ACWO®

SMARTWATCH

FWIT PLAY
Manual

Appearance:

1 Amoled Screen
2 Power Button
3 Real-Time Biosensors
4 Watch Strap
5 Magnetic Charging Interface

What Will You Find In The ACwO Box?

- Charging Cable

- Smart Watch

- Warranty Card

- Scan Me Card

- ACwO X Sunil Chhetri Catalogue

Smartwatch Specifications:

- Model Name - FwIT Play

- Bluetooth Pairing Name - FwIT Play

- Screen Size - 1.75'' Trutouch™ AMOLED Display

- Security - Password Protection

- Working Time - Up To 3 Days

- Bluetooth Version - V5.2

- Net Weight - 38gm

- IP Rating - IP68

Charge Before Using:

- Full Charge your FwIT Play Smart Watch before the first usage.
- Connect your FwIT Play Smart Watch with the charging cable using a 5V/2A adapter.

Install the ACwO FwIT app:

Download and install the ACwO FwIT app on your phone.
(Available On Both Google Play Store And Apple Store)

OR

Scan This QR Code
(Also Available In The Settings Of Your Smart Watch)

Note: Only Android 5.0 and iOS 13.0 or above sytems are compatible with the App.

Connecting to the ACwO FwIT App:

Activate Bluetooth: Make sure the Bluetooth function on your device is switched on.

Install and Open The App:

- Install the ACwO FwIT app on your device.
- After installation, open the app.
- Proceed to register and set up your profile within the app

Bind Your Device:
- Open the list of available devices within the app.
- Locate and tap on "FwIT Play" to select your smart-watch.
- Accept the pop-up on your FwIT Play by tapping "✓" to confirm the binding request.

Position Devices Correctly:
- During the binding process, ensure that your device and the FwIT Play are placed within 0.5 metres of each other.
- Keeping the devices close is crucial for successful pairing.

Initiate Pairing:
- A pairing request will appear on your device's screen.
- When the pairing request pops up, tap on the "Pair" button to initiate the pairing process.

Allow Permissions:
- If the app requests any permissions during the pairing process, please allow them.
- Granting the necessary permissions will ensure a smooth and successful pairing experience.

Syncing Your Smart Watch To The App:

- Open The ACwO FwIT app.
  Make sure your Play is connected to the app.
- Once inside the app, your FwIT Play will automatically
  get synchronised.

  Kindly Note:
  Please make sure to synchronise your FwIT Play at
  least once a day to avoid any data loss.

Safety Guidelines:

- Battery and Charging Safety: Always use the charger
  that is recommended by the manufacturer. Avoid
  overcharging the battery and do not charge the watch
  near flammable materials. Ensure the charging cable
  is in good condition and not frayed or damaged.

- Water and Heat Exposure: While Play is equipped
  with IP68 water-resistant, it's important to know the
  limits of your device. Avoid exposing the smartwatch
  to extreme temperatures or humidity.

- Battery Replacement Warning: Only replace the
  battery of your smartwatch with the correct type
  specified by the manufacturer. Using an unsuitable
  battery could lead to a risk of explosion.

- Battery Disposal Instructions: When your smart watch's battery reaches the end of its life, follow the manufacturer's instructions for disposal. Proper disposal of batteries helps prevent environmental damage and health hazards.

- Eco-Friendly Disposal of Electronic Devices: Do not dispose of your smartwatch with your household waste. Take it to a designated collection point for electronic devices. By doing this, you are helping to recycle valuable materials and ensuring safe treament of hazardous components.

Cleaning Your Play Smart Watch:

- Screen Cleaning: Before cleaning please make sure to power off your smartwatch. Use a soft, lint-free cloth (like a microfiber cloth) to gently wipe the screen and case. You can slightly dampen the cloth with fresh water if needed, because of the IP68 rating of the smartwatch. Avoid using any cleaning products, solvents, or abrasive materials that could damage the screen or case.

- Strap Cleaning: Your Play strap is made with silicon/rubber and is detachable, so you have to take extra care while cleaning it. Before cleaning please make sure to power off your smartwatch. Take out the strap, use a bit of mild, soap-free detergent mixed with water. Gently scrub with a soft brush or cloth and then rinse with fresh water. Dry thoroughly.

Health Warnings:

• Electromagnetic Interference: If you have a medical device such as a pacemaker, consult with a healthcare professional about the safe use of a smartwatch in proximity to the device.

• Physical Activity and Health Monitoring: While smart-watches can be excellent tools for tracking fitness and health, they should not replace professional medical advice. Always consult with healthcare professionals for health-related concerns and use the watch's health-tracking features as supplementary tools.

