

WATCHU GUARDIAN

Advanced User Guide



CPR Guardian II User Guide

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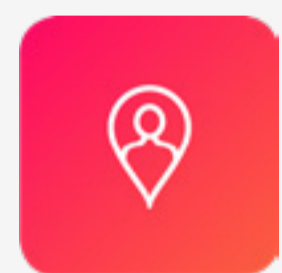
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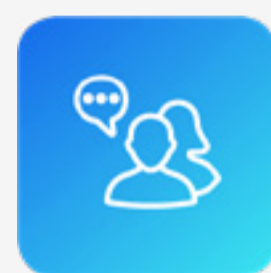
The CPR Guardian II

The CPR Guardian is designed to keep the wearer safe, independent and active at all times with a built-in emergency assist button, a heart rate monitor, mobile phone and GPS tracking.

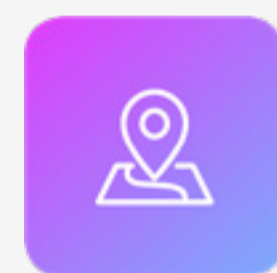
The GUARDIAN II provides you and your loved ones with peace of mind and reassurance knowing you can always be there for them whenever they need you.



SOS Button



Phone Calls



GPS Tracking



HR Monitor



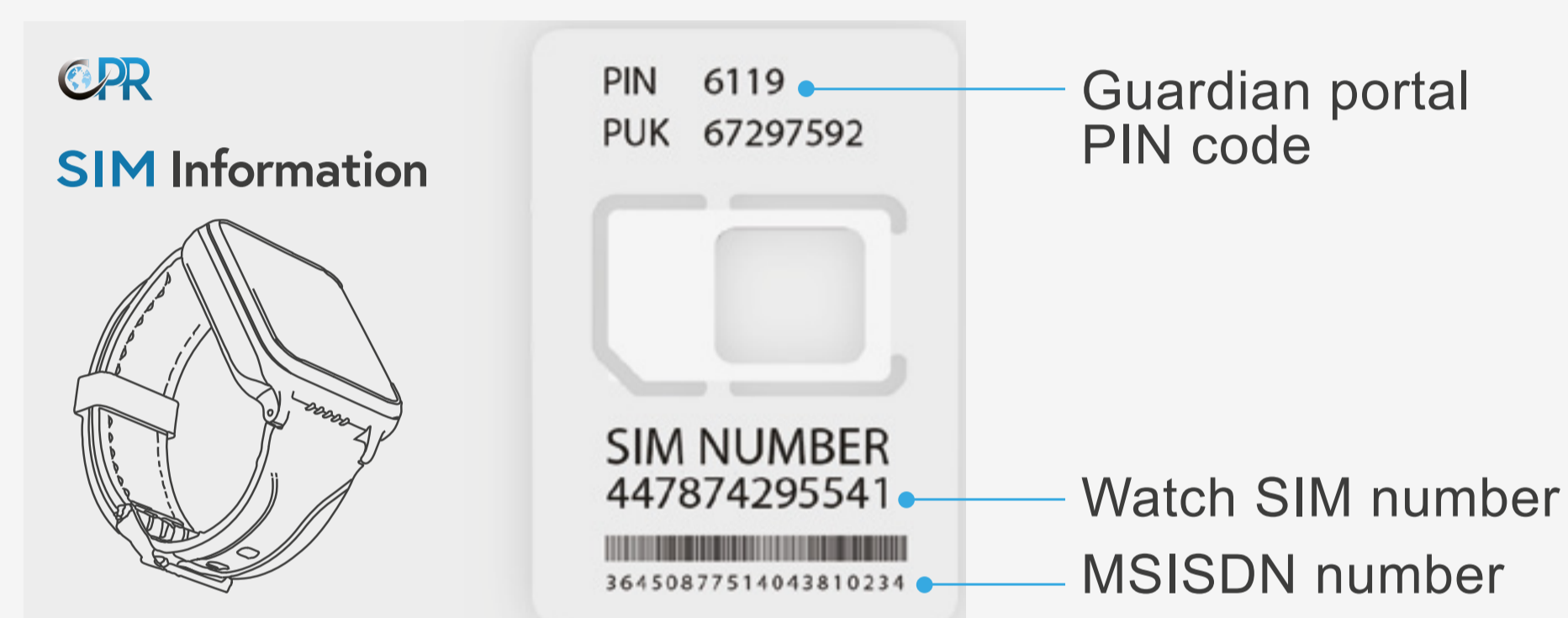
Introduction

1.1 Getting To Know Your Guardian II

Accessing The SIM Portal

SIM Details

Use the SIM number and PIN printed on the SIM Information Card to access the CPR SIM portal.



Step 1

To manage your SIM, please visit:

<https://www.cprguardian.com/simlogin>

Step 2

Sign into the portal using your SIM number starting with '44' followed by the PIN Code.

Step 3

When you login, sign up as a new user and then select your SIM plan.

Box Contents

- 1X Guardian II Watch Phone
- 1X USB Cable
- 1X SIM card (already inside the watch)
- 1X SIM Information Card
- 1X Quick Start Guide

Battery Care & Charging

To protect and optimize your battery performance. We recommend you charge the watch for at least 12 Hours for the 1st charge and over 8 Hours for the 2nd and 3rd charge. Always use the USB cable provided and a CE approved USB charger plug to avoid irreparable damage.

