation.
- Excessive sinicate product should not be used for the wrist wearing accessories.
- Please cease wearing the smart watch in case of skin allergic or any discomfort.

Downloading and binding of smart watch APP
1. Download from Apple Store or Google play and install APP or scan QR code with mobile phone to download APP.

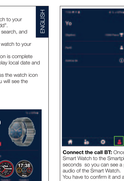
APP / APK: FILA S-WATCH

2. Pairing smart bracelet with APP:
Please do not pair the watch directly to your phone's BT.
If you have already performed this operation, please remove it from the list of paired devices as it will prevent the connection to the APP.
2.1. Open the APP.
2.2. Update your personal details (gender, birth year, etc.) and press the check mark.
Once done, grant all permissions requested by the APP.



2.3. To link the watch to your phone press "To BAS".
2.4. Go to Bluetooth search, and display. SW/90.
2.5. Pair the watch to your phone.
Once synchronization is complete the watch will display local date and time.
2.6. When you press the watch icon Bottom middle you will see the following screen:

Here you can set up notifications, alarms and the background image can be personalized.
In "Ohne" you can establish the time (13:24 hours), reminders, etc.



2.6. The text on, the lower right, will show "My", screen. Here you can complete the details of your profile and establish your objectives.

Notes:
- You connect the device via APP and not via the BT setting of your phone.
- The personal data is used to calculate your calorie consumption and distance.
- You can only connect one watch via APP.
- The use of multiple watches with one smartphone may lead to them not supported.
- For a successful connection, the data and time on your watch should be synchronized from the smartphone to the watch.
- Time / date cannot be set manually.

Connect the call BT: Once time that you have correctly connect the Smart Watch to the Smartphone by Bluetooth, wait for about 10 seconds so you can use a pop-up asking you if you want connect the watch to the phone. Click "Yes".
You have to confirm both BT, first the one called BT will be connected so you can reject, answer and do call through Smart Watch

Notes:
- Not all functions are available in the app.
- The battery life of the watch depends on your use and on the settings you make in the app.
- Keep the watch charged at least once every two months to avoid damage to the battery due to deep discharge.
- Do not expose the watch to extreme temperatures (below -10 °C or above 45 °C).
- Do not immerse the watch in water or other liquids.
- Do not use the watch during a thunderstorm.
- Do not use the watch if you have a pacemaker or other implanted medical device.
- Do not use the watch if you are pregnant.
- Do not use the watch if you are prone to seizures or epilepsy.
- Do not use the watch if you are prone to allergic reactions.
- Do not use the watch if you are prone to skin irritations.
- Do not use the watch if you are prone to nosebleeds.
- Do not use the watch if you are prone to dizziness.
- Do not use the watch if you are prone to fainting.
- Do not use the watch if you are prone to headaches.
- Do not use the watch if you are prone to muscle cramps.
- Do not use the watch if you are prone to joint pain.
- Do not use the watch if you are prone to eye strain.
- Do not use the watch if you are prone to ear pain.
- Do not use the watch if you are prone to nose pain.
- Do not use the watch if you are prone to throat pain.
- Do not use the watch if you are prone to chest pain.
- Do not use the watch if you are prone to back pain.
- Do not use the watch if you are prone to leg pain.
- Do not use the watch if you are prone to foot pain.
- Do not use the watch if you are prone to hand pain.
- Do not use the watch if you are prone to arm pain.
- Do not use the watch if you are prone to shoulder pain.
- Do not use the watch if you are prone to neck pain.
- Do not use the watch if you are prone to head pain.
- Do not use the watch if you are prone to eye p