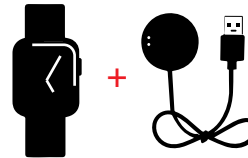


1

## UNPACK CONTENTS

Locate the watch and charging cable inside the box.



2

## CHARGING

Insert the cable into a computer USB port or UL-certified wall charger.



*Note: avoid using fast-chargers*

3

## FULLY CHARGE WATCH

Line up the metal pins on the charging cable with the contacts on the back of the watch and lower until it snaps into place.

*Charging can take up to 2 hours*

The magnetic charging cable snaps into place.



A charging screen will appear to confirm your watch is charging.

4

## DOWNLOAD APP

Scan the QR code with your smartphone camera to download our free mobile app.



5

## PAIR YOUR WATCH

Power on the watch (press and hold the side button for 5 seconds), open the mobile app, create an account, then tap the watch icon to begin pairing. Pairing sets the time and date on your watch.

*Note: enable Bluetooth on your phone but only pair your watch using mobile app.*

6

## VISIT US ONLINE

For the full user manual, help, and answers to many common questions, visit us online:

**[support.itouchwearables.com](https://support.itouchwearables.com)**

*Enjoy your watch!*

## FCC REGULATORY COMPLIANCE

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 –

## FCC REGULATORY COMPLIANCE (CONT.)

– 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.*

## FCC REGULATORY COMPLIANCE (CONT.)

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

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.

## BATTERY WARNING

- Replacement of a battery with an incorrect type that can defeat a safeguard (for example, in the case of some lithium battery types);
- Disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can result in an explosion;
- Leaving a battery in an extremely high temperature surrounding environment that can result in an explosion or the leakage of flammable liquid or gas;
- A battery subjected to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas.

## BATTERY WARNING CONT.

- Operating temperature:
- Charging: 0°C ~ 45°C
- Discharging: -10°C ~ 60°C

## E-LABEL NAVIGATION

The e-label can be found in the Information section of your device's settings.

- *Open up Settings page*
- *Select Regulatory Information*
- *View e-label for product and compliance information.*

FCC ID: 2AJXA-TA4  
Product: Smart Watch  
Model No: JMTA4M01/JMTA4L01



JILLIAN  
MICHAELS  
EDITION