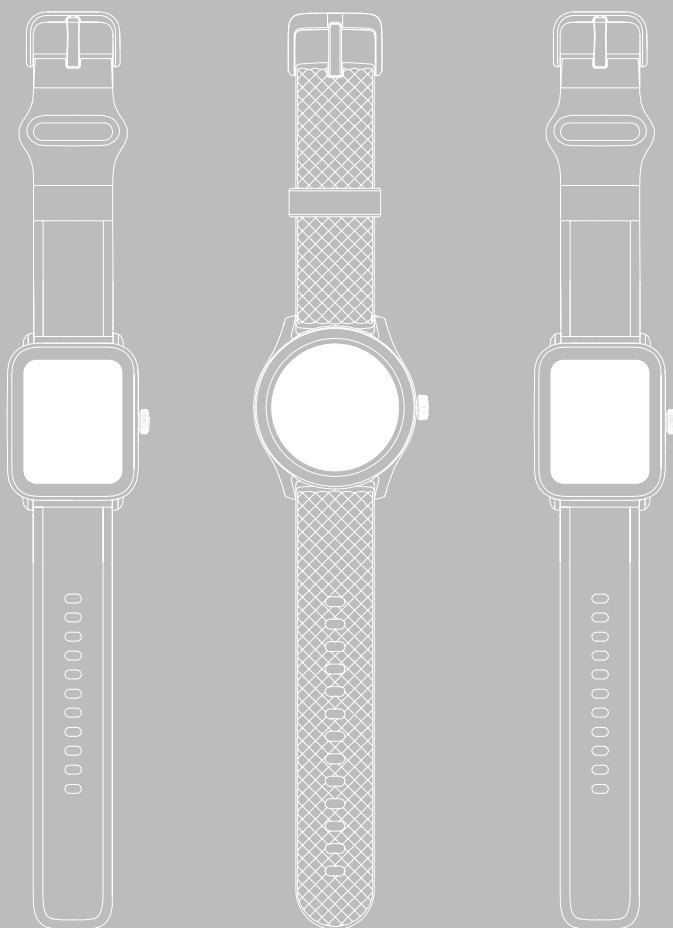


SMARTWATCH

Smartwatch 5000 / 5010 / 6010



GB Operating Instructions





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We are delighted that you have chosen a Hama product.

Take your time and read the following instructions and information completely. Please keep these instructions in a safe place for future reference.

Your new smartwatch is your ideal companion for a healthy lifestyle and motivates you to stay active all day long. As well as displaying the time and date, it collects data on the number of steps you have taken, your heart rate and the calories you have burned. It establishes a wireless connection to your smartphone via *Bluetooth®* enabling you to document the data on the associated "Hama FIT move" app and, thus, constantly keep track of your success. Use it to check when you have reached your personal fitness goal!

1. Explanation of warning symbols and notes

Warning



This symbol is used to indicate safety instructions or to draw your attention to specific hazards and risks.

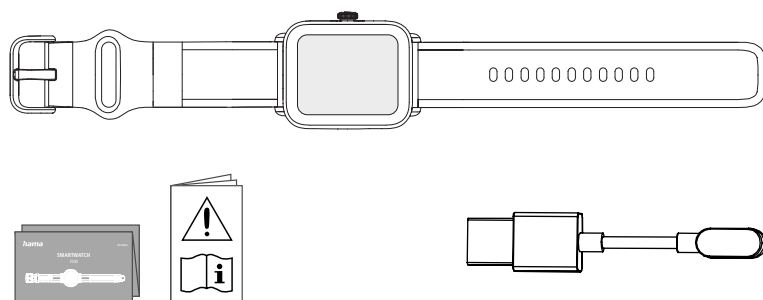
Note



This symbol is used to indicate additional information or important notes.

2. Package Contents

- Smartwatch "Smartwatch 5000" / "Smartwatch 5010" / "Smartwatch 6010"
- 1 USB charging cable
- Quick start guide
- Safety information sheet



Note



The illustrations and symbols used in these operating instructions comply with the Smartwatch 6010 model with Article Number 00178619, -20, -21.

Smartwatch 5000 models (00178614, 00178615) and Smartwatch 5010 models (00178616, 00178617) could vary in appearance.



