Manuals+ — User Manuals Simplified.

Fit Force Plus Smartwatch

Noise Fit Force Plus Smartwatch Instructions

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Noise Fit Force Plus Smartwatch

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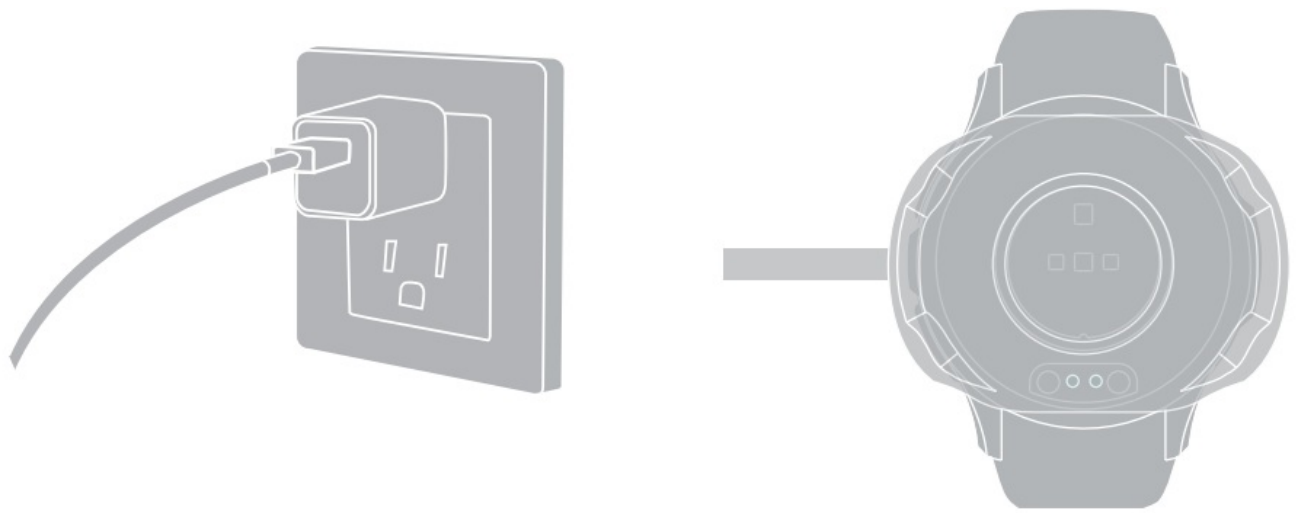
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CHARGING NOISE FIT FORCE PLUS SMARTWATCH

Before using your NoiseFit Force Plus for the first time, charge the battery to its full capacity. Use the charging cable provided with the watch to charge. On a single charge, NoiseFit Force Plus can last up to 7 days.

CHARGE NOISEFIT FORCE PLUS

- Plug the USB cable into a power adaptor.
- Plug the power adaptor into an electrical socket. (Power adaptor not included).
- Place the charger on the magnetic charging points of the watch.
- While your watch is charging, the screen will show its progress.
- Once the battery is fully charged, remove the charger.

POWER ON

- Press and hold the upper side button for a few seconds to turn on the watch.

POWER OFF

- Press and hold the upper button for a few seconds.
- Select 'Power off' and confirm to power off.

WAKING UP THE WATCH

- To preserve the battery, the watch screen turns off when not in use.
- To turn the screen back on, you can wake up the watch by:
  - Pressing either side buttons
  - Turning on the wrist sense

Press & hold

POWER ON

Press and hold the side button for a few seconds.
Select 'Power Off' and confirm to power off..

POWER OFF

WATCH NAVIGATION

The NoiseFit Force Plus smartwatch has an AMOLED touchscreen. Navigate the watch by tapping on the screen, swiping side to side, up and down, and pressing the upper and lower side buttons.

BUTTON NAVIGATION

- Press either button to turn on the display
- Press the upper button to go to the main menu

- From the home screen press the lower side button to go to sports mode directly.

HOME SCREEN NAVIGATION

The home screen is the watch face.

