Strand Smart watch manual: S740

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 a 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 underwater.
- Do not use the watch while swimming, diving, snorkelling, or during other water sports.
- In case of water, exposure dries fully with a soft cloth. Exposure to liquids such as saltwater, pool water, soap water, oil, perfume, sunscreen, hand sanitiser, chemicals, or other cosmetic products requires 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 the warranty.

- In case of drops, bangs, or improper handling, the watch may lose its dust and water resistance.

• Do not disassemble your Strand Smartwatch.

• 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.

1.2 Care and handling

- Protect the watch from dust, sweat, ink, oil, and chemicals such as cosmetics, sprays, hand sanitizers, detergents, and insecticides. Exposure to these substances may result in performance degradation, malfunctions, or even external damage. In case your Strand Smartwatch 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 sanitiser, or detergent residue may cause skin irritation.

• Clean your Strand Smartwatch 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 Smartwatch 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 S740
- CPU: Realtek8762D
- Memory: RAM 128 KB, ROM 64 MB
- Capacitive touch screen: 1.32" TFT Full touch screen, 360*360
- Bluetooth version: 5.0
- Functions: Heart rate, sleep tracker, blood pressure, sedentary reminder, daily activity, notifications, remote music control, stopwatch, alarm, weather, and more.
- Battery: 330mAh

3. TURNING THE WATCH ON AND OFF

1. Power on: Press the side button 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 it to wake.

4. Shutdown: Swipe downwards from the main screen. Click the "Settings" icon, scroll down and click "off" 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, heart rate, messages, sports 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.

• 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 the GloryFit app from the Apple App Store or Google Play Store.

5.2 Account Setup - Android and iOS
Upon the first launch the app will ask to create a profile. Afterward, proceed to pair your watch.
Choose the correct smartwatch 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 "about".

5.3 Syncing Data

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

NOTE:
The watch needs an active Bluetooth connection to sync data with your phone. Removing the GloryFit 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 sports activities the watch can track. Your Strand Smartwatch has the following sports 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 SPO2 - Blood Oxygen Monitor
By swiping left on the screen, you will find your blood oxygen monitor. Your blood oxygen will be detected on your wrist whilst wearing your smartwatch.

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 GloryFit 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 More. Then, select Timer.

6.10 Find Phone
Access Find Phone by swiping left from the Dial and then tapping on the More icon and then click on Find Phone. 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 Settings
Access Settings by swiping left from the Dial and then tapping on the Settings icon.

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.