iTOUCH AIR

SMARTWATCH

(US)

USER MANUAL VERSION 1.0

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iTouch Air USER GUIDE:

Everything you need to know about the iTouch Air Smartwatch.

What's in the box?

Your iTouch Air box includes:

- iTouch Air Smartwatch
  (Color and material vary)
- USB Charging Cable

The interchangeable straps on the iTouch Air come in a variety of colors and materials, sold separately.
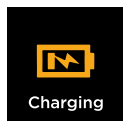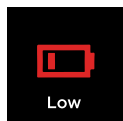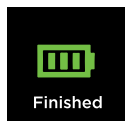

Setting up your iTouch Air Smartwatch

For the best experience, use the iTouch Wearables app for iPhones and Android phones. A smartphone is required for call, text, calendar, and smartphone app notifications.

Charge Your Smartwatch

A fully charged iTouch Air has a battery life of up to 30 days (Standby time). Battery life and charge cycles vary with the use and other factors.

1. Plug the charging cable into the USB port on your computer or a UL-certified USB wall charger.
2. Clip the other end of the charging cable to the charging base. The pins on the charging base must lock securely with the smartwatch. A battery icon appears on the screen to indicate your smartwatch is charging.

| Finished | Low | Charging |

Note: Take off plastic protector film from caseback before charging. Charging fully takes about 1 hour.

Set Up with Your Smartphone

The free iTOUCH Wearables app is compatible with most iPhones and Android Phones.
A smartphone is required for call, text, and smartphone app notifications.

To get started:

1. Find the iTOUCH Wearables app in one of the locations below, depending on your smart device
- Apple App Store for iPhones
- Google Play Store for Android Phones

2. Download and install the iTOUCH Wearables App

iTouch Wearables

YOUR iTouch Air Smartwatch WILL ONLY WORK WITH THE iTOUCH Wearables APP SHOWN ABOVE.

This watch only functions with this app and there will be connectivity issues if the incorrect app is used. For more information and links to the apps, go to: www.iTouchwearables.com.
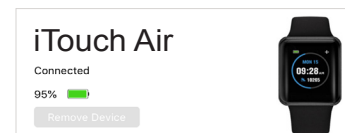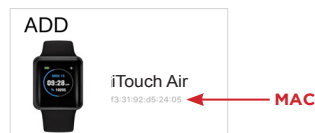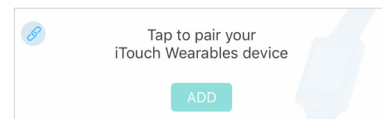
The app will ask for permissions once installed. We highly encourage the user to allow all notifications & pairing access to their smartphones for complete functionality. For Android users, you will also have to allow the iTOUCH Wearables app to access notifications in your phone's native settings.

3. When the app is installed, open it to be guided through a series of questions that help you create a profile. Continue to follow the on-screen instructions to connect your iTOUCH AIR Smartwatch to your smartphone. (We highly encourage users to allow all notifications & pairing access to their smartphones.)

4. To connect & sync your smartwatch to your device, tap **ADD** from the Home page to search for your iTouch Air Smartwatch.

You can also connect & sync your smartwatch from the device page in your app. Tap the "Device" icon from the navigation bar, then, tap **ADD A DEVICE.**

Tap to pair your iTouch Wearables device

ADD

ADD A DEVICE

ADD

iTouch Air

f3:31:92:d5:24:05 — **MAC**

iTouch Air

Connected

95%

Remove Device

Search and select iTouch Air to pair.

From the settings section on your smartwatch, navigate to **About** icon (i) and tap on it. This will display the **MAC ADDRESS** of your iTOUCH AIR Smartwatch. When pairing your smartwatch with the app, make sure that the MAC ADDRESS displayed on your smartwatch matches the MAC ADDRESS of the ITOUCH AIR Smartwatch on your app. Once your iTOUCH AIR Smartwatch is connected, it will say Connected (insert this image from watch UI) on the top of the device page and display the current battery life of your smartwatch. To ensure complete connectivity, navigate to the **About** icon again on your your smartwatch. You will see a Bluetooth icon on the bottom right-hand side of your ITOUCH AIR Smartwatch when it is paired with your smartphone. You can view the battery life of your smartwatch on this screen as well.

See your data in the iTOUCH Wearables app:

Sync iTOUCH AIR Smartwatch to transfer your data to the app, where you can view your exercise (Steps, Miles, Calories burned, and duration) and sleep (restful, light, and awake) data, and more. We recommend syncing your smartwatch to the app at least once a day. Each time you open the iTOUCH Wearables app, your smartwatch will sync automatically when it's nearby.

Please read through the guide to learn more about your new smartwatch and then explore the iTOUCH Wearables app.