3. Safety instructions

Warning



Take your time and read the following instructions and information completely. Information on using the product is provided in this operating instruction manual.

- This product is intended for private, non-commercial use only.
- Use the product only for the intended purpose.
- Protect the product from dirt, moisture and overheating and use it in dry environments only.
- Do not use the product in the immediate vicinity of heaters, other heat sources or in direct sunlight.
- Do not operate the product outside the power limits given in the specifications.
- Do not use the product in areas in which electronic products are not permitted.
- The battery is integrated and cannot be removed.
- Do not open the device or continue to operate it if it becomes damaged.
- Do not attempt to service or repair the product yourself. Have all service work completed by qualified experts.
- Do not drop the product and do not expose it to any major shocks.
- Do not modify the product in any way. Doing so voids the warranty.
- Dispose of packaging material immediately in accordance with the locally applicable regulations.
- Do not incinerate the battery or the product.
- Do not tamper with or damage/heat/disassemble the batteries/rechargeable batteries.
- While driving a car or using sports equipment, do not allow yourself to be distracted by your product and keep an eye on the traffic situation and your surroundings.
- Consult your doctor before starting an exercise programme.
- Always be aware of your body's response when you exercise, and speak to your doctor in an emergency.
- Consult your doctor if you have a medical condition and wish to use the product.
- This is a consumer product, not a medical device. Hence, it is not intended for the diagnosis, therapy, cure or prevention of illnesses.
- Prolonged contact with the skin can lead to skin irritations and allergies. Consult a doctor if symptoms persist.
- This product is not a toy. It contains small parts which could be swallowed and pose a suffocation hazard.
- Only use the article under moderate climatic conditions.



Risk of electric shock



- Do not open the device or continue to operate it if it becomes damaged.
- Do not use the product if the AC adapter, adapter cable or power cable is damaged.
- Do not attempt to service or repair the product yourself. Have all service work completed by the skilled personnel responsible.

Warning - cardiac pacemakers



This product generates magnetic fields. Persons with a cardiac pacemaker should consult a doctor before using this product, as the pacemaker's proper function could be affected.

Information - air traffic



- This product is a constant transmitter of radio signals. Please note that carrying and using radio transmitters during certain phases of the flight (e.g. take-off / landing) is not permitted for safety reasons.
- Check with your airline before you fly whether your fitness tracker can be taken on board. If in doubt, leave the product at home.