From the home screen:

- Swipe right to access widgets
- Swipe left to access shortcuts.
- Swipe up to go to the quick settings menu.
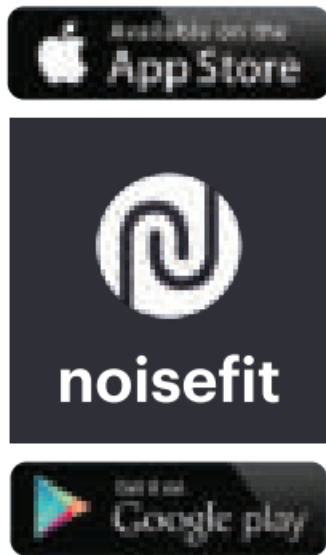- Swipe down to check your message notifications.

SETUP

Before pairing, make sure that your smartphone and smartwatch are next to each other. The app will ask for personal information such as height, weight, and sex to calculate your stride length, distance covered, and calorie burn rate.

- Turn on Bluetooth and the location on your mobile device.
- On your smartphone, download the NoiseFit app from the Play Store or the App Store and install it.
- Create an account or log in using an existing account.

Note: Ensure that your smartphone is running on Android 8.0 & + or iOS 10 & + and is connected to mobile data or a Wi-Fi network.

PAIR THE WATCH

- Open the NoiseFit app and allow the Bluetooth and GPS positioning to be turned on.
- Feed in your personal information and health goals in the app.
- Go to the 'Pair Device' page in the app, select the watch name and MAC address, and link the watch.
- Or you can follow the steps below:
- Turn on the watch.
- Scan the QR code from the NoiseFit app on your phone.
- Select 'Pair with device' and wait for it to pair.
- Select 'Add Device'. Choose your device from the range of devices.
- On iOS: Choose Bluetooth pairing when you receive a pairing prompt.
- On Android: Connect it directly.

PRODUCT FUNCTION

BT CALL CONNECTIVITY

To establish Bluetooth calling connectivity, follow these steps.

AUTOMATIC CONNECTION

- After pairing the watch with the NoiseFit app, the watch's calling Bluetooth would be activated.
- Now connect it with your phone's Bluetooth to use the calling feature conveniently.

MANUAL CONNECTION

- In case the Bluetooth calling connectivity has not been established earlier, you'll have to do the steps manually.
- Go to Bluetooth settings.
- Search for the device and pair your smartphone to attend your calls from the watch.
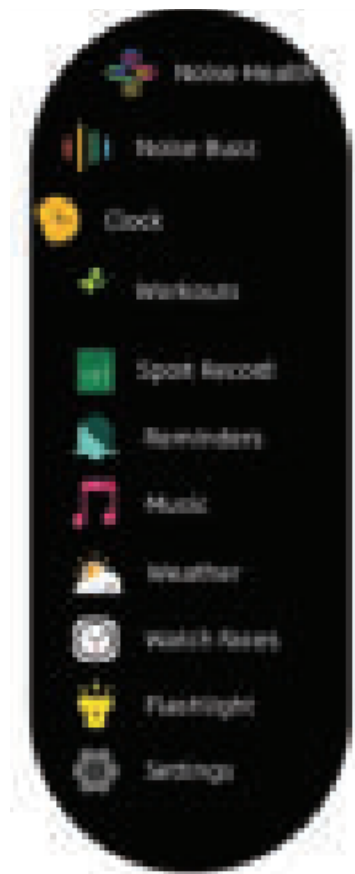
BT CALL CONNECTIVITY REMOVAL

In Android devices, to remove the Bluetooth connection, you can unpair from the phone's Bluetooth settings. Go to the phone's Bluetooth settings and forget NoiseFit Force Plus Calling. In iOS devices, to remove the Bluetooth connection, you can unpair from the phone's Bluetooth settings. Go to the phone's Bluetooth settings and forget NoiseFit Force Plus Calling.

NOISE HEALTH

Noise Health Suite has a collection of wellness features that takes a holistic route.

ACTIVITY

You can check your daily activity progress in terms of the calories burned, distance covered, active time and steps taken.

HEART RATE

NoiseFit Force Plus supports 24/7 heart rate tracking. You can select the measurement frequency in the app settings. To measure your heart rate in real-time, go to the 'Heart Rate' monitor and tap on 'Tap to Measure. You can view the all-day data on the watch and app. Note: Make sure your arms and wrists are still and there is no space between your watch and the wrist.