BASICS
Learn how to best navigate your iTouch Air Smartwatch.

Powering On and Off your Smartwatch

Power ON ⏻
Tap and hold the center of your iTOUCH AIR Smartwatch for 3-5 seconds and the watch will vibrate, indicating it has powered on.

Power OFF ⏻
To power off your smartwatch, navigate to settings. Then cycle through until you see the power off icon. Tap on the icon, and then you will be prompted to confirm power off. Simply tap on the check mark to fully turn off your device.
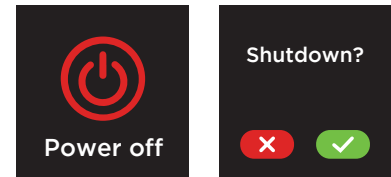
Motion Gesture
Allows you to rotate your wrist to turn on your watch screen. Tap "Device" icon and go to **Additional Features** to enable the **Activate Display After Wrist Rotation** function. By clicking on Active Time, you can control the time in which this feature is active throughout the day. If you want this feature to always be on, set the time constraints to be 12:00AM to 12:00AM. **Using this feature will consume more battery.**

Brightness
Control the Brightness on your Smartwatch. From the **Settings** menu on your iTOUCH AIR Smartwatch, tap the brightness icon. Then tap again to begin adjusting the brightness. Once satisfied with your brightness, please swipe to the right to confirm.

Navigation Tips
• Your device is full touch, so you can swipe left and right on the screen to navigate all of the features and aspects your watch has.
• Swiping down from the top of the screen allows you to quickly jump to the 'Messages' section.
• You can swipe up from the bottom of the screen in nearly any section to quickly jump to the main clock face screen (except the music player app).
• Many aspects of your watch you can interact with by tapping on the icon. For example, tapping on the blue pedometer icon will reveal calories and distance information.

Changing Watch Faces
iTOUCH AIR comes with 3 selectable interchangeable watch faces.

Change your watch face from the iTOUCH Wearables app:
1. With your smartwatch nearby, tap the device icon ▢ from the navigation bar in the app.
2. Tap **Watch Faces** to navigate to a selection of watch faces.
3. Browse the available styles and select your preferred watch face.

Change your watch face from the iTouch Air Smartwatch:
1. Tap and hold on the main clock face for 3-5 seconds.
2. The watch will vibrate and you will see 3 dots at the bottom of the screen (signaling to swipe through watch face options)
3. Swipe to the left to cycle through all available watch faces
4. Once you have found your desired watch face, tap on the watch face and that will confirm your choice.
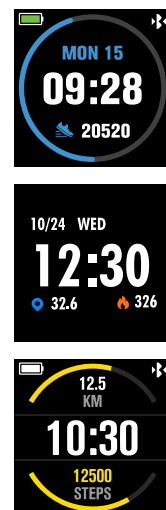
Apps and Features

Notifications & Messaging

iTouch Air can display call, text, social media, and app notifications from your smartphone to keep you informed. The smartwatch and phone device must be within Bluetooth range of each other to receive such notifications.

Set Up Notifications: Check that the Bluetooth on your phone is on and that your phone can receive notifications (often under **Settings > Notifications**). Then set up notifications:

1. From the iTOUCH Wearables app dashboard, tap the device icon ▢ from the navigation bar below. Tap **Notifications.**
2. From **Notifications**, you may select the notifications you wish to receive on your smartwatch.

Note: Notification permissions differ between iOS and Android users. Go to Set up with your smartphone in the manual for more information.

Note for Android Users The 'Other' function was created to help provide support for notifications you want to receive on your watch that support hasn't built for directly. However, we strongly recommend that Android users keep this setting off. Android devices display nearly everything in their notification section (screen shots, percentage of charge, when a song is changed or etc). Due to this, while other is on, you will get notifications about these aspects as well.

Viewing incoming notifications
When your ITOUCH Air Smartwatch and smartphone are within range, notification causes the smartwatch to vibrate. If you don't read the notification when it arrives, you can check it later by navigating to **Messages** on your smartwatch. To view unopened messages and notifications on your ITOUCH AIR Smartwatch, swipe to the **Messages** screen and tap to open. Swipe from right to left on your watch screen to view more notifications.

Manage Notifications: ITOUCH AIR stores up to 3 notifications, after which the oldest are replaced as you receive new ones.

Messages   Messages

Turn Off Notifications
Turn off all or certain notifications with the ITOUCH Wearables app from **Notifications** in the device settings. You can mute all notifications by turning on Do Not Disturb mode. Learn more about the Do Not Disturb function in the **Additional Features** section of the manual. You can also mute all notifications right from your smartwatch. Go to the Settings menu and locate the Do Not Disturb function. Tap on it to mute notifications and tap on it again to turn the mute feature off.

