

AM10A



User Manual Version 1.1

Introduction

Thank you for choosing our product AM10A. AM10A is a smart sport watch. It can help you to achieve your sport goals. Content in box:

- AM10A smart watch x 1
- User manual x 1
- Charging dock x 1

Setting Up Your AM10A

The first step is to download and install the APP SMARTTIME PRO indicated on the user manual and shown up on the watch. Enter the APP and create an account for info sync. The app allows you to check data analysis every day and to personalize some functionalities, such as setting sedentary, calls notification, exercise goals and so on.

Connect AM10A to your smartphone

SMART-TIME PRO APP supports the operating system of IOS 11.0 and Android 5.3 or above, and BT 5.3&3.0. It is available for more than 150 mobile devices.

1. Turn on Bluetooth on the mobile;
2. Download APP: **SMART-TIME PRO**;



3. How to pair the watch for iOS users:

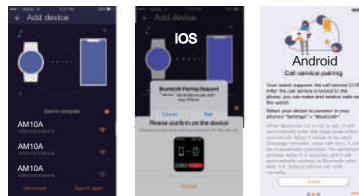
First step: **Open APP>device>add new device> choose AM10A**

4. In the search list, select the AM10A with the strongest signal and confi rm the pairing by clicking the pairing button on the watch screen as prompted by your phone . The Bluetooth icon on the watch will be blue in color , indicating that you are connected to Bluetooth 5.3.

*** Bluetooth 3.0 connection:**

iPhone users support Bluetooth 5.3 + 3.0 dual Bluetooth one-key link (match according to the system prompts box operation)

Android users need to first time in the Bluetooth pairing interface in the "call service pairing options" click "to bind" and then follow the interface operation prompts to complete the Bluetooth 5.3 + 3.0 pairing , subsequent links to the phone will be on the watch 3.0 Bluetooth memory, so as to achieve dual Bluetooth one-key link (if not automatically connected to Bluetooth 3.0, please manually search for Bluetooth watch model "AM10A" on the phone)



Quick Fit Strap

AM10A contains two parts(watch body and wristband), you can purchase separately strap and switch as your preference.

Charging Instructions

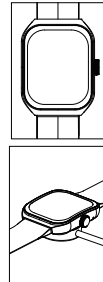
Turn the watch over, align the bottom of the watch with the charging dock, and the charging level indicator will appear on the watch screen within 5 seconds. It takes about 3 hours for the watch to be fully charged, and the battery icon on the screen will show a full state when it is fully charged. Before charging, please dry the watch first to avoid other risks caused by residual sweat.

*To get the maximum charging current and magnetic attraction, please refer to photo 2 for the right charging angle (the charging dock is aligned with the center line of the button on the watch)

Functions

Change watch face

Long press the screen, swipe to choose, click to confirm. Download more from APP. Open APP--Device--Watch Face, you can choose Online Dial or Custom Dial with your phone picture.



Sports:

AM10A watch supports up to 100+ sports modes, fitness, leisure, competition Classes, ball games, dance classes. including: running, walking, treadmill, mountaineering, cycling,Spinning bike, yoga, basketball, football, badminton and other sports. AM10A watch supports sports customization, which can be customized in more than 100 sports modes favorite sport.



Sports customization:APP "sports" – "custom" – "add" to jump to sports category page, click the sport name to add.



Heart rate:

Wearing AM10A correctly, not too tight or loose, make sure no green light leak, open the "Heart Rate" application in the watch application, automatically measure the heart rate after entering the application.

Stress:

After wearing the watch correctly, open the "stress" in the watch; check how much psychological pressure you are feeling.

Activity:

After wearing the watch correctly, open the "step counting" in the watch; display the number of steps, calories, distance and other parameters of the day's exercise.

SpO2:

After wearing the watch correctly, open the "SpO2" in the watch; manual blood oxygen measurement is required.

Sleep:

After wearing the watch correctly, open the "Sleep" in the watch; record the sleep status throughout the night.