Please align the magnetic charging cable connector to the 4 pin metal contacts on the watch backplate, and make sure it is properly connected (the magnetic charging cable will not charge if it's reversed). When the watch starts to charge, the charging icon will appear on the watch display screen.

Introduction

1.1 Getting To Know Your Guardian II

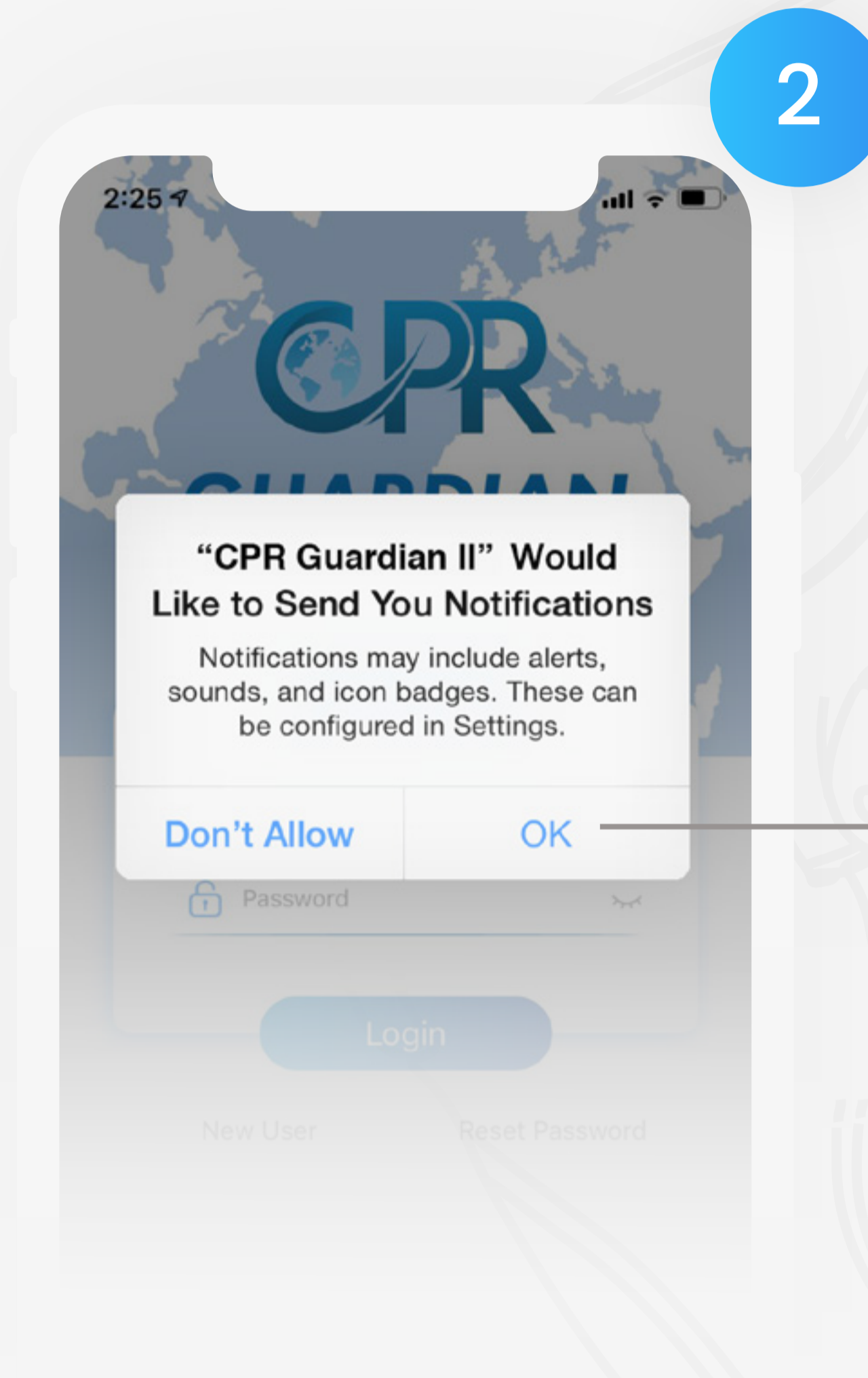


Set Up & Getting Started

1.2 Syncing Your Watch With The App



Download the CPR Guardian App from the [App Store](#) / [Google Play store](#)