Warning - rechargeable battery

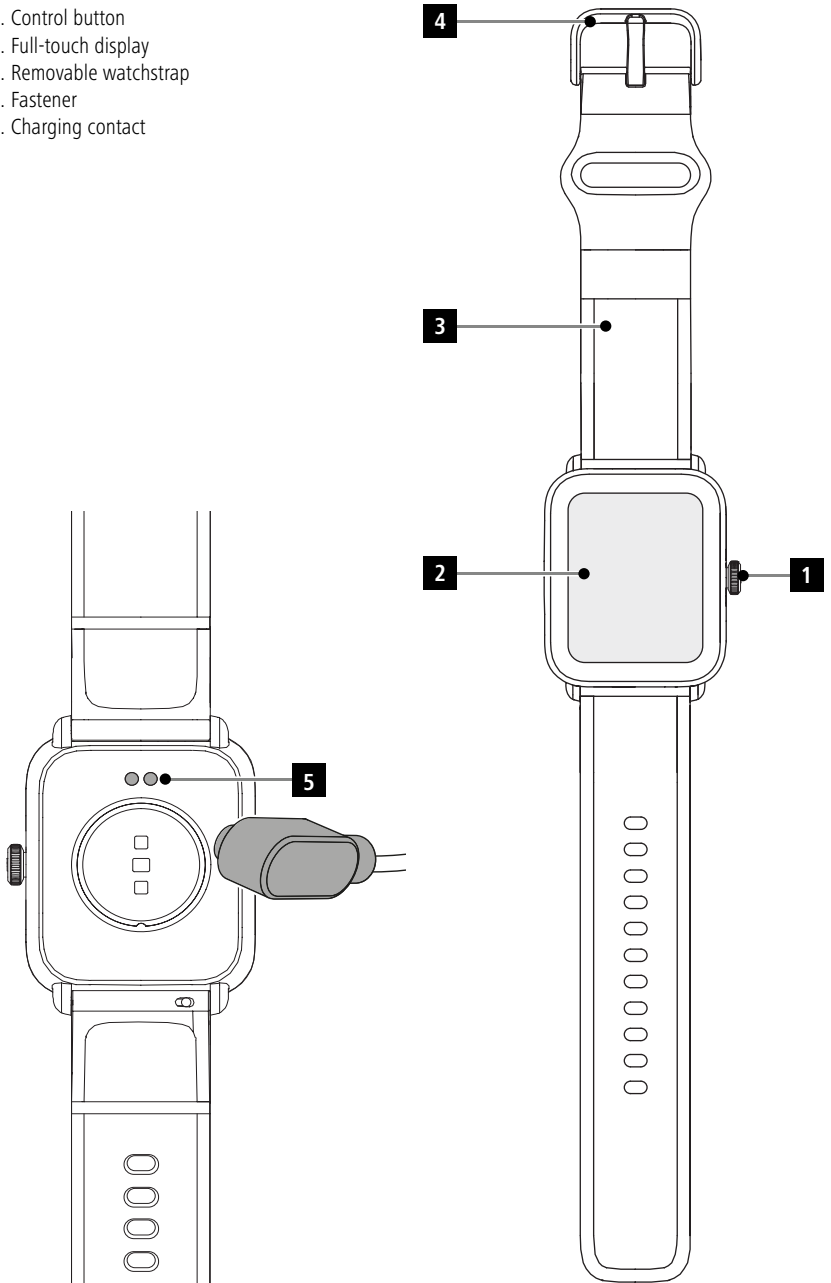


- Only use suitable charging devices or USB ports to charge the product.
- Do not use defective chargers or USB ports and do not attempt to repair them.
- Do not overcharge the product or allow the battery to completely discharge.
- Avoid storing, charging and using the product in extreme temperatures and at extremely low atmospheric pressures (such as at high altitudes).
- When in storage over a long period of time, batteries should be charged regularly (at least every three months).



4. Control elements

1. Control button
2. Full-touch display
3. Removable watchstrap
4. Fastener
5. Charging contact





5. Getting started

Note



The descriptions and illustrations in these operating instructions are based on using the **Hama FIT move** app version 1.5.4 and the smartwatch firmware version 1.01.00.

Please note that updates to the app or smartwatch could lead to deviations from the names and illustrations used.

5.1 Charging

- Charge your smartwatch fully before using it for the first time.
- Connect the charging cable to a free USB port on your computer or a USB charger and the charging contact **[5]** on your smartwatch. To do this, observe the operating instructions for the USB charger you are using.

Note

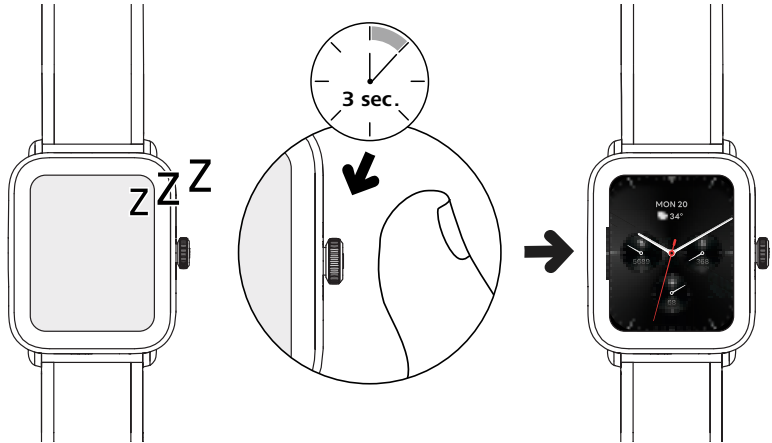


- The charging time for a full battery charge is around 150 minutes. When the battery in the display is indicated as being fully charged, the charging process is ended. Then disconnect the smartwatch from the power supply.
- When the battery charge level drops to just 10%, charge the smartwatch to prevent functional restrictions.