Music:

Open the "Music" app in the watch app; you can control the music playback of your phone, and support operations such as previous track, play/pause, next track, and volume adjustment.

Stock market:

APP "Device" - "Stock Market" - "Add" jump searchpage, click the search icon at the top right to enter the stock name to searchAdd to.

World clock:

APP "Device" - "World Time" - "Add", you can Scroll down to select or click the search icon at the top right to enter a region name Search to add.

Camera:

Control the camera on the mobile phone to take pictures remotely. When using it, please click "Device-Take Picture" on the APP to turn on the camera.

Blood pressure:

Wear the watch in a right way, and open the menu--blood pressure, measure it manual.

Alipay:

Please open your mobile phone Alipay 10.0 and above, scan the QR code of the watch, complete the binding and follow the watch prompts Just carry out the operation.

Breathing exercises:

In the menu bar click on "breathing exercises" and, depending on your needs, Select different times.

Dial:

The AM10A smart watch supports Bluetooth calls, and users can make, answer, and reject calls directly on the watch.

Notice:

You can view the text messages in the mobile phone and the real-time information pushed to the watch.

Find phone:

When the watch is connected to the APP, the phone will make a sound after tapping it.

Anti-lost reminder:

When the watch is disconnected from the Bluetooth of the mobile phone, the watch will make a sound and vibrate to prevent loss.

AI Voice:

Wake up your phone's voice assistant.

Games:

Relaxed, easy-to-use small game, bring more fun to your healthy life

calculator:

Turn on the watch calculator function, make calculations more convenient and simpler

Calendar:

View dates faster and plan ahead



Settings:

dial switch, Currency, brightness, language, Theme ,shutdown, restore factory, reboot, About.

Shortcut menu:

1. The screen is often on 2. Raising the screen on the screen 3. Flashlight 4. Exemption 5. Brightness adjustment 6. Setting 7.BT3.0 switch 8. Calculator 9. Find a mobile phone 10. Electricity 11. Second watch 12. Password 13. Flight mode 14. Calendar

Specification

Wristband length	266mm
Wristband width	22mm
Weight	55.5 g
Battery	260 mAh Poly-Li
Waterproof	IP67

Troubleshooting

Heart-rate signal missing

The AM10A smart watch keeps paying attention to your heart rate data during your exercise and your daily life. Sometimes the watch may not get a suitable heart rate signal. At this time, the missing heart rate data will appear at the dotted line.

If you can't get the heart rate signal ,first you should confirm that you wear the watch correctly, adjust it to avoid being too high or too low, neither too tight nor too loose on your wrist. After adjustment, turn on real-time heart rate monitoring to get the data.

If there is still no heart rate data, check if the heart rate monitoring function is turned on at SMART-TIME PRO APP.

Other problems

If your mobile cannot pair the watch, click Settings Bluetooth in your mobile and check if there is signal of AM10A. If yes, it means there is no problem with the Bluetooth signal. Please check if the watch is paired with other phones, please unbind it. IOS device users should click Setting - Bluetooth - ignore this device and then pair it.

Exemption Clause

- 1.The Heart Rate, Pressure, Blood Oxygen and Blood Pressure data output by AM10A are not intended to be a medical or diagnostic basis.
2. Self-diagnosis and self-treatment are dangerous. Only qualified physicians are allowed to diagnose and treat high

blood pressure or any other heart diseases. Please contact your physician for more professional diagnostic opinions. 3. AM10A smartwatch data such as heart rate, blood pressure, etc. may not be completely accurate due to factors such as interference with environmental signals, wearing posture, changes in the climate environment, and physical condition.

4. DO NOT carry out drugs and treatment on the basis of the monitoring data provided by AM10A, and should follow medical advice when medication and treatment are required, and we are not liable for the inaccuracy of monitoring data and the consequences of misuse of monitoring data and information.

Warranty Clause

Our company always pursues the service concept of "creating value for customers".

