38109

USER MANUAL

38109
SMART WATCH

Thank you for choosing the 38109 smartwatch as your fitness transformation companion.

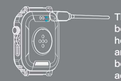
Allow this manual to guide you through the functioning of your smartwatch.

Please read it thoroughly before using your smartwatch. Keep this manual for your step by step guide.

PACKAGE CONTAINS:

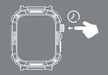
- One (1) 38109 Smartwatch
- One (1) USB Magnetic Charging Cable
- One (1) User Manual
- One (1) Quick Start Guide

CHARGING THE WATCH



The smartwatch must be charged before initial use. It takes up to 2 hours to be fully charged. Connect and charge the watch with the image below as a reference, using a 5V/2A adapter.

TURNING THE WATCH ON/OFF



To turn the watch on/off, long-press the side button for 3–5 seconds. You can also wake up the screen by lifting your wrist.

CONNECTING TO THE APP

1. Download APEX WEAR app on your phone, available on both App Store (iOS 13.0 and above) and Google Play Store (Android 6.0 and above) or scan the QR Code here. You may also find it on your watch.

2. Connect your smartwatch with the Apex Wear app.

3. Select 38109 smartwatch on the home screen and click pair to connect.

4. To use and explore all the features, tap "YES" when the "connection" and "grant access" system prompts.

5. Turn on your phone's Bluetooth and GPS. To turn it on, go to phone settings, then find "Bluetooth" and then turn on or find Privacy > Location.

6. Disable battery optimization.

Note:
To ensure connectivity throughout your journey, make sure the app is allowed to run in the background of your phone at all times. iPhones will not prompt any information unless you complete the Bluetooth pairing with 38108 smartwatch.

SYNCING YOUR SMARTWATCH TO THE APP

Data Synchronization:

- Open the app on your phone.
- Make sure your smart watch is connected; refer to "CONNECTING TO THE APP" section of this manual.
- Synchronization will start automatically once you enter the app interface.

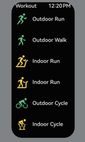
Note:
Synchronize data at least once every day to avoid data loss in the watch.

NAVIGATING THROUGH THE FUNCTIONS
SWIPE FROM RIGHT TO LEFT TO ACCESS THE MAIN MENU

Workout

Choose from multiple sports mode like outdoor run, outdoor walk, indoor walk, outdoor cycle, indoor run, hike, exercise, indoor cycle, elliptical, yoga, climbing, trail run, rowing.

Tap on any sport mode to start the activity. Press the side button to pause or stop the activity. If the activity is less than 3 mins, it will not be recorded. Sync your smartwatch to the app to get the detailed analysis.



Record

It shows all your workout records.

Heart Rate Monitor

Wear the watch on your wrist, then click on the icon to start measurements. You can also view the data on the app.

Phone

To use the BT Calling feature, open Apex Wear app and pair the watch. Once paired you will get the pop-up on the app home screen to connect with Phone's Bluetooth. Click on 'pair' to connect with phone's Bluetooth.Alternatively, you can go to phone's Bluetooth settings and pair 'G13 Smart Watch' to start the calling feature on your watch. You can also enable the Bluetooth calling feature from the watch.

Note: Enable call alerts from your phone settings to answer calls on your watch. When the APP is enabled, the contact book can be authorized to obtain the registered contact list which can be synchronized to the watch later on. Up to 20 contacts can be saved in the contact book. The latest call details are displayed in the recent calls feature. When the watch is connected to the app, you can use the dial function on the watch to dial any number.

Stress monitoring

Click this option to start the stress monitoring. Make sure you wear your watch on your wrist properly to get the accurate results. Analysis of the measurement is
Relax: 1–29
Normal: 30–59
Medium: 60–79
High: 80–100

Note: Measurements are for reference only and not for medical purposes.

SpO2 monitoring

Wear the watch on your wrist, then click on the icon to start measurements. You can also view the data on the app.

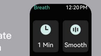
Note: Measurements are for reference only and not for medical purposes.

Activity

Click on this to check your daily activity data like step count, calorie and distance covered.

Breath

Click on the breath training icon to regulate your breathing with the instructions given to relax.

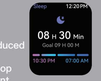


Notification

Swipe from left to right to see your phone notifications such as SMS and app notifications

Sleep Monitor

Tap on the icon to review the sleep data from the previous night.
The default watch setting is to detect the user's sleep during the whole day.
Once you lie down, the watch detects reduced /No movement and if it meets the sleep patterns it will start recording, and will stop recording if it detects excessive movement.
You can check the data on the app only after the awake criteria is met.
You can also track sleep scores on Apex Wear app.



Note:
**For accurate sleep data recording, the sleep criteria has to be met which includes limited movement, wrist positions and angles, and more.*
The awake criteria will be met only after it records some noticeable movement

Weather

Connect with Apex Wear app to view weather on the watch. Swipe from right to left on the home screen of the watch and scroll down to find weather.