5.2 Putting on and switching on

- Before wearing and switching on the smartwatch for the first time, you must connect it with the enclosed charging cable and plug it into a power source.
- When charging has been completed successfully, apply the smartwatch to your wrist and close the watchstrap [3] using the fastener [4].
- Press and hold the control button [1] for 3 seconds to start the smartwatch.



Note



- To be able to use the measuring functions most effectively, it is preferable to fit the smartwatch fairly tightly but comfortably on the top side of the forearm. The distance between smartwatch and the wristbone should be about one finger breadth.
- To ensure the best possible recording of your activities, wear the smartwatch on your left wrist if you are right-handed and on your right wrist if you are left-handed.

5.3 Switching off

- To switch the smartwatch off, open the [SETTINGS ] menu, open the [GENERAL ] submenu and tap on [TURN OFF ]. Confirm the subsequent prompt to switch off the smartwatch.



6. Setting up the smartwatch

In order to have access to the full range of functions provided by the smartwatch, you must install the "Hama FIT move" app. The following sections contain information on downloading and setting up the app.

6.1 Downloading the "Hama FIT move" app

Note



The following operating systems are supported:

- iOS 9.0 or higher
- Android 6.0 or higher

After switching on the smartwatch for the first time, you will be prompted to download the corresponding "Hama FIT move" app on your smartphone. A corresponding QR code appears in the display of the smartwatch.

- Scan the QR code with your smartphone or download the app from the Play Store (Android) or the App Store (iOS):



Hama FIT move

link.hama.com/app/fit-move

- To install the app, follow the instructions on your smartphone.

Note



Further information on the individual displays, menus and functions provided by the app is available in the manual: **"Hama FIT move" App Guide**

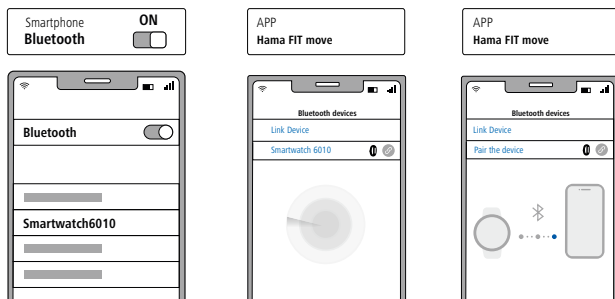


6.2 Pairing the smartwatch and smartphone

Note



- In order for the smartwatch to display incoming calls, text messages, WhatsApp messages and other notifications, activate push mode for messages in your smartphone settings.
 - While setting up the app, you will be asked whether the app has permission to access the functions of your terminal device. Agree to these prompts for the full functionality of your smartwatch.
- Start the app on your smartphone and agree to the privacy agreement. Answer any questions that may be asked.
- For an optimal user experience, you should create a user account. By creating a user account, you can access your personal data if you change smartphones. This means that your personal data is available at all times. However, creating a user account is not a prerequisite for using the app.
- To create a user account, tap on **[LOG IN]** and select **[REGISTER NOW]** at the bottom edge of the screen. Enter an email address and a password and then tap on **[NEXT STEP]**.
 - Enter the verification code which is sent to you according to the email address specified. It may be necessary to check your Spam folder.
 - When registration has been completed successfully, you can enter a user name, your personal data and assign a profile picture. Please tap on **[NEXT STEP]** to continue the set-up process.
 - The search for your "Smartwatch 6010" smartwatch then begins.
 - Follow the instructions in the app on your smartphone to connect your smartwatch.
- Your smartphone will establish a Bluetooth connection to your smartwatch.



- Select "Smartwatch 6010" and tap on **[PAIR THE DEVICE]** to connect the smartwatch to the app.
- Tap on the  symbol in the app on the smartphone to confirm the connection and conclude setting up the app.
- If there is a timeout, repeat the process.



- Then define your personal settings. These can be adapted app later (refer to the manual: **"Hama FIT move" App Guide**).
- Your smartwatch is now linked with the app and synchronisation begins.

Note



- Please synchronise your smartwatch with the app before using it for the first time. If you record an activity before your smartwatch has been synchronised with the app for the first time, the activity will not be transferred to the app afterwards.
- To manually start a synchronisation of the smartwatch with the app, drag the screen downwards on the app home page.
- Due to the limited storage space on the smartwatch, you should synchronise your smartwatch with the app regularly (at least once a week) to avoid data loss.