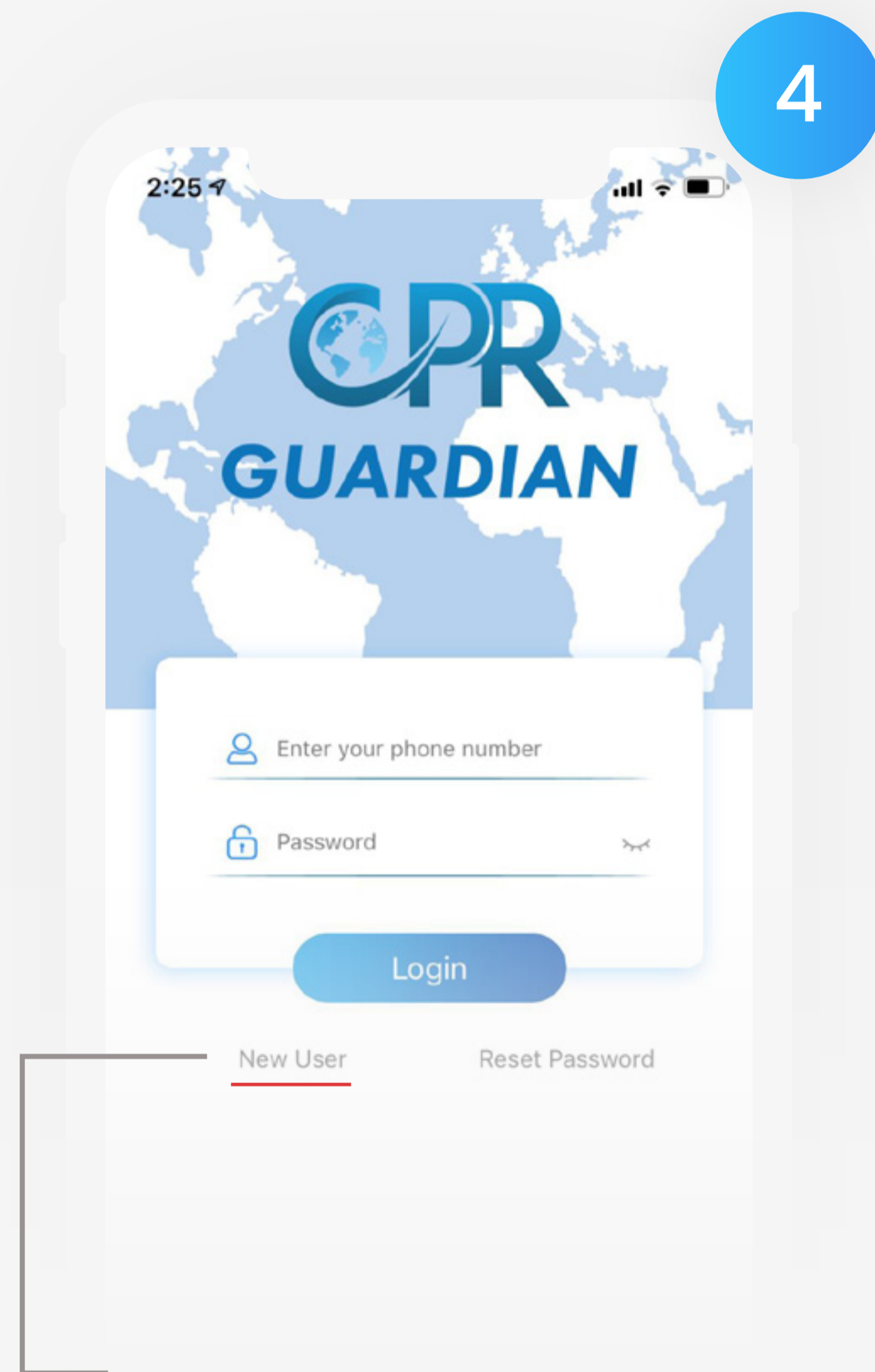
Once the app has downloaded, you need to allow notifications by pressing 'Ok'



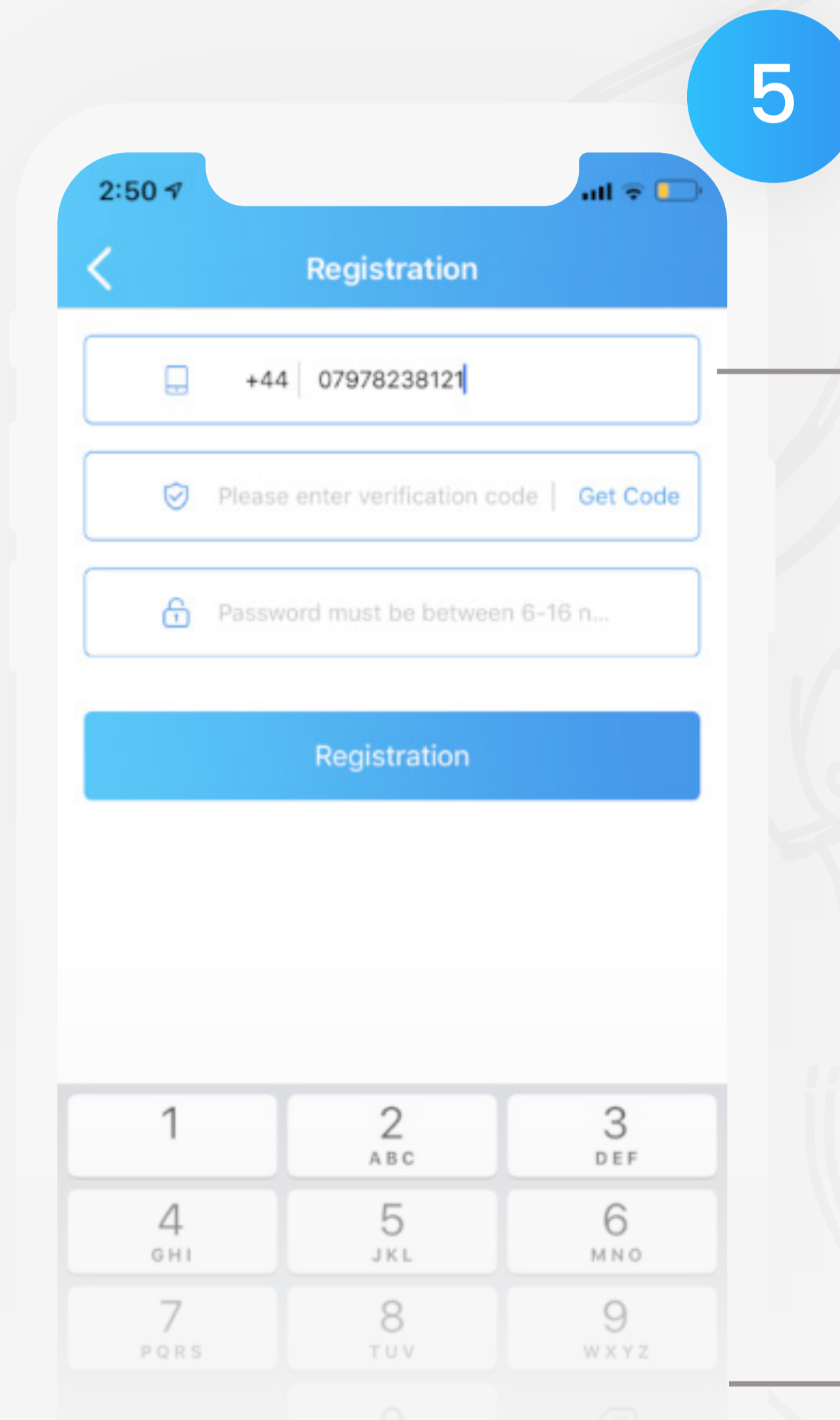
Next, familiarise yourself with the app's functions by [swiping right](#) through the app summary

