

# SMARTWATCH

Smartwatch 4000



GB Operating instructions





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Thank you for choosing a Hama product.

Take your time and read the following instructions and information completely. Please keep these instructions in a safe place for future reference.

Your new smart watch is your ideal companion for a healthy lifestyle and motivates you to stay active all day long. As well as displaying the time and date, it collects data about the number of steps you have taken, your heart rate and the calories you have burned. Wireless connection via *Bluetooth®* to your smartphone enables you to document the data on the associated "Hama FIT move" app and therefore constantly keep track of your success. Check here when you have reached your personal fitness goal!

## 1. Explanation of warning symbols and notes

### Warning



This symbol is used to indicate safety instructions or to draw your attention to specific hazards and risks.

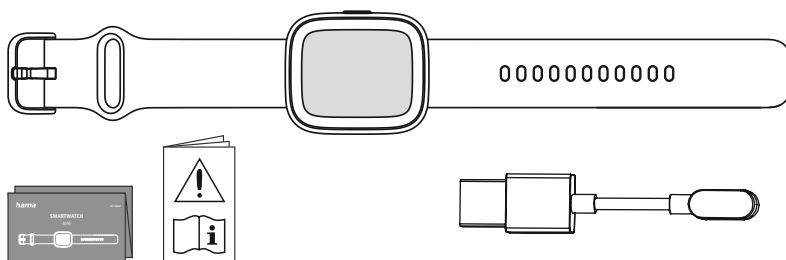
### Note



This symbol is used to indicate additional information or important notes.

## 2. Package contents

- "Smartwatch 4000" smart watch
- 1 USB charging cable
- Quick-reference guide
- Safety information sheet





### 3. Safety instructions

#### Warning



Take your time and read the following instructions and information completely. Information on using the product can be found in these operating instructions.

- This product is intended for private, non-commercial use only.
- Use the product only for the intended purpose.
- Protect the product from dirt, moisture and overheating and use it in dry environments only.
- Do not use the product in the immediate vicinity of heaters, other heat sources or in direct sunlight.
- Do not operate the product outside the power limits given in the specifications.
- Do not use the product in areas in which electronic products are not permitted.
- The battery is integrated and cannot be removed.
- Do not open the device or continue to operate it if it becomes damaged.
- Do not attempt to service or repair the product yourself. Leave any and all service work to qualified experts.
- Do not drop the product and do not expose it to any major shocks.
- Do not modify the product in any way. Doing so voids the warranty.
- Dispose of packaging material immediately in accordance with the locally applicable regulations.
- Do not incinerate the battery or the product.
- Do not tamper with or damage/heat/disassemble the batteries/rechargeable batteries.
- While driving a car or using sports equipment, do not allow yourself to be distracted by your product and keep an eye on the traffic situation and your surroundings.
- Consult your doctor before starting an exercise programme.
- Always be aware of your body's response when you exercise, and speak to your doctor in an emergency.
- Consult your doctor if you have a medical condition and wish to use the product.
- This is a consumer product, not a medical device. Hence, it is not intended for the diagnosis, therapy, cure or prevention of illnesses.
- Prolonged contact with the skin can lead to skin irritations and allergies. Consult a doctor if symptoms persist.
- This product is not a toy. It contains swallowable small parts that pose a suffocation hazard.
- Only use the article under moderate climatic conditions.



### **Risk of electric shock**



- Do not open the device or continue to operate it if it becomes damaged.
- Do not use the product if the AC adapter, adapter cable or power cable is damaged.
- Do not attempt to service or repair the product yourself. Leave any and all service work to qualified experts.

### **Warning - cardiac pacemakers**



This product generates magnetic fields. Persons with a cardiac pacemaker should consult a doctor before using this product, as the pacemaker's proper function could be affected.

### **Information - Flying**



- This product is a constant transmitter of radio signals. Please be aware that carrying and using radio transmitters during certain phases of the flight (e.g. take-off / landing) is not permitted for safety reasons.
- Check with your airline before you fly whether your fitness tracker can be taken on board. If in doubt, leave the product at home.

