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T**  
SMART  
WATCH



**MSMART X**  
**USER MANUAL**

## DOWNLOADING THE APP :

Scan the following QR code, to download and install the mobile app.  
[#QRCode]



OR

- Search and install 'QWatch Pro' on App Store on your iPhone
- Search and install 'QWatch Pro' on Play Store on your Android Phone

During app installation, please give the app all the requested permissions to ensure full functionality.

## TO CONNECT :

- Charge the device before the first usage.
- To charge your device, plug the charging cable into the device and an adapter or USB port of your computer.

## PAIRING :

- 1 Long press the power button for 3 seconds to switch on your smartwatch.
- 2 Turn on your phone's Bluetooth and GPS.
- 3 Open the QWatch Pro App on your phone.
- 4 Click on the 'Watch' icon.
- 5 Click on 'Add' under 'Add Device.'
- 6 Select 'MSmart X.'
- 7 Finish.

MSMART X

## CALLING FEATURE :

- Connect the smartwatch to your phone.
- Go to the Bluetooth settings of your phone.
- Connect 'MSmart X Audio' to your phone.
- Give your watch the requested permissions required to receive and make phone calls.



## AFTER CONNECTING THE SMARTWATCH TO THE PHONE :

- Open watch settings on the app.
- Click on 'Quick Contacts' in the app.
- Click on the plus icon to add up to 20 contacts to your watch.

## TO USE THE PHONE FEATURE FROM THE WATCH :

- Tap on the 'Telephone' option from the menu.
- Tap on the 'Call records' icon to check the call history.
- Tap on the 'Dial' icon to open the dial pad.
- Tap on the 'Contacts' icon to access your Quick Contacts.

## SMART FEATURES :

### WATCH FACES :

- Swipe down from the top of the watch screen.
- Tap on the 'Settings' icon to open the settings menu.
- Tap on the 'Dial setting' icon.
- Browse through the watch faces available.
- Select the preferred watch face.

### OR

- Click on the dial option on the app.
- Select the preferred watch face under the 'Dials' library.



### FOR CUSTOM WATCH FACE :

- Click on 'Wallpaper' in the app.
- Click on the 'Camera' icon to select a custom wallpaper from your phone library or by clicking a photograph.
- Select the preferred 'Display information' and 'Font colour.'
- Click on 'SAVE' to update the watch face.

## SMART NOTIFICATIONS :

- Go to watch settings on the app.
- Click on 'Message notification.'
- Click on 'I know.'
- Give permission to 'QWatch Pro.'
- Click on the on/off switch to switch the notifications on/off.
- Selects the preferred apps.

## SPORTS MODE :

- Tap the 'Sports' icon on the menu to start a new training measure recording.
- Select from the available sports modes to start measurement.



## STEP COUNT :

- Tap the 'Today's data' icon on the menu to view your step count, distance walked, and calories burnt.
- Click on 'STEPS' in the app to check your step count, distance walked, calories burnt and duration of your walk.
- On the app, you can check your data for the ongoing day or the previous data week-wise or month-wise.

## TO SYNC YOUR STEP COUNT WITH GOOGLE FIT :

- Open 'Third-party applications' on the app.
- Sign in with a Google account.
- Enable the Google Fit option.

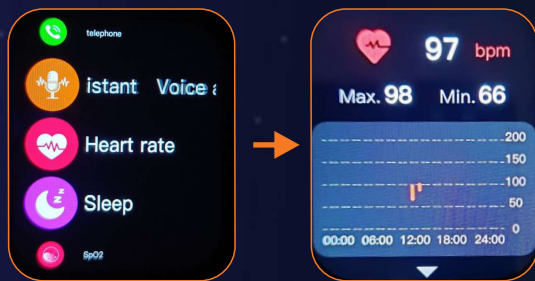
**NOTE:** Your movement stats reset to zero at midnight.

## HEART RATE MONITOR :

- Tap on the 'Heart rate' option from the menu.
- Wait for 30 seconds for the test results.

**OR**

- Click on 'Heart Rate' in the app.
- Click on 'Real-time heart rate' to start the measurement.