Set Up & Getting Started

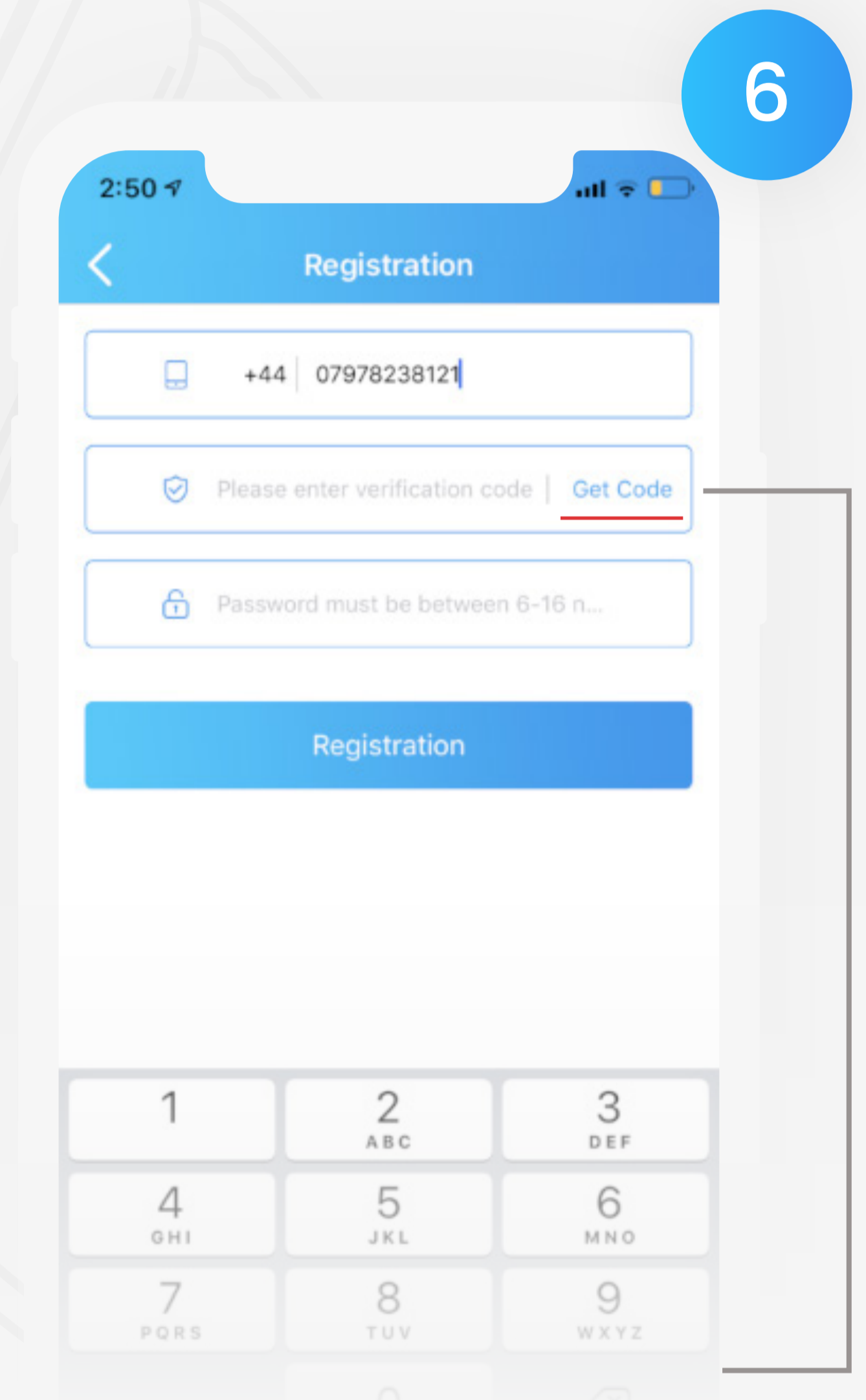
1.2 Syncing Your Watch With The App



Once the login page is reached, proceed by selecting 'New User'



Choose your **country code** and then enter your mobile **phone number**

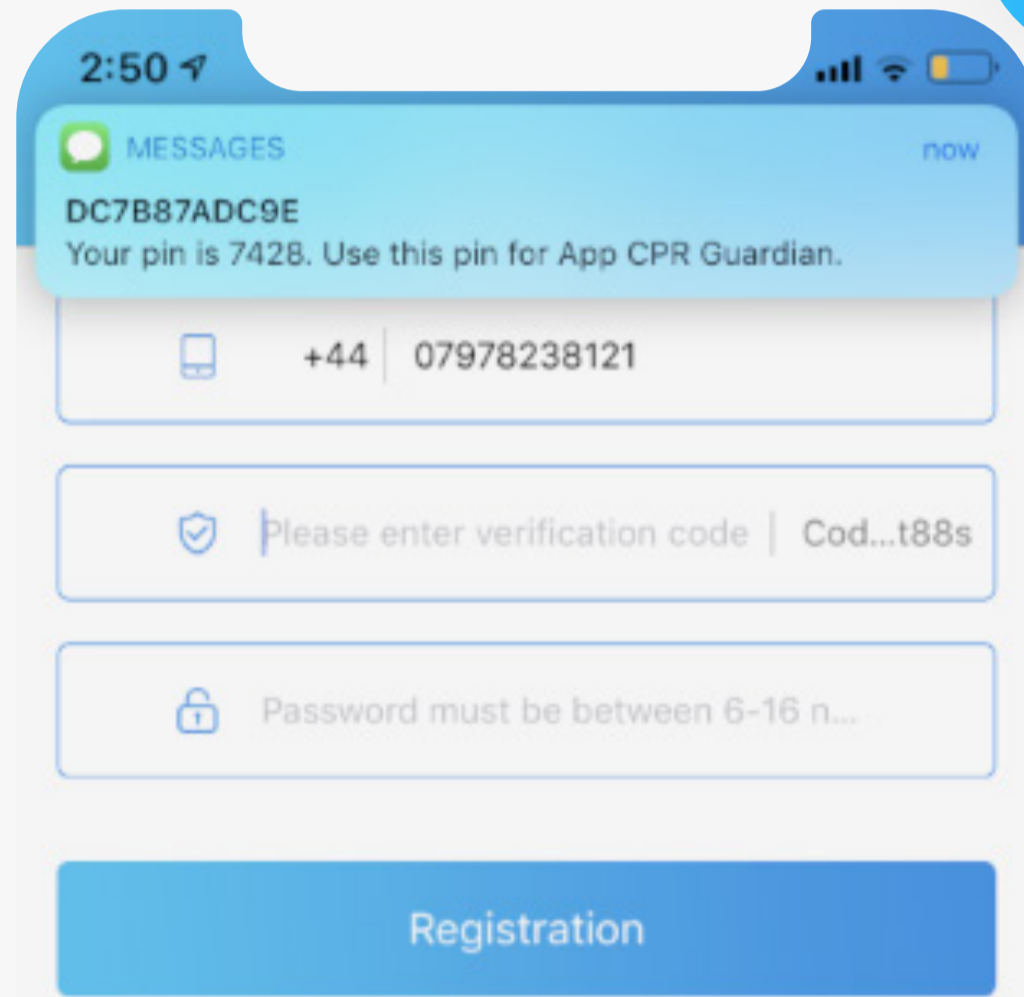


Next, press 'Get Code'

