SEKONDA ACTIVE PRO SMART WATCH INSTRUCTIONS
## (30238, 30239)

WEARING YOUR SMART WATCH
For the best data accuracy, please follow these guidelines while wearing your watch.
- Position your watch approximately two finger-widths from your hand.
- For a comfortable fit, adjust the strap or bracelet to allow a finger width between it and your wrist.

POWERING ON YOUR SMART WATCH
- Remove the printed screen protector. Below this is an additional screen protector. It is advised that you keep this on your watch to protect it from wear and tear.
- Press and hold the digital crown for 5 seconds to turn your smart watch on.
- If the watch doesn't power on, connect the magnetic charging cable to the back of the watch, and leave it to charge for at least 10 minutes before trying again.
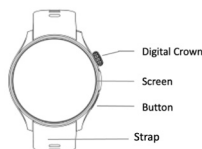
When charging, use a standard USB power source with an output of 5V=1A or above. Before charging, make sure the charging contacts are clean and free of moisture.

- The home screen of the watch will be displayed. From here, press the Digital Crown to access the functions list.
- Press the lower button to return to the previous screen.
- The screen will turn off when your smart watch is not in use. To wake up the screen press the Digital Crown.
With "Wake on Wrist Raise" turned on, the screen will also wake up when you turn your wrist. This will be turned on by default.
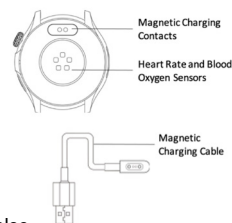
THE SEKONDA PRO APP
Download and install
- To download the app please scan the QR code using your smartphone camera, or search for "Sekonda Pro" in the app store on your smartphone.

The Sekonda Pro app is compatible with smartphones running Android version 9.0 and above, or Apple iOS version 12.0 and above.

CONNECT YOUR SMART WATCH TO THE APP
- Open the app to read and accept the Terms of service, and accept the permissions.
- "A New Watch to Set Up" pop-up will appear on the app if it detects your watch nearby. Tap the "Set Up" button.
- The App will ask for a 4-digit pin that will appear on your watch. Enter this on your phone to connect to the app.
- Alternatively tap on "Set Up a Watch" at the top of the home page of the app.
- The app will search for nearby devices. Your watch has a unique Bluetooth name beginning with "Sekonda" followed by letters and/or numbers. You can find your watch's Bluetooth name on the Welcome screen of your watch after you have selected the language, or by pressing the button to enter menu list and navigating to Settings, and tapping on General > About.

- Tap your watch name from the list displayed on the Sekonda Smart app to connect your watch.
- The watch will display the correct time after pairing is successful.

SYNCHRONISE DATA WITH THE APP
- After your watch is paired with the app you can synchronise data the watch has recorded.
- Please sync your app daily to avoid loss of recorded data. Data on the watch is reset at midnight every day.
- To sync your data, connect to the app. On the home screen of the app, swipe down to sync data with the watch. "Data syncing" will be displayed at the top of the page.

For the app to function correctly please take notice of the following:
- Do not pair the watch directly with the Bluetooth in your phone's settings. Always pair the watch through the app.
- Do not turn off Bluetooth in your phone's settings.
- If you would like to receive notifications from the app, you must accept the app's permissions.

SET UP
On the SEKONDA PRO app
- Immediately after connecting your watch the app will prompt you to set up your profile by entering your personal information such as height and weight.
- You will have the option to enable frequently used features such as notifications and Bluetooth calling, set your steps and calorie goals, and set your preferences.

Set which notifications you would like to receive on your watch
- Tap on the device icon on the app home page.
- Go to "Notifications"
- Here you can set which notifications you would like to be displayed on your smart watch.

Other settings
Tap the watch icon in the app.
- Focus – set up Do Not Disturb or Sleep mode for a set period of time. With these modes enabled, you will no longer receive notification alerts, but notifications will still appear in the watch's Notification Centre.
- Reminders – set up Stand (sedentary) or Hydration reminders.
- Display & Brightness – Choose settings for the Always-on Display, Night Shift mode, and turn on/off "Wake on Wrist Raise". **Please also note that having the screen time set to longer will consume the battery life more quickly.**
- Bluetooth Calling – Turn on/off permissions and set up favourite contacts.
- Health Data Measurements – Turn on/off monitoring Heart Rate, Blood Oxygen, and Stress
- SOS – Set up your emergency contact
- Alarms – Set up to 20 alarms
- Menstrual Period – Enable/Disable period tracking and predictions

On your smart watch
Swipe up from the home screen. Several quick settings can be accessed from this screen by tapping the icons listed in the following order:
- Tap the minus icon to access the Do Not Disturb and Sleep mode settings.
- Tap the watch icon to turn the Always-on display clock on/off.
- Tap the sun icon to set the screen brightness.
- Tap the fourth icon to turn on/off "Wake on Wrist Raise".
- Tap the torch/flashlight icon to turn on torch mode.

