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WATCHMARK



USER MANUAL

WWW.WATCHMARK.COM

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Introduction

About Watchmark G-Wear

This is a smartwatch that will help you with your active lifestyle. The metal envelope emphasises its unique design and the intuitive menu in Polish makes it very easy to use. Thanks to the built-in microphone and speaker, it is possible to make calls directly from the smartwatch. The watch has up to 24 sports modes during which it measures steps, calories burned and distance.

Device configuration

Contents of the package



Smartwatch (colour and material may vary depending on the colour chosen)



Charger (colour and material may vary depending on the model selected)

Strap (colour and material may vary depending on the colour chosen)

Hardware requirements

iOS 8.0 and above

Android 5.1 and above

Bluetooth supported: 5.0

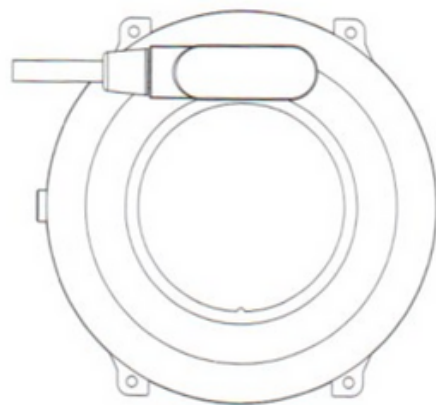
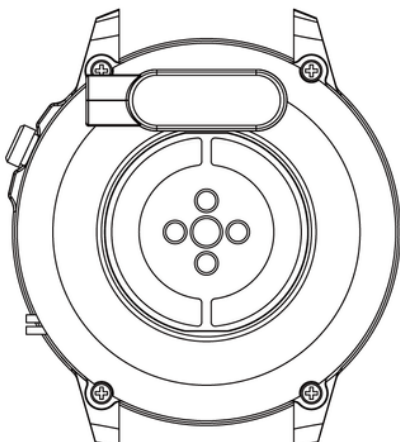


Android 5.1+



IOS 8.0+

Charging instructions



This smartwatch uses magnetic charging.

Connect the charging cable to the USB input and to the rear charging contacts of the device. Once connected, charging will start automatically and the charging icon will appear on the screen.

It takes approximately 2 hours to fully charge the battery. Do not use the watch while it is charging.

Caution: do not connect the magnetic charging cable to any 2 contacts at the same time with conductive material, as this may cause a short circuit.

Additional information

Please read the entire user manual carefully before using the equipment. It is recommended to use only the original battery, charger and accessories that are included in the kit received with the device.

Neither the manufacturer nor the distributor is responsible for the use of third-party accessories.

The functions that are presented in this manual may vary between models, as the manual is a general description of smartwatches. Some models may deviate from the standard.

Before using the device for the first time, charge it for a minimum of 2 hours. Before using the device, you must download and install the app and accept all consents that the smartwatch asks for. If this is not done fully, not all features of the device will be available. The smartwatch will only ask for access to functions that are necessary for the smartwatch to function properly.

The company reserves the right to change the content of this manual.

How to wear a smartwatch?

The strap for this watch model is 22 mm wide. It is interchangeable and additional straps can be purchased in a different colour or material.

Wearing the watch

When you're not exercising, wear the smartwatch as you would a regular watch, i.e. one finger above your wrist bone.

To take full advantage of the heart rate monitoring function during exercise, try wearing the device above your wrist (2 fingers above your wrist bone) to improve comfort and stability. Many exercises, such as cycling or weightlifting, can cause the smartwatch's placement to change by bending the wrist, for example. If the watch sits lower on the wrist bone measurements can be intermittent, so correct placement is important.

Belt change

Attach the original strap to the watch before using it. When carrying out this operation, take careful care and watch out for your fingernails when attaching the telescopes to the watch.

Wearing the belt

1. Insert one end of the strap together with the telescope into the recess of the watch envelope.
2. With the other end, insert the telescope into the centre of the cavity and attach it to the watch.

Removing the belt

1. With one hand, press the wheel on the telescope and gently push inwards.
2. Then, pull upwards until the telescope detaches from the watch.

Applications and functions

Installing applications

The app for the G-WEAR smartwatch model is "Da Fit".
Download the app from the Google Play / App Store or via the QR code below.



