Manuals+ — User Manuals Simplified.

nedis BTSW001BK Smart Activity Tracker User Guide

Contents

**nedis BTSW001BK Smart Activity Tracker**

Intended use

This product is a smartwatch that can give you notifications of new messages on your phone, track your sporting activities, and measure your heart rate or body temperature.
The product can be controlled with the Nedis Smartlife app.
Any modification of the product may have consequences for safety, warranty, and proper functioning.

Specifications

Product	Smart Activity Tracker
Article number	BTSW001BK
Dimensions (l x w x h)	43 x 20 x 12 mm
Power input	5.0 VDC ; 0.5 A
FM frequency range	2402 - 2480 MHz
Maximum transmission power	2.0 dBm
Connection	Bluetooth˚ 4.2
Battery	Standby: up to 15 days Connected: up to 5 days
Waterproof	IP67

Main parts (image A)
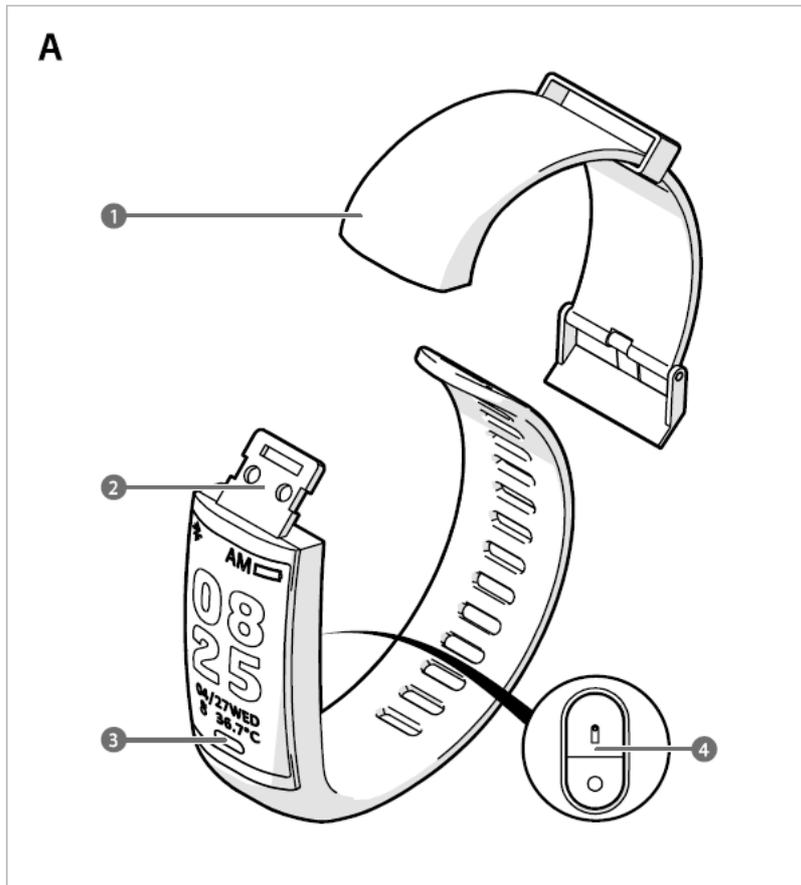
1. Strap
2. USB connector
3. Function button

How to close
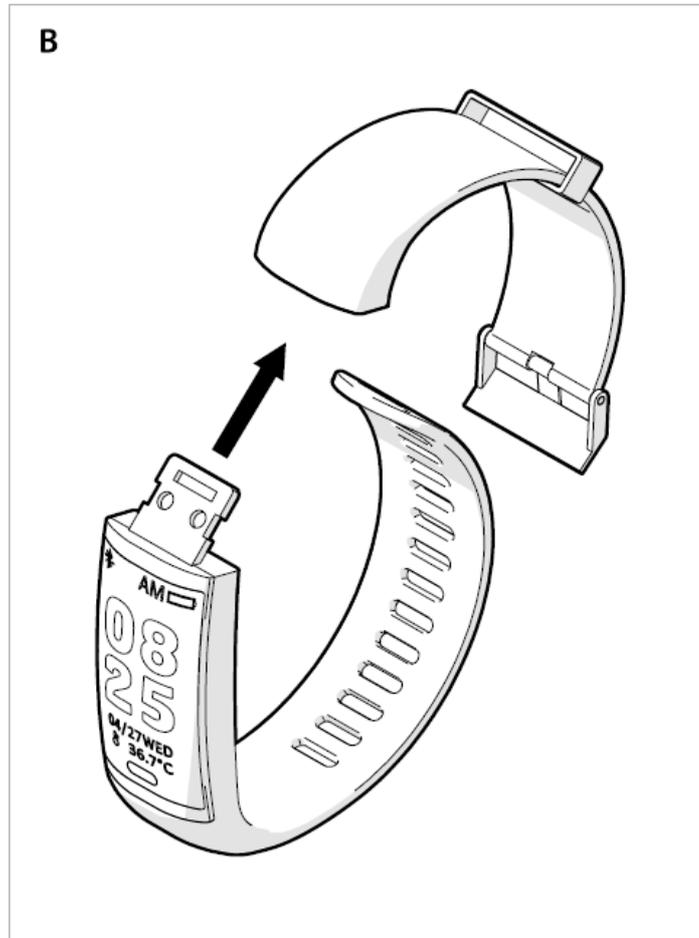
Safety instructions

WARNING

- Ensure you have fully read and understood the instructions in this document before you install or use the product. Keep the packaging and this document for future reference.
- Only use the product as described in this document.
- Do not use the product if a part is damaged or defective. Replace a damaged or defective product immediately.
- Do not drop the product and avoid bumping.
- This product may only be serviced by a qualified technician for maintenance to reduce the risk of electric shock.
- Do not expose the product to water or moisture.
- The product is delivered with a partially charged battery. For optimal battery life, fully charge the battery before first use.
- Retain the original product literature for future reference.
- Do not leave a battery on prolonged charge when not in use.

