JOLT
ACTIVE

USER GUIDE

JOLT STYLE ACTIVITY TRACKER

JOLT94SM   JOLT93SM

Included in pack
1x Smart Watch
1x Magnetic Charger with
USB-A Style Cord
1x Instruction Manual

PLEASE NOTE: Your device may be in a low battery mode when you first receive it. We recommend charging before initial set up of the device, as this will wake up the device from its low battery mode once fully charged. This may take 2 full charging cycles.

Device Application/ Install the Application

Scan the below QR codes to find the matching Applications via Google® Play Store or Apple® Play store and search for Da Fit.

Minimum system requirements for watch device and App device to work: Android 4.4 or newer – Apple iOS9.0 or newer

Android

iOS

Profile Set Up

It is advised to fully set up a user account profile within the App for accurate results. The App will ask for device permissions once installed. We encourage the user to allow all notifications and pairing access to their connected smart device for better functionality. The device will continue to work, but with limited visibility and functionality.

Device Pairing & Trouble Shooting Guide:

Device Pairing   **Name: JOLT93/94SM**

Ensure the Bluetooth® is enabled on your mobile phone.
Enter the App and select the watch icon and select the "ADD A DEVICE" icon. This will search for your device to be paired. Select Model: JOLT93/94SM and this will automatically pair. (To remove the device pairing select the "REMOVE" icon located near the top of the screen.)

To view the device details, tap and hold the screen from the watch face screen. This will show the below data:

Model Number - Mac ADDRESS – Battery Life – BT Icon If Successfully Connected To A Smart Device

This Device will update date, time and calendar details to match to the connect App and smart device.

Unpairing the device

To completely disconnect this device from the smart device, enter the Bluetooth® settings on the connected smart device, find JOLT93/94 and select "Forget this Device".

Slow Performance

Android users: Enter the smart device's storage and open the Da Fit App and tap "Clear cache". This will free up memory and improve slow performance.

Note: Any saved data already collected in the App will not be deleted.

Main App Features and Settings

It is advised to fully set up a user account profile within the App for accurate results.

Enter My Profile and complete your profile set up and any goals to be reached for each day.

How to Wear

It is best to wear the band beside the Ulnar Styloid (wrist bone). Adjust the size using the adjustment holes for a comfortable fit. The sensor should be close to the skin, avoiding movement.

Ulnar Styloid

Sensor
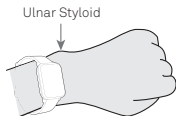
Device Charging

PLEASE NOTE: Your device may be in a low battery mode when you first receive it. We recommend charging before initial set up of the device, as this will wake up the device from its low battery mode once fully charged. This may take 2 full charging cycles.

Ensure battery is fully charged before 1st use. Low battery will cause the device to shutdown and you will need to charge the device until it powers back on automatically. A fully charged device has an extended battery life up to 15 days (standby time). The battery life and charge cycles will vary based on usage, screen brightness and device settings.

We recommend using a USB port with a rating of 5Volts @ 1Amp for optimal performance.

How to Charge

Place the device on the supplied magnetic charging pad and aligning the charger pins and device contact points. When charging, a battery icon will appear on the screen to indicate your device is charging. A full charge can take up to 3 hours.

How to Use the Watch

Basic Operations

Power On

Press and hold the side button for 4 seconds, the watch will vibrate and turn

on. If the device fails to power on, it could be due to insufficient power and will need to be charged.

Power Off
Press and hold the side button for 4 seconds while on the main menu screen. The device will show a prompt asking to Shut Down. Tap Yes to power off or No to cancel. Alternately scroll to the Power Menu and tap the "Power" Icon to enter the menu. Tap the "Power Off" icon to shut down and tap the tick icon to proceed. The restart and reset options can also be found here.

Note: the reset option will place the device back to the factory settings.

Screen Wake Up Options
A. Tap the display screen
B. Press the side button
C. Turn and raise wrist to activate screen wake up function

Basic Operation
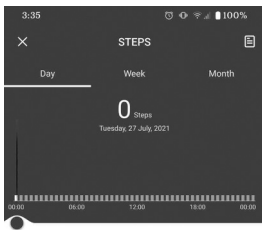
Connected App
To close any measurement graph, you may have entered while in the App, tap on the "X" found on the top left of your device screen. This will close the current screen and you will be returned back to the main menu screen. To select a previous daily data, tap on the clipboard logo found on the top right of your device screen.