Google Play



App Store

After installing the app, turn on Bluetooth on your phone and go to the app. Create an account or log in anonymously. Allow access. Then select the middle icon on the bottom bar in the app and select 'Add device'. Select the K28H. For the app to work properly, you need to give all the consents the app asks for. To use the smartwatch to make and receive calls, connect the watch via Bluetooth as well. On your phone, go to the Bluetooth settings and establish a connection with the device named "Audio_K28H". Without such a connection, some of the functions will not be active.

Features available on the Smartwatch

- **Time, date**

The display shows the time, date and day of the week. The data is displayed on the main screen of the watch.

- **Pedometer**

Counts the steps taken on a given day (data resets each day from 00:00). The number of steps taken can be seen in the app or in the first tab to the right of the main screen.

- **Screen backlight brightness adjustment**

Adjusting the brightness helps to protect your eyes from a screen that is too bright at night, to adapt the backlight to the outdoor situation and to save the watch's battery. You can find this function in the drop-down menu from the main screen and select the appropriate display brightness.

- **Distance travelled**

Information about the distance covered during the day.

Distance travelled can be found in the first tab to the right of the main screen after clicking on the steps data.

Features available on the Smartwatch

- **Blood pressure (RR)***

Arterial pressure is the force with which the blood pushes against the arterial walls during the contraction and diastole of the heart muscle. The accepted norm for systolic pressure is 120 mm Hg, while for diastolic pressure it is 80 mm Hg. On the watch, the function for measuring blood pressure can be found in the menu to the left of the main screen.

- **Heart rate(HR)***

Heart rate, or pulse: this is the number of beats of the heart muscle per 1 minute. The accepted norm is a limit between 60 and 100 beats per minute. When the pulse is elevated we speak of tachycardia, while when it is reduced we speak of bradycardia. Both conditions can be dangerous to our health. On the watch, the function for measuring heart rate can be found in the menu to the left of the home screen.

- **Oxygen saturation (SPO2)**

This function indicates the oxygenation level of the blood. As a norm, the result should be between 95 and 100%. When the oxygenation level drops, it can be dangerous for our health. On the watch, the function for measuring saturation is located in the menu to the left of the main screen.

*Do not make health decisions based solely on smartwatch results. For measurements to be accurate, users should measure health functions at rest as they would with traditional medical devices and refrain from measuring during exercise, smoking or alcohol consumption. The smartwatch is not a medical device and the measurement results are for reference only.

Features available on the Smartwatch

- **Music playback**

Once your watch is connected to your phone via the app and music is enabled on your phone, you can play music from your watch, pause and resume songs, as well as rewind and fast-forward. To control music, turn it on on your phone and then go to the music function in the menu to the left of the home screen.

- **Taking photos**

The smartwatch can be used as a remote camera shutter. To take a photo remotely, select the 'Shutter' function from the menu, then go to the app. The camera on your phone will start up. To take a photo, click the red button on the smartwatch.

- **Calorie counter**

Calculates the number of calories burned in a given day. The data on calories burned can be found in the first tab to the left of the home screen after clicking on step data.

Features available on the Smartwatch

- **Sleep monitor**

A function that helps to analyse a person's sleep. The watch shows the number of hours slept and the phases of sleep, in which we distinguish between shallow and deep sleep. You can find the sleep data in the menu to the left of the home screen.

- **Sports modes**

The watch's 24 sports modes allow you to control your training goals by monitoring steps, heart rate, calories and distance. Workout data can be found in the app after synchronisation. Available sports modes include running, walking, hiking, cycling, skipping, badmington, basketball, golf and rowing. On the watch, the sports modes function can be found in the menu to the left of the home screen.

- **Stopwatch**

A function which is used to check and measure short distances of time. On the watch, the stopwatch function can be found in the menu to the left of the home screen in the settings.

- **Respiratory training**

Helps you to relax and calm down. On the watch, the breath training function is located in the menu to the left of the home screen.

Features available on the Smartwatch

- **Alarm**

To see the alarms you have set, go to the menu by pressing the side button. To set an alarm clock go to the app. See page 16 for more.

- **Weather**

The watch, when connected to the app and with Wifi/data on the phone, will show the weather forecast. On the watch, the weather function is located in the menu to the left of the home screen.

- **Changing the dial theme**

There are several dials to choose from on the watch. To change the dials, long press the main screen (about 3 seconds). You can download more dials in the app. See page 18 for more.