## BLOOD PRESSURE MONITOR :

- Tap on the 'BP' option from the menu.
- Wait for 30 seconds for the test results.

**OR**

- Click on 'Blood Pressure' in the app.
- Click on 'Detail data' to view your past readings.

## SpO2:

- Tap on the 'SpO2' option from the menu.
- Wait for 30 seconds for the test results.

**OR**

- Click on 'Blood Oxygen' in the app.
- Click on 'Detail data' to view your past readings.

## WEATHER :

- Open watch settings on the app.
- Click on Weather Format to select the preferred unit settings.
- Tap on the 'Weather' option from the watch menu to view the weather update.

## VOICE ASSISTANT :

- Tap on the 'Voice assistant' option from the menu.
- Tap on the screen to activate the voice assistant.
- Give command.

## SLEEP TRACKER :

- If you sleep wearing the smartwatch, it will record your sleep hours and show you the duration of your sleep.
- It will show you your total sleep hours with the duration of the deep sleep and shallow sleep.

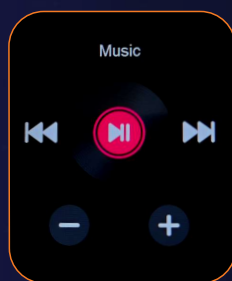
**NOTE:** Your movement stats reset to zero at 8:00 PM.

## BREATHING EXERCISE :

- Tap on the 'Breath training' option from the menu.
- Scroll to select the preferred breathing exercise and then tap on the tick icon.
- Scroll to select the duration of the breathing exercise and then tap on the tick icon.
- Tap on the play icon to start the breathing exercise.
- Follow the instructions displayed on the watch dial.

## MUSIC CONTROL :

- Continuously swipe left on the home screen to reach the 'Player' page.
- Tap on the Play/Pause icon to Play/Pause music.
- Tap on the Next icon to play the next track.
- Tap on the Back icon to restart the ongoing track.
- Double Tap on the Back icon to play the previous track.

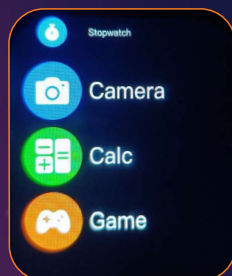


## CALCULATOR :

- Tap on the 'Calc' option from the menu.
- Tap on the screen to do the math.

## GAME :

- Tap on the 'Game' option from the menu.
- Select the preferred game.
- Tap on the screen to play.



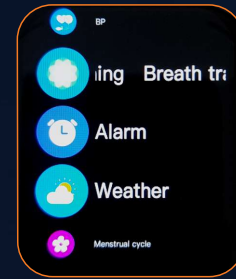


## ALARM:

- Tap on the 'Alarm' option from the menu.
- Tap on the plus icon to add a new alarm.

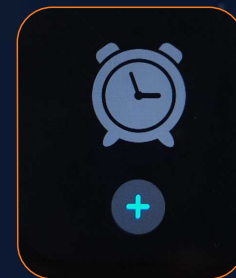
### OR

- Open watch settings on the app.
- Click on 'Smart reminder.'
- Click on the plus icon.
- Set alarm and tap on 'Confirm.'
- Tap on the on/off switch to switch the alarm on/off.



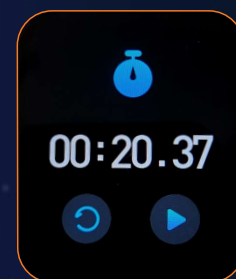
## TIMER:

- Tap on the 'Timer' option from the menu.
- Tap on the preferred time to start the timer.
- Or tap on the edit option to set custom time and tap on the play icon to start.
- Tap on the Pause icon to pause the countdown.
- Tap on the Reset icon to reset the countdown.



## STOP WATCH:

- Tap on the 'Stopwatch' option from the menu.
- Tap on the play icon to start.
- Tap on the pause icon to pause.
- Tap on the watch icon to mark a lap.
- Tap on the reset icon to reset.



## PHOTO CAPTURE :

- Open watch settings on the app.
- Go to 'Take Pictures' on the app.
- Give the app the requested permissions.
- Tap on the 'Camera' option from the menu.
- Tap on the icon to click a photo from your phone.

