



BSW013
Smart Watch
User Manual

Downloading and connecting of smart watch with SMART-TIME PRO APP

1. Download and install SMART-TIME PRO APP

Scan the QR code on the right side or from your watch with mobile phone to download SMART-TIME PRO.



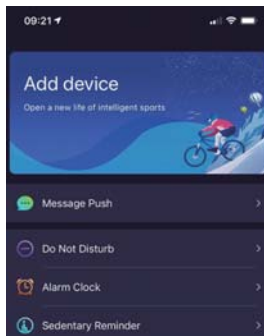
SMART-TIME PRO

*For iOS system, search in App Store for "SMART-TIME PRO".

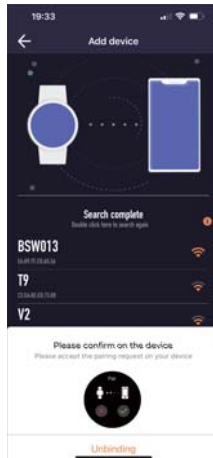
*For Android system, search in Google Play Store for "SMART-TIME PRO".

Note: Your mobile phone must support Android 8.0 or iOS 12 or above, and Bluetooth 4.0 or above.

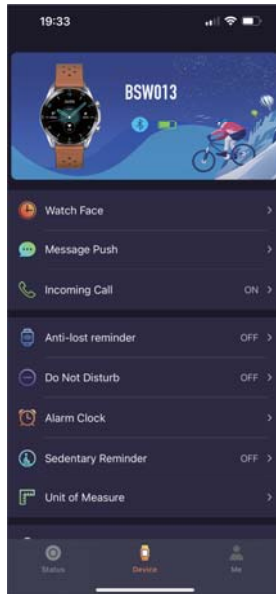
2. Connect smart watch to your mobile phone with the APP



Tag on "Add device".



It will be in search for Bluetooth devices and will appear **"BSW013"**. Tag on **"BSW013"** and it will request the watch to confirm the pairing, accept the request on the watch.



Once paired to the phone, you are required to confirm attentions, BT connections and give permissions to your APP. After that, your smart watch is successfully connected.

BLUETOOTH CALLING FUNCTION

This watch comes with a special feature of Bluetooth calling. The user can make calls without having to open the phone. You can also view the call history of the watch. You need to keep the connection between the watch and the phone stable when using the Phone Call function.

The watch also has a microphone and a speaker built in for the ease of talking through the watch and to hear music, phone calls, and other notifications

Follow the steps to activate the calling function and much more.

Part A - How to connect

- **Step 1:** After connecting the watch to the SmartTimePro App, you need to go the bluetooth settings of the phone and pair the watch there as shown below.

For iOS

Switch on the bluetooth in the phone bluetooth settings and you shall see the available device as "**BSW013_Call**"

It shall show Connected

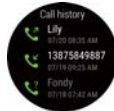
For Android

The BT device "BSW013_Call" will be requested to connect when the watch is paired to the phone with the app.

- **Step 2:** Go to the watch and swipe left to the phone function



- After successfully connecting the bluetooth you will get this screen.



- Upon clicking on the recent call you can see the recent calls of your device



- When you click on the dial pad you shall get this screen on your watch.



- You click the dial button, you can see that the number is dialling



- Through the microphone available in the watch **you can talk through the watch and adjust the speaker volume by moving the bar up and down, and disconnect the call.**



Part B - How to disconnect

To disconnect the bluetooth calling the user simply has to go to the phone's bluetooth setting and "unpair" the BSW013_Call



The Calls button in the control centre helps you to connect/disconnect the bluetooth calling with one touch

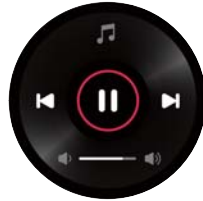
Part C – Add contacts



- You can add upto 20 contacts per time - Add the contacts from the SmartTimePro App. Go to "Favourite Contacts" and add contacts. The selected contacts will get synced to your watch.