• Skin Sensitivity and Comfort: If you have sensitive skin or allergies, ensure that the materials used in the watch band and casing are suitable for you. Wear the watch snugly but not too tightly to prevent skin irritation or discomfort.

• Photosensitive Individuals: During continuous heart rate monitoring, the smartwatch emits continuous green sensory lights, these could potentially trigger seizures in individuals with photosensitive epilepsy. If you or someone close to you has a history of epilepsy or seizures.

Disclaimer:

- The manufacturer retains the authority to make alterations or enhancements to any features detailed in this manual without prior notification. Concurrently, the manufacturer maintains the right to revise the product's content perpetually.

- The health monitoring features of the smartwatch are intended for general wellness and fitness tracking only. They should not be used as a substitute for professional medical advice or diagnosis. If you experience any health issues, please consult with a healthcare professional.

Swipe Functions Of Your Play:

- Swipe right to explore the smart features of Play and add your preferred favourites.

- Swipe left to use the smart widget, check your last used smartwatch features, get weather updates, and change the call and audio settings.

- Swipe up to go to your messages section.

- Swipe down to go to the dropdown section and explore DND, brightness, music control, flashlight, call and audio settings, system info, SOS and settings feature.

Navigate Through Your Play:

Power On/Off The Smart Watch:
• To power off the smartwatch, long press the power button and confirm to power off.
To power on the smartwatch, long press the power button.

Access Menu:
• To access the menu, press on the power button.

Home Feature:
• Click on the 'Home' button to return to the home screen.

Calling Feature:
Once connected, give your watch the requested permissions required to receive and make phone calls.

• Open the 'Devices' option in the ACwO FwIT app.
• Click on 'Frequent Contacts' in the app.
• Click on the 'Plus' icon to add up to 10 contacts to your watch.
• Tap on the 'Contacts person' to access your Frequent Contacts in your smartwatch.
• Tap on the 'Call Records' in the smartwatch to check the call history.
• Tap on the 'Telephone' in the smartwatch to open the dial pad and make calls.
• Tap on the 'Contacts' to access all your Contacts on your watch.

Voice Assistant:
- Make sure your device is connected to the smartwatch.
- Tap on the 'Voice assistant' option from the smartwatch menu.
- Tap on the screen to activate the voice assistant.
- Give command.

Workout:
- Tap on the 'Workout' option in the menu.
- Select a fitness/sport you want to perform to start measurement.
- Press the power button to pause or end your fitness/sports.
- Click on the end option and confirm to end your fitness/ sports.
- Click on the continue option and continue your fitness/ sports.
- Now switch on to the ACwO FwIT app.
- Click on the 'Device' option.
- Go to the 'Sports Push' option.
- Now scroll, and download your preferred sport.

Note: If the data is too little to be recorded, it will not be registered in the "Workout records" section of the menu.

Workout records:
- Go to your smartwatch menu.
- Select the "Workout records" option.
- View your fitness/sports performed data.

Heart Rate Monitor:

- Click on the 'Heart rate' option from the menu.
- Tap on the screen again.
- Wait for a few seconds for the test results.
- Scroll down to view your past data.

OR

- Click on 'Heart Rate' in the app.
- Click on 'START' to start the measurement.
- Click 'STOP' to manually stop the measurement.

Note: Any measurements are for reference, they should not be considered for medical purposes.

Sleep Tracker:
If you sleep wearing the smartwatch, it will record your sleep hours and show you the duration of your sleep.
- Go to the 'ACwO FwIT' app.
- Click on 'Sleep'.
View your total sleep hours with the duration of the deep sleep and light sleep, and more information.

OR

- Click on the 'Sleep' option from the smartwatch menu.
- View your sleep hours.
- Scroll down to see your complete sleep analysis.

Blood Oxygen Monitoring:
- Tap on the 'Blood oxygen' option from the menu.
- Tap on the screen again.
- Wait for 30 seconds for the test results.
- Scroll down to view your past data.

OR

- Go to the 'ACwO FwIT' app.
- Click on 'Oxygen'.
- Click on 'START to start the measurement.
- Click 'STOP' to manually stop the measurement.

Note: Any measurements are for reference, they should not be considered for medical purposes.

Blood Pressure Monitor:
- Tap on the 'Blood pressure' option from the menu.
- Tap on the screen again.
- Wait for a few seconds for the test results.
- Scroll down to view your past data.

OR

- Go to the 'ACwO FwIT' app.
- Click on 'Blood Pressure'.
- Click on 'START to start the measurement.
- Click 'STOP' to manually stop the measurement.

Note: Any measurements are for reference, they should not be considered for medical purposes.

Messages

- Click on the Messages option to check your recent messages.