Set Up & Getting Started

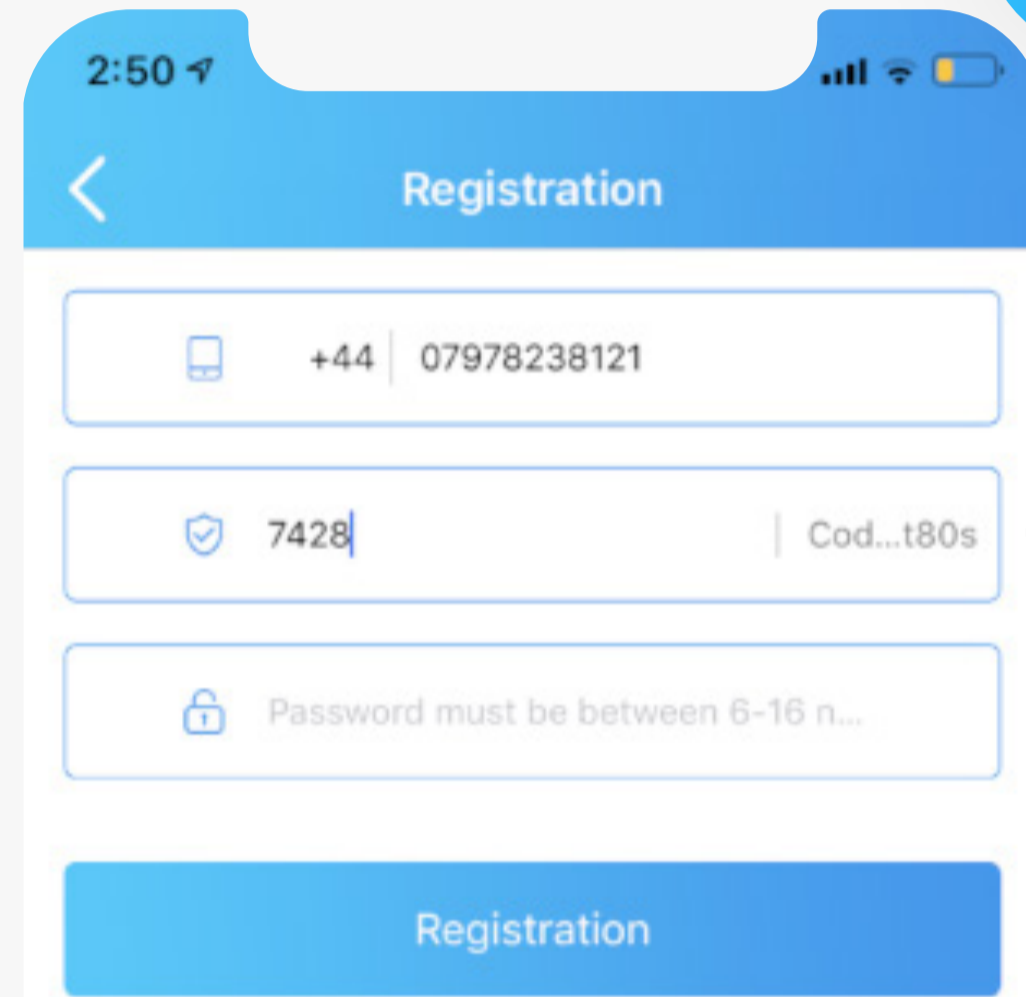
1.2 Syncing Your Watch With The App

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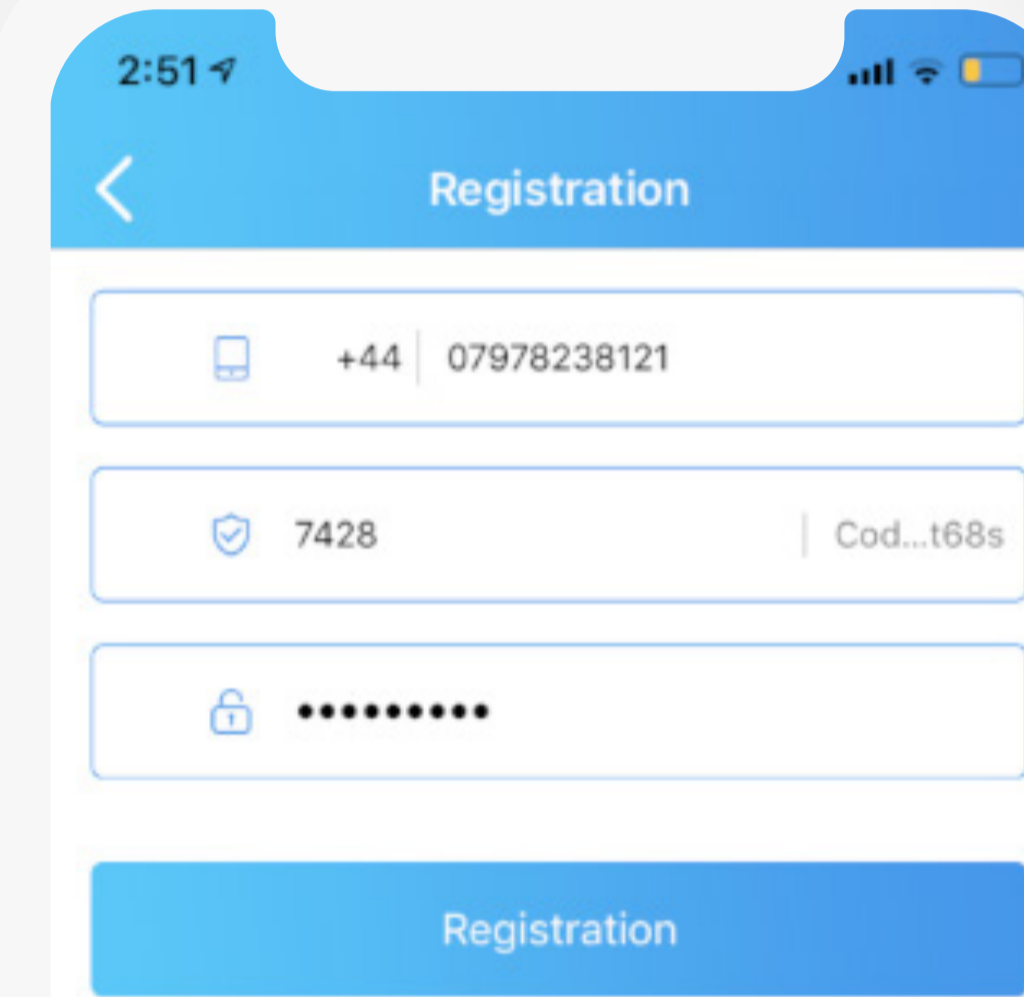
You will receive an **SMS text message** with a unique code

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Proceed by entering your **unique code**