- Tap the speaker icon to turn Sound Alerts on/off.
- Tap the water droplet to activate the water lock.
- Tap the phone icon to use the Find Your Phone function.

CONNECTING MULTIPLE WATCHES TO ONE PHONE
You can create separate profiles for different people and switch between these when using the app.
- Tap on the device icon on the app home page, then tap on the + icon.
- The app will search for nearby watches. Follow the instructions for connecting a smart watch to the app to connect an additional watch.
- After connecting and setting up your profile you will be able to switch between profiles by tapping on the watch icon on the home screen of the app, then tapping on the icon.

USING YOUR SMART WATCH
The smart watch interface
From the home screen (the screen displaying the clock):
- **Press the Digital Crown** to enter the main function list. You can turn the Digital Crown or swipe to scroll through the functions.
- **Swipe down** to view the Notification Centre. Any notifications you have set-up to be linked to your phone will appear here.
- **Swipe up** to view the quick settings.
- **Swipe right** to view recently used apps. Scroll down to view your health data, and music control.
- **Swipe left** to display Activity (steps and calories burned). Continue swiping left to show Heart Rate, Workout, Health (Heart rate, blood oxygen and stress level), Sleep data, and Weather.
- From any screen, **press the Digital Crown** to return to the home screen.
- Press the lower button to return to the previous screen.

- To turn your smart watch off, hold the digital crown down for 5 seconds. Select Restart or Shut Down.

CHANGING YOUR WATCH DIAL STYLE
- On the home screen (the screen displaying the clock) of your watch, press and hold on the middle of the screen.
- Swipe left or right to choose a dial style and tap to select it.

Downloading more dial styles
- Open the app and tap on the device icon on the app home page.
- Tap "Face Gallery". Here you can browse different dial designs.
- To select a dial and add it to your watch, tap it and then tap "Add".
- Make sure your watch is close to your phone. The app will display the download percentage for a few seconds while data is transferred.
- The new dial will then be displayed on your watch.

Adding a photo to your watch dial
- Open the app and tap on the device icon on the app home page.
- Tap "Face Gallery".
- Select "Photo Watch Face" to create your own dial.
- To enable this feature, you will be prompted to allow Sekonda Pro to access your mobile phones photo album.
- Once you have accepted the permissions, select "Photo Watch Face" and then select 'Add Photos' to choose the image for your dial.
- Select the colour/position of the time and date. Then tap add to proceed.
- The app will display a download percentage for a few seconds before the new dial appears.
- Up to 3 photo watch faces can be added at the same time.

Labels (diagrams): Digital Crown, Screen, Button, Strap, Magnetic Charging Contacts, Heart Rate and Blood Oxygen Sensors, Magnetic Charging Cable

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FUNCTIONS
- From the home screen (the screen displaying the clock) press the Digital Crown to enter the main function list.
- The watch will display a list of the below functions. Scroll up or down and tap to select an option.

Activity - The watch will display the user's total number of steps, total calories burned, the distance walked, exercise time, hours standing, and floors climbed for the current day. The data will be cleared at midnight every day.
- You can also access the daily activity screen by swiping left from the home screen.

Workout - Select from 100 sports modes to record data during the activity.
- For outdoor workouts, wait in an open area until the GPS connects. The blinking icon shows the smart watch is acquiring a location fix and will stop blinking when it succeeds.
- Data that is recorded can include time, heart rate, distance, pace, steps, and calories burned, depending on which activity is selected.
- While in a sports mode, swipe left to access the music controls.
- Press the digital crown to pause data recording. Select "Resume", or "Finish" to end the activity.

Workout Records - Shows your workout activity history for the day.

Steps - Shows your steps data for the day.

Heart Rate - View your Heart Rate data, and your current Heart Rate.

Sleep - The watch will display your total sleep time for the previous night, including the total time of deep sleep and light sleep.

Stress - When this is selected, the watch will begin to measure your stress level.
- The watch will vibrate when it has finished measuring.
Breathe - Tap the icon in the bottom left to select 1, 2, or 3 minutes. Tap the icon in the bottom right to select fast, moderate, or slow.
- Tap "Start" to begin the guided breathing exercise.
- Your heart rate and stress level will be monitored during the exercise.

Find My Phone - After the watch has been connected to your phone via Bluetooth, selecting this option will cause the phone to vibrate or play a ringtone to signal the phones location.

Alarms - View your current alarms or set new alarms. You can set up to 5 alarms.
- You can also turn on/off any existing alarm settings from this watch menu.
- To edit or delete an alarm, tap on it.

Phone - Make and manage phone calls.

Timer - Select from the preset timers or set a custom timer.

Stopwatch

Blood Oxygen - Tap start to begin measuring your Blood Oxygen.

