



Active 4 SE Smart Watch

KAA4SESWBKA, KAA4SESWNAA, KAA4SESWGNA & KAA4SESWRGA

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Safety & Warnings

- Read all safety notes and instructions before first use even if you are familiar with this product. Retain this user guide for future reference.
- Use the product only as described in this user guide.

IP68 Waterproof

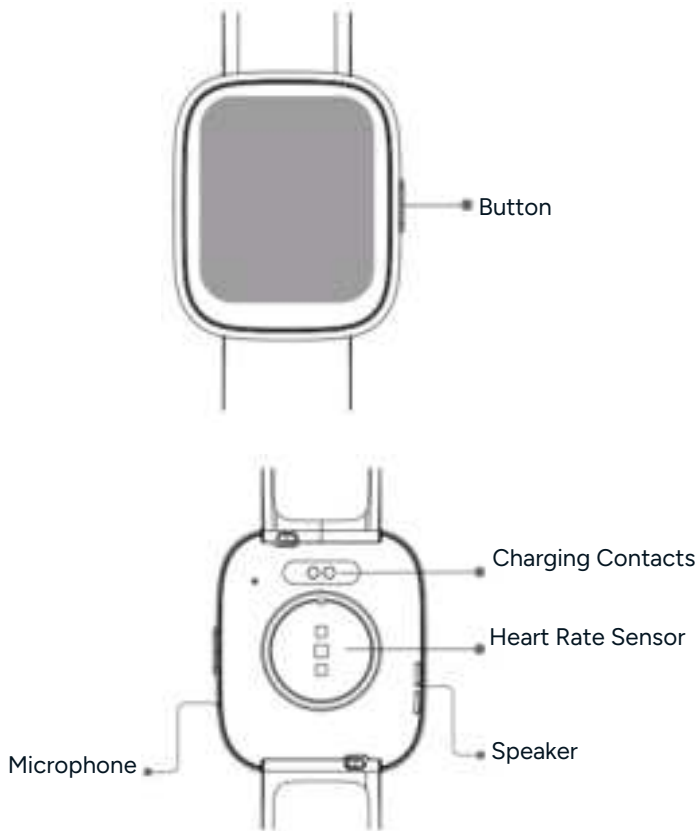
Water resistance is not permanent and may be reduced by time of use and daily wear and tear. The following conditions may affect the waterproof performance of the wearable and should be avoided. Damage caused by immersion of the device in liquid is not covered by the warranty:

- Pressing buttons or performing functions underwater.
- Cleaning the device with an ultrasonic cleaner or weak alkaline and weak acidic detergent.
- The product is dropped from a height or subjected to other shocks.
- The product is disassembled or repaired through an unofficial authorised agency.
- The product comes into contact with alkaline substances, such as soap or suds in the shower or bath.
- The product comes into contact with perfumes, solvents, detergents, acids or acidic substances, insecticides, lotions, sunscreens, moisturising oils or hair dyes.
- Charging the product in a wet state.
- Dust and water resistance is only for the watch body, other parts (e.g. strap, charging cable) are not included.

Components

- Smart Watch
- Charging Cable
- User Guide

Overview



App Installation

1. Charge the watch to activate and turn it on before first use. To charge, connect the magnetic charging cable to the charging contacts located on the back of the watch.
2. Search for 'very fit' on the App Store, Google Play or scan the QR code to download and install the app.
3. Log in to the app and set your personal information, as well as your step and weight goals.

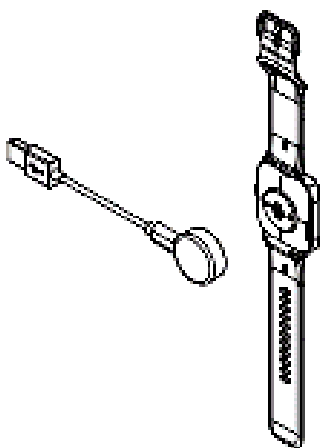


4. On the Device interface, tap the '+' icon in the upper right corner, your phone starts searching. From the device list found, choose your smart watch name to pair with. You may also link the device directly by scanning the device's QR code using the scan function.