Alarm

Swipe from right to left on the home screen of the watch and scroll to find the alarm setting.

Timer

Swipe from right to left from the home screen of the watch and scroll down to find the timer setting.

Music Control

Swipe right to left from the home screen of the watch and scroll down to find the music control function. From here you can control music that is playing on your phone. You can play, pause, skip songs and adjust the volume.

Note: Some apps with different protocols might not work.

Camera Control Mode

Tap on the remote camera icon on your smartwatch to click a photo from your phone.

**Note: It doesn't connect directly with phone's native camera. Please open Apex Wear app, go to "Device" page and find "Take a picture" and then click on it to use this feature.*

Stopwatch

Swipe right to left from the home screen on the watch then scroll down to access the stopwatch function.

Find My Phone

Swipe right to left from the home screen of the watch then scroll down to find the "Find My Phone" function. Once you tap, your phone will start ringing. Tap again to stop.

Note: Your smartwatch should be connected to your phone via Bluetooth and within its range for this feature to work.

Settings

Note: Either swipe down from the home screen on the watch and tap the gear icon, or swipe right to left from the home screen of the watch and scroll down to find the settings option

Brightness

Tap on this to adjust the brightness.

Timeout

Adjust the time that your watch screen stays active.

Watchface

More watch faces are available to download through the app. In the Apex Wear app, go to the "Device" page and find "watch face" and then click on more to choose from a large selection of watch faces.

Vibration

Tap on this to adjust the vibration to strong, normal, weak or off. It can also be adjusted in the APP

Time Set

The time and date is set automatically once you pair the watch with your phone. However in case you would like to adjust the time and date manually, you can do so in the settings of the watch. You can also adjust the time format here between 12h or 24 hours.

About

Shows the device details.

QR code

Scan the QR code to download Apex Wear app.

Restart BT

It restarts the watch's BT to ensure better connectivity for BT calling feature.

Power off

Tap on this to switch your watch off.

Reset

Tap on this to reset watch data.

**Note: All data will be erased if watch is reset.*

Swipe up to access data instantly

You can access Daily Activity, Heart Rate, Weather, Music Control, Sleep from here.

Swipe down for shortcut menu

You can access Do not disturb, Wake gesture, BT calling, Find my phone, Flashlight, About device, Phone menu and Settings.

Swipe from left to right for notifications

You can check all the notifications from here. Click delete icon to delete all the notification.

Swipe from right to left to access feature menu

You can access all the feature list from here.

Additional functions in the app

Notifications
Select specific notifications you would like to turn off (i.e. Facebook, Twitter, WhatsApp and etc.)
Do Not Disturb
Set do not disturb for specific periods of time.
Address Book
Select up to 20 contacts from phone contact list and save to watch.

My 38109 Smartwatch is receiving no alerts, texts or phone calls

PRODUCT PARAMETERS:

Model	38109
Screen type	1.91" HD Display
Battery capacity	270mAh
Net weight	40g
Bluetooth version	Bluetooth 5.2
Working temperature	0~45℃
Charging time	2 Hours
Working time	7 Days
Water resistance	IP68
Frequency band	2400 – 2483.5MHz

MAINTENANCE:

Regularly clean your wrist and the strap of the smartwatch, especially after sweating during exercise or being exposed to substances such as soap or detergent, which may get stuck on the other end of the product.

Do not wash the strap with a household cleanser. Please use soap less detergent, rinse thoroughly and wipe with a piece of soft towel or napkin.

For spots or stains that are not easy to remove, scrub the area with rubbing alcohol and then follow the above procedure.

FAQ

Search for the app to connect keeps failing
1.Keep Apex Wear app updated to the latest version.
2.Close all the programs on the watch –> Stop and restart Bluetooth and GPS–> Connect again.
3.Check and enable notification functions of your phone and keep the phone and watch in close contact.

Note: Make sure your phone system meets Android 7.0 and above and iOS 13.0 and above.

Make sure smart reminders on the app are on and synced to the 38109 smartwatch.
Also make sure your notification center of the phone is displaying messages. Only then will your smartwatch also display those notifications.
Make sure app is running in the background and battery optimization feature on the phone is disabled.

My Bluetooth keeps getting disconnected

1.Make sure there is not more than 30' (9.1 m) distance between Bluetooth on the phone & the watch.
2.There is no obstacle in between the watch and the phone.
3.Make sure the app is running in background.

Which functions of the 38109 smartwatch need Bluetooth to work?

Call & Text Notifications, Find My Phone, Music control, Camera control, Weather forecast, Cloud and custom watch faces need Bluetooth connectivity to work.

Will it be okay to take a bath wearing the 38109 smartwatch?