BLOOD OXYGEN

NoiseFit Force Plus supports the viewing of the highest and lowest blood oxygen levels of the day. To measure your blood oxygen level in real-time, go to the 'SpO2' monitor and let it measure. Note: Make sure your arms and wrists are still, and there is no space between your watch and the wrist.

SLEEP

You can view your most recent sleep record and sleep quality in various sleep stages in the NoiseFit app. The feature will measure the device records of the user's sleep cycle, sleep states (light and deep sleep), wake time and REM.

BREATHE

This feature helps you adjust your breathing rhythm at your convenience. You can choose from 3 speeds (fast, moderate and slow) to adjust your breathing duration. Go to the 'Breathe' feature, choose the time duration and

speed and tap on start to enter the cycles of breathing and inhalation.

STRESS

NoiseFit Force Plus supports 24-hour stress level measurement and viewing of all-day measurement data. To measure the stress levels in real-time, go to the 'Stress' feature and wait for it to measure. Note: Make sure your arms and wrists are still and there is no space between your watch and the wrist.

NOISE BUZZ

You can use this feature to manage calls from the watch. Make sure your watch is connected to your smartphone via Bluetooth. Go to Noise Buzz. Choose to dial from the dial pad or the contact list and make calls. Note: If the watch is connected to your smartphone via Bluetooth, all calls will be directed to the watch.

ALARM

You can set alarms in the NoiseFit app and they will sync with the watch. You can add, delete, and enable/disable alarms. You can also label alarms to identify them.

TIMER

You can set a timer with a pre-set duration on the watch and the timer will remind you when the time is up.

STOPWATCH

A stopwatch can be set on the watch. You can also set lap times on the stopwatch.

POMODORO

This feature lets you focus on things that matter. You can set the time as per your preference. Note: Once the mode has been turned on, your smartwatch will function as a regular watch.

WORKOUTS

You can choose from 10 workout modes. You can take your pick and add more workouts from the app. This feature also lets you control music while working out. You can also view the exercise records in the app.

SPORT RECORD

You can check the progress report of your workouts in this feature.

REMINDERS

You can add or edit reminders on the app.

MUSIC

You can control your favorite songs and podcasts thatplay from your phone, right on your wrist as long as the watch is connected to the NoiseFit app on your phone. You can play/pause music, go to the next/previous track and increase/decrease the volume.

WATCH FACES

You can switch between different watch faces in the watch, choose and download cloud-based watch faces. You

can also create your own watch faces in the NoiseFit app.

Changing the watch face

Give your screen a personalized style by changing or customizing the watch face from the NoiseFit app or the watch.

On the watch

Touch and hold the home screen. Swipe and choose from the watch faces.

In the app

Go to watch faces, select the watch face of your choice, and tap 'save' to change the watch face.

FLASHLIGHT

You can use this feature to turn on the screen brightness and see your surroundings better. Go to the Flashlight. Tap to turn on.

WEATHER

NoiseFit Force Plus supports 5-day weather viewing in a location of your choice as long it is synced with the NoiseFitapp. You can view today's current weather and for the next 4 days as well. Open the Weather app on your watch and change the location to see the weather of your current location.

SETTINGS

BRIGHTNESS

You can set the watch's brightness. Tap to wake up You can choose to turn on the tap to wake up feature.

RINGTONE VIBRATION

You can set the vibration level to get an alert of any notification. You can also choose to put the watch on silent mode.

WRIST AWAKE

Turn on the wrist awake and set the auto screen off as per your preference.

BRIGHT SCREEN TIME

You can set the bright screen time duration as per your preference.

MENU VIEW

You can set the Main menu as per your preference.

AUTO SPORTS DETECTION

You can turn on the auto sport detection and let the watch track your movement.

ABOUT CALLS

Follow the onscreen instructions to set or remove the Bluetooth call connectivity.

DEVICE INFORMATION

You will find all the information related to the device here, including the device name, Bluetooth name, and version.

AOD

You can choose to turn on the Always On Display and set the off-screen dials and activation time.

QR CODE

Scan the QR code to connect with the app.

REBOOT

You can choose to reboot to restart the watch.

POWER OFF

You can choose to power off to restart the watch.

RESET

You can choose to reset. Do note if you choose to reset, all your data and settings will be erased.

QUICK SETTINGS

You can swipe from the watch's home screen to gain Quick Settings access.