Operation

Charging

1. Whilst the watch is off, it automatically turns on when you put it on charge. To charge, attach the supplied magnetic charging cable to the magnetic charging contacts on the back of the smart watch.
2. Attach the opposite end of the cable into a USB power adapter (not supplied). Ensure the adapter meets the specified voltage and current (5V/500mA).



Wearing the Watch

Ensure that your watch is at least one finger above your wrist bone and that the sensor on the back touches your skin.



Screen Operation

Smart Watch has a full touch screen, which supports operations including short tap, swipe left/right and swipe up/down.

Button Operation

Smart Watch has a physical button; which supports "short press" and "long press" operations.

- Press to return to home page/pause exercise.
- Press and hold for 2 seconds to turn on the watch when it is off.

Health

Watch:

1. The watch will automatically record your data.
2. You can measure your heart rate, blood oxygen and stress level on the watch or turn on automatic measurement of heart rate, blood oxygen, stress level and sleep on the app to track these data the whole day. You can manually or make the watch automatically monitor your health status continuously.
3. To start an exercise:
 - a. When the watch face interface is displayed, short press the physical button to access the application list. Tap the Workout icon to access the icons of different exercise types, then tap the icon of an exercise (such as Outdoor Running) to start the exercise.
 - b. The watch can display up to 20 exercise types by default. On the app's Multi exercise mode, you can add or delete the exercise types displayed on the watch or change their order.

VeryFit App:

1. Start 'very fit', enable the Bluetooth feature and grant the GPS positioning permission;
2. Light up the bracelet screen and bring it close to your phone;
3. Click the "+" icon on the App and select the smart watch model in the search results to bind;
4. Confirm the binding request on the smart watch;
5. Fill in your information and set your step goal on the App to complete the binding.

Watch Face

The watch comes with 3 watch faces by default. You can switch between them manually on the watch or on the very fit app's watch face settings. You can also customise the watch face on the app. More watch faces are available for download from the "Watch Face Market".

Sports

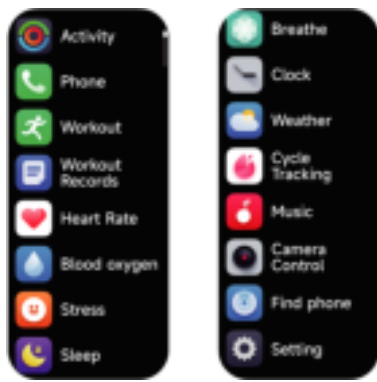
- Up to 20 exercise types can be displayed by default: Outdoor run, Indoor run, Outdoor Walk, Indoor Walk, Hiking, Outdoor cycle, Indoor cycle, Cricket, Pool swim, Open water swim, Yoga, Rower, Dance, Rower, Elliptical, Workout, HIIT, Functional strength training, Core training, Pilates, Cooldown, Dance. On the very fit app, you can add or delete the exercise types or change their order displayed on the watch. There is a total of 100 exercise types to choose from on the app.



- Smart Watch supports intelligent exercise recognition. It can recognise whether the user is running/walking. It supports automatically pausing an exercise or reminding when an exercise ends. This feature can be turned on/off on the app.
- Smart Watch summary of exercise contains various exercise data, which can be checked on the very fit app.
- You can view your recent exercise records on the watch, including detailed data about your exercise; you can also view the exercise records on the APP.



Application List



When the watch face interface is displayed, short press the physical button to access the application list, which is displayed respectively from top to bottom: Activity, Phone, Workout Records, Heart Rate, Blood oxygen, S tress, Sleep, Breathe, Clock (Alarm, Stopwatch, Timer), Weather, Cycle Tracking, Music, Camera Control, Find phone, Settings.