Part D – Listen to Music

Listen to Music – You can Listen to Music on your Watch, when it is connected to your Phone Via Bluetooth Mode. Now Play, Pause and Listen to your Favourite Songs all on the Watch!



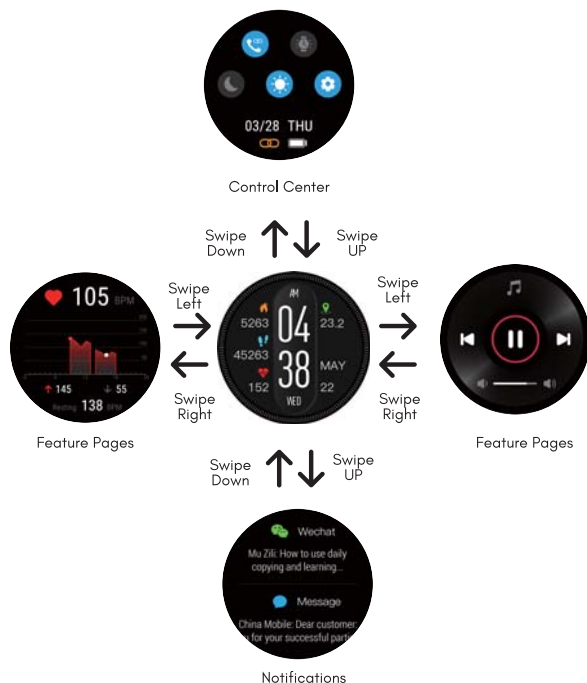
Part E – Battery Advisory

Battery

- The battery lasts for 1-2 days with bluetooth calling mode enabled.
- If the bluetooth calling mode is disabled then the battery can last for 3-4 days.
- On standby the battery can stay for as long as 15 days.
- Advisory– To conserve battery, It is advised to turn off the bluetooth when not in use.

Functions Navigation

The screen can be navigated by sliding left/right or sliding up/down



Watch Face Functions Navigation and Button Instructions

The watch features a full touch control screen with a reflective display and a button

Functions Navigation

The screen can be navigated by sliding left/ right or sliding up/down

By default, the watch face page displays, and on the watch face page, you can:

- Slide down to view watch settings.



- Bluetooth connected for calls
- Vibration
- DND(Do Not Disturb)
- Brightness
- Settings

- Slide up to view notifications.



- Slide right/left to view player, app, weather, stress, heart rate



Touch Button Operations

Short press from the 1st side button

To unlock the screen in the lock screen status

To return to the watch face page from the first-level menu entry in the unlocked status

To access the list view menu



Short press from the 2nd side button

To immediately land on the exercise page and begin the exercise



Long press from the side button

To turn on the watch in the power off status

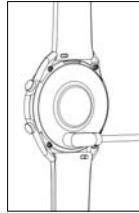


Watch Wearing and Charging

It is recommended to wear the watch with a moderate tightness at a distance two fingers far from your wrist to ensure that the optical heart rate monitor works properly

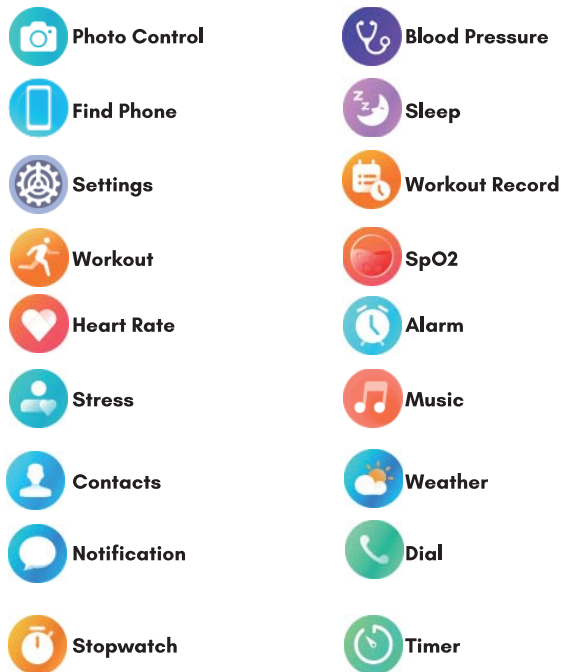
Charging

- Plug the charger's USB port into a mobile phone charger or a computer USB port to charge the watch.
- Attach the charging pin to charge the smart watch.
- The charging icon will appear on the screen, indicating that the watch is being charged.
- It is recommended to use computer USB ports or brand mobile phone chargers to charge the watch.



