



Please read the User Guide

It will help you get the best out of your product.

Still have questions?  
Call After Sales Support  
1300 886 649  
Or visit [www.tempo.org](http://www.tempo.org)

## Warranty returns

Should you for any reason need to return this product for a warranty claim, make sure to include all accessories with the product.

## Product does not work?

If you encounter problems with this product, or if it fails to perform to your expectations, make sure to contact our After Sales Support Centre on 1300 886 649.

## AFTER SALES SUPPORT

1300 886 649

[info@tempo.org](mailto:info@tempo.org)

Model: AFTWS-0521

Product Code: 705652 05/2021

## Sleep Monitor

On the main menu, tap on the  icon to enter the Sleep interface. You can track your sleep pattern and view more detailed records on your smart phone once connected to the RDFit app.

**NOTE:** You must be wearing the watch during the sleep duration for the function to work.

## Pedometer

On the main menu, tap on the  icon to enter the Pedometer interface. The watch will track the number of steps taken, calories burnt and distance travelled.

## Alarm

You can set alarms on the watch. When the set time is up, the watch will alert. Swipe right to stop the alarm or swipe left to snooze.

## Notifier

After your smart phone is connected to the watch, you can view messages and other app notifications on the watch. The latest 10 notifications will be displayed on the watch.

You can set which app notifications to receive under "push notifications" on the RDFit app.

## Find Phone

After your smart phone is connected to the watch, tap on the  icon on the watch and then tap the start icon, your smart phone will ring. Tap on the watch again to exit.

## Remote Camera

On the RDFit app, go to Device and set "Take picture" to on. Tap on the  icon to use the watch as a camera remote for your smart phone. Once the smart phone is connected to the watch, tap the capture icon on the watch screen to remotely take a photo.

## Weather

Tap on the  icon to view live weather (you can see up to a 3 day forecast). You must be connected to the RDFit app and can manually set the city on the app.

**NOTE:** You must have Internet/mobile connection for this function to work. Your phone location/GPS must also be turned on. You may also need to manually set the city/location on the RDFit app.

## Search Device

Under "Device" on the RDFit app, tap "Search device" and the watch will vibrate. Tap "OK" on the watch to stop vibration.

## Voice Assistant

Tap on the  icon to turn Siri (iOS devices) and Google Assistant (Android devices) on. Speak to the microphone for voice command.

## Shortcuts menu



Swipe down to access the shortcut menu where you can adjust night mode, lock, brightness, settings, vibration and volume.

## Tools

Settings for calendar, stopwatch, sedentary, alarm, app download, calculator and power saving.

## Settings

Adjust settings for linking to RDFit app, Bluetooth settings, yoga breathing, clock, notification brightness, sound, volume, display, language, units, motion, power off time, reboot, reset and about.

## Watch Face Screen

You can change the style of the watch interface on the RDFit app. Tap "Device" and select "Transmit dials". Select your desired watch screen style and it will be stored under "App download".

## Change The Straps

The watch comes with an additional strap for when you want to switch up the styling.



To change the straps, turn the watch over and push the needle knobs to the direction as shown in the illustration.

Take off the straps and fit the new strap.

## Specifications

|                     |                            |
|---------------------|----------------------------|
| Display             | 1.69", 240 x 280 pixels    |
| Ingress protection  | IP67                       |
| Charging time       | 3 hrs (approx.)            |
| Charging base input | 5V=180mA                   |
| Bluetooth Range     | < 10m                      |
| Built-In Battery    | Li-ion 3.8V 240mA          |
| Weight              | 50g                        |
| Dimensions (mm)     | 44 (W) x 39 (H) x 11.5 (D) |

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**NOTE:** The results and measurements of heart rate and blood pressure data cannot be used for medical reference and should be used as a guide only.



## Warranty Information

The product is guaranteed to be free from defects in workmanship and parts for a period of 12 months from the date of purchase. Defects that occur within this warranty period, under normal use and care, will be repaired, replaced or refunded at our discretion, solely at our option with no charge for parts and labour. The benefits conferred by this warranty are in addition to all rights and remedies in respect of the product that the consumer has under the Competition and Consumer Act 2010 and similar state and territory laws.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and to compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

## Repair and Refurbished Goods or Parts Notice

Unfortunately, sometimes faulty products are manufactured, which need to be returned to the supplier for repair.

Please be aware that if your product is capable of retaining user-generated data (such as files stored on a computer hard drive, telephone numbers stored on a mobile telephone, songs stored on a portable media player, games saved on a games console or files stored on a USB memory stick) during the process of repair, some or all of your stored data may be lost. We recommend you save this data elsewhere prior to sending the product for repair.

You should also be aware that rather than repairing goods, we may replace them with refurbished goods of the same type or use refurbished parts in the repair process.

Please be assured though, refurbished parts or replacements are only used where they meet ALDI's stringent quality specifications.

If at any time you feel your repair is being handled unsatisfactorily, you may escalate your complaint. Please telephone us on 1300 886 649 or write to us at:

Tempo (Aust) Pty Ltd ABN 70 106 100 252  
PO Box 6056, Frenchs Forest, NSW 2086, Australia  
Telephone: 1300 886 649 (Aust) - Fax: (02) 8977 3765  
Tempo Help Desk: 1300 886 649 (Aust)  
(Operating Hours: Mon-Fri 8:30am-6pm; Sat 9am-6pm EST)  
Email: [info@tempo.org](mailto:info@tempo.org)

## BAUHN®



Smart Watch  
with Interchangeable Straps

User Guide

## AFTER SALES SUPPORT

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[info@tempo.org](mailto:info@tempo.org)

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## Parts of the watch



1. Speaker
2. Touch screen
3. Side button
4. Heart rate sensor
5. Charging pins
6. Microphone

**NOTE:** The images in this guide are for reference only. Your watch may be a different colour.

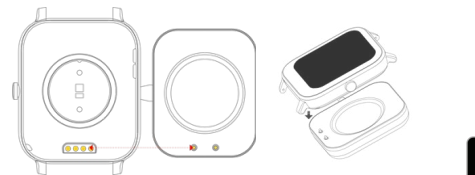
## First Time Use

Charge your watch before using for the first time, you will need to charge it for about 3 hours.