Note



- After the first synchronisation with the app, your smartwatch automatically assumes the time, date and language from your smartphone.
- The time and date cannot be set manually.
- The display language of your smartwatch depends on your selection in the app. As long as the set-up work has not been finalized, the display language remains English. Select the required display language in the app (refer to the manual: **"Hama FIT move" App Guide**).
- The app will alert you when a firmware update is available for your smartwatch. Perform the update in the app to ensure the smartwatch continues to work properly.



7. Operating the smartwatch

The following sections contain information on the operation and menu structure of your smartwatch. The smartwatch is provided with a display equipped with a touchscreen.

- To navigate through the menus and execute function, tap on the respective symbols and menus or swipe as necessary over the screen.
- Press the control button **[1]** to activate the smartwatch display. You can then swipe the display to switch between the different views and menu options in the order indicated below.
- You can access the submenus by tapping on the respective symbol.
- Press the control button **[1]** to open the main menu or exit from a menu and skip back to the home screen.
- Pressing the control button **[1]** for longer enables you to restart or turn off your smartwatch.

Note

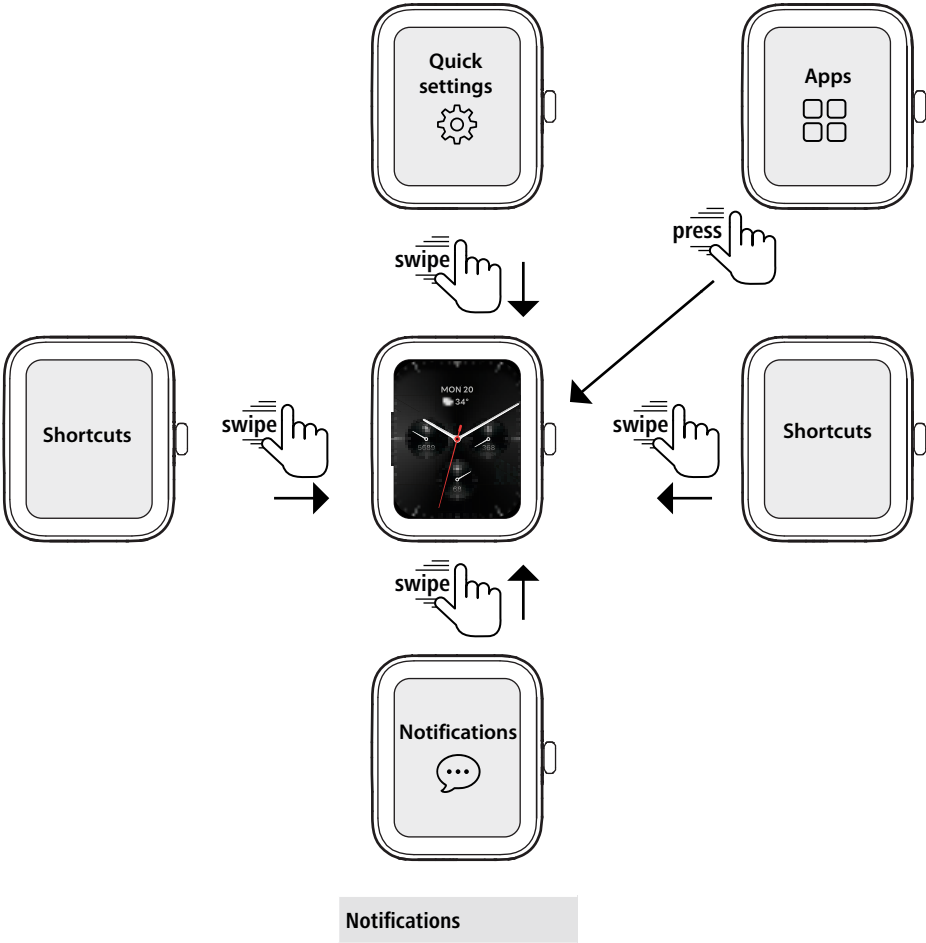


The following graphics representing all the models provide overviews of the menu structure with all the menu options.

