Garett
Women Emma

User manual

Thank you for purchasing the Garett Women Emma 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 store the device in damp places or high temperatures, because it may cause electric shock or fire.
- Do not immerse the device in hot water.
- Do not dive while wearing the device.
- In case of failure/damage, please stop using the product and contact the Garett service centre. 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. Do not use strong detergents or any other stimulants to clean the product.

Garett Women Emma is not a medical device. The 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
2. Function button (on/off/return/wake up/blank)
3. Set of sensors
4. Magnetic charging port
5. Interchangeable strap

INSTALLATION

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

OPERATION

Switch on/off

To start the device, press and hold the **function button (2)** for approx. **5 seconds.** To switch off, repeat the action and confirm switching off.

In case when the smartwatch does not start up, try to charge it.

CHARGING

1. The smartwatch is charged using the **magnetic cable** supplied with the device.
2. Attach the end of the magnetic cable 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. **When it is connected properly, the charging animation will appear on the watch screen.**

If there is no animation, make sure the watch is properly connected. When the battery is completely discharged, the animation may appear after several minutes. Before switching on the watch for the first time, it is recommended to charge it for about 2 hours.

Charging voltage should not exceed 5V.
The recommended charging current is maximum 1A.

INSTALLING THE DA FIT APP

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

Garett Women Emma smartwatch does not require a permanent smartphone connection, but in order to fully enjoy the functions of the watch you need to pair it with the app.

Each time the smartwatch is turned on and paired with the app, the data synchronise automatically. The smartwatch measures and analyses certain user data in standby mode. **Garett Women Emma** has a set of sensors that monitor movement and the measurements taken in order to determine the details of sleep and physical activity.

Process of pairing

1. Activate Bluetooth on your phone.
2. Make sure the smartwatch is switched on.
3. Open the Da Fit application, grant it all permissions and enter the smartwatch user data.
4. Go to the **Device tab**, click **Add Device**, then select the device named **CF80**.
5. When pairing, place the watch close to the phone you are pairing it with.
6. After successful pairing, the data will be fully synchronized.

The **Garett Women Emma** smartwatch works with smartphones that support **Bluetooth 5.0** connectivity. It is also compatible with **Android 5.1 (and newer)** and **iOS 9.0 (and newer)**.

Remember to grant the app the required consents and permissions before pairing so that it works properly. If you refuse, selected functions may not work properly or will be unavailable.

DISPLAY MENU

1. Main menu screen (there are several dozen watch faces to choose from, which can be found in the smartwatch settings or using the Da Fit app). You can return to the previous menu by pressing button (2) or swiping right. Swiping right displays the history of your last training session/daily activity summary/information about your last sleep, the weather and basic device functions. Swiping up takes you to the menu containing device information. Swiping left takes you to the main menu.
2. Sports: Number of steps taken; distance covered.
3. Sleep: Duration of your last sleep.
4. HR: Heart rate monitor. To take the measurement, touch the centre of the screen. You can stop the measurement in the same way.
5. BP: Blood pressure monitor. To take the measurement, touch the centre of the screen. You can stop the measurement in the same way.
6. SPO2: Blood oxygen saturation meter. To take the measurement, touch the centre of the screen. You can stop the measurement in the same way.
7. Training: Sport modes. To enter the menu, touch the centre of the screen. 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.
8. Weather: Weather information downloaded from the Da Fit app. It displays the current weather and the weather for the next day.
9. Shutter: Remote camera using the phone camera. Allows you to take a photo with a shake of the wrist. The camera is activated through the Da Fit app: **My device>Camera**.
10. Player: Control the music.
11. Flashlight: Flashlight.
12. Notifications: Recent notifications.
13. Player: Control the music.
14. Display: Change the watch face.
15. Stopwatch: Stopwatch function.
16. Alarm: Ability to set the alarm.
17. Countdown: Timer.
18. Theater: Theater mode.
19. App QR code: QR code for downloading the Da Fit app.
20. Settings - Settings/Tools:
- Shake: Turn on/off vibrations.
- Brightness: Adjust the display brightness.
- About: Information about the device.
- Reset: Restore the smartwatch to factory settings.
- Power off: Turn off the Smartwatch.

TAKING MEASUREMENTS

Make sure the sensor is in contact with the skin before starting the measurement. The area where the measurement is performed should be kept clean - dirt may have a negative effect on the result.

To start, go to the desired function in the smartwatch (**HR, BP, SpO2**). The measurement is started by clicking anywhere on the screen and should take approximately **1 minute** to get the optimal result.

Keep your body relaxed and still during the tests. Hold the device at the same height as your heart, do not speak during the test.

DA FIT APP

1 **Main page**
It displays the most important information on activity and health data from the current day.

- **Steps:** Activity from the current day. In the options, you can view a summary of the last 7 days.
- **Sleep:** Data about your last sleep.
- **Heart Rate:** Data related to your most recent heart rate measurements. MEASURE button starts remote measurement.
- **Blood pressure:** Data on the most recent blood pressure measurements. MEASURE button starts remote measurement.
- **Saturation:** Data on the most recent saturation measurements. MEASURE button starts remote measurement.
- **Running outdoors:** Possibility to record activity and travelled route using the GPS module in the phone.
- **Activity history:** The activities saved using sport modes on the smartwatch will be displayed at the bottom of the home screen.
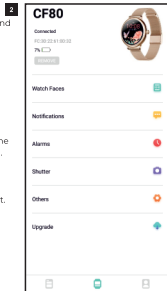
2. Device

Settings regarding the smartwatch and its functionality.

- **Watch Faces:** You can change the look of the watch face.
- **Notifications:** Select which notifications appear on the watch.
- **Alarms:** Switching On/Off and the configuration of alarm clocks activated on the watch.
- **Shutter:** Take photos by shaking the wrist on which the watch is placed.
- **Others:** Additional functions and settings for the watch.
- **Upgrade:** View the version of the smartwatch software and update it.

3. 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.
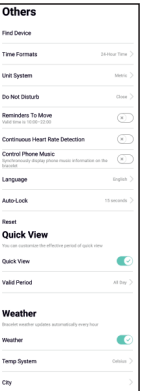
4. Drink Water Reminder tab

Settings related to notifications about hydration.

5. 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.
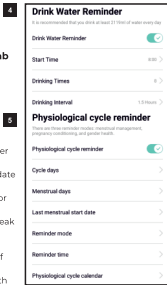
6. My

The ability to configure and view personal data and settings related to the smartwatch user profile.

- **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.
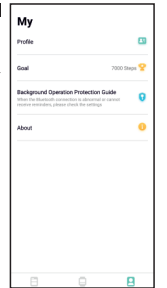
TECHNICAL SPECIFICATIONS

- **Bluetooth:** 5.0
- **Processor:** Realtek8762C
- **Battery:** 150 mAh
- **Weight:** max. 45 g
- **Display:** TFT 1.08"
- **Face dimensions:** 39 x 39 x 10 mm
- **Interchangeable strap**
- **Waterproof:** IP67
- **Dedicated app:** Da Fit
- **Warranty:** 24 months

More information about this device is available at www.garett.pl. Visit our website 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:
GARETT sp. z o.o.
Targowa 18/1413
25 - 520 Kielce
www.garett.eu

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.

Visit us: