**USER GUIDE** 





# **ACTIVE+ LITE SMART WATCH**

KALITEWTCPA, KALITEWTCRA, KALITEWTCBA & KALITEWTCGA

## **SAFETY & WARNINGS**

### **Battery Warning**

Do not disassemble, bore or damage the battery. Do not disassemble the built-in batteries of non-replaceable battery devices. Do not use sharp objects to remove the battery.

### **Health Warning**

- If you are wearing a pacemaker or other implanted electronic devices, please consult your doctor before using the heart rate monitoring strap.
- The watch's optical heart rate sensor glows green and flashes. If you suffer from epilepsy or are sensitive to blinking light sources, please consult your physician if you can wear this product.
- The device tracks your daily activities through sensors. These data are intended to tell you about your daily activities, such as steps, sleep, distance, heart rate and calories, but may not be completely accurate.
- The device, accessories, heart rate sensors and other relevant data are designed for entertainment and fitness, not for medical purposes. They are not applicable to the diagnosis, monitoring, treatment or prevention of any diseases or symptoms. The heart rate data is for reference only. It is not responsible for any consequences caused by any data deviation.

## **Cycling Warning**

 Please always maintain good judgment and ride in a safe manner. Make sure your bike and hardware are properly maintained and all components are properly installed.

## **Matters Needing Attention**

- Watch data needs to be kept once every 7 days to avoid data loss.
- The watch has no waterproof effect on seawater, acidic and alkaline solutions, chemical reagents and other corrosive liquid. The damage or defects caused by misuse or improper use are not covered by the warranty.
- Sports mode supports up to 6 hours of exercise at a time.
- The watch has a waterproof level of 5ATM and supports cold water shower, swimming, but not diving.
- Avoid wearing the watch too tight in daily use. Please keep the parts of the watch touching the skin dry.
- When your heart rate is measured, keep your arm still during the test.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- 1) This device may not cause harmful interference and
- 2) This device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could avoid the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, under Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used by the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

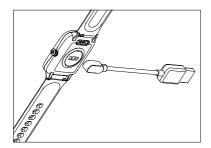
If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

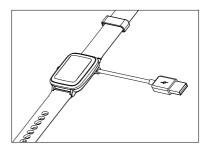
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

## **OVERVIEW**

#### 1. Power on

• The device will turn on automatically after charging.





Note: The device must be charged and activated before the first use. Always use the original power adapter to charge the device.

## 2. Download and install VeryFitPro

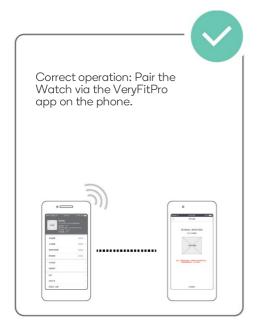


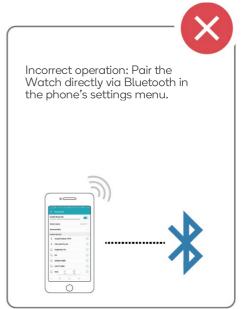
You can directly scan the QR code to download VeryFitPro or search "VeryFitPro" in the App Store/Play Store to download and install.

Hardware requirements by platform are shown below:



#### 3. Connect via Bluetooth





## 4. Device Pairing

Drop down on the app's home screen to show the pairing request. Select the product model and tap "Confirm Binding" to pair.







#### **Notes**

- On iOS only, proceed to the phone's regular Bluetooth settings and search and pair to the watch.
- During pairing, VeryFitPro will prompt you to enable GPS and Bluetooth and authorize VeryFitPro to get access to the GPS on your mobile phone.

## **Syncing Data**

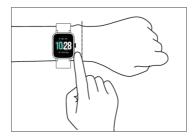
The watch will collect various data during use. To sync data, connect the watch with Bluetooth and open the app: swipe down and the sync prompt will appear.



#### **Notes**

Sync data at least once within 7 days to avoid data loss.

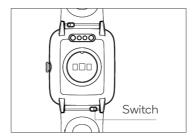
## **Fitting**



Wear the device a finger's distance from the wrist and adjust the tightness of the wristband to a comfortable position.

Note: Wearing too loosely may affect the accuracy of heart rate data.

## Strap replacement



Flip the switch and to remove the strap for replacement.

## **OPERATION**

## **Button operation**



Press right button to return to previous interface

Press and hold right button to enter/confirm

## Changing watch interface



Press and hold while on the main dial to bring up alternate interfaces to select from

## Main interface

Swipe on the screen to enter the relevant interface.

#### **Notifications**





Status



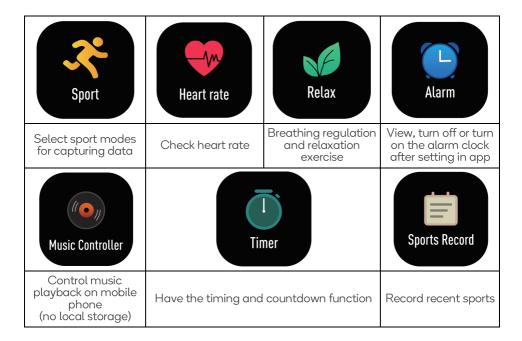
Heart rate

Function List



Data

#### **Icon functions**



#### Note:

For more functions (sleeping) and operation, please check the VeryFitPro software of the mobile phone. Try to ensure that the box fits appropriately.

## Sport mode

To record sport activity:

- 1. Click the sports icon and select activity type and the countdown timer will begin.
- 2. Press the right button to pause/resume timer.
- 3. Press and hold the right button to stop the timer and press the end button to exit sport mode.

#### Women's health tracking



Used for recording menstrual changes, tracks individual menstrual cycle and predicts ovulation.

This function must be enabled on the app.

## **CLEANING & CARE**



To ensure product function, the following points should be observed:

- Keep the watch clean and dry.
- Do not wear the watch too tightly.
- Do not use household cleaners to clean the watch; instead, use a soap-free detergent.
- Alcohol can be used to scrub stains that are not easy to remove.

## **TROUBLESHOOTING**

### Cannot locate watch in app search

- Update VeryFitPro to the latest version.
- Close all programs, disconnect and reconnect Bluetooth.
- Confirm operating system is Android 4.4 / iOS 8.0 or above.

#### Notification/text/phone call not received

- Enable smart reminder function/call reminder switch in app and synchronize to watch
- Ensure mobile device is paired via Bluetooth

#### Bluetooth disconnects

- Ensure distance is not greater than 7 metres
- Ensure there are no obstructions note that metal jewellery, etc. can interfere with Bluetooth signal
- Ensure mobile phone's Bluetooth function is working

### **FAQ & Tips**

#### Data backup

• Synchronise data at least once per 7 days as the watch retains data for 7 days

#### Factory reset

Pair watch through the app and reset though Device Model > More Settings

Do I need to keep my Bluetooth on when I wear my watch?

- For the pedometer, sleeping and alarm clock functions, a Bluetooth connection is not required and you can sync data later
- For the call alert, message alert and find my phone functions, Bluetooth must be connected

For further troubleshooting steps, see the Help and Feedback setup in  $\frac{1}{2}$  section within the app.

### **Disposal**



This marking indicates that this appliance should not be disposed with other house-hold wastes. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources.

# NOTES

#### **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** 