## SEDENTARY REMINDER :

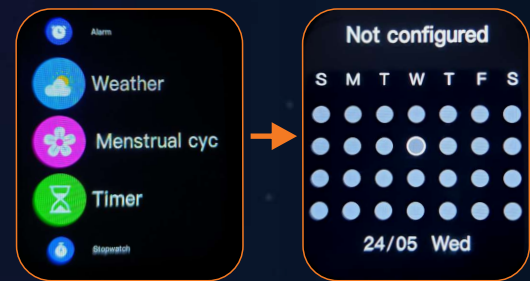
- Open watch settings on the app.
- Click on 'Smart reminder.'
- Click on 'Sedentary reminder.'
- Click on the on/off switch to turn on/off the reminder.
- Add details.
- Click on the 'Save' button.

## DRINK WATER REMINDER :

- Open watch settings on the app.
- Click on 'Smart reminder.'
- Click on 'Drink water reminder.'
- Click on the on/off switch to turn on/off the reminder.
- Add details.
- Click on the 'Save' button.

## FEMALE HEALTH :

- Click on 'Female Health' in the app.
- Click on the on/off switch to turn on/off the 'Device menstrual cycle display.'
- Add details.
- Click on the on/off switch to turn on/off the reminder.
- Click on the 'Save' button.



## FIND MY PHONE :

- Tap on the 'Settings' icon to open the settings menu.
- Tap on the 'Find my phone' icon to make the connected phone ring.
- Click the watch dial to stop the alert.

## LANGUAGE SETTINGS :

- Tap on the 'Settings' icon to open the settings menu.
- Tap on the 'Language' icon.
- Select the preferred display language.

## RAISE TO WAKE :

- Swipe down from the top of the watch screen.
- Tap on the 'Smartwatch' icon to turn on/off 'Raise to wake.'
- Tap on the 'Tick' icon to save the changes.

## SOUND :

- Swipe down from the top of the watch screen.
- Tap on the 'Phone' icon to turn on/off the alert sound.

### **DND MODE :**

- Swipe down from the top of the watch screen.
- Tap on the 'Moon' icon.
- Tap on the 'Tick' icon to save the changes.

### **BRIGHTNESS ADJUSTMENT :**

- Swipe down from the top of the watch screen.
- Tap on the 'Suns' icon repeatedly to set the preferred brightness level.

### **NIGHT BRIGHTNESS MODE :**

- Tap on the 'Settings' icon to open the settings menu.
- Tap on the 'Night brightness mode' icon to make the connected phone ring.
- Tap on the on/off icon to switch on/off the 'Night brightness mode.'
- Set the start time and the end time.

### **POWER ON :**

- Long press the watch dial for 3 seconds.

### **POWER OFF :**

- Long press the watch dial for 3 seconds.
- Tap on the 'Tick' icon to power off the smartwatch.
- OR Swipe down from the top of the watch screen.
- Tap on the 'Power' icon.
- Tap on the 'Tick' icon to power off the smartwatch.

## SAFETY PRECAUTIONS:

Please do not remove, replace or bore the battery of the smartwatch.

## MAINTENANCE:

Regularly clean your wrist and the strap of the smartwatch, especially after sweating or being exposed to substances such as soap or detergent, which may get stuck to the product.

## DISPOSAL AND RECYCLING:

- Please note that it is the responsibility of the consumer to dispose/ recycle the Smart Bracelet and its accompanying components in an appropriate manner.
- Do not dispose of Smart Bracelet with common household waste. The Smart Bracelet unit is considered electronic waste and should be disposed of at your local electronic equipment collection facility.
- For further information, please contact your local electronic equipment waste  
Management authority or the retailer where you bought the product.

## SPECIFICATIONS:

Master Control Chip	Realtek8762D+BK3266
Data transmission	BLE 5.0
Compatible With	Android 4.4 and above iOS 9 and above
Battery Type	Polymer Lithium Battery
Battery Capacity	300mAh
Charging Voltage	5.0V
Working Temperature	-5~45
Waterproof	Ip67