Smart Device

This device is an interactive touch screen display and requires you to scroll Left/Right/Up/Down to navigate through the different menus with your finger. To select an option, tap the screen to activate the function or to enter the next menu display. If left unselected for more than 6 seconds the watch display will enter sleep mode and requires to be woken up to continue.

Please note when using the below functions ensure the following is avoided. This is to ensure measurements are not disrupted and are as accurate as possible.

1. Ensure the back of the device is in contact with the skin to avoid any direct external light and placed   in the correct position on the wrist
2. The skin is clean without sweat
3. The back of the device is clean from any contaminates. (Clean with a damp microfiber or soft cloth)
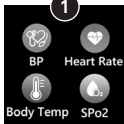
Blood Pressure Function
Tap the BP Icon to enter this function. Tap and hold the "Tap to measure" to start the measurement. This can take up to 25 seconds to measure a reading. This function can also be controlled from the App, by selecting the BP Graph and tapping the "MEASURE" tab located on the bottom of the screen. To cancel this feature, tap "Click End" located on the bottom of the screen. You can review up to the last 7 measurements.

Heart Rate Function
Tap the Heart Rate Icon. This will enter the measurement automatically, and can take up to 25 seconds to measure a reading. This function can also be controlled from the App by selecting the Continuous Heart Rate Graph. In this function you can also review the current average measurement and the current live measurement.

Body Temperature:
Tap the "Body Temp" Icon. It may take up to 25 seconds to measure a reading. This function can be controlled from the App, by selecting the Temperature Graph and TAPPING the "MEASURE" tab located on the bottom of the screen. To cancel this feature tap the "Click End" tab located on the bottom of the screen. You can view the last 7 measurements.
For an accurate reading please wear the device in a comfortable temperature setting. It may take 5mins to give an accurate reading due to the differences in body temperature, air temperature and watch temperature when placed on the wrist.

Blood Oxygen Function
Tap the SPo2 Icon. Tap and hold the "Tap to measure" test. This can take up to 25 seconds to measure a reading. You can control this function from the App, by selecting the Blood Oxygen Graph and tapping the "MEASURE" tab located on the bottom of the screen. To cancel this feature tap the "Click End" tab located on the bottom of the screen. You can review up to the last 7 measurements.

Training:
A built-in Tracker for the following sports: Walking, Running, Cycling, Hiking, Basketball, Football/Soccer, Badminton, Tennis. Once you have selected an option, tap the play icon to start the activity. To pause or stop the activity tap the stop (left side) or pause icon (right side) on the device screen. To finalise the activity, it will prompt you to confirm by tapping the select icon in case it is unintentionally selected.

Using these selections will aid in a more accurate tracking of your training activity undertaken. The training activity will be synced to the App and will display the graphed data in the main menu when in range and synced to the smart device.

Note: When this is activated the device will remain open on this feature.

Activity:
Tap the "Activity" Icon to enter this function. This feature will display total steps tracked, distance, and calories burnt. For detailed information on steps taken swipe left/right to review graphed data.

Sleep:
This function will automatically track your sleep cycles. To view history, tap the "Sleep" icon to view the data. This device tracks the time spent awake and asleep, split into restful sleep, light sleep and time awake during the hours of 20:00pm & 10:00am. These details will be synched to your App and will apply a sleep score and display stats on sleep patterns. In this function you can review the last 7 measurements and select a particular day by tapping the calendar icon, in the top right of the App screen.

Relax: Deep Breathing Training
Tap the "Relax" icon to open. Tap the green play icon to start this feature.
Follow the prompts on screen and watch the heart rate monitor. The cycle will last several cycles before ending to help you perform deep breathing exercises.
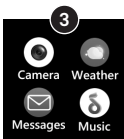
Camera:
1. Open the App and in the main menu select the "Shutter" Icon to open the camera App.
2. Tap on the "Camera" icon to open. To take pictures either press the camera icon or shake your wrist to activate the take picture function. Once finished tap the back icon top left of the screen to exit menu. In this feature all pictures are taken through the App and saved where your device would normally have saved them.

Note: This feature will require the camera setting to be enabled in the App.