### **Warning - rechargeable battery**

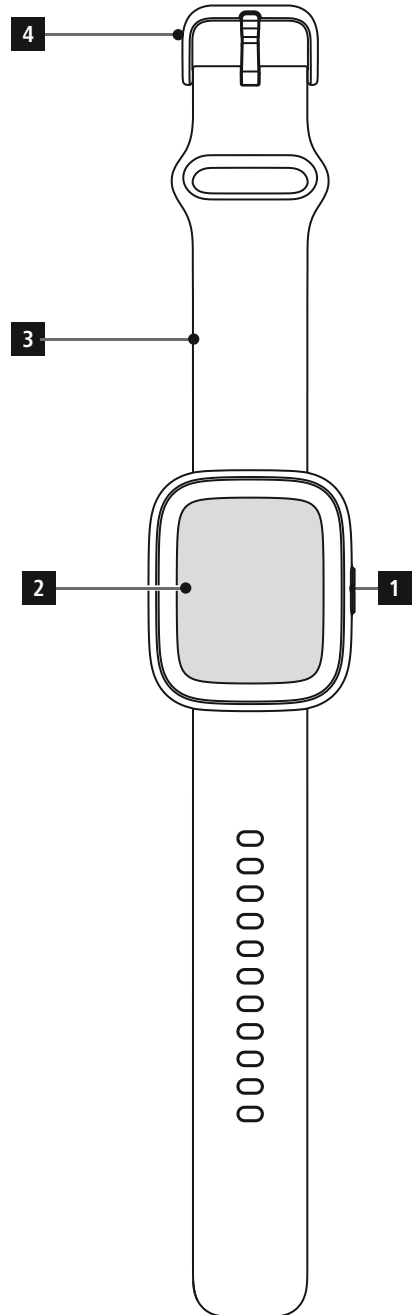
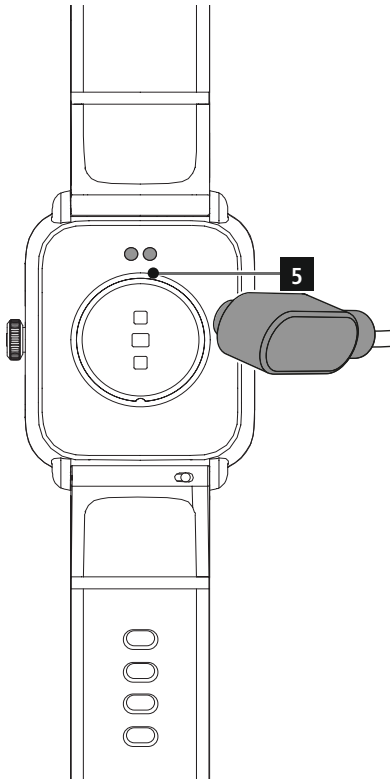


- Only use suitable charging devices or USB ports to charge the product.
- Do not use defective chargers or USB-ports and do not attempt to repair them.
- Do not overcharge the product or allow the battery to completely discharge.
- Avoid storing, charging and using in extreme temperatures and at extremely low atmospheric pressures (such as at high altitudes).
- When stored over a long period of time, batteries should be charged regularly (at least every three months).
- The charging connections must not be short-circuited.



### 4. Control elements

1. Control button
2. Full-touch display
3. Removable strap
4. Clasp
5. Charging contact





## 5. Getting started

### Note



The descriptions and illustrations in these operating instructions are based on the **Hama FIT move** app version 1.6.5 and the smart watch firmware version 1.01.08.

Please note that there may be differences in labelling and displays when updating the app or smart watch.

### 5.1 Charging

- Charge your smart watch fully before using it for the first time.
- Connect the charging cable to a free USB port on your computer or a USB charger and the charging contact **[5]** on your smart watch. To do this, consult the operating instructions for the USB charger you are using.