Compass - Follow the watch instruction to align the compass

Altitude - Check your elevation at your workout location.

Barometer - Check the air pressure at your workout location

Weather - Displays your local weather information. Sync with the app at least every 6 hours to keep information up to date.
- You can add more locations from within the app, by tapping the device icon on the app home page, then tapping on "Weather" and "Add a City".

Menstrual Cycle - Tap on the device icon on the app home page, then tap "Menstrual Period" to Enable this function.

- Your gender must be set to Female in the app to use this function.
- On your watch follow the on-screen instructions to set up tracking and predictions.

Health - Measure Heart Rate, Blood Oxygen, and Stress level.

Camera Remote - Use your watch as a remote shutter for taking photographs.

Music

World Clock - View the time in different locations worldwide.
- You can set the locations from within the app by tapping the device icon on the app home page, then tapping "World Clock" and "Add a City".
-Tap "Edit" to remove a city.

Settings

USING THE WATER LOCK
- Swipe up from the home screen and tap the water droplet icon to activate the Water Lock.
- Proceed to use the watch for your light water activity.
- After your activity is complete, press and hold the Digital Crown to turn off Water Lock.
- The speaker eject will now commence.
- Turn your wrist towards the ground and shake the watch to clear any remaining water from the speaker.
- Press and hold the Digital Crown button to stop the speaker eject function.

CONNECTING TO GOOGLE FIT AND STRAVA
- On the app, tap on the person icon on the Sekonda Pro app home page.
- Tap on "Settings" at the bottom of the screen, then tap "Connected Apps"
- Select Google Fit, Strava or Apple Health and follow the instructions on-screen.

CHANGING THE STRAP
- The strap on the smart watch is removable and interchangeable with other 22mm watch straps.
- Turn the watch over and locate the quick release as pictured.
- Slide the quick release across to separate the strap from the watch.

Quick release
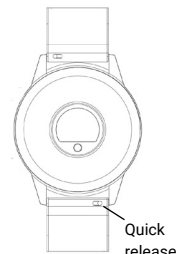
SAFETY AND CARE INSTRUCTIONS
International Protection Rating (Water Resistance)
In standard mode this watch has water resistance rating of IP68 meaning it's not suitable for water activity. Once the water lock feature is activated the watch can be used for swimming, snorkelling and light water sports but not diving.

To ensure your watch stays in good functioning condition it is recommended that you:
- **Do not** press the buttons while your watch is submerged.
- **Do not** use the watch diving or scuba diving.
- **Do not** attempt to charge the watch while it is wet.
Please note that the watch's touch screen will not function while submerged in water.

If your watch is exposed to water, always dry it fully with a soft cloth.

If your watch is exposed to any other liquids such as salt water, swimming pool water, soapy water, perfume, sunscreen, hand sanitiser, cosmetics, or other chemical products; wash it with clean water and dry it fully with a soft cloth.

The watch's functionality may be affected if these instructions are not followed.

- **Do not** attempt to disassemble your smart watch. This may cause a safety hazard, could damage your watch, and/or affect the water resistance.
- **Do not** use hair dryers, blowers, or any other heated equipment to dry your watch. Don't operate your watch near radiators or heat sources. This could cause damage to your watch.
- **Do not** place heavy objects or exert strong pressure on your smart watch.
- **Avoid** using the watch in extremely high or low temperature environments.
- **Avoid** using the watch in high humidity environments. This could affect the water resistance of the watch.
- **Protect** your smart watch from long exposure to direct sunlight.

Please note that the measurement results of this device are for reference only and are not intended for medical use. Users should always follow the advice of their doctor or other trusted medical professional.

When using your smart watch on aeroplanes, in hospitals, or near medical electronic systems please follow the authority standards and be aware that wireless signals transmitted could impact the functionality of sensitive electronics.

PRODUCT SPECIFICATION

Model	**Sekonda 30238,30239**
CPU	**Actions ATS3085C**
Memory	**RAM 4Mb + ROM 128Mb**
Capacitive touch screen	**1.43" HD AMOLED 466*466 screen**
Bluetooth version	**5.3**
Battery	**Lithium-ion 3.85V/370mAh**
Working Temperature	**0°C ~ 50°C**
Compatible Operating Systems	**iOS 12.0 and above, Android 9.0 and above**
Satellite Positioning	**GPS L1 + BDS**
Water Resistance	**IP68**

How to unpair your smart watch from your phone and restore your watch to factory settings
- Open the app and tap on the device icon on the app home page
- Tap on "General", then tap "Unpair"
- All data will be erased from your watch.

You can also restore your watch to factory settings from the watch.
-Press the Digital Crown to view the functions list.
- Scroll down and tap "Settings", then tap "General", then "Factory Reset".
- All data on the watch will be deleted.

If for any reason you need to return your watch to us, please restore your smart watch to factory settings before sending it.

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