We offer 1 year warranty period for AM10A smart watch. If there is any damage or malfunction during normal use, the warranty service will be provided to the customer for free after confirmation by our technician.The following conditions are not covered by the warranty:

- A. Accident or human damage
- B. Testing, repairing or disassembling without authorization
- C. Contamination due to human reasons
- D. Damage caused by connection with equipment which is not compatible
- E. Natural aging
- F. Damage caused by Force majeure



Warning:
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. 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 of 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
NOTE: This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.



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1.1 Introduction

1.1.1 Welcome to the Horizon HR1 Smartwatch

Welcome to the Horizon HR1 Smartwatch, designed to be your ultimate fitness and lifestyle companion. This user manual will guide you through setting up and using the Horizon HR1, ensuring you make the most of its advanced features.

1.1.2 Important Safety Information

Before using your smartwatch, please read the safety instructions in this manual to ensure safe and proper use. Keep your smartwatch away from extreme temperatures, humidity, and strong magnetic fields to maintain its performance.

1.2 Getting Started

1.2.1 Unboxing and Package Contents

In the box, you'll find the following items:

- Vitalist Horizon HR1 Smartwatch
- 22mm Quick Release Silicone Watch Band
- Magnetic Wireless Charging Cradle
- Quick Start Guide

1.2.2 Charging Your Smartwatch

Charge your Horizon HR1 by connecting the USB charging cable to a USB power source. With the cable plugged in, place the back of the Horizon HR1 on the wireless charging puck so the magnets pull the watch against the charger. Ensure a secure connection for efficient charging. When a secure connection is made the Horizon HR1 will vibrate and show the charging UI. If “Bedside Clock” mode is enabled, the watch will continue to show the time, date and battery level while charging. See the “Bedside Clock” section for more details.

Image of watch charging

1.2.3 Powering On and Initial Setup

Press and hold the power button to turn on your smartwatch. If the watch does not turn on, connect the charger and wait for the Horizon HR1 to turn on. To continue with the setup, download the “Vitalist” mobile application from the Apple App Store or Google Play Store and continue with the setup instructions within the app.

QR Code to download App

1.2.4 Pairing with Your Smartphone

To unlock the full potential of your smartwatch, pair it with your smartphone using Bluetooth. This enables features such as notifications, call handling, and GPS tracking. Refer to the "Using Your Smartwatch" section for detailed pairing instructions.

1.2.5 Overview of Physical Features

Familiarize yourself with your Horizon HR1's physical features, including the 1.96" AMOLED touchscreen, rotating crown, heart rate sensor, accelerometer, gyroscope, speaker, and microphone. These features enhance your experience and provide access to various functions.

Image of watch, highlighting key features

1.3 Horizon HR1 Overview

1.3.1 Display and Touchscreen

The 1.96" AMOLED touchscreen provides a vibrant and responsive interface. Swipe, tap, and scroll to navigate menus and access features. Customize watch faces to suit your style. Enable the “Always-On Display” and always keep the time and date visible on your wrist.

1.3.2 Heart Rate Sensor with SpO2

The integrated heart rate sensor continuously monitors your heart rate, measures blood oxygen (SpO2) levels and stress levels (using HR Variability), enhancing your fitness tracking and overall health monitoring.

1.3.3 Accelerometer and Gyroscope

The built-in accelerometer and gyroscope detect motion and orientation, enabling accurate activity tracking and gesture recognition.

1.3.4 Bluetooth Connectivity

Connect your Horizon HR1 to your smartphone via Bluetooth to receive notifications and sync data between your smartwatch and the Vitalist mobile app.

1.3.5 Speaker and Microphone

Use the speaker and microphone for hands-free calls, stream phone music to the smartwatch, and voice assistant interaction.

1.3.6 Rotating Crown Navigation

The rotating crown allows for easy and precise navigation through menus and apps. Turn the crown to scroll and press go back to the watchface or view the app list.