Phone

- 1. You can add up to 20 frequent contacts to your watch through the app, then call these contacts on your watch.
- 2. You can view recent call history on your watch and call the numbers displayed in the call history.
- 3. You can make calls through the watch's dialler.



Activity

The watch can collect and display: Exercise/Activity/Walking data and goals of the day, histogram of Exercise/Activity/Walking data per hour throughout the day, Steps and Distance of the day, Recovery Time and Maximal Oxygen Uptake for the latest Exercise, Daily Goal Setting, etc.



Heart Rate

1. You can manually measure the heart rate on the watch. In the APP settings, you can turn on/off the intelligent around-the-clock monitoring of the heart rate or view the heart data.
2. Each time heart rate is measured, keep your arm and wrist still and wait patiently until the measurement finishes.



Blood Oxygen

1. You can manually measure blood oxygen on the watch. In addition, the watch supports automatic around-the-clock blood oxygen monitoring. In the APP settings, you can turn on/off this function or view the blood oxygen data.
2. Each time blood oxygen is measured, keep your arm and wrist still and wait patiently until the measurement finishes.



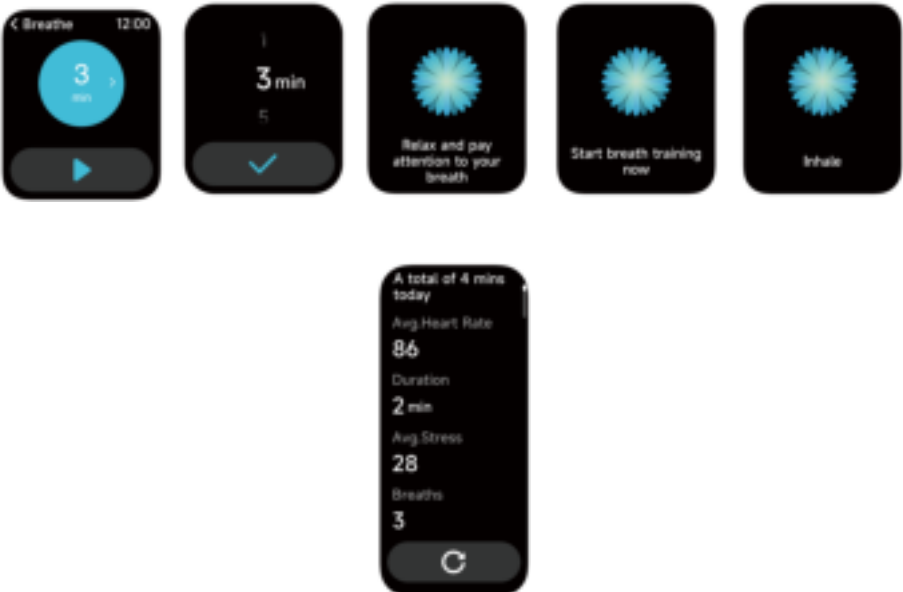
Stress

1. You can manually measure stress on the watch. In addition, the watch supports automatic around-the-clock stress monitoring. In the APP settings, you can turn on/off this function or view the stress data.
2. Each time stress is measured, keep your arm and wrist still and wait patiently until the measurement finishes.



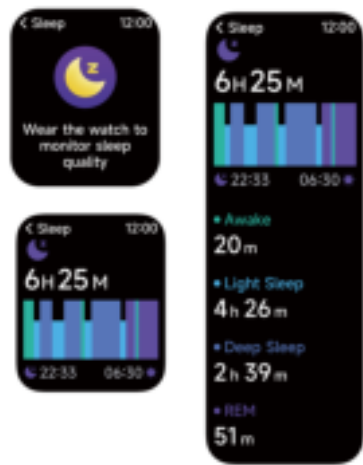
Breathe

1. Click Breath training icon to access this feature. you can choose the duration; it helps adjust your breathing;
2. Click Start to directly enter the breath training animation. Follow the vibration and animation frequency to adjust your breathing. Reasonable breath training can help soothe your emotions.