Weather:

- Go to the ACwO FwIT app.
- Click on the 'Devices' options.
- Scroll down and power on to the Weather reports.
- Give the app the requested permissions.
- Tap on the 'Weather' option from the watch menu to view the weather update.

Note: The Smart Watch weather updates automatically every hour.

Music:

- Go to the smartwatch menu and select 'Music.'
- 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.

Breathing training:

- Tap on the 'Breathing training' option from the smartwatch menu.
- Select the duration of the breathing exercise.
- Tap on the Start button to start the breathing exercise.

- Follow the instructions displayed on the smartwatch screen.

Stopwatch:
- Tap on the 'Stopwatch' option from the menu.
- Tap on the 'Start' icon to start.
- Tap on the 'Lap' icon to mark the lap.
- Tap on the 'Stop' icon to pause.
- Tap on the 'Reset' icon to reset.

Timer:
- Tap on the 'Timer' option from the menu.
- Tap on the preferred time to start the timer.
- Or tap on the custom option to set a custom time.
- 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.

Alarm:
- Go to the 'ACwO FwIT' app.
- Click on the 'Device' option.
  Select 'Alarms.'
- Click on the '+' icon to add a new alarm.
- Tap on the on/off switch to switch the alarm on/off.

Business card:
- Go to the 'ACwO FwIT' app.
- Click on the 'Device' option.
- Go to the 'Business Card' settings.
- Choose from the given social media platforms.
- Click on the QR code area to add.
- Select the code you want to ad d from your gallery.
- Click on the 'Binding QR Code' and save the QR code.

Compass:
- Tap on the 'Compass' option from the menu.
- Follow the given instructions to activate the compass.

Note: Magnets near a compass can affect its accuracy.

Calendar:
- Tap on the 'Calendar' option from the menu to access the calendar.

Calendar:
- Tap on the 'Calendar' option from the menu.
- Tap on the screen to access the calendar.

Find Phone:
- Tap on the 'Find Phone' option from the menu.
- Tap on the smartwatch screen to make the connected phone ring.
- Click on your device screen to stop the alert.

Camera:

- Go to the 'ACwO FwIT' app.
- Click on the 'Device' option.
- Go to the 'Shake Photograph' option.
- Give the app the requested permissions.
- Now switch to your smartwatch.
- Click on the 'Camera' option.
- Now tap on your camera icon on the smartwatch to click photos.

OR

- Shake your smartwatch to click photos.

SOS:

- Tap on the 'SOS' option from the menu.
- Swipe the 'Siren' option to activate the emergency sound alert.
- Swipe the 'SOS' option to call emergency contacts.

Game:

- Go to the 'ACwO FwIT' app.
- Click on the 'Device' option.
- Click and open 'Game Push''.
- Now select and download from the given games i.e. 2048, car, sokoban, slider, block_breaker, mineSweep & candy monster.

Explore Settings Of Your Smart Watch:

Menu Style:
- Choose from the given options and change the style of your smartwatch menu.

Display Setting:
Watch Face Switch:
- Browse through the watch faces available.
- Select the preferred watch face.

  OR

- Go to the ACwO FwIT app.
- Click on the 'Devices' option.
- Click and open 'Dial Library'.
- Now scroll, download, and set the preferred watch face.

  Brightness: Tap on the '+' & '-' symbols on the screen to increase or decrease the brightness.

  Screen Time: Adjust the screen time of your smart-watch from the given option.

  Raise to wake: Change the duration of your wrist raise function.

  AOD clock: Choose the clock display setting of your smartwatch.

Battery:
- Check your current battery status
- Power on & off the Battery Saving mode.

Vibration&Ring:
- Tap on Vibration&Ring.
- Tap on Mode.
- Change your smartwatch mode from Mute Vibration, and Vibration&Ring.

Language:
- Tap on Language.
- Select your preferred language.
- Now you can view your smartwatch in the language you want.

Note: The language options are limited.

QR Code: Scan code available for pairing with the 'ACwO FwIT' app.

Dynamic Island: Switch On/Off Dynamic Island notification. (only for iOS users)

Set Time: Set your Time, Date & Time Format (12-Hour Time or 24-Hour Time).

Password: Set and Change the password of your smartwatch.

System:

- Tap on System.
- Choose from 4 options: System info, Shutdown, Restart, Reset.

Explore the 'ME' Setting In the ACwO FwIT App:

Login:

- If you already have an account, enter the mobile number or e-mail & password to log in.
- If not create an account with a number or e-mail.

Women's Health: To get proper insights, allow the permissions required for Women's Health.

Exercise Goal: Set your preferred number of steps/-day, distance, and calories. According to WHO recommendations for adults, 8000 steps/day helps you stay healthy.

Units: In units, you can set the preferred units you would like for your distance, weight, and temperature to be measured on.