The IP68 water resistance will only work under the following conditions:
(1) Maximum depth of water: 39" (1m)
(2) Maximum time for exposure to water: 30 minutes
The watch isn't suitable for hot baths, hot springs, saunas, snorkeling, diving, water skiing and other wading or deep-water activities with high-speed water flow

SAFETY & PRODUCT INFORMATION

Battery

- Do not disassemble, bore or damage the battery.
- Do not disassemble the built in batteries of non-replaceable battery devices.
- Do not use sharp objects to remove the battery

Health Warning

- If you are wearing a pacemaker or other implanted electronic devices, please consult your doctor before using the heart rate monitor of the watch.
- The optical heart rate sensor will glow green. If you suffer from epilepsy or are sensitive to blinking light sources, please consult your physician before wearing this device.
- The device tracks your daily activities through sensors. This data is intended to tell you about your daily activities such as steps, sleep, distance, heart rate and calories, but may not be completely accurate.

The device accessories, heart rate sensor, oxygen level monitor, and other relevant data is designed for fitness and not for medical purposes. They are not applicable to the diagnosis, monitoring, treatment or prevention of any diseases or symptoms. The heart rate and blood pressure data is for reference only. We're not responsible for any deviation in data.
Avoid wearing the watch too tightly. Make sure you keep your skin dry – the area that comes in contact with the watch. If symptoms such as redness or swelling appear on your skin, immediately stop using the watch and consult the doctor.

Make sure smart reminders on the app are on and synced to the 38109 smartwatch.
Also make sure your notification center of the phone is displaying messages. Only then will your smartwatch also display those notifications.
Make sure app is running in the background and battery optimization feature on the phone is disabled.

My Bluetooth keeps getting disconnected

1.Make sure there is not more than 30' (9.1 m) distance between Bluetooth on the phone & the watch.
2.There is no obstacle in between the watch and the phone.
3.Make sure the app is running in background.

Which functions of the 38109 smartwatch need Bluetooth to work?

Call & Text Notifications, Find My Phone, Music control, Camera control, Weather forecast, Cloud and custom watch faces need Bluetooth connectivity to work.

Will it be okay to take a bath wearing the 38109 smartwatch?

The IP68 water resistance will only work under the following conditions:
(1) Maximum depth of water: 39" (1m)
(2) Maximum time for exposure to water: 30 minutes
The watch isn't suitable for hot baths, hot springs, saunas, snorkeling, diving, water skiing and other wading or deep-water activities with high-speed water flow

SAFETY & PRODUCT INFORMATION

Battery

- Do not disassemble, bore or damage the battery.
- Do not disassemble the built in batteries of non-replaceable battery devices.
- Do not use sharp objects to remove the battery

Health Warning

- If you are wearing a pacemaker or other implanted electronic devices, please consult your doctor before using the heart rate monitor of the watch.
- The optical heart rate sensor will glow green. If you suffer from epilepsy or are sensitive to blinking light sources, please consult your physician before wearing this device.
- The device tracks your daily activities through sensors. This data is intended to tell you about your daily activities such as steps, sleep, distance, heart rate and calories, but may not be completely accurate.

The device accessories, heart rate sensor, oxygen level monitor, and other relevant data is designed for fitness and not for medical purposes. They are not applicable to the diagnosis, monitoring, treatment or prevention of any diseases or symptoms. The heart rate and blood pressure data is for reference only. We're not responsible for any deviation in data.
Avoid wearing the watch too tightly. Make sure you keep your skin dry – the area that comes in contact with the watch. If symptoms such as redness or swelling appear on your skin, immediately stop using the watch and consult the doctor.

Things to keep in mind

- Sync data everyday days to avoid data loss.
- Water Resistance will not work for seawater, acidic and alkaline solutions, chemical reagents & other corrosive liquid. The damage or defects caused by misuse or improper use are not covered by the warranty.
- Sports modes support up to 6 hours of exercise at a time.
- Avoid wearing the watch too tight in daily use. Keep the parts of skin touching the watch dry.
- Keep your arm still while measuring data for accurate measurement.

Disclaimer: This product is an electronic monitoring product and is not intended as a medical reference. We reserve the right to modify or improve any of the functions described in this manual without any prior notice. At the same time, we hold the right to continuously update the product content.

CAUTION

RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT SUBSTITUTE.

DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.

Old electrical appliances must not be disposed of together with the residual waste, but have to be disposed of separately. The disposal at the communal collecting point via private persons is for free. The owner of old appliances is responsible to bring the appliances to these collecting points or to similar collection points. Withhits little personal effort, you contribute to recycle valuable raw materials and treatment of toxic substances.

IC WARNING

This device contains license-exempt transmitter(s) that comply with Innovation, Science and Economic Development Canada's license-exempt RSS(s).
Operation is subject to the following two conditions:
1) This device may not cause interference.
2) This device must accept any interference, including interference that may cause undesired operation of the device.

FCC Caution

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.
Any changes or modifications not expressly approved by the party responsible for compliance could void the user's 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 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.

RF warning for Portable device:
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.