- **Connections**

Connecting the watch to your phone via Bluetooth allows you to make calls from the smartwatch while maintaining high sound quality. To make a call, you can manually enter a number or select from a list of your most frequent contacts. To add contacts, go to the app. See page 18 for more.

Features available on the Smartwatch

- **Reset to factory settings**

Resetting to factory settings allows you to reset the watch and erase all data and settings. On the watch, the reset function is located in settings in the menu to the left of the main screen in settings.

- **Settings**

In the settings you can:

- adjust the screen brightness,
- adjust the screen backlight time (up to a maximum of 30 seconds).
- play a game (Young Bird or 2048)
- change the menu display style
- switch the smartwatch off

And also enable:

- receive and make phone calls
- cinema mode (reduce screen brightness and turn off vibration)

Functions available in a dedicated application

- **Measurement history**

In the app, you will find the history of measurements taken by the watch. To check the history, select the first icon on the bottom bar in the app.

- **Movement reminder**

In the app, you can set cyclic reminders so that the watch, when it detects that a person remains motionless for an extended period of time, reminds you to perform an activity. The mode is active from 10 a.m. to 10 p.m. To activate the mode, select the second icon on the bottom bar in the app, then "Other" and "Movement reminder".

- **Hydration reminder**

In the app, you can set cyclical reminders every 15-240 minutes to remind the watch to reach for water. To enable this feature, in the app, select the second icon in the bottom bar, then 'Other' and 'Hydration Reminder'.

- **Alarm clock**

To set an alarm on the watch, select the alarm time and time in the app. To do this, select the second icon on the bottom bar in the app and click 'Alarms'.

Functions available in a dedicated application

- **Notifications**

The app notification function allows you to read the beginning of a message on the smartwatch screen. The smartwatch will display SMS notifications and notifications from apps such as: Facebook, Twitter, WhatsApp, Skype, Instagram, Line, KakaoTalk, WeChat. To enable notifications, select the second icon on the bottom bar in the app and then 'Notifications'.

- **Alert to inform you if your heart rate is too high**

When the watch detects irregularities related to your heart rate during measurements, it will notify you. To enable this feature, select the second icon in the bottom bar in the app, select 'Other' from the menu and then 'High heart rate alert'. You can select an upper heart rate limit.

- **Screen auto shut-off**

To set the screen's backlight time, select the second icon on the bottom bar in the app, select "Other" from the menu and then "Auto screen off".

- **G-Sensor function**

To enable the wristwatch screen start function, select the second icon on the bottom bar in the app, select 'Other' from the menu and then 'Quick View'.

Functions available in a dedicated application

- **Monitoring the female cycle**

You can set up menstrual cycle monitoring in the app. The smartwatch will remind you of upcoming menstruation and ovulation. To enter your personal data, in the app, select the second icon on the bottom bar, then "Other" and "Physiological cycle reminder".

- **Changing the dial**

Many other dial themes are available in the dedicated app. To select dials, in the app select the second icon from the bottom bar, then "Watch appearance". Data/Wifi transmission must be enabled.

- **Favourite contacts**

On the smartwatch, you can have access to your 8 favourite contacts for quick connectivity. To add contacts to the list on the smartwatch, in the app, select the second icon from the bottom bar and then "Favourite contacts". To access the contacts list, the smartwatch must be connected via Bluetooth. See page 9 for more.

Functions available in a dedicated application

- **More settings in the app:**

- enable/disable "Do not disturb"
- selection of phone language
- setting the unit system
- setting the weather forecast (city and temperature units)
- selection of daily step target

- **Reset to factory settings**

Resetting to factory settings allows you to reset the watch and erase all data and settings. To reset the device and the app, select the second icon on the bottom bar in the app, then "Other" and "Reset".

General Information

Specifications

IP67** water resistance

Allows you to use the watch while washing your hands or on a rainy day.

360mAh battery

The large battery capacity allows for long use of the smartwatch.

Realtek8762DT processor

A state-of-the-art processor characterised by high performance.

Modern design

Metal casing and excellent screen quality, which is scratch-resistant.



****The IP67 standard allows a water temperature of +10 to +35 degrees Celsius and immersion to a depth of 1m for up to 30min. The watch cannot be used in hot baths or saunas as it is not steam resistant. It is not designed for swimming, it has been designed to help look after your health.**



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