FAQ: Explore frequently asked questions about the ACwO FwIT App.

Suggestions: If you'd like to suggest any changes to the app or report an issue, you can click on suggestions, enter your e-mail, provide feedback, add SS regarding your issue, and click the'COMMIT' button to send it directly to us. We will review them and get back to you with an answer.

Settings:
Account Manage:
- a) Click on **'Email'** to change your e-mail account, just enter the new e-mail and a verification code will be sent to your e-mail account, just enter the code and voila your e-mail will be modified with the new one.
- b) Click on **'Modify Password'** to change your password if you think it's compromised or generally it's advised to keep changing your password for better protection against internet intruders.
- c) Click on **'Delete account'** to permanently delete your ACwO FwIT account but do note that all your data will be permanently lost.

Run in background: For better and more accurate data, you need to let the ACwO FwIT App run in the background of your device. Just go to 'Run in back-ground' and you'll be able to find the settings to do so. Sometimes the phone models vary in settings, you can find your devices via the internet.

Connect Help: Click on 'Connect Help' to see the troubleshooting options when the connections between your device and smartwatch keep dropping off.

Notification reminder help: If there's any issue regarding notifications, just click on the 'Notification reminder help' and you'll find multiple troubleshooting options for the same.

Version Update: Click on 'version update' from time to time to keep your device updates for better and seamless functions.

About Us: In 'About Us' you can see the version of the ACwO FwIT App and user agreements along with privacy policy.

Explore the 'Device' Section In the ACwO FwIT App

Social Sharing:
- Navigate to the 'Business Card' section.
- Add QR codes for your Facebook, WhatsApp, Instagram, and other social profiles directly from your mobile phone.
- These QR codes will display on your ACwO FwIT Play smartwatch, letting you share your social accounts effortlessly.

Notifications:
Find 'Push Notifications' and enable "All Reminders." This ensures you receive smart notifications from your selected apps on your smartwatch.

Alarms:
- In the 'Alarms' section, use the "add" button to create a new alarm.
- Customize the time, repeat settings, and any other preferences before saving.

Activity and Drink Reminders:
- Locate 'Activity Reminder' and tap to enable it. Adjust the start/end times and any break periods to ensure reminders fit your schedule. This feature will encourage you to stay active during the day.
- Repeat the process with 'Drink Reminder', setting preferred start/end times and intervals to stay hydrated.

Watch Faces and Games:
- Under 'Dial Library,' explore 'Dial Center' for diverse watch faces. Download your favorites, and they'll appear in 'My Dial' for easy application to your FwIT Play.
- In 'Game Push', access 'Game Center' to find and download games. Downloaded games will show in 'My Game' and be playable on your smartwatch.

Sports, Weather, and Raise To Wake:
- 'Sports Push' offers 100+ sports modes. Add your preferred activities to your device for enhanced tracking.
- In 'Weather Reports', grant location permissions to show weather updates on your smartwatch.
  Enable 'Raise To Wake' for convenient time checks – adjust start/end times as needed.

Health Monitoring:
- Enable 'Elevated Heart Rate Measurement.'
- Tap 'Automatic Health Monitor' to activate it and set your desired start/end times. This allows the smartwatch to track available health metrics at regular intervals.

Find Watch, Wrist Preference, Hour Style, Contacts, Shake Photograph
- The 'Find Watch' feature helps locate your smartwatch by making it buzz or emit a sound.
- Set your 'Wrist Preference' (left or right) for accurate wearing detection.
- Customize your time display with the 'Hour Style' option.
- Add up to 500 contacts directly to your smartwatch within 'Frequent Contacts'. Allow necessary permissions.
- Enable 'Shake Photograph' for remote camera control – shake your wrist or use the smartwatch button to snap photos. Allow necessary permissions.

Other Actions
- Use 'Restore Factory Settings' to reset your smartwatch, but remember it will erase data.
- Check the 'Device Version' section to see if any software updates are available for your smartwatch.

Important To Note:

For Informational Purpose Only:
The heart rate readings and other health data provided by this smartwatch are for informational purposes only. They should not be considered a substitute for professional medical advice or diagnosis. If you experience any health concerns, always consult with a qualified doctor.

Data Synchronisation:
To ensure no loss of data, it is vital to regularly synchronise your smartwatch data. We recommend doing this daily to maintain an up-to-date record of your activities and health metrics.

Cleaning Instructions:
Post a rigorous workout session, it's important to clean your smartwatch. Please follow the provided cleaning instructions to maintain its functionality and hygiene.

Eco-Friendly Disposal:
When you decide to dispose of your smartwatch, please do so responsibly. Avoid discarding it with regular waste. Instead, contact your local e-waste disposal service for environmentally safe disposal options.