Sleep

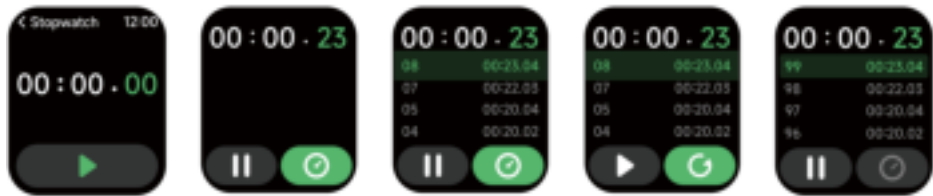
You can view the most recent sleep record and sleep status at each stage.



Clock

Stopwatch

Use the watch as a stopwatch. The stopwatch has a "Lap" function.



Alarm

- 1. You can add, delete an alarm or turn the alarm on/off on the watch and also set an alarm for the watch via the app.
- 2. You can set the alarm delay time and times in the APP to decide how long you want to delay and how many times to delay.



Timer

You can set a timer with a preset duration on the watch and the timer will remind you when the timer expires; you can customise the timer time.



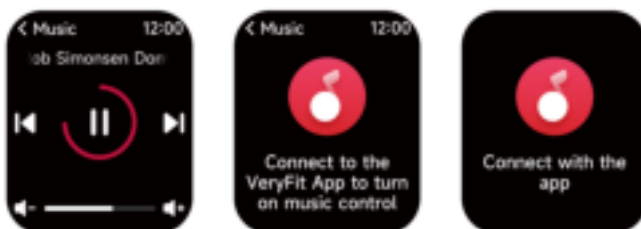
Weather

Supports Current city Three-day weather viewing, you can view today's "current weather, highest and lowest weather values" and the "highest and lowest weather values" for the next two days.



Music

1. When the watch is connected to the APP, you can control the mobile music player to perform the functions of "next, previous", "play\pause" and "volume increase and decrease".
2. This function can be open/close in the APP settings.



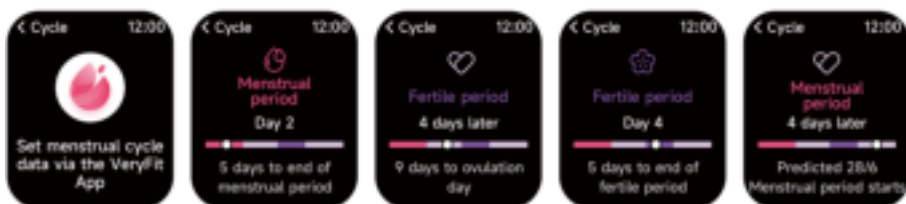
Find Phone

1. When the watch is connected to the APP, you can make your phone ring.
2. Click the icon to end the ringing.
3. This function can be open/close in the APP settings.



Cycle Tracking

After opening Cycle Tracking on the APP, the watch will display the cycle tracking function options and set the cycle length, reminder time and other options and the time will be reminded periodically.



Camera Control

When the watch is connected to the App, you can manually turn on the phone's system camera to control taking photos.



Settings

1. In the watch's settings, you can set the screen-on time, ringtone volume and vibration, etc.
2. In the watch's settings, you can also shut down, restart or reset the watch (once reset, all data stored in the watch will be cleared and the watch will be unpaired from your phone).



Reminder Module

The watch supports multiple reminder modes, including message reminder, incoming call reminder, walking reminder, drinking reminder, exercise goal reminder, exercise centre rate warning reminder, etc.



Control Centre

Control centre gives you an easy way to turn on functions such as Do Not Disturb, raise to Wake, set the screen brightness, find my phone, turn your watch into a flashlight, etc.



Notes

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Need more information?

We hope that this user guide has given you the assistance needed for a simple set-up.

For the most up-to-date guide for your product, as well as any additional assistance you may require, head online to **help.Kogan.com**.