Charging the product

1. Remove strap **A 1** to reveal the USB plug **A 2.**
2. Insert **A 2** into a 5.0 V – 0.5 A USB charging port.

Installing the Nedis Smartlife app

1. Download the Nedis Smartlife app for Android or iOS on your phone via Google Play or the Apple App Store.
2. Open the Nedis Smartlife app on your phone.
3. Create an account with your e-mail address and tap Continue.
4. You will receive a verification code on your e-mail address.
5. Enter the received verification code.
6. Create a password and tap Done.
7. Tap Add Home to create a Smartlife Home.
8. Set your location, choose the rooms you want to connect with and tap Done.

Connecting the app

1. Make sure Bluetooth is enabled on your smartphone.
2. Open the Nedis Smartlife app on your phone.
3. Register or login to your account.
4. Tap+ in the top right corner.
5. Select"Smartwatch"
6. Follow the instructions in the app.

Disconnecting the app

1. Open the Nedis Smartlife app on your phone.
2. Open "Smartwatch" by tapping the corresponding tile in the app.
3. Tap the pencil icon in the top right corner.
4. Tap "Remove Device" at the bottom and confirm.

Switching on the product
Press and hold the function button **A 3** for 1 second.
The product vibrates to indicate that it is switched on.
Do not fit the watch too loose or tight for the sensors to work correctly.

Navigating the menu (image C)
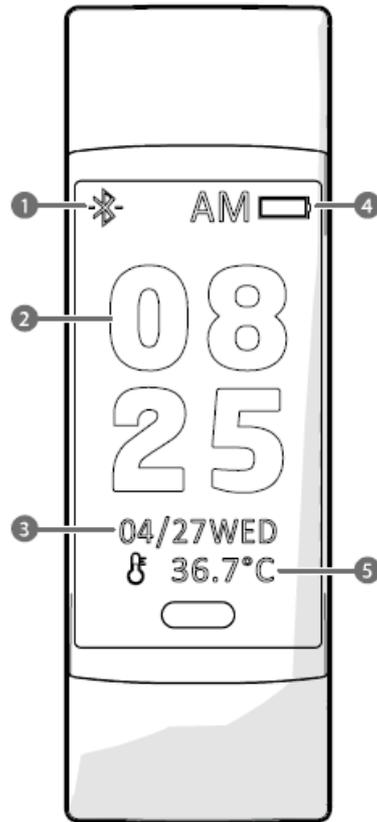
1. Bluetooth connection indicator
2. Current time
3. Current date and day
4. Current battery level
5. Last measured body temperature

The home screen is the starting point from where you gain access to other functions of the smartwatch.

- Hold **A 3** to change the layout. There are 3 layouts to choose from.
- Tap **A 3** to switch to the next screen.
- Hold **A 3** to confirm your choice.

Steps taken
Shows the current amount of steps taken and the progress towards your step goal in percentages.
Distance walked
Shows the total distance walked today.
Kcals burned
Shows the number of calories burned today.
Sleep monitor
Shows the amount of time slept today.

Measure body temperature	Shows your current body temperature when activated. Hold down the function button to start a measurement.
Measure heart rate	Shows your current heart rate when activated. Hold down the function button to start a measurement.
Sport mode	In sport mode, press **A@to** cycle between walking, running, cycling or hiking. Hold **A@** to confirm. A timer appears on screen showing information about your current workout. Tap the function button to switch between showing Kcal, BMP or steps taken. Hold the function button to save and stop.
Messages	Hold down the function button to read incoming notifications from your phone.

Settings	In the settings menu you can: – Make your connected phone vibrate and ringtofindyourphonB – Switch between display of body temperature or skin measure ment. – Switch between Celsius (°C) / Fahrenheit (OF). – Set the brightness of the screen. – Reset the product to factory settings. – Switch *off* the product.

Declaration of Conformity

We, Ned is B.V. declare as a manufacturer that the product BTSW001 BK from our brand Nedis", produced in China, has been tested according to all relevant CE standards and regulations and that all tests have been passed successfully. This includes, but is not limited to the RED 2014/53/EU regulation.
The complete Declaration of Conformity (and the safety datasheet if applicable) can be found and downloaded via: **nedis.com/btsw001** bk#support

For additional information regarding the compliance, contact the customer service:

- Web: **www.nedis.com**
- E-mail: **service@nedis.com**
- Ned is B.V., de Tweeling 28 5215 MC 's-Hertogenbosch, the Netherlands

Documents / Resources

	nedis BTSW001BK Smart Activity Tracker [pdf] User Guide BTSW001BK, Smart Activity Tracker