

SMART WATCH USER MANUAL

READ THE MANUAL BEFORE USE

- Information in this document may be modified or extended without notice. For the most up-to-date information please visit: strandtime.com
- Charge the watch for at least 2 hours before use.

1. WATER AND DUST RESISTANCE

The watch is water and dust resistant. Please, follow the below guidelines to maintain its functions:

- Do not use the watch under water.
- Do not use the watch while swimming, diving, snorkeling, or during other water sports.
 - In case of water exposure dry fully with a soft cloth. Exposure to liquids such as saltwater, pool water, soap water, oil, perfume, sunscreen, hand sanitizer, chemicals or other cosmetic products require a light wash with fresh water with an immediate wipe until fully dry with a soft cloth. Failure to follow these instructions may damage the watch and void warranty.
- In case of drops, bangs, or improper handling, the watch may lose its dust and water-resistance.
- Do not disassemble your Strand Smart watch.
- Do not use the watch in environments with extremely high or low temperatures.
- Do not use heaters, hair dryers, or other heated equipment to dry the watch.
- Do not use in saunas as the watch may lose its water-resistance.

Follow the below instructions to ensure your Strand Smart watch operates normally and maintains its looks. Lack of care may lead to skin irritation or even damage.
- Protect the watch from dust, sweat, ink, oil and chemicals such as cosmetics, sprays, hand sanitizers, detergents, and insecticides. Exposure

1.2 Care and Handling

to these substances may result in performance degradation, malfunctions or even external damage. In case your Strand Smart watch comes in contact with any of the above substances, clean it immediately with a lint-free soft cloth.

- Do not use soap, detergent, abrasive materials, compressed air, ultrasonic waves or external heat sources to clean your Strand Smart watch. These substances may

damage the watch. In addition, soap, detergent, hand sanitizer or detergent residue may cause skin irritation.

- Clean your Strand Smart watch in case it comes in contact with sweat. Dry it thoroughly with a lint-free soft cloth or use a modestly damp fabric to first clear it of any perspiration and then dry it off.
- If stained or infiltrated by dust or other small particles, use a soft brush to clean.

1.3 Allergies and Prevention

- All external materials have been tested and certified for use. Testing included skin toxicity and wear testing.
 - Nickel - your Strand Smart watch contains an insignificant amount of nickel. The amount present in the product is under the reference value of the European REACH regulations. The device has also passed international certification tests. In case of skin irritation due to high sensitivity to nickel do not continue to wear the watch and consult your doctor.
 - Strand Smart watch complies with relevant REACH and RoHS standards.

2. PRODUCT SPECIFICATIONS

- Model: Strand Smart watch (S716)
- CPU: RTL8762C ARM Cortex-M0 53MHz
- Memory: RAM 128Kb+ ROM 64Mb
- Capacitive touch screen: 1.4" 240*240 pixel IPS
- Bluetooth version: 5.0
- Functions: Body Temperature, Heart Rate, Push Dial, Do not disturb, Daily activity, Sleep, Notifications (G-mail, Facebook, Skype, WhatsApp, etc.)
- Battery: Lithium-ion 3.7V/160mAh

3. TURNING THE WATCH ON AND OFF

1. Power on: Press the side button for up to 5 seconds to start the device. The main screen will be displayed thereafter.

2. Touch screen operation: Swipe to the right to enter the menu page and then tap the icon to enter into the desired function.

3. Screen: To turn on the screen press the side button or raise to wake.

4. Shutdown: Swipe downwards from the main screen. Click the "Settings" icon, scroll down and click "System." Select "Shut down," and then confirm by clicking the check mark ✓.

4. QUICK START GUIDE

- Long Press on the MainScreen

This brings up the dial design selection. Swipe left or right for different dials. To confirm press on the desired dial.

- Swipe to the right

Dial functions: Depending on the design, the dial can show details about your daily activity, temperature, heart rate, messages, sport mode, sleep function, weather, music, timer, find phone, settings and more. Some dial designs include quick links for the watch's features.

- Swipe down

Reveals the current date, Bluetooth connection and remaining battery. Quick functions include timer, brightness, settings and do not disturb.

- Swipe Up

Swipe up once shows new messages; continuing to swipe up afterwards reveals the heart rate monitor and daily activity thereafter.

- Swipe Left

Reveals a list menu of all functions. Tap the icon to enter the desired function. Swipe left to return to the list menu.

5. PAIRING

5.1 Download and Install

In order to pair the Strand Smart watch download and install 11HitFit Pro11 from the Apple App Store or Google Play Store. Look for the following icon in your respective store:

5.2 Account Setup - Android and iOS

Upon first launch the app will ask to create a profile. Afterwards, proceed to pair your watch.