Weather:
Tap on the "Weather" icon to open. The main menu will show todays weather. To see a longer forecast scroll left/right. For this to operate the details need to be set up in the App. Select "Others" in the main menu in the App and scroll down to the weather details. Ensure weather icon is enabled, and the city is entered for accuracy.

Message:
Tap on the "Messages" icon to open. Scroll up/down to the required message to open. Tap on the selected message to be read and scroll up/down to read through message information. No images or attachments will be displayed in the feature. Once finished tap the back icon top left of the screen to exit menu.

Note: this feature will require the notification setting to be enabled in the App.

Music:
Tap the "Music" icon to use the 3 options displayed on screen. Play/Pause, Skip back, Skip forward. The device must be connected to a smart device for this function to work. Not all streaming services will allow all functions to operate and may operate slightly different.

Music Controls
Play/Pause Music – Single tap
Skip Back   Skip Forward
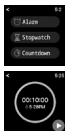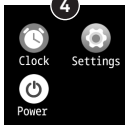Start track again – Single tap   Start next track – Single tap
Skip to previous track – Double tap   Skip next track – Double tap

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Clock   Settings

Power

Alarm App: Tap the "Alarms" icon in the App to open and select alarms 1 to 3 to setup. Alarms can be set in hours & minutes and can be repeated by calendar day and can be repeated by clicking the day to be repeated on. Hour function here is set to a 24-hour time setting.

Device: Tap the "Clock" icon then tap the "Alarm" icon to enter the preset up alarms from in the App.

Countdown Timer: Vibration Alert
Tap the "Countdown" icon to open the menu. Scroll down to select a preset time and tap to open the countdown menu. Tap the play icon to start the timer. To pause or stop the countdown timer tap the stop (left side) or pause icon (right side) on the device screen.

Stopwatch:
Tap the "Stopwatch" icon to open the menu. Tap play to begin timing. To pause, tap the pause icon (right side), to add laps tap the lap icon (left side). To complete the Stopwatch, tap the pause icon and then tap the stop icon (left side) this will clear the timer and return to zero. Once finished tap the back icon top left of the screen to exit menu.

Brightness:
Tap the "Brightness" icon to enter the menu and tap the screen on the right side to increase and the left to decrease brightness. Once finished tap the back icon top left of the screen to exit menu.

Power Saving:
Tap the "Power Saving" icon to enter the menu. Tap the slide to adjust ON/OFF. Once adjusted it will vibrate indicating this has been selected. Once finished tap the back icon top left of the screen to exit menu.

Watch Faces:
Tap on the "Watch Faces" icon scroll left/right to view already installed watch faces. Tap the face to select as the main watch face. The device will vibrate notifying you that it has been selected. This can also be completed via the App by selecting the "Watch Faces" icon. The installed faces will be visible on the device and can be selected and will adjust on the device instantly when connected to the App.
More faces can be downloaded from within the App. Select the "More Watch Faces" icon and select a face you wish to download and install on the device. Once downloaded it will automatically install on the device and be visible in the main watch face menu to quick select again if needed.

Note: Some watch faces can be edited and will show an "Edit" tab to the right of the face in the watch face menu. Once you tap this icon it will enter the face menu and will allow you to edit the face within a pre-selected number of options. Once you have finished editing the face tap the "Save" icon on the top right of the screen, this will bring you back to the main watch face menu.

Risks and Warnings:

Health Safety Notice:

The Jolt Fitness Bands and Smart Watches are not a medical-grade device. It is a fitness tracker/smart watch and a general wellness device used to log, track or trend exercise activity. It does not make any medical claim and is not a suitable replacement for a heart monitor. Please consult your doctor for diagnostic purposes and to track any serious medical conditions.

WARNING: Do not dispose of unit in fire or water • Never attempt to disassemble and reassemble • Waste electrical products should never be disposed of with household waste. Check with your local authority for recycle advice • Keep your device and all accessories out of reach of children or animals. Small parts may cause choking or serious injury if swallowed • Avoid exposing your device to very cold or very hot temperatures (below 0°C or above 45°C). Extreme temperatures can cause deforming of the device and reduce charging capacity and the life of your device • Device may become warm while charging • Do not use chemicals on this product • Avoid dropping the product as this could damage the product • Do not use any other charger other than the supplied charger • Contains a lithium battery