Smart Watch F65

CONNECTED

BT 5.2

USER MANUAL / MANUAL DE USUARIO / MANUEL DE L'UTILISATEUR / MANUALE DELL'UTENTE / BENUTZERHANDBUCH / GEBRUIKSAANWIJZING / MANUAL DO UTILIZADOR / SW/65

Calorías · Datos deportivos · Control del sueño · Llamada directa desde el reloj

App Store · Google Play

ENGLISH

Thank you for using our smart watch INNOVA.
Important! The data provided by 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 watch devices, Smartwatch and Smartband.
The materials used for our INNOVA Smartwatches and Smartbands are selected following a rigorous control of hypoallergenic measures, as well as guaranteeing that all materials comply 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 and acrylates which, even though they are within the permitted 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 such as soap, 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 and free of any of the aforementioned products to avoid having charging contacts and measurement sensors in contact 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 wear the device for prolonged periods of time, remove it to 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 before using the device again.
Special attention must be paid to the use of these devices in places with relatively low humidity conditions.
When using the Smartwatch/Smartband in places with low relative humidity (dry/poorly ventilated places, low humidity climatic conditions, dry indoors, if heating or air conditioning is always on, etc.), as with any other electronic device, it may be affected by charges of static electricity on rare but certain occasions. This may cause damage to the device and also to the person wearing it at that time.
Static electricity is everywhere.
It surrounds us without us 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 humidity level, 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 discouraged for children and the elderly due to the fact that repeated movements during the night may cause, through friction with sheets, blankets, etc. a charge of static electricity. This may result in a sudden discharge of the watch's battery and/or heating of same as the human body is a conductive element and can cause a reaction to people with sensitive skin, wetness, irritation, etc.
If you notice redness, swelling, itching, or any other form of irritation, remove the Smartwatch immediately and consult your physician before using the device again in case you are suffering from any type of reaction, allergic or otherwise.
INNOVA CELLULAR.

Welcome to use our high-performance wrist-band smart watch which creates thoughtful and health 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 skincare product should not be used for the wrist wearing the smart watch.
- Please clean wearing the smart watch in case of skin allergy or 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 "Save".
Once done, grant all permissions requested by the APP.

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

2.3. To link the watch to your phone press "To Add".
2.4. The phone will search, and display, SW/65
Select it to pair the watch to your phone.
Once sync synchronization is complete your watch will display local date and time.
2.5. When you press the watch icon on your mobile(s) you will see the following screen:

Here you can set up notifications, alarms and the background image (can be personalized).
In "Others", you can establish time format (12/24 hours), reminders, etc.

Notes:
- Only connect the device via APP and not via the BT setting of the smartphone.
- The personal data is used to calculate the calorie consumption and distance correctly.
- Do not only connect one watch via APP.
The use of multiple watches with one smartphone at the same time is not supported.
- After successful connection, the data time and weather will be synchronized from the smartphone to the watch.
- Time / date cannot be set manually.

Use the touch screen

Swipe Left / Swipe Right / Swipe Down / Swipe Up / Swipe Left / Swipe Right / Swipe Down / Swipe Up / Control Center / Menu / Customer Service / Messages / Customer Service / Messages / Customer Service / Messages