SMARTCOMM

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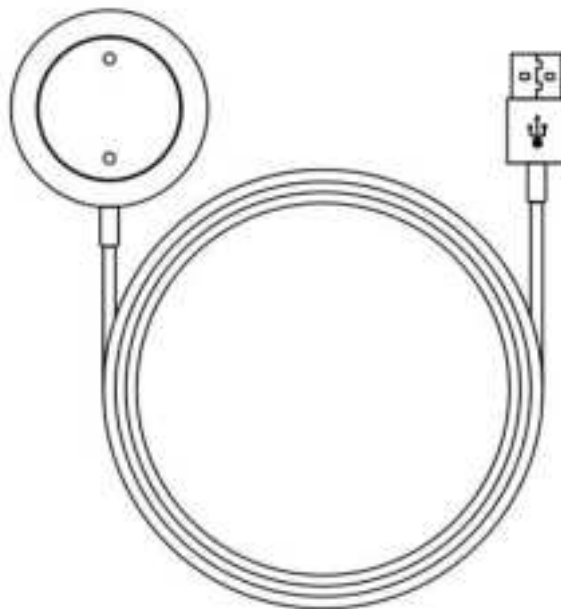
Smart Watch

User Manual

Product List

A11

Charger

Specification

MCU: AP0LLO 3 BLUE PLUS

Display screen: 1.19inch, AMOLED

Resolution: 390*390, 326PPI

Size: 42mm*10.7mm

Case material: 6063 Aluminum

Waterproof: 5ATM

Bluetooth: BLE 5.0

Working time: Smart mode – 14 days (Battery capacity 260mAh)
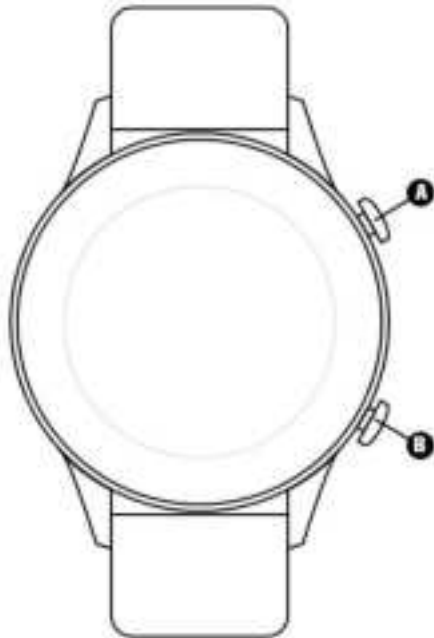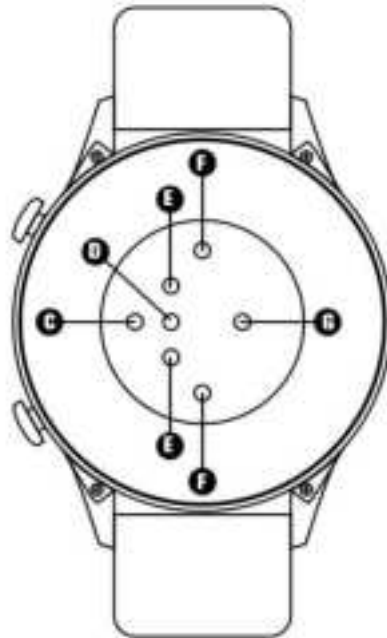
Standby mode – 100 days

GPS mode – 25 hours

Sensors: 3–axis acceleration sensor, geometric sensor, barometric altimeter,

temperature sensor, heart rate sensor, blood oxygen sensor

Product Introduction

(Front)   (Back)

A. Upper button

B. Lower button

C. Body temperature contact pin

D. Light receiver

E. Heart rate LED

F. Charging pin

G. Blood oxygen LED

ON/OFF

By long pressing the lower button of the watch.

APP Download

After pairing with the Young Fit APP, you can get a more interesting watch experience.

A. Download the APP for your iPhone or Android phone

B. Compatible system: Android 5.5+, IOS 9.3+

D. During installation, you will be asked for the permission to use the phone camera for scanning and binding with the watch

E. When registering an account, you will have to enter the correct personal information such as height, weight, gender, etc., for calculating your steps, acvtivity distance and calorie consumption, etc.

Download Young Fit APP

1. Scan below QR code for downloading the Young Fit APP

2. For iPhone users, search "Young Fit" in APP Store, download and install;

3. For Android phone users, search "Young Fit" in Android Play Stores like Google

Play, download and install.

Pair your watch

After registering the "Young Fit" account, bind the watch as below instruction.