### Note

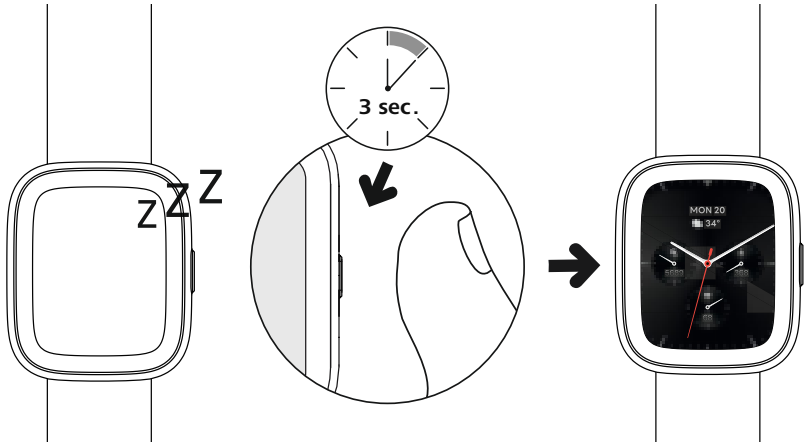


- The charging time for a full battery charge is around 150 minutes. If the battery is shown as fully charged on the display, the charging process is complete. Then disconnect your smart watch from the power supply.
- When the battery charge level is just 10%, please charge the smart watch in order to avoid limited functionality.



### 5.2 Putting on and turning on

- Before putting on and turning on your smart watch for the first time, you must connect it with the enclosed charging cable and plug it into a power source.
- After successful charging, put your smart watch on your wrist and close the wrist strap [3] using the clasp [4].
- Hold the top control button [1] down for 3 seconds to start your smart watch.



#### Note



- To use the measuring functions most effectively, your smart watch should be positioned close to the skin on the top of the forearm but still be pleasant to wear. The distance between the smart watch and the bones of the wrist should be about one finger breadth.
- To ensure the best possible recording of your activities, wear your smart watch on your left wrist if you are right-handed and on your right wrist if you are left-handed.

### 5.3 Turning off

- To switch your smart watch off, go to menu item **[SETTINGS]** and tap in submenu **[GENERAL]** on **[TURN OFF]**. Confirm the subsequent question to turn your smart watch off.





### 6. Setting up your smart watch

To access the full range of functions of your smart watch, install the "Hama FIT move" app. The following sections contain information on downloading and setting up the app.

#### 6.1 Downloading the "Hama FIT move" app

##### Note



The following operating systems are supported:

- iOS 12.0 or later
- Android 6.0 or later

After turning on your smart watch for the first time, you will be prompted to download the corresponding "Hama FIT move" app on your smartphone. A corresponding QR code is shown on the display of your smart watch.

- Scan the QR code with your smartphone or download the app from the Play Store (Android) or the App Store (iOS):



**Hama FIT move**

[link.hama.com/app/fit-move](https://link.hama.com/app/fit-move)

- To install the app, follow the instructions on your smartphone.

##### Note



Further information on the individual displays, menus and functions of the app can be found in the instructions: **"Hama FIT move" app guide**



## 6.2 Pairing the smart watch and smartphone

### Note

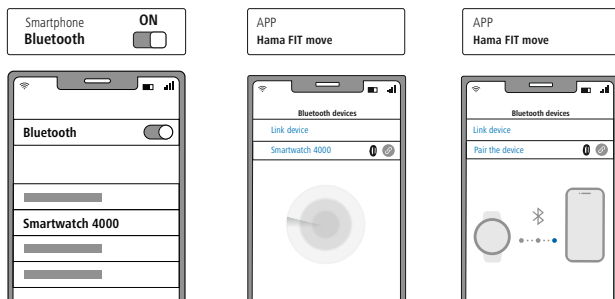



- In order for the smart watch to display incoming calls, text messages, WhatsApp messages and other notifications, activate push mode for messages in your smartphone settings.
- While setting up the app, you will be asked whether the app has permission to access the functions of your terminal device. Say yes to these prompts for the full functionality of your smart watch.

- Launch the app on your smartphone and agree to the privacy agreement. Answer any questions that may be asked.

For an optimal user experience, you should create a user account. By creating a user account, you can access your personal data if you change smartphones. This means that your personal data is available at all times. However, creating a user account is not a prerequisite for using the app.

- To create a user account, tap **[LOG IN]** and select **[REGISTER NOW]** at the bottom of the screen. Enter an e-mail address and a password and tap **[NEXT STEP]**.
  - Enter the verification code that will be sent to the e-mail address you provided. Check your spam folder if necessary.
  - Once successfully registered, you can enter a user name and your personal data and set a profile picture. Tap **[NEXT STEP]** to continue the setup process.
  - The search for your "Smartwatch 4000" smart watch then starts.
  - Follow the instructions in the app on your smartphone to connect your smart watch.
- Your smartphone will establish a Bluetooth connection to your smart watch.