Choose the correct smart watch model from the Device Selection screen. Thereafter, a list of available devices to pair with will appear.

To find the device name of your watch, swipe down from the main screen. Tap the settings icon. Swipe down and tap on "System." Tap on "System Version." The device name is under the title "BLE NAME."

Pairing the Watch to Your Phone Without an Account

Open the HitFit Pro app on your phone. Select the "Navigation" icon in the top left corner, then select your device. Choose the right model, as described above. Grant permission to the app to use Bluetooth to connect to the watch.

5.3 Syncing Data

First, pair your watch with the HitFit Pro app. The app syncs data regularly, however you can always tap to synchronize your data immediately. It might take a few moments to synchronize fully. Your data will be shown in the app afterwards.

NOTE:

The watch needs an active Bluetooth connection to sync data with your phone. Removing the HitFit Pro app from the list of running apps will disable the sync feature until you run the app again.

5.4 Charging

Your Strand Smartwatch comes with a dedicated charging cable. Do not use another cable to try and charge your smartwatch. When you need to charge the battery of your smartwatch, use an available USB port on a personal computer or a USB wall charger.

The charging cable connects magnetically to the back of your watch case. Move the cable slowly from above down towards the watch case back aiming for the two charging circles on the back of the case. The charging cable will magnetically snap into place.

For charging to start, the two small copper rods on the cable must be correctly aligned and both in contact with the two copper circles on the back of the case.

A charging icon will appear on the screen once your Strand watch begins charging. If it does not, make sure the magnetic parts of the charging cable is connected properly to the watch and the USB end is plugged into a power outlet.

6. WATCH FUNCTIONS

6.1 Daily Activity

Keep track of the total number of steps, walking distance and calories burned. The app begins to count from the beginning every 24-hours (from midnight).

6.2 Sport Modes

Tap on the Sports icon to reveal all the different sport activities the watch can track.

Your Strand Smart watch has the following sport functions: Walking, running, cycling, climbing and basketball.

6.3 Heart Rate

By clicking on the Heart rate icon in the Home menu the watch will immediately begin measuring your heart rate. During this process it will show the value zero. After successfully completing the measurement the watch will vibrate and display the result. If it receives no further input the screen will automatically turn itself off.

6.4 Temperature

Temperature is accessed via the thermometer icon. The watch will begin to measure the wearer's temperature immediately after launching the app. To the left the app will show surface temperature of the body, which will change in real time. To the right is the actual body temperature. It can take up to 60 seconds to complete the measurement. Afterwards, the watch will vibrate and display the result. If it receives no further input the screen will automatically turn itself off.

NOTE:

When measuring body temperature, the surrounding environment must be between 18 - 30 Celsius | 64.4 - 86 Fahrenheit.

6.5 Sleep

The sleep tracking function can be found on the second Home screen. The app begins to measure the longevity of your sleep from 21:30 until noon (12:00) the following day.

6.6 Weather

When paired with the HitFit Pro app, the watch will show you the current local weather.

6.7 Messages

When connected to Bluetooth, message notifications from your paired device will be forwarded to your watch. Push needs to be enabled in the app for this function to work properly.

6.8 Music

You have access to Music playback features as well as volume adjustment on your Bluetooth paired device. The sound will come from the source device.

6.9 Timer

Access the Timer by swiping left from the Dial and then tapping on the Timer icon located on the third pane of the Home page. Start the stopwatch function by pressing the Play button. To reset, press the Reset button on the left. Slide between the stopwatch and timer in the top menu. Tap either above or below the hours, minutes and seconds to set the desired timer.

6.10 Find Phone

Access Find Phone by swiping left from the Dial and then tapping on the Find Phone

icon located on the third pane of the Home page. When your phone is connected and paired via Bluetooth, the phone will vibrate and ring to make it easier for you to locate it.

6.11 Relax

Access Relax on the third pane of the Home page. Switch between a 1- or 2-minute breathing exercise. Follow the on-screen instructions. To end your session, press the Side button and tap the check mark ✓.

6.12 Settings

Access Settings by swiping left from the Dial and then tapping on the Settings icon located on the third pane of the Home page. You can adjust the following preferences:

Language:

Choose your preferred language

Screen display:

Change the dial design, increase brightness, screen wake time, turn wrist wake setting

Do not disturb:

Enter or exit do not disturb mode

Vibration:

Set vibration intensity

System:

System version, shut down or reset.

7. CAVEATS

Users with blood circulation disorders and blood disease should not use the Strand Smart watch as a medical device to monitor their vitals and health.

Measurements provided by the Strand Smart watch are for reference purposes only and are not intended for medical purposes. In case of any health difficulties, consult your doctor or health physician.