Option A: Scan to bind

1. Turn on the watch by long pressing the lower button, open Young Fit APP and scan the QR code to finish binding

Option A: Manually binding

1. Click the " ⬛ " icon on the top–right corner of the Young Fit APP, switch to manually binding mode; Select your watch to finish binding.

Screen Operation

Swipe up: Notification list. You can read the latest 10 notifications.

Swipe down: Quick settings

Swipe left: The first function interface

Swipe left: The last function interface

(The function interface list can be customized in Young Fit APP. Device – Function interface settings.)

Long pressing: Switch your watch face

Switch Your Watch Face

1. Switch your watch face by long pressing the watch main interface and swipe to select your favorite one.

2. Go to Young Fit APP online watch face interface, select your favorite one and synchronize to the watch.

3. Go to Young Fit APP setting interface, upload your favorite watch face and synchronize to the watch.

Functions Introduction

【Daily Goals】

· Daily goals record your everyday activity data, including steps, distance, calorie and activity time.

· You can set your daily goals on your watch or in the Young Fit APP.

· After pairing and synchronizing data to Young Fit APP, you can check detailed data in the APP.

【Heart Rate Monitoring】

24 hour continuous heart rate monitoring, automatic detection every 10 minutes. The watch displays the heart rate curve chart of the last 8 hours. Data is synchronized to the Young Fit APP, and more detailed past data can be checked in the APP.

· Energy saving mode can be set through the Young Fit APP. Heart rate will be

monitored every 20 minutes.

· Abnormal heart rate alarm can be turned on/off through the Young Fit APP or the

setting interface of the watch.

(The data is for reference only and cannot be used for medical purposes.)

【Blood Oxygen Monitoring】

Start blood oxygen measuring through the function list. During the measurement

process, please keep the watch fit to your skin and ensure your arm is flat and the

watch face is facing upwards to avoid deviation of the measured value.

(The data is for reference only and cannot be used for medical purposes.)

【Stress Monitoring】

4 status of stress monitoring: Relaxed, Normal, Medium, High. 24 hour continuous

stress monitoring, automatic detection every 10 minutes. The watch displays the

stress curve chart of the last 4 hours. Data is synchronized to the Young Fit APP,

and more detailed past data can be checked in the APP.

If your tested stress is too high for a period of time, we will recommend you to

perform breathe exercises for health.

(The data is for reference only and cannot be used for medical purposes.)

【Breathe Exercises】

Follow the prompts in the interface to complete 10 breathing cycles, which takes

about 100 seconds.

【Sleep Monitoring】

The watch automatically monitors your sleeping status. After wake up, you can check your sleep data like deep sleep, light sleep, waking, and rapid eye movement periods on the watch or Young Fit APP.

(The data is for reference only and cannot be used for medical purposes.)

【Body Temperature Monitoring】

24 hour continuous body temperature monitoring, automatic detection every 10 minutes. The watch displays the body temperature curve chart of the last 8 hours. Data is synchronized to the Young Fit APP, and more detailed past data can be checked in the APP.

(The data is for reference only and cannot be used for medical purposes.)

【Inactivity Alert】

The start time, end time and interval time can be set in the Young Fit APP.

【Barometric Altimeter】

The watch displays real-time air pressure and altitude.

【Compass】

Calibration is required before use. Swing your arm according to the compass interface instruction for calibration.

【Multi-sport Mode】

With 15 sport modes, you can check real-time sport data during sport and you can

enjoy different gadgets like music player, altimeter, barometer, and compass.

【Reminders】

Reminders can be set in Young Fit APP, including exercise, eating, drinking, taking medicine, bills, meetings, alarm clocks, walking pets, sleeping. Customized reminder is available.

【Stopwatch】

8 timing periods are available. Functions including pause, timekeeping, and reset functions.

【Timer】

After timer starts, it ends with vibration as reminder.

【Music Control】

After connecting the watch to your phone, you can control the phone music playback, pause, previous song, next song and adjust the volume through the watch.

【Weather Report】

Real-time weather can be checked on the watch.

【Find Your Phone】

Activate find your phone function in quick setting, you can find your phone in the area with good Bluetooth signal.

⚠ Precautions

· Do not wear the watch in high temperature environments, such as hot springs,

saunas, hot baths, etc.

· Do not expose the device to heat sources, direct sunlight, etc.

· The watch contains a lithium ion polymer battery. To recycle or dispose of the
watch, please follow the relevant local laws and regulations or consult the local
waste disposal department.

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❶ FAQ

【How to synchronize the watch data to Young Fit APP? 】

· After pairing the watch with Young Fit APP, data recorded in the watch will be synchronized when you open Young Fit APP.