1.4 Using Your Smartwatch

1.4.1 Navigating the User Interface

Explore the intuitive user interface by swiping left, right, up, or down on the touchscreen. Use the rotating crown to scroll through menus and apps effortlessly.

Image showing UI navigation

1.4.2 Customizing Watch Faces

Personalize your smartwatch by choosing from a variety of watch faces that display the information you care about most, such as time, date, fitness data, and more. Long press on the watchface or go to Settings > Watch Face to switch between the faces on the smartwatch. You can further customize and download additional watch faces from within the Vitalist mobile app.

1.4.3 Continuous Heart Rate Monitoring

The Horizon HR1 continuously monitors your heart rate throughout the day, providing real-time insights into your heart health. View your heart rate data on the watch or sync it with your smartphone's health app.

image of HR Screen

1.4.4 SpO2 Measurement

Measure your blood oxygen saturation (SpO2) levels to assess your overall health and fitness. SpO2 data is available on-demand.

image of SpO2 screen

1.4.5 Sleep Tracking

Track your sleep patterns and receive insights into the quality and duration of your sleep. Use this data to make informed adjustments to your sleep habits.

image of sleep screen

1.4.6 Sport Modes and Activity Tracking

Access over 100 sport modes to track various physical activities. Monitor your progress, calories burned, and more during workouts. Pair your smartwatch with your smartphone to enable GPS tracking during outdoor activities like running and cycling. Get accurate route information and performance metrics.

image of sport screen

1.4.7 Viewing Smartphone Notifications

Receive notifications for calls, messages, emails, and apps directly on your smartwatch. Android users can customize what notifications appear on the watch from within the Vitalist mobile app.

image of notification screen

1.4.8 Making and Receiving Calls Hands-Free

Answer calls directly from your smartwatch using the built-in microphone and speaker. Enjoy hands-free conversations without reaching for your phone. You can also make a phone call by adding specific contacts within the Vitalist mobile app and going to the “Dial” app on the Horizon HR1.

image of the dial app

1.4.9 Voice Assistant Integration (Siri and Google Assistant)

Access Siri and Google Assistant with a simple voice command. Get answers to questions, set reminders, control smart home devices, and more. You can access the assistant from the “Assistant” app or double pressing the rotating crown.

image of the ai app

1.5 Battery and Charging

1.5.1 Wireless Charging

Charge your Horizon HR1 effortlessly with the included magnetic wireless charging cable. Attach the cable to the back of the watch, and charging will begin automatically. Ensure that the charging area is clean and free of obstructions for optimal charging.

1.5.2 Maximizing Battery Life

Enjoy up to 7 days of battery life, depending on usage. To maximize battery life:

- Adjust screen brightness.
- Disable features you don't need.
- Charge regularly to keep your smartwatch ready for action.

1.6 Maintenance and Care

1.6.1 Cleaning and Maintenance Tips

Keep your Horizon HR1 clean by wiping it with a soft, lint-free cloth. Avoid using abrasive materials or harsh chemicals that may damage the screen or casing.

1.6.2 Water Resistance

The Horizon HR1 is water-resistant, it can handle splashes and brief immersion in water. However, it's not suitable for extended underwater use.

Your Horizon HR1 Smartwatch is rated with an IP67 water resistance level. This rating means that your smartwatch is protected against dust ingress and can withstand being submerged in up to 1 meter (approximately 3.3 feet) of fresh water for up to 30 minutes.

While your Horizon HR1 Smartwatch is designed to withstand everyday activities and occasional exposure to water, it is important to treat it with care to maintain its water resistance. Excessive exposure to water or failure to follow these guidelines may result in damage not covered by the warranty.

Please note that the IP67 rating is based on laboratory conditions, and the actual water resistance of your smartwatch may decrease over time due to wear and tear. Therefore, it's advisable to exercise caution when exposing your smartwatch to water and moisture.

1.7 Troubleshooting

1.7.1 Common Issues and Solutions

If you encounter any issues with your Horizon HR1, consult the troubleshooting section of this manual for solutions to common problems. If the issue persists, contact our customer support team.