- Now select "Smartwatch 4000" and tap **[PAIR THE DEVICE]** at the bottom to connect the smart watch to the app.
- Tap the  icon in the app on your smartphone to confirm the connection and complete the setup in the app.
- If there is a timeout, repeat the process.



- Then make your personal settings. These can be adapted later in the app (see instructions: **"Hama FIT move" app guide**).
- Your smart watch is now linked with the app and synchronisation begins.

### Note



- Please synchronise your smart watch with the app before using it for the first time. If you record an activity before your smart watch has been synchronised with the app for the first time, the activity will not be transferred to the app afterwards.
- To manually start a synchronisation of the smart watch with the app, drag the screen downwards on the app home page.
- Due to your fitness tracker's limited storage space, you should synchronise your fitness tracker with the app regularly (at least once a week) to avoid data loss.

### Note



- After the first synchronisation with the app, your smart watch automatically adopts the time, date and language from your smartphone.
- The time and date cannot be set manually.
- The display language of your smart watch depends on your selection in the app. The display language remains English until setup is complete. Select the desired display language in the app (see instructions: **"Hama FIT move" app guide**).
- The app will alert you when a firmware update is available for your smart watch. Perform the update in the app to ensure proper functioning of your smart watch.



### 7. Operating your smart watch

The following sections contain information on the operation and menu structure of your smart watch. Your smart watch has a display with a touchscreen.

- Tap on icons and menus or swipe across the display to navigate through menus and perform functions.
- Press the control button **[1]** to activate the display on your smart watch. You can then swipe the display to switch between the different views and menu items in the order shown below.
- You can access the sub-menus by tapping on the respective symbol.
- Press the control button **[1]** to open the main menu or exit a menu and return to the start screen.