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## Charging steps:

1. Place the watch on top of the base with the charging pins on the back of the watch aligned with the charging pins on the charging dock. It will snap into position once correctly aligned.
2. Connect the charging dock to a USB charging adaptor (not included) or a USB port on your computer.



3. Once fully charged, unplug the charging dock from the charger.

To keep the charging pins clean, please use a damp cloth and gently clean the charging pins weekly.

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## RDFit App

Search for the RDFit app in the app store to download, or scan the QR code below for installation.



For Android



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For iOS



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## Turn on the Watch

Once the watch is fully charged, press and hold the side button for 3 seconds to turn on the watch.

To turn off the watch, press and hold the side button for 3 seconds.

## Connect to the App

Open the RDFit app on your smart phone. On the main page, tap "Device" then "Searching Device" and it will automatically start to search for nearby devices. On the device list, select "AFTWS0521\_LE" to connect to the watch. On iOS devices, you may need to tap on "Pair" on a pop up window.

You can also connect to the app through the watch's QR code. Tap the Setup icon then "Link to app" to display the QR code on the watch. On the RDFit app, tap "Scan it" to scan the QR code and the watch will connect to the app.

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To enable the watch for your smart phone's Bluetooth calls, music playback and remote capture, please refer to the below:

For Android devices: Go to your mobile settings>Bluetooth. Select "Add new device" and select "AFTWS0521/AFTWS0521\_LE" from the list. Once successfully connected, will light up on the shortcut menu.

For iOS devices: Go to your mobile settings>Bluetooth. Select "Add new device" and select "AFTWS0521" from the list. Once successfully connected, will light up on the shortcut menu.

**NOTE:** For iOS devices, music playback and remote capture functions will not work if you do not pair "AFTWS0521\_LE" on the pop up screen.

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## Disconnect from the App

For both iOS and Android devices, open the RDFit app on your smart phone. Tap "Device" and select "Unbinding Equipment" to disconnect the watch from the app. You will also need to open the Settings menu on your smart phone. Go to Bluetooth settings, tap on the "i" (for iOS) or "setting" (for Android) icon on the right side of "AFTWS0521/AFTWS0521\_LE" and then tap "Forget This Device" to finish disconnecting.

## Turn On the Screen

To turn on the screen, raise your arm if you're wearing the watch, or press the side button. Press the button again to turn off the screen. Press the side button on any screen or swipe right to exit or return to the main screen. Raising your arm too quickly or slowly may not turn the screen on.

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## Functions On the Home Screen

- Swipe up to get to the main menu. From here, swipe up/down to navigate to different menu screens.
- Swipe left for the quick access settings to Bluetooth calls, music, pedometer, heart rate and sleep monitor.
- Swipe right for the notifications screen.
- Press and hold the screen for the watch face selection page. Swipe left/right for different options, then tap "OK" on the screen to select.

## Functions in any Screen

- Swipe right or press the side button to return to the main screen.
- Tap on any icon to get into the sub screen.

## Applications

Please allow permission and enable the notification settings on the respective smart phone application.

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## Bluetooth Calls

Swipe left to enter the Bluetooth call menu where you can view call history, contact list and dialer.

**NOTE:** the watch will notify you to connect to your smart phone if not connected. Your smart phones Bluetooth must be paired to "AFTWS0521/AFTWS0521\_LE" to use the function.

## Call Operation

After your smart phone is connected to the watch, you can directly answer/reject incoming calls through the watch. To answer an incoming call, swipe the icon right. To reject the call, swipe the icon left.

## Bluetooth Music Playback

- Swipe left to enter the Bluetooth music playback menu.
- Open the music app on your smart phone.
- Tap play/pause icon to play/pause music.

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- Tap previous/next icon to play the previous/next song.
- Tap speaker icon to adjust volume level.

**NOTE:** Your smart phones Bluetooth must be connected to "AFTWS0521/AFTWS0521\_LE" to use the function.

## Sports

On the main menu, tap on the icon to enter the multi-sport screen. There are six activities: Out-door run, climb, cycle, basketball, ping pong and football.

When you want to pause/stop the activity, tap the screen once to display the pause/stop icon. Tap the icon to pause/stop.

Tap the save icon to save the activity which you can view later by tapping the history icon. Tap the recycle icon to remove activity.

The smart watch will only save activity data if the distance is more than 200 steps and 5 minutes in duration.

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## Heart Rate

On the main menu, tap on the > icon to measure your heart rate. Once connected to the RDFit app, you can set measurement intervals at the app (under Heart rate check).

## Blood Pressure

On the main menu, tap on the > icon to measure your blood pressure levels.

## Blood Oxygen

On the main menu, tap on the > icon to measure your blood oxygen levels.

When using the heart rate, blood pressure and blood oxygen functions, ensure the following:

- The smart watch has good contact with your wrist.
- Check that the sensor is clean and there is no dirt or debris covering it.
- It may take over 30 seconds before the first result is shown on the screen.

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