1.7.2 Resetting Your Smartwatch

In case of persistent issues or to reset your smartwatch to its factory settings. To factory reset your smartwatch, go into Settings > Factory Reset > Yes. This will delete any data that is on the watch including user, heart rate and activity data.

1.7.3 Contacting Customer Support

For further assistance, contact our customer support team at www.vitalist.ca/support. We are here to help you make the most of your Horizon HR1.

1.8 Warranty and Support

1.8.1 Warranty Information

Review the warranty information included with your smartwatch for details on coverage and warranty duration. Keep your proof of purchase for warranty claims.

1.8.2 Customer Support Contact Details

If you have questions, require technical support, or need assistance, please contact our customer support team at www.vitalist.ca/support.

1.9 Appendix

1.9.1 Legal Notices and Disclaimers

1.9.1.1 Copyright & Trademarks

Copyright & trademarks CE Brands Inc.
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All features, functionality and other product specifications, as well as the information contained in this guide, are based upon the latest available information and believed to be accurate at the time of printing. CE Brands reserves the right to change or modify any information or specifications without notice or obligation.

Note: the images in this guide are examples only.

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Caution: CE Brands does not take responsibility for changes/ modification to the transceiver.

Product ID: Vitalist Horizon HR1

Manual number: HR1_01

1.9.2 Regulatory Information

1.9.2.1 Electronic Label

Your watch uses an electronic label that provides some regulatory information about the device. To see the electronic label, tap the watch screen, press the top physical button, go to “Settings”, “About”

1.9.2.2 Radio Frequency (RF) Energy

Exposure to RF Energy & Device Operation Your watch contains a transmitter and receiver of RF energy. It is designed to comply with regulatory requirements concerning human RF exposure. For optimal device performance, and to stay within the RF exposure guidelines, wear your watch as indicated in your user’s guide.

Follow Instructions to Avoid Interference Problems Turn off your watch in any location where posted notices instruct you to do so, such as hospitals or health care facilities. In an aircraft, turn off your watch whenever instructed to do so by airline staff. If your watch offers an airplane mode or similar feature, consult airline staff about using it in flight.

1.9.3 Medical Precautions

1.9.3.1 Medical Devices

If you use an implantable pacemaker or defibrillator, or another medical device, consult your healthcare provider and the device manufacturer's directions before using this watch.

Persons with a pacemaker or defibrillator should observe the following precautions:

- ALWAYS keep the watch more than 20 centimeters (8 inches) from the pacemaker or defibrillator when the watch is turned ON.
- Turn OFF the watch immediately if you have any reason to suspect that interference is taking place.

1.9.4 Battery Safety

The battery is not intended for user replacement, do not replace the battery by yourself. Battery related operations must be performed by the manufacturer or the manufacturer's authorized service provider.

Do not place the battery or the device under direct sunlight, close to open flames, heat, microwave ovens, ovens, etc.

Avoid dropping or piercing the device or battery as such damage can cause battery leakage, overheating, igniting or exploding.

If the battery leaks, prevent your skin or eyes from the leakage. If your skin or eyes have been exposed to the leakage, rinse immediately with clean water and go to the hospital for medical treatment.

Please use the manufacturer's approved charging accessories for charging. Using incompatible accessories may cause fire, explosion or scalding.

Keep the charger, charging cable and device in a dry environment while charging.

Do not touch the charger or device with wet hands, and ensure that the charger is not exposed to rain or liquid. A wet environment can cause an electric shock or short circuit, which may lead to dangerous fire, explosion or scald

Whenever the device becomes extremely hot, immediately remove the watch, turn off the power, and contact the manufacturer's after-sales service personnel for assistance to prevent scald or battery explosion.

1.10 Thank You

Congratulations! You are now familiar with the features and functionality of your Horizon HR1 Fitness Smartwatch. We hope it becomes an integral part of your fitness journey and daily life, helping you stay connected, healthy, and motivated.