Smartwatch 5000

Quick-access settings	
Do not Disturb mode	Settings
Display brightness	Alarm clock
Wake screen	Energy-save mode
Torch	Telephone search
Drainage	

Applications	
Activity	Clock
Phone	Weather
Language assistant	Cycle report
Workout (sport modes)	Music
Workout record	Camera
Heart rate	Telephone search
SpO2	Calculator
Stress	Calendar
Sleep	Games
Breath training	Settings



Shortcuts*
Workout data
Heart rate
Stress
Workout (sport modes)
Sleep
Weather
Music

* The shortcuts can be adapted according to individual requirements via the **Hama FIT move** app.

Smartwatch 5010

Quick-access settings

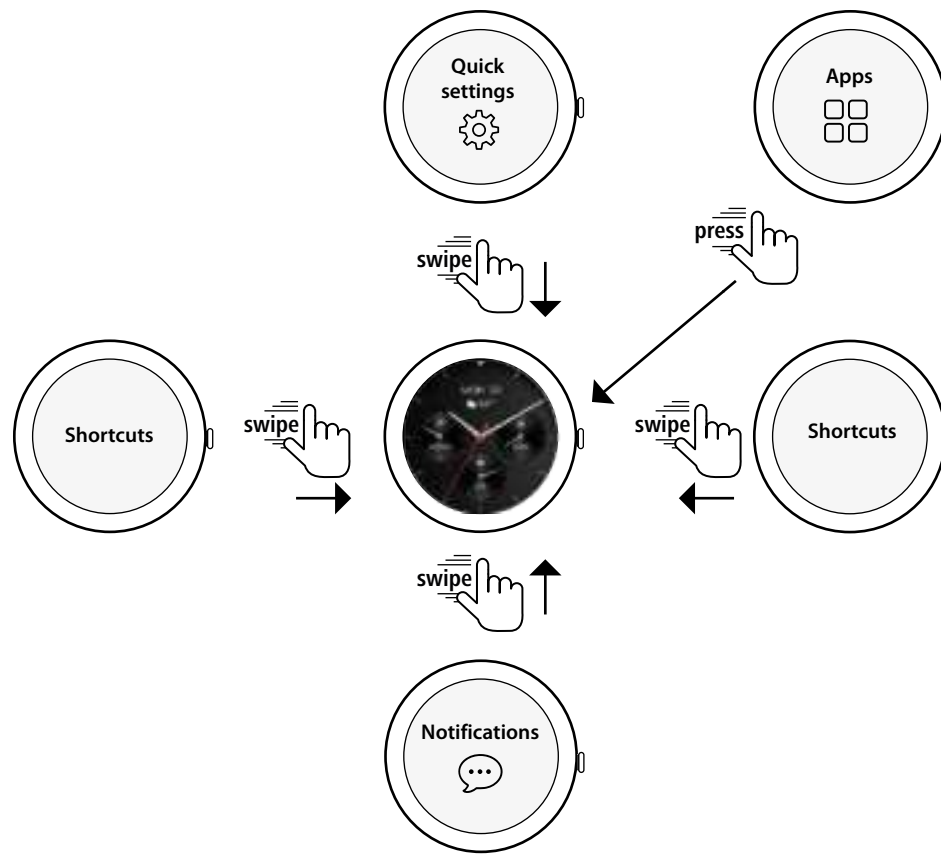
Do not Disturb mode	Settings
Display brightness	Alarm clock
Wake screen	Energy-save mode
Torch	Telephone search
Drainage	

Applications

Activity	Event reminder
Phone	Cycle report
Language assistant	Music
Workout (sport modes)	Camera
Workout record	Telephone search
Heart rate	Alarm clock
SpO2	Timer
Stress	Stopwatch
Sleep	World clock
Breath training	Settings
Weather	

