Smartwatch Garett Sport Activity

www.garett.eu

User manual

Thank you for purchasing the Garett Sport Activity smartwatch.

SAFETY ISSUES

Before use, read this user manual carefully and keep it for further reference. The manufacturer shall bear no liability for any damage/injuries caused by improper use. Depending on the smartwatch batch, certain functions may differ from the functions described in this user manual.

- Using this device in the vicinity of medical devices may disrupt their operation. Users should pay special attention when using the smartwatch in the vicinity of medical devices such as pacemakers, hearing aids and other electronic medical devices.
- Do not dispose of the device in fire. There is a risk of battery explosion and resulting threat to life and health.
- Protect the device from heat sources and direct sunlight.
- Do not immerse the device in hot water.
- Do not dive while wearing the device.
- Do not use the device if damaged.
- In case of any damage, take the device to an authorised service centre for inspection/repair. Any attempts to make your own repairs may damage the device and result in invalidation of the warranty.
- The device should only be cleaned with a soft, slightly damp cloth.
- No chemicals or detergents should be used for this purpose.

Garett Sport Activity is not a medical device. Smartwatch and the Da Fit app are not designed for medical diagnosis, treatment or as a preventive measure against illness or disease. You should seek medical advice first before changing your sleep and physical activity habits.

PRODUCT DESCRIPTION

1. Touchscreen display
2. On/off/back/screen on/off button
3. Set of sensors
4. Interchangeable strap

INSTALLATION

Put the watch on your wrist and adjust the strap length so as to ensure it is not too loose.

OPERATION

Turning on/off
Press and hold the on/off button (2) to turn the device on. When the device is on, press and hold button (2) to turn it off. The smartwatch is operated using a touchscreen.

Note: Before the first use, make sure that the smartwatch is connected to the app. The watch will automatically synchronise the time, and the physical activity data will be saved correctly.

CHARGING

The smartwatch is charged using the magnetic cable supplied with the device.
1. Attach the magnetic end so that the contacts of the watch touch the contacts of the charging cable. Then connect the other end of the cable to the USB port of a computer or a USB power adapter.

Note: In case the smartwatch does not start - try charging it. Place the device stably on a flat surface. The magnetic tip must adhere to the contacts. The first charge should take about 1-2 hours. In the case of a discharged watch, charging can start even after a few minutes - the start of charging is signalled by the wake-up of the smartwatch screen.

INSTALLING DA FIT APPLICATION

The smartwatch works with your smartphone using the Da Fit app. Before use, you must first download the app from the Google Play Store or the AppStore and install it on your phone. You can search for the app by entering "Da Fit" in the store search engine or by scanning the relevant QR code provided below.

iOS   Android

PAIRING

Note: Smartwatch Garett Sport Activity does not require a permanent smartphone connection, but in order to fully enjoy the functions of the watch you need to pair it with your smartphone using the app. Before the first use, you need to enter your user data in the app.

Note: Every time you turn on the smartwatch and the app, the data synchronise automatically (the devices must be paired!) The smartwatch measures and analyses data on physical activity and sleep in standby mode. Smartwatch Garett Sport Activity is equipped with an accelerometer (G-sensor) that monitors your body movements and processes them based on algorithms that allow you to determine the details of your sleep and physical activity.

1. Turn on Bluetooth on your phone.
2. Make sure that the smartwatch is on.
3. Open the Da Fit app, grant it all permissions and provide the correct data of the smartwatch user.
4. Select the Add device option at the top of the screen and then select the device named Y20.
5. When pairing, place the phone and the smartwatch close to each other.

Note: Smartwatch Garett Sport Activity works with smartphones that support Bluetooth 5.1. It is also compatible with Android 4.4, iOS 8.0 (and higher).

Before pairing, remember to grant the app the required permissions and permissions to function properly. If you refuse, selected features of the app may not work properly or will be unavailable.

DISPLAY MENU

1. **Main menu screen** (there are five watch faces to choose from, set using the dial) by pressing and holding the screen, as well as several dozen watch faces in the Da Fit app). You can return to the previous menu by pressing button (2) or swiping right. Swiping left displays the history of your last training session/daily activity summary/information about your last sleep or basic device functions. Swiping down will take you to the menu containing information about the device, while swiping left/up will take you to the main menu:
2. **Messages:** Recent notifications.
3. **Sports:** Number of steps taken, distance covered, calories burned.
4. **Sleep:** Duration of and data about your last sleep.
5. **BPM:** Heart rate monitor. To take the measurement, touch the button in the centre of the screen. You can stop the measurement in the same way.
6. **Exercise:** Sport modes. To start recording an activity, select it from the list. After a completed training session, swipe right and click Stop to record the result. After completing the activity, the results will be saved and displayed at the bottom of the home screen in the Da Fit app.
7. **Measure HR:** Heart rate measurement.
8. **Measure BP:** Blood pressure measurement.
9. **SPO2:** Blood oxygen saturation measurement.
10. **Weather:** Synchronised weather information from your phone.
11. **Shutter:** Remote shutter release on your phone camera.
12. **Music:** Remote control of the music on your phone.
13. **Breathe:** Breathing exercises.
14. **Flashlight:** Flashlight.
15. **Settings - Settings/Tools:**
- Stopwatch: Stopwatch.
- Alarm: Turn on/off the alarms set on your phone.
- Countdown: Timer.
- Brightness: Brightness settings.
- Vibration: Turn on/off vibration.
- Theater: Turn on/off theater mode (reduced brightness and vibration off).

DA FIT APP

Home screen of the app:
Displays the most important information about your activity as well as your health and sleep data from the current day.