- RINGING MODE
- DIMMING
- DND
- AOD
- POWER SAVING MODE
- FIND PHONE
- FLASHLIGHT
- SETTINGS
- PASSCODE

DEVICE INFORMATION AND TIPS

DEVICE INFORMATION

The NoiseFit Force Plus smartwatch contains the following:

- 1.46″ AMOLED Display
- Blood oxygen measurement
- Stress monitor
- 1P68 waterproof
- 100 sports modes

The NoiseFit Force Plus smartwatch stores your activity data between the time you sync your watch to the NoiseFit app. Activity data includes your steps, distance,calories, active minutes, heart rate, sleep duration and workout data. We recommend syncing the watch to the app daily.

TIPS

How do I update my NoiseFit Force Plus?

You can update your NoiseFit Force Plus via the NoiseFit app. Go to 'My Profile' and select 'Check for updates.'

How do I find my watch's current firmware version?

You can find the watch's current firmware on the watch. Go to Settings on the NoiseFit app. Select Device information, choose Check for update, and update if any update is available.

How do I save battery?

Follow these simple steps to save the NoiseFit Force Plus battery.

- Minimize the screen brightness
- Limit the notifications you receive from the NoiseFit app.

How does the watch estimate how many calories have been burned?

- NoiseFit Force Plus estimates how many calories you've burned based on the physical data you entered when you set up your account.

How do I change my activity goals?

- You can do it through the NoiseFit app. Go to 'My Profile. Go to 'Setup' and t select 'My Objectives. Change your goals and confirm.

How do I log my weight?

You can log your weight the first time you set up your NoiseFit app. However, you can update the weight later via the NoiseFit app. Go to My Profile, select Personal Information, and change or update your weight. You can update your birthday, height, country, and e-mail ID as well.

DISPOSAL AND RECYCLING INFORMATION

- Electrical and electronic devices may not be disposed of with domestic waste. Consumers are obliged by law to return the electrical and electronic devices at the end of their service lives to the public collecting points set up for this purpose or point of sale. Details of this are defined by the national law of the respective country. By recycling, reusing materials, or other forms of utilizing old devices, you are making an important contribution to protecting our environment.

REGULATORY INFORMATION

- USA: Federal Communications

FCC

Commission (FCC) Statement This device complies with Part 15 of the FCC rules. Operation is subject to the following two conditions:

- This device may cause harmful interference, and this device must accept any interference received, including interference that may cause undesired operation.

Warning: Changes or modifications not expressly approved by the party responsible for compliance could void the authority to operate the equipment.

Note: 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 76 equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, Max is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment to 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.

The NoiseFit Force Plus watch is not a toy. The watch contains small components that could be a choking hazard and are not intended for use by small children or pets. Unless otherwise specified, devices and services are not medical devices and are not intended to diagnose, treat, cure, or prevent any disease. We develop products and services to track daily activity and wellness information as accurately as possible. The accuracy of devices is not intended to be equivalent to medical devices or scientific measurement devices. In some cases, prolonged use of products may cause skin irritation. Prolonged contact may contribute to skin irritation or allergies. To reduce the possibility of irritation, and keep the watch and watch band clean and dry. Don't wear it too tight and give your wrist a rest by removing the watch after an extended period of wear. If you feel soreness, tingling, numbness, burning, or stiffness in your hands or wrists while or after wearing the watch, please immediately discontinue use.

MAINTENANCE INSTRUCTIONS

- Keep the device dry and clean regularly especially after prolonged use as moisture and dirt can build up underneath the band and can cause skin irritation.
- Do not wear the device too tight but make sure that the bottom sensor is lightly in contact with your skin and there is a gap of about one finger's width between the wrist strap and your wrist.
- Do not use household cleaners to clean the device. Use soap-free cleaners instead.
- For stains that are difficult to remove, it is recommended to scrub with alcohol.
- The device is not suitable for diving, or swimming in the sea or sauna; it is suitable for swimming pools, showers (cold water), and swimming in shallows.
- Keep it away from direct sunlight, high temperatures, or humid conditions as it may damage the band over time.

CUSTOMER SUPPORT

If you experience any problem with the watch, it may be fixed by restarting your watch. For any assistance, please reach out to us at the link: **https://support.gonoise.com/support/home** User Manual for NoiseFit Force Plus

Documents / Resources

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References

- **User Manual**