Shortcuts*

Workout data
Heart rate, SpO2, stress
Workout (sport modes)
Sleep
Weather
Music



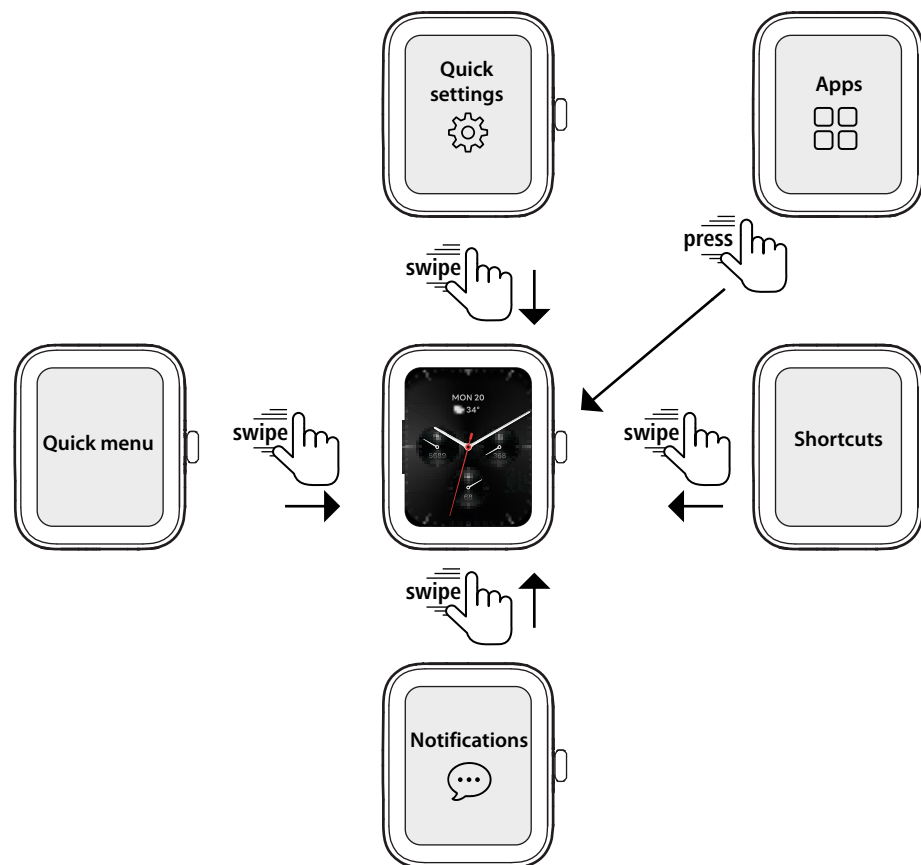
Notifications

* The shortcuts can be adapted according to individual requirements via the **Hama FIT move** app.

Smartwatch 6010

Quick-access settings	
Do not Disturb mode	Alarm clock
Display brightness	Energy-save mode
Wake screen	Telephone search
Torch	Settings
Drainage	

Applications	
Activity	Breath training
Phone	Clock
Language assistant	Weather
Workout (sport modes)	Music
Workout record	Camera
Heart rate	Telephone search
SpO2	Calculator
Stress	Calendar
Sleep	Games
Cycle report	Settings



Notifications

Shortcuts*
Workout data
Steps
Heart rate
Stress
Workout (sport modes)
Phone
Sleep
Music
Weather

* The shortcuts can be adapted according to individual requirements via the **Hama FIT move** app.



7.1 Notes on operation

Note: "Workout" application

- Some activities which are completed outdoors use the integrated GPS. When starting the activity, the GPS signal is searched for. As soon as a GPS signal is available, you can start the activity. Alternatively, you can start the activity without a GPS signal. Depending on the activity selected, some data cannot be recorded without a GPS signal.
- Please note that it may take a few minutes for the GPS signal to be detected by the smartwatch. This particularly applies when the integrated GPS is used for the first time, has not been used for a longer period or where it is at a location far away from that where it was last GPS location detected. Shorten the time by linking the smartwatch to the app on your smartphone for the transfer of A-GPS data. If necessary, you will receive a prompt regarding this on the display of your watch.
- Only the Smartwatch 6010 is equipped with an integrated GPS and also supports the following global navigation satellite systems (GNSS): GLONASS, GALILEO, BEIDOU

Note: "Language assistant" application

- The "language assistant" application enables you to tap on the  symbol and gain access to the language assistants on the connected, compatible smartphone. A condition is that there is a Bluetooth connection between the two devices. Communication with the language assistants is only audible. Compatibility cannot be guaranteed for all manufacturers and operating system versions. Limitations are particularly possible with Android OS. If necessary, contact your smartphone manufacturer in this case. It is possible that a software update is available for your smartphone which can clear the problem.
- Observe the following settings on the smartphone to ensure optimal utilization of the language assistant:
 - Google Assistant (Android): Define this as the standard language assistant on your Android smartphone and permit the use of Google Assistant in locked state.
 - Apple Siri (iOS): Activate Siri on your iPhone and permit the use of Siri in locked state.