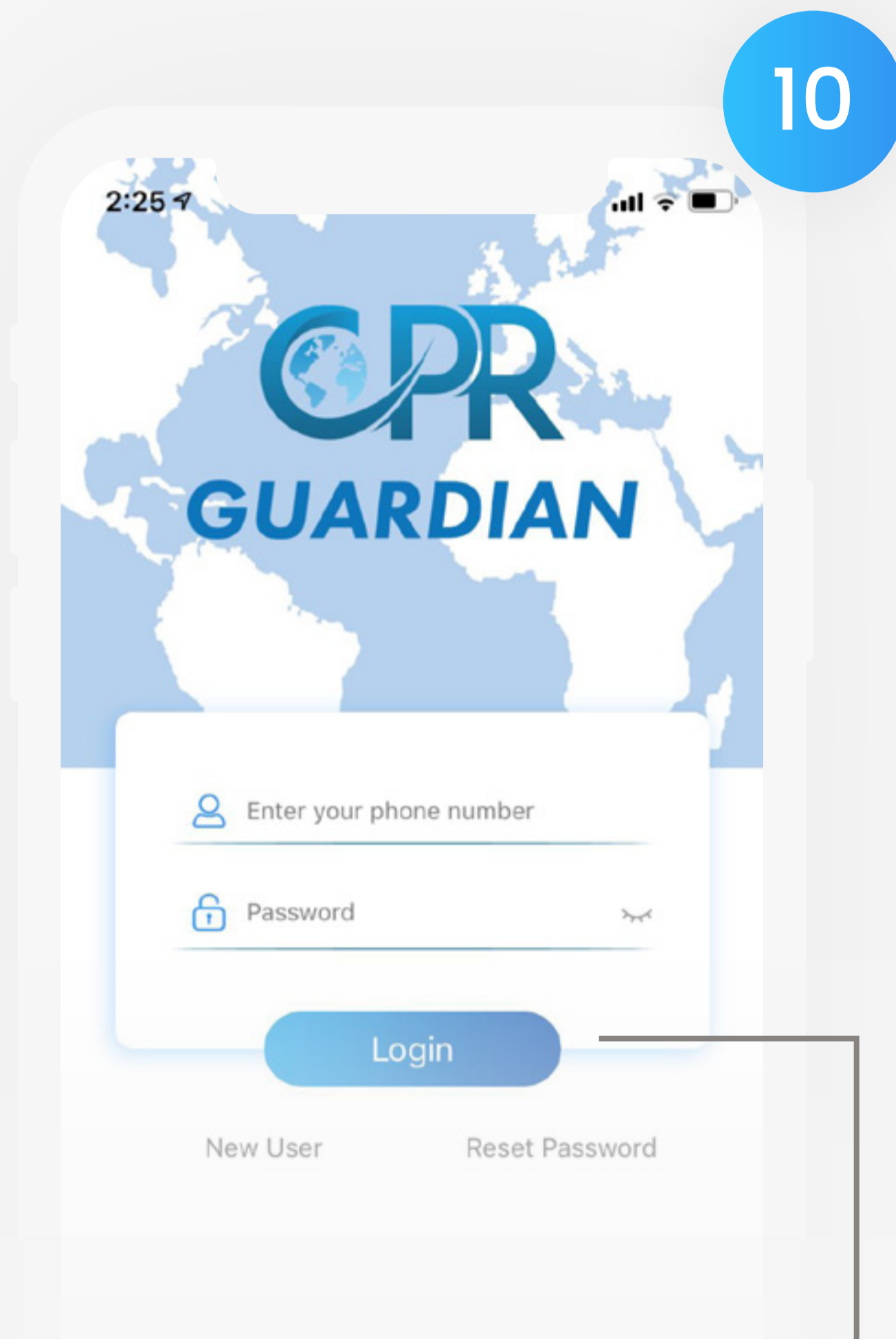
9



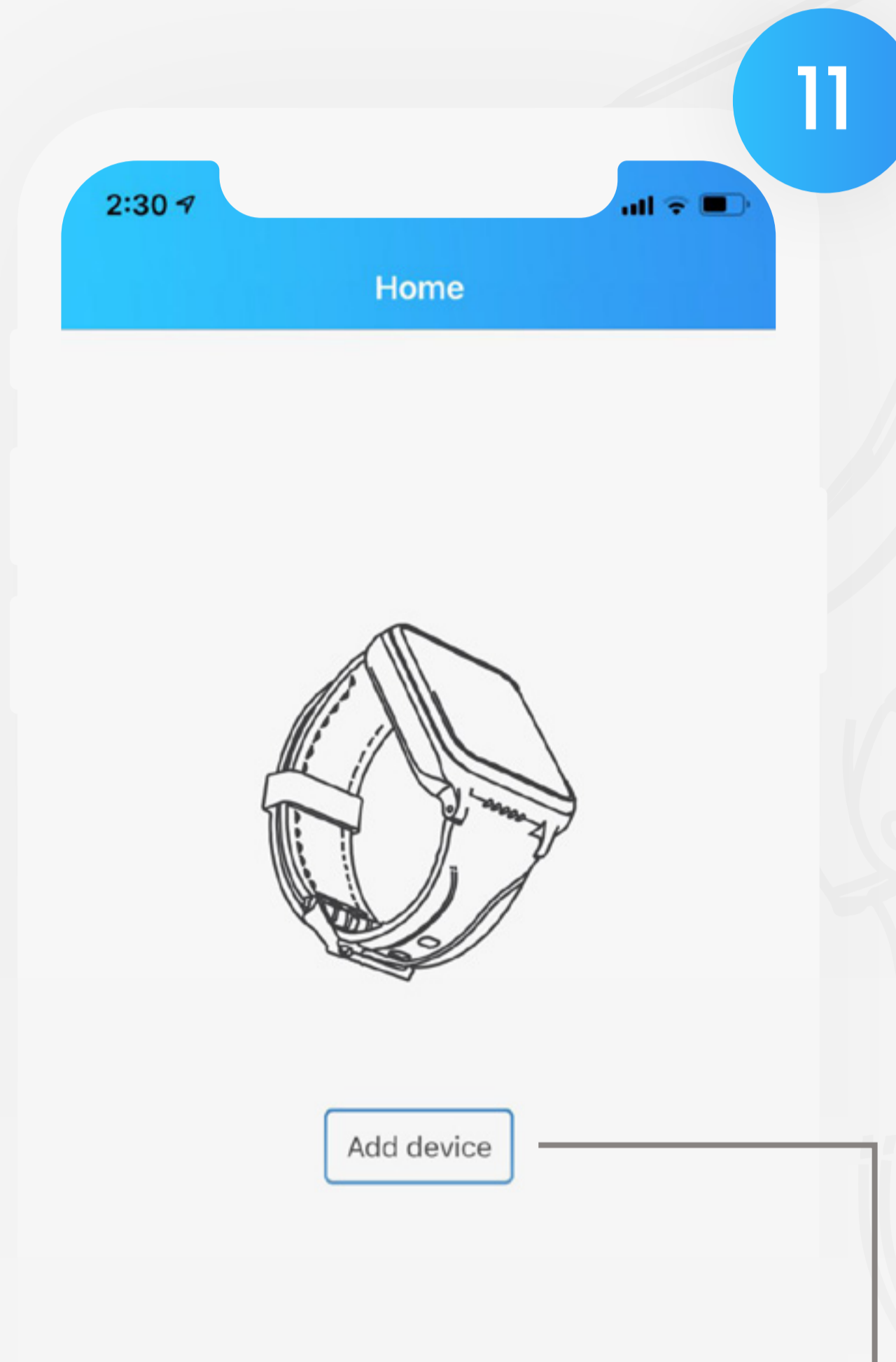
Next, create a secure **6-16 letter password**