The 'Do Not Disturb' function activates after 5 minutes of being turned on. This feature once active and turned off will also take 5 minutes to fully turn off before notifications lead to vibrations again.

TIMEKEEPING

Alarms vibrate to alert you at a time you have set. Set up to three alarms to occur once or on multiple days of the week via the iTOUCH Wearables app. You can also time events with the stopwatch found in the **Settings** menu on your iTouch Air.

Stopwatch: You can also time events with the stopwatch found in the Settings menu on your iTOUCH AIR Smartwatch. Tap the smartwatch icon to start, and then tap the stopwatch icon again to pause. To exit the stopwatch function, simply tap and hold the stopwatch icon for 3 - 5 seconds.

Apps and Features

Activity & Sleep

ITOUCH AIR Smartwatch continuously tracks a variety of stats whenever you wear it. The information is then transferred to the ITOUCH Wearables app every time you sync your smartwatch. We recommend syncing your smartwatch to the ITOUCH Wearables app once a day.

See your stats: Core stats: Steps taken today, calories burned, distance covered, and active minutes. Find your complete history and other information automatically detected by your smartwatch, such as sleep data in the ITOUCH Wearables app.

Track Daily Goals: iTOUCH AIR Smartwatch tracks your progress towards a daily step goal of your choice. When you reach your goal, the smartwatch vibrates and shows a celebratory badge.

Set a goal to help you get started on your health & fitness journey. To begin, your recommended goal is set to take 8,000 steps per day. You can choose to change your target goal via the ITOUCH Wearables app under the 👤 "my profile" tab on the navigation bar. Tap **Step Goal**, to begin setting your target.

Sedentary Reminder: Turn on reminders to move in the app to set a sedentary reminder nudge. The sedentary reminder can be enabled in **Additional Features**. This feature is active during the hours of **10:00 AM - 6:00 PM.**
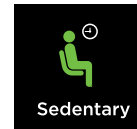
Track Your Sleep: Your iTOUCH AIR will automatically track your time asleep and sleep stages (Time spent in light sleep and deep sleep). To see your sleep score and stats, sync your smartwatch when you wake up and check the app.

Learn about your sleep habits: iTOUCH AIR tracks several sleep metrics including the amount of sleep you get and provides you with an overall sleep score number for that night. It will track your wake time and your light sleep time, and deep sleep.

Fitness and Exercise

Track your steps, calories and distance directly from your smartwatch. You can see this information by navigating to your pedometer. Tapping this icon, will display more information.

For complete workout stats, recap and route information make sure to use your smartphone's connected GPS. Review your exercise history via the iTOUCH Wearables app. **Note: The Connected GPS feature on the iTouch Air works with the GPS sensors on your nearby smartphone.**

To use Connected GPS: From the dashboard of the app, scroll down and hit **Running Mode**. A new screen will appear that will say Start. Tap **Start**. A countdown will appear and once complete, connected GPS mode will be enabled until you pause or completely stop it. This screen will showcase your steps, pace, and calories burned. You will have an option to toggle (in the bottom right corner) ◎ between this screen or an actual live map of your route. Once completed, you can view your route, total distance, steps and calories burnt.

If you're not moving during Connected GPS mode, the time you were not active will not be included during your route. Once you finish using Connected GPS, you will see your total time show up in app.

Apps and Features

Music Remote

To remotely control your music from your smartwatch, navigate to the music remote function.
The music remote allows you to Play/Pause, Skip Forward, or Skip to previous music from your music apps. Your ITOUCH AIR Smartwatch is compatible with various applications such as Apple Music, Spotify, and Pandora. However, it may not support other third party applications.
Please note: For best results, please ensure that the music app you wish to control is open before use.
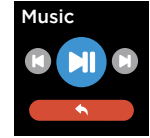
Camera Remote

To snap photos using your ITOUCH AIR Smartwatch, navigate to the Camera Remote feature on your smartwatch (If you are using an iOS device, you will also need to open the native camera app on your smartphone). Tap the Camera Remote feature on your smartwatch, or turn on the activate display after wrist rotation feature in the app and rotate your wrist to snap a pic.
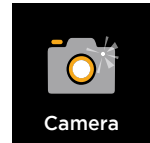
Additional Features

Navigate to the device page in your app. Tap on Additional Features to view more features for your smartwatch.

WEATHER: Once your smartwatch is fully paired to the app, the Weather feature will show on your device. From the Weather feature on your smartwatch, you can tap the screen to view more weather data. Your smartwatch shows the weather forecast for the current day and the next day, it also updates hourly. To change from Fahrenheit to Celsius, navigate to Additional Features in the iTOUCH Wearables app and go to the Weather section. From there you can input the city you would like to see the weather for.