【How to save the watch power?】

· You can reduce the duration of the bright screen, reduce the display brightness, turn off the lift to wake function or set the heart rate monitoring to the power-saving mode.

【What if my watch crashed?】

· If your watch crashed, please reset the watch by long pressing the lower button.

【How much calories did I burned?】

· The Young Fit APP calculates the calories burned based on the user's gender, age, height, and weight. The data recorded on the watch will be cleared everyday, but you can check the past data on the APP.

【How to change my everyday goal?】

· Daily goals can be set on the goal setting interface of the watch or Young Fit APP.

【How to upgrade my watch or APP?】

· The APP automatically checks for updates. For the watch upgrade, the APP will prompt to remind users for upgrade. Please keep the watch's battery level above 30% before upgrading, and do not leave the upgrade interface to ensure successful upgrade.)

【How does my watch get notifications?】

・ When the watch is pair with your phone, you can receive notifications on the watch from the phone, such as SMS notifications, incoming call notifications, email notifications, etc.

・ If you don't need the specific notification, you can turn it off in the APP settings.

⚠Battery Warnings

· This device contains lithium ion polymer battery.

· Please comply with the following guidelines, otherwise the battery life may be shortened or damaged, and may cause a risk of fire, electrolyte leakage and injury.

· Do not disassemble, modify, puncture or destroy the battery inside the watch.

· Do not expose the battery to flames or other dangerous environments.

· Please keep the battery away from children.

· Do not put the battery into your mouth. Swallowing the battery may cause chemical burns, soft tissue perforation, and even death. If the battery was accidentally swallowed, it may cause severe burns or physical injury. Please ask for medical assistance immediately.

⚠Health Warnings

· If you have a pacemaker or other electronic device built into your body, please consult your doctor before using the heart rate sensor.

· The optical heart rate sensor will emit flashing green light, and the blood oxygen sensor will emit flashing red light and far–infrared light. If you have epilepsy or flash allergy, please consult your doctor first.

· This device, its accessories, sensors and related data are for reference only, and cannot be used for medical purposes; neither cannot be used to diagnose, treat or prevent any disease.

· The activity tracking function relies on sensors to detect your movement and other data. It provides you with estimates and data as accurate as possible, but not completely accurate.

❶ Cleaning and Maintenance

· Please use the device within the temperature range _____, and store the device and its accessories within the temperature range _____. When the ambient temperature is too high or too low, it may cause the device to malfunction.

· When charging the watch, please ensure that the charging stand and the watch are reliably connected.

· Please avoid subjecting the watch to a heavy drop or strong impact, so as not to affect the normal functioning.

· Keep the watch clean and dry.

❶ GNSS Precautions

· If the location of the device is used near any device that uses a global positioning system (such as GPS) with a similar frequency, they may interfere with your reception of navigation signal, thus affecting the positioning function of the watch.

· Please use the GNSS positioning function in an open outdoor area, otherwise it will be unable to locate or the track may drift.

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❗Statement of Radio Emission Frequency

The watch is a mobile radio transmitter and receiver. It uses the built-in antenna to receive and transmit radio (short for "RF") for data exchange. The RF transmit power meets the certification requirements of local laws and regulations.

❗ License Instruction

Before using this product, you must agree to and accept the restrictions of the authorization statement for the software of this device. Please be sure to read the following terms carefully.

· When you purchase this product, Smartcomm only authorizes you to use the software and other versions with different languages that needs to be paired with this device. The ownership and intellectual property rights of the source code of this software are still owned by Smartcomm.

· The versions with different languages of the above software are owned by Smartcomm and its third-party suppliers, and are protected legally by international licensing laws. All software structure, composition, original coding, etc. are the business confidential property of Smartcomm and its third-party suppliers. You should agree not to decompile, disassemble, tamper with, disassemble, reverse restore or reduce the functions available in the software, or copy any version based on this software. You agree not to export or re-export the software to any country or region prohibited by the export laws and regulations of

China, the United States and other countries. Please abide by the above statement and terms.

❶ Intellectual Property Description

The functions and contents of this product are only available to the purchaser of this product, and may not be privately reprinted, transferred, copied, modified, scanned and stored for others, or used for other commercial purposes. The product text or pictures identified are only for illustrative purposes, not for trademark use. The intellectual property rights of the original product trademark are still owned by Smartcomm.

FCC Warning Statement

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

－－ Reorient or relocate the receiving antenna.

－－ 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.

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.

The device has been evaluated to meet general RF exposure requirement.