8. Maintenance and care

Clean the product with a slightly moist, lint-free cloth and do not use any aggressive cleaning agents.

9. Legal disclaimer

Hama GmbH & Co KG assumes no liability and provides no warranty for damage resulting from improper installation/assembly, improper use of the product or from failure to observe the operating instructions and/or safety information.

10. Languages supported

The list below contains the languages in which the smartwatch user interface and "Hama FIT move" app are available:

	English	German	French	Spanish	Swedish	Swedish	Czech	Polish	Finnish	Italian	Hungarian	Dutch	Portuguese	Russian	Romanian	Slovakian	Bulgarian	Greek	Norwegian	Danish	Serbian
Smartwatch 5000	x	x	x	x	x	x	x	x	x												
Smartwatch 5010	x	x	x	x	x	x	x	x	x												
Smartwatch 6010	x	x	x	x	x	x	x	x	x												
Hama FIT move	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x

11. Technical data

The following table contains the technical data for model: **Smartwatch 5000**

00178614 / 00178615	
Bluetooth version	5.3 LE
Display type	TFT-LCD
Display size	1.65"
Dimensions (housing)	47 × 39 × 13 mm
Weight	40 g
Watchstrap length	16.2 - 20.4 cm
Watchstrap width	2.2 cm
Watchstrap material	Silicone
Housing material	Plastic
Protection class	IP68
Battery type	Lithium polymer
Battery capacity	300 mAh
Charging time	Approx. 2.5 hours
Battery life	Approx. 5 -7 days



The following table contains the technical data for model: **Smartwatch 5010**

00178616 / 00178617	
Bluetooth version	5.3 LE
Display type	TFT-LCD
Display size	1.38"
Dimensions (housing)	52 × 46 × 14 mm
Weight	60 g
Watchstrap length	16.7 - 23.0 cm
Watchstrap width	2.2 cm
Watchstrap material	Silicone
Housing material	Zinc alloy / Plastic
Protection class	IP68
Battery type	Lithium polymer
Battery capacity	300 mAh
Charging time	Approx. 2.5 hours
Battery life	Approx. 5 -7 days

The following table contains the technical data for model: **Smartwatch 6010**

00178619 / 00178620 / 00178621	
Bluetooth version	5.3 LE
Display type	TFT-LCD
Display size	1.65"
Dimensions (housing)	49 × 36 × 13 mm
Weight	40 g
Watchstrap length	16.3 - 20.4 cm
Watchstrap width	2.2 cm
Watchstrap material	Silicone
Housing material	Plastic
Protection class	IP68
Water resistance compliant with ISO 22810:2010	3ATM
Battery type	Lithium polymer
Battery capacity	350 mAh
Charging time	Approx. 2.5 hours
Battery life	Approx. 5 -7 days



12. Information on disposal

Information on environmental protection:



Following the implementation of European Directives 2012/19/EU and 2006/66/EC into the national legal systems, the following applies: Electrical and electronic devices as well as batteries must not be disposed of with household waste. Consumers are obliged by law to return electrical and electronic devices as well as batteries to the designated public collection points or to the point of sale at the end of their service life. Detailed information on this topic is defined in the national laws of the respective country. This presence of the above symbol on the product, operating instructions or package indicates that the product is subject to these regulations. By recycling, reusing the materials or other forms of utilising old devices/batteries, you are making an important contribution to protecting our environment.

13. Declaration of conformity

CE Hama GmbH & Co KG hereby declares that these devices are in compliance with the basic requirements and other relevant provisions of Directive 2014/53/EU. The declaration of conformity, in accordance with the relevant directive, can be found at:

www.hama.com >  Search > "Article number" > Downloads

Frequency band/Frequency bands	5000: 2402 – 2480 MHz 5010: 2402 – 2480 MHz 6010: 2402 – 2480 MHz
Maximum transmission power radiated	5000: 9 dBm 5010: 9 dBm 6010: 9 dBm

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