- **Steps:** Activity on the current day. You can display a 7-day summary in the options.
- **Sleep:** Information about your last sleep. You can display detailed information in the options.
- **Heart rate/BP/Blood oxygen:** Displays the results of your heart rate, blood pressure and oxygen saturation measurements. You can display detailed information in the options. The Measurement button is used for remote measurement.
- **Outdoor running:** This function records your activity and route using the phone's GPS module.
- **Activity history:** The bottom of the home screen displays the activities recorded using the sport modes on your smartwatch.

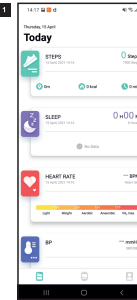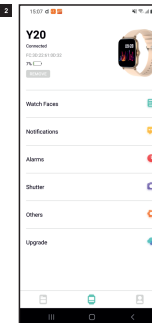**Heart rate measurement, comments:**
To begin heart rate measurement on your watch, go to BPM. Start the measurement by touching the button in the centre of the screen. Before you start the measurement, make sure that the sensor is touching the skin. The measurement area should be kept clean; dirt may adversely affect the result. Take blood pressure and oxygen saturation measurements in the same way, by selecting the appropriate options in the menu. Keep your body relaxed and still during tests. Hold the device at the same height as your heart; do not speak during the test. The measurement should take at least 1 minute to obtain an optimal result.

My device tab

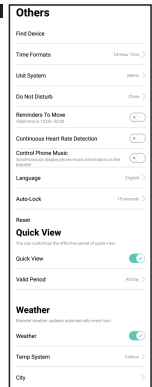Settings related to the smartwatch.

- **Watch faces:** Change the watch face.
- **Notifications:** Select the notifications displayed on your watch.
- **Alarms:** Turn on/off and configure the alarms activated on the watch.
- **Camera:** Information about the remote camera function.
- **Others:** Additional functions of the watch.
- **Update:** Smartwatch software update.

My device tab - Others

In this tab, you can view the settings related to the smartwatch.

- **Find device:** Watch search function, it activates a vibration alarm.
- **Time formats:** Choose a 24/12-hour time format.
- **Unit system:** Select the measurement units.
- **Do not disturb:** Turn on/off watch vibrations for new notifications.
- **Reminder to move:** Turn on/off inactivity reminders.
- **24-hour heart rate measurement:** Turn on/off automatic heart rate measurement.
- **Language:** Select the language of the smartwatch menu.
- **Reset:** Restore to factory settings.
- **Quick view:** Turn on/off the function of unlocking the screen with a hand gesture.
- **Weather:** Settings for the weather displayed on your watch.
- **City:** Ability to select a town/city in order to obtain more accurate measurements.
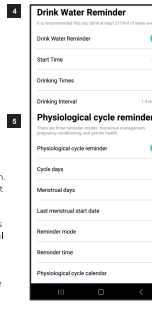
Drink Water Reminder tab

Settings related to notifications about hydration.

Physiological cycle reminder tab
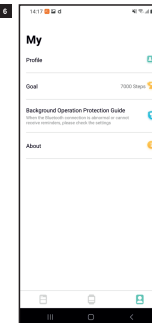
Settings related to the physiological cycle.

- **Physiological cycle reminder:** Turn on/off the function.
- **Cycle days:** Select the number of days in the cycle.
- **Menstrual days:** Select the number of days of menstruation.
- **Last menstrual start date:** Start date of your last menstrual period.
- **Reminder mode:** Set reminders for the day before the menstrual and ovulation period, the day before peak ovulation and the end of the ovulation period.
- **Reminder time:** Select the time of the reminder.
- **Physiological cycle calendar:** With automatic indication of your menstrual period, predicted menstrual period and ovulation.

My tab

Settings related to the smartwatch user.

- **Profile:** Data of the smartwatch user.
- **Goal:** Define the daily step goal.
- **Health (iOS only):** Connecting the app to Apple Health.
- **Background guide protection (Android only):** Instructions in case of a lack of notifications from the app.
- **About:** Information about the Da Fit app.

TECHNICAL SPECIFICATIONS

- Bluetooth: 5.1 (transmission range up to 10 metres)
- Chipset: GR5515
- Battery: 190 mAh
- 1,69" IPS display
- Dimensions of the face: 37 x 45 x 10 mm
- Waterproof: IP67
- Interchangeable strap
- Dedicated app: Da Fit
- Warranty: 24 months

More information about this device is available at www.garett.pl. Visit www.garett.pl to see more products and accessories.

WARRANTY/RETURNS

The product is covered by a 24-month manufacturer's warranty. The warranty does not cover: defects and damage caused by the user or as a result of improper use (misuse), mechanical damage and damage resulting from using consumables or accessories other than those provided with the device. When submitting a claim, fill in the warranty card supplied with the device and send the device along with proof of purchase to the address of the service centre provided on the warranty card.

Contact details are available on the website:
www.garett.eu

Manufacturer:
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Targowa 18/1413
25 – 520 Kielce
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Correct disposal of the product (waste electrical and electronic equipment)

As indicated by the marking on the product or in the related text, the device should not be disposed of with other household waste after the end of its service life. To avoid harm to the environment and human health as a result of uncontrolled waste disposal, please separate the product from other types of waste and recycle responsibly in order to promote reuse of material resources as a regular practice. For information about where and how to recycle this product in a way that is safe for the environment, household users should contact the retail outlet in which they purchased the product, or local authorities. Business users should contact their supplier and check the terms of the purchase agreement. Do not dispose of the product with other commercial waste.

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