Use of Functions

The watch has a lot of functions, these can be accessed by swiping left to the menu. A short brief of the functions are as below:



- Steps- The watch automatically tracks the step taken on the screen.



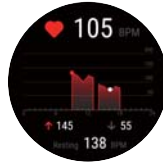
- Sleep - You need to wear the watch while sleeping, it will provide the hours slept and quality of sleep stats.



- Workout - This feature comprises of 11 exercise modes. Track your fitness goals in a tap. You can view the following activities: Outdoor Run, Indoor Run, Climb, Walk, Cycle, Spinning, Yoga, Basketball, Football, Badminton, Free-Training.



- Heart Rate - The watch will record your heart rate all day. You can also tap on the page to start measuring



- Blood Pressure - Monitor your blood pressure by accessing this function.



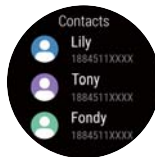
- Oxygen Tracking (SPO2) - Tap the SPO2 page to start measuring.



- Dial - The watch supports bluetooth calling i.e it enables you to make calls from the watch and even talk through the watch



- Contacts - This function helps you choose and add your favourite contacts to the watch



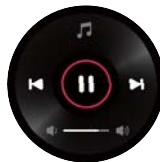
- Weather – You can know the current weather and the forecast for tomorrow, this information is synced from your app. Scroll Up to see the forecast weather. It will not be updated if the phone is disconnected for a long time.



- Photo Control – You can remote control the camera of your phone once the watch is connected with your device.



- Music – You can remote control the music player of your phone once the watch is connected to the device



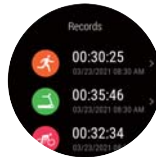
- Find Phone - This feature sends an alarm to your phone when enables. You can easily locate your phone under a bluetooth radius.



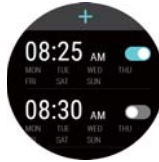
- Stress - Now monitor your stress levels with this all new Stress feature



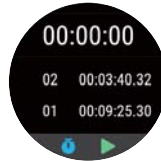
- Workout Records - This feature helps you to keep a record of your workouts



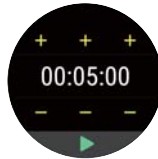
- Alarm - When the alarm on the mobile phone rings, the watch will vibrate to remind you that the alarm is ringing



- Stopwatch - You can begin and close any time line and stop the watch.



- Timer - A countdown timer lets you count the time forward and allows the user to set goals and finish a particular event on time.



- Notification – Under this feature check the latest notifications received



- Setting – Check out other features through this tab.

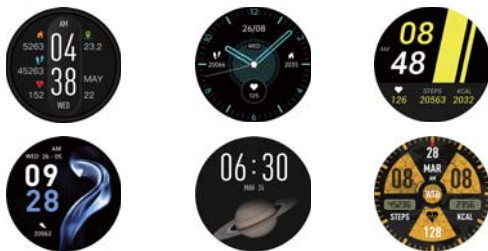


Other Settings

Watch Face

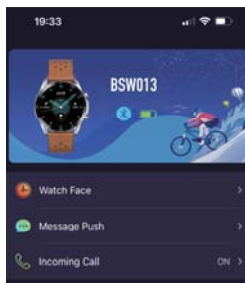
Replace the Watch Face on the Watch:

Long Press the screen, you shall get the options to change the watch face, scroll left and click on the watch face you want to select. The watch face will set.



Replace the Watch Face on the App:

Tap the Watch face settings entry in the "Profile" -> "BSW013" page, and then download and sync watch faces on the Watch Face Store. After that, the replacement is done



Notifications

Enable Notifications

During use, you need to enable the corresponding "App alerts" on the SmartTimePro App, and keep the watch and the mobile phone connected.