The weather information is pulled from Yahoo Weather and is updated every two hours. If your device cannot update the weather during this timeframe, it will show no information. This normally will only happen if your phone and device aren't connected. If you do run into this issue, connecting your device to your phone again will fix it.

Note for Android Users When you fully connect to this device, you may see the weather as incorrect or not matching what you see from the forecast you're seeing. This is due to Android now preventing some information to be sent from your phone to the actual watch. To fix this so the weather shows correctly, you simply need to navigate to the Additional Features page, go to the weather section and input your location manually there. Once done, your weather will ALWAYS update to the correct information (you only have to do this for the first time you connect your device to the app).

FIND DEVICE: Tap **Find Device** under Additional Features to vibrate your device when paired with the app.

LANGUAGE: Tap **Language** to change the language on your device. Choose from a variety of languages.

DO NOT DISTURB: Tap **Do Not Disturb** and set a time period to prevent your smartwatch from receiving all notifications (other than alarms). Once active, it takes 5 minutes to begin working.

TIME FORMAT: Tap on **Time Formats** under Additional Features to select between 12 and 24 hour format.

UNIT FORMAT: Tap **Unit Format** to change the units of measurement reflected on your smartwatch and in your app. Choose between the metric and imperial systems of measurement.

ACTIVATE DISPLAY AFTER WRIST ROTATION: Once your smartwatch is fully paired to the app, the function allows you to flick your wrist to have the display turn on. As mentioned earlier, to keep this feature active 'All Day', set the 'Start' and 'End' times as 12:00AM. You can also toggle this function on and off as you require.

UPDATE, RESTART, AND ERASE

Update Smartwatch Firmware If there is a new firmware update available for your iTOUCH AIR Smartwatch, you will receive a pop-up notification to download it within the iTOUCH Wearables app. If you do not receive said notification, tap the device icon ▯ from the navigation bar. Then go to Update Firmware where you will see a red dot on the **Update Firmware** tab, signifying that an update is available. Tap the Update button to begin updating your iTOUCH Air Smartwatch. Be sure that your smartwatch remains within Bluetooth range of your phone while updating. Once your update is completed, your watch will automatically reset.

Restart Your Smartwatch If you can't sync your iTOUCH AIR Smartwatch, or if you have trouble with connected GPS or tracking your stats, you can restart your tracker from your wrist. From your smartwatch, navigate to Settings, then tap on the Power Off button ⏻. After this a screen will appear asking you to confirm your selection. Once your watch has fully powered off, wait about 2 minutes and then tap and hold the screen to turn on your smartwatch. This action will act as a restart for your device.

Shutdown?
❌ ✅
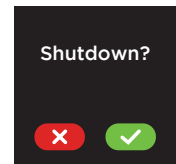
Reset Your Smartwatch If restarting the smartwatch doesn't address the issue, tap Reset ↻ in **Settings** to reset your ITOUCH AIR Smartwatch and clear all data.

WEAR AND CARE

All iTOUCH Wearable products are meant to be worn all day and night, so it's important to follow a few simple guidelines as you wear and care for your device.

To keep your band clean and your skin happy, we recommend the following tips:

- Clean your band and wrist regularly - especially after intense workouts or sweating.
- Rinse the band with water or wipe it with a small amount of rubbing alcohol. Do NOT use hand soap, dish soap, hand sanitizer, cleaning wipes or household cleaners, which could get trapped beneath the band and irritate your skin.
- Always pat dry the band before putting it back on

Note: Although the iTouch Air is IP67 water resistant, it is not IP68 waterproof which means you should not submerge your watch in water deeper than one meter for longer than 30 minutes. We advise not to swim with your smartwatch. However, your iTouch Air can withstand many splashes, rain, and daily activities such as washing dishes. If your smartwatch gets wet, we advise you to remove it until dry. It is not good for your skin to wear a wet band for long periods of time.

Make sure to wear your band loosely enough that it can move back and forth on your wrist. Prolonged rubbing and pressure may irritate the skin, so give your wrists a break by removing the band for an hour or two after extended wear.

IMPORTANT TIPS:
If you have allergies, asthma, or eczema, you may be more likely to experience a skin irritation or allergy from a wearable device. If you start to experience skin irritation or redness on your wrist, remove your device. Contact a dermatologist if symptoms persist longer than 2-3 days of not using your wearable device.

REGULATORY & SAFETY NOTICES

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to 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 in accordance with 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:

- 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. Caution: Any changes or modifications to this device not explicitly approved by the manufacturer could void your authority to operate this equipment. 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.

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This device and its antenna must not be located or operated in conjunction with any other antenna or transmitter.

FCC ID: 2ALERITAIR2017