#### Note

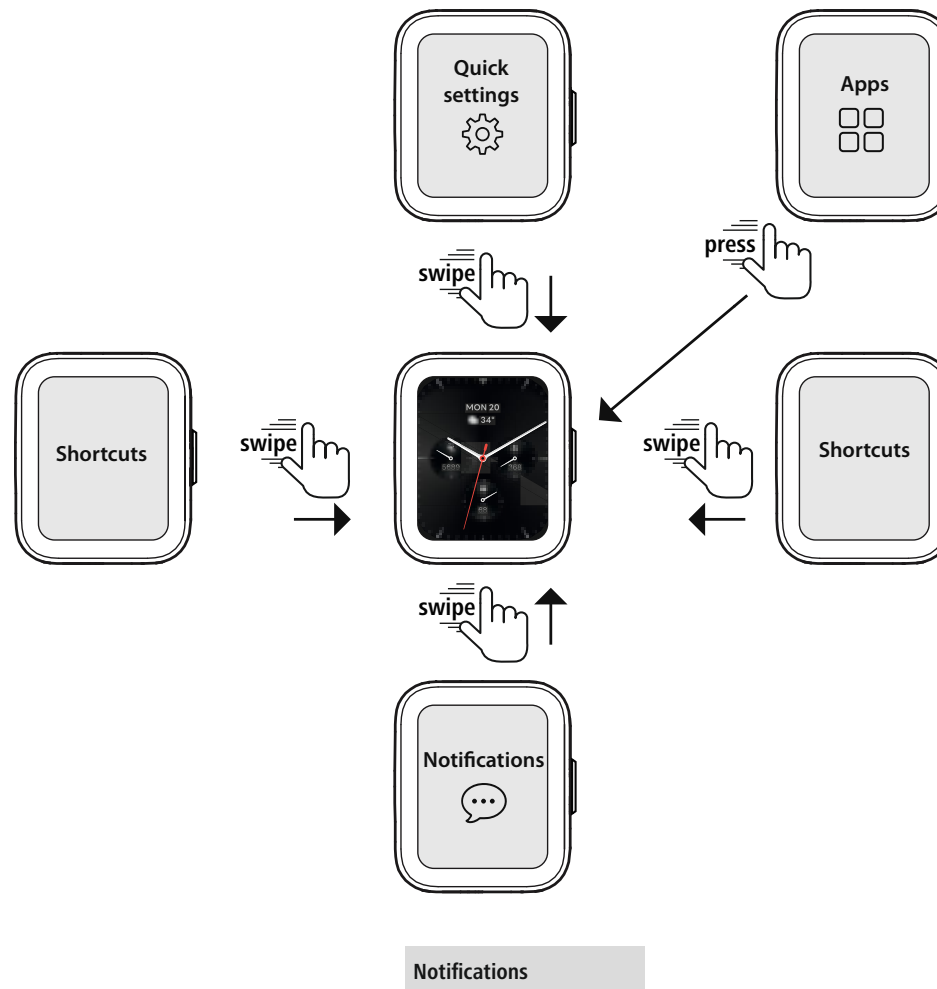


The following graphic is an overview of the menu structure with all menu items.

## Smartwatch 4000

Quick-access settings			
	Do not disturb mode		Settings
	Display brightness		Alarm clock
	Wake screen		Energy-save mode
	Torch		Telephone search
	Drainage		

Applications			
	Activity		Clock
	Phone		Weather
	Language assistant		Cycle report
	Workout (sport modes)		Music
	Workout record		Camera
	Heart rate		Telephone search
	SpO2		Stress
	Sleep		Breath training
	Settings		



Shortcuts*
Workout data
Heart rate / SpO2 / Stress
Workout (sport modes)
Sleep
Weather
Music


\* The links can be customised via the **Hama FIT move** app.



### 7.1 Notes on operation

#### Note: "Voice assistant" application



- The "Voice assistant" application allows you to tap the [  ] icon to access the voice assistant of your paired and compatible smartphone. A Bluetooth connection between the two devices is required. Communication with the voice assistant is only audible. Compatibility cannot be guaranteed for all manufacturers or operating system versions. There may be restrictions, especially with Android OS. If necessary, contact the manufacturer of your smartphone. There may be a software update available for your smartphone that can resolve this problem.
- For optimum use of the voice assistant, note the following settings on your smartphone:
  - Google Assistant (Android): Set this as the default voice assistant on your Android smartphone and allow the use of Google Assistant when locked.
  - Apple Siri (iOS): Activate Siri on your iPhone and allow the use of Siri in lock mode.



## 8. Care and maintenance

Only clean this product using a lint-free, slightly damp cloth and do not use any harsh cleaners.

## 9. Warranty disclaimer

Hama GmbH & Co KG assumes no liability and provides no warranty for damage resulting from improper installation/mounting, improper use of the product or from failure to observe the use instructions and/or safety notes.

## 10. Languages supported

The following list contains an overview of the supported languages for the user interface of your smart watch and the "Hama FIT move" app:

	English	German	French	Spanish	Swedish	Czech	Polish	Finnish	Hungarian	Dutch	Portuguese	Russian	Romanian	Slovakian	Bulgarian	Greek	Norwegian	Danish	Serbian
Smartwatch 4000	×	×	×	×	×	×	×	×											
Hama FIT move	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×

## 11. Technical data

Bluetooth version	5.3 LE
Display type	TFT LCD
Display size	1.65"
Dimensions (housing)	47 × 39 × 12 mm
Weight	39 g
Strap width	2.2 cm
Strap material	Silicone
Housing material	Plastic
Protection class	IP68
Battery type	Lithium polymer
Battery capacity	300 mAh
Charging time	< 2.5 hours
Battery life	Approx. 5-7 days



### 12. Disposal instructions

Note on environmental protection:



Following the implementation of European Directives 2012/19/EU and 2006/66/EU into the national legal systems, the following applies: Electrical and electronic devices as well as batteries must not be disposed of with household waste. Consumers are obliged by law to return electrical and electronic devices as well as batteries to the designated public collection points or to the point of sale at the end of their service life. Detailed information on this topic is defined in the national laws of the respective country. This presence of the above symbol on the product, operating instructions or package indicates that the product is subject to these regulations. By recycling, reusing the materials or other forms of utilising old devices/batteries, you are making an important contribution to protecting our environment.

### 13. Declaration of conformity



Hama GmbH & Co KG hereby declares that this device is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU. The declaration of conformity in accordance with the relevant directive can be found at: <https://support.hama.com/00178640>


Frequency band(s)	2402 – 2480 MHz
Maximum radio-frequency power transmitted	9 dBm




# ***hama***

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## **Service & Support**

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