If you are using an iOS device, you need to pair the watch with the Bluetooth of the mobile phone before use.

If you are using an Android device, you need to include the App into the whitelist or self-starting list of the mobile phone in background settings and keep the App running in the background to protect it from being detected and killed by the mobile phone's background processes. Such background processes could disconnect the watch and the App, and as a result no reminder will be received. See "Profile" -> "BSW013" -> "Run in background" settings for different mobile phone systems

View Notifications

When the watch receives a notification alert, it will vibrate to remind you and automatically display the notification content. If you do not view the notification immediately, you may slide up in the watch face page to go to messages and check the notification

Workout

Sliding left in the watch face page can make the Activity app items visible. For more information, see the "Introduction to the Workout Function" section below

Weather

In the weather page, you can view the weather for the day and the weather information for the next day.

The weather displayed by the watch comes from the server.

Therefore, you need to keep the Bluetooth of your mobile phone on and connect it with the watch to keep abreast of the latest weather information changes.

In addition, when a weather alert is received, the watch will receive the alert as well. You may toggle on the weather alert switch in the "Profile" -> "BSW013" -> "Weather settings" page on the SmartTimePro App

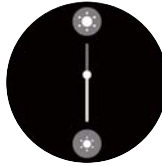
Settings

In the settings page, the settings items of all reset, game, stopwatch, alarm, timer, menu view, brightness, vibration off, theatre mode, reset, power off and app QR are provided.

Standby Dial :



Brightness: The brightness is a bar that you may click to adjust



Do Not Disturb : This is a mode where the brightness will dim and vibration will shut



Reset: This is a feature to reset all data, and you can press and hold the touch button to reset, you shall get a confirmation dialogue box after that. After a reset, you need to re-connect the watch before use.



About: You can view the firmware version and Bluetooth address of the watch in the about page.



System Menu : This is a feature is to change the way the quick menu is seen



Language : Set your preferred language in the watch.



Watch Status Reminder

Incoming Call

When the watch receives incoming calls in no bluetooth calling mode, it will vibrate to remind you, also you can answer or silent the call.

Idle alerts

When you are sitting for a long time, the watch will vibrate to remind you to get up for a while. Before using this function, you need to enable Idle alerts by tapping "Profile" -> "My devices" and turning on Idle alerts on the SmartTimePro App



Goal Notifications

When the number of steps reaches the set goal, the watch will vibrate to remind you. Before using this function, you need to enable Goal notifications by tapping "Profile" -> "My devices" and turning on Goal notifications on the SmartTimePro App



Watch Alarm Alert

When the alarm on the mobile phone rings, the watch will vibrate to remind you that the alarm is ringing. Before using this function, you need to enable Watch alarm alert by tapping "Profile" -> "My devices" and turning on Watch alarm on the SmartTimePro App



Introduction to the Workout Function

Start Workouts

There are two approaches to starting a workout:

- Select a workout type in the Activity entry and enable it;
- Press and hold the touch button to quickly start the preset workout

The watch currently supports the following workout modes: Outdoor Run, Indoor Run, Climb, Walk, Cycle, Spinning, Yoga, Basketball, Football, Badminton, Free-Training.



Daily Maintenance of the Watch

1. The watch is not resistant to erosive liquids such as seawater, acidic and alkaline solutions and chemical reagents. Damages or defects caused by misuse or improper use are not covered under warranty
2. Don't use detergents such as soap, hand sanitizer, or bath foam for cleaning to avoid chemical residues from irritating the skin or corroding the device.

Precautions

- The watch has an IP67 water resistant and dustproof rating, but it is not suitable for swimming or bathing.
- Do not operate the watch underwater. After touching water, do not operate the touch screen or charge the watch until the watch is wiped by using a soft cloth.
- The watch is not resistant to erosive liquids such as seawater, acidic and alkaline solutions and chemical reagents. Damages or defects caused by misuse or improper use are not covered under warranty.

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.