

User Guide



SOS
Wellness Watch

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4G GPS Smart Watch

Front & Back Layout



Front



Back

01



02



03



04



What's Included

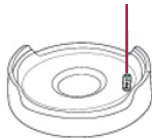
- 01 USB Cable
- 02 Watch Strap
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Charging Your Watch

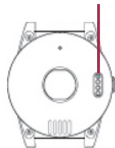
1. Connect the USB cable from the charging base to the AC adapter.
2. Place the watch into the charging base to the contacts connect. You will hear speech confirmation *"your watch is charging"*.
3. Please fully charge the battery daily for two hours or when battery is low.



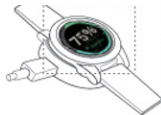
USB Cable



Charging Base



Charging Contacts



Turning The Watch On

The watch will automatically turn on when placed in the charger. You can also press the side SOS button for five seconds to turn on the watch anytime. When the watch is turned on, use finger to slide leftwards or rightwards to view all available functions. It will display all active Apps including Watch Face, Heart Rate, Contacts, Steps and Settings.



Activating an SOS Alarm

There are two ways to activate SOS Alarm

01

Press the side button for 3 seconds until you feel watch vibrate



02

When Screen is on, long press the screen for 3 seconds until you feel the watch vibrate



Activating an SOS Alarm

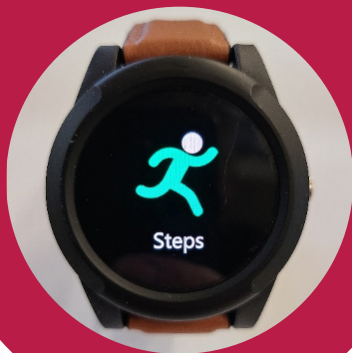
1. After SOS Alarm is activated, you will hear a voice prompt confirming the activation of the SOS alert and allowing you approximately 10 seconds to cancel the alarm. If the SOS is not cancelled in time, an SOS alert text message is immediately sent to the emergency contact numbers followed by the outgoing calls
2. If the watch fails to connect to the first number, it will call the second number after delay of 10 seconds. In case the second number fails to be connected as well, the system will connect to the third number etc.
3. Between each call, it will have 10 seconds delay, during this time, user can stop call sequence or prevent or prevent a possible false alarm by pressing SOS button.

Calling a Contact



Scroll to select **Contacts** and select the contact you would like to call and press **"Call"**

Step Counter + Distance & Calories



Select the **"Steps"** icon to begin recording the number of your steps, the estimated distance walked and number of calories burned.

Heart Rate Measurement

Wear the watch on the left wrist and select Heart Rate. After several seconds, the screen will display your heart rate in BPM (beats per minute).



Settings

Use the Settings Icon to select various User Options. Options include:

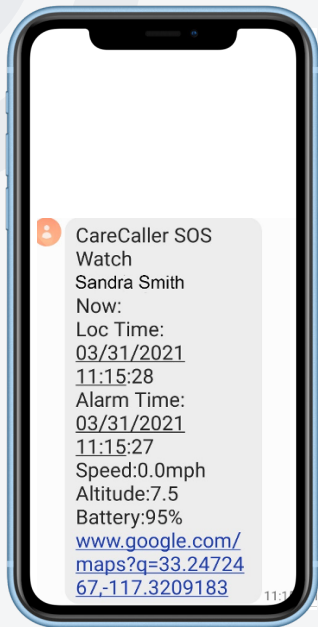
1. **Watch Face** – choose watch dial face, watch always on, status indicator, & notifications.
2. **Connections** – flight mode, location, WiFi/Bluetooth.
3. **Display** – Brightness, screen off, raise wrist to display, tap to display.
4. **System** – Mode 1 (do not change), date & time, power off, restart.
5. **Language** – set language (English is default).



Real-Time GPS Locator

Pre-set contacts can request a real-time GPS location. Simply text the term "**LOC**" to the watch phone number. Sender should receive back a text message indicating the exact location and a link to Google maps:

Please note: GPS functionality may be unavailable or inaccurate in some locations (inside or near tall buildings, underground or where access to satellite signals is limited).



Turning The Watch Off

1. Slide to *"Settings"* Icon
2. Tap on *"System"* option
3. Select *"Turn Watch Off"*



Optional Fall Alert

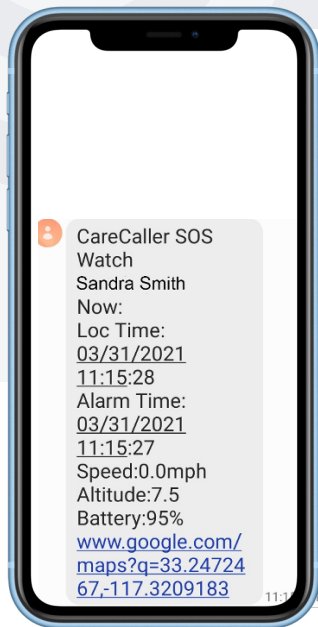
The optional Fall Alert feature can automatically detect a fall. When a possible fall is detected, the watch will give a loud audible warning message to the user.



Please Note: Some daily activities like sudden movements or sitting down hard may trigger the Fall Alert. The wearer has a short time to cancel the Fall Alert by pressing on “Cancel” icon. If the Fall Alert is not cancelled, emergency contacts will be called. It is possible the watch will not detect every real fall. We strongly advise the wearer to press the SOS button in any emergency situation, if they are able.

Optional Text Alerts

Text Alerts can be sent to all pre-set contacts for routine notifications (low battery) and/or urgent events (Fall Alert, SOS activation). Contact your provider for more information or to order optional text alerts.



Service & Support

For service and support, please
contact:



Wellness Watch