Set Up & Getting Started

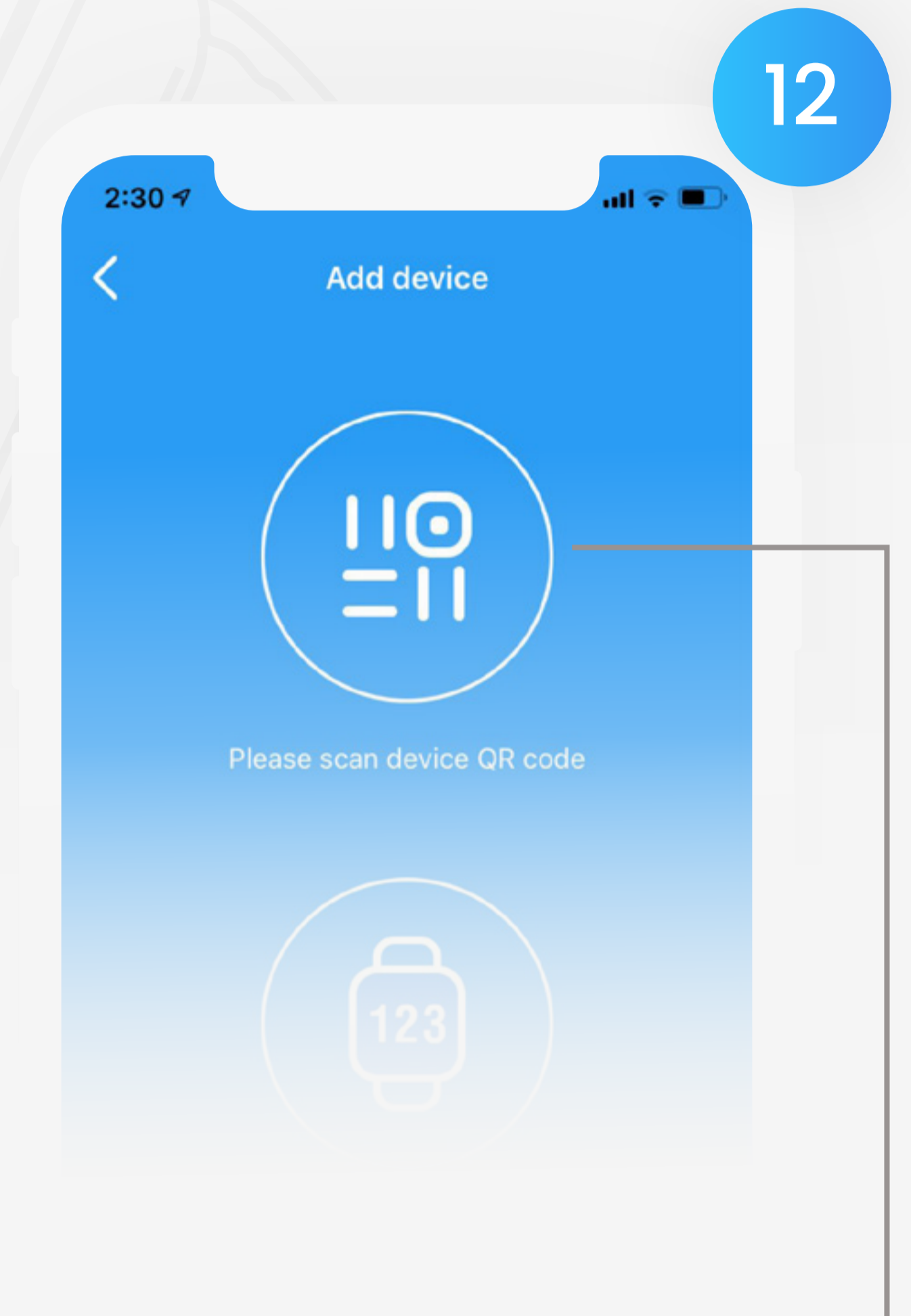
1.2 Syncing Your Watch With The App



After creating your password, you can proceed to **login**



Proceed by pressing **'Add Device'**



Then select **'scan device QR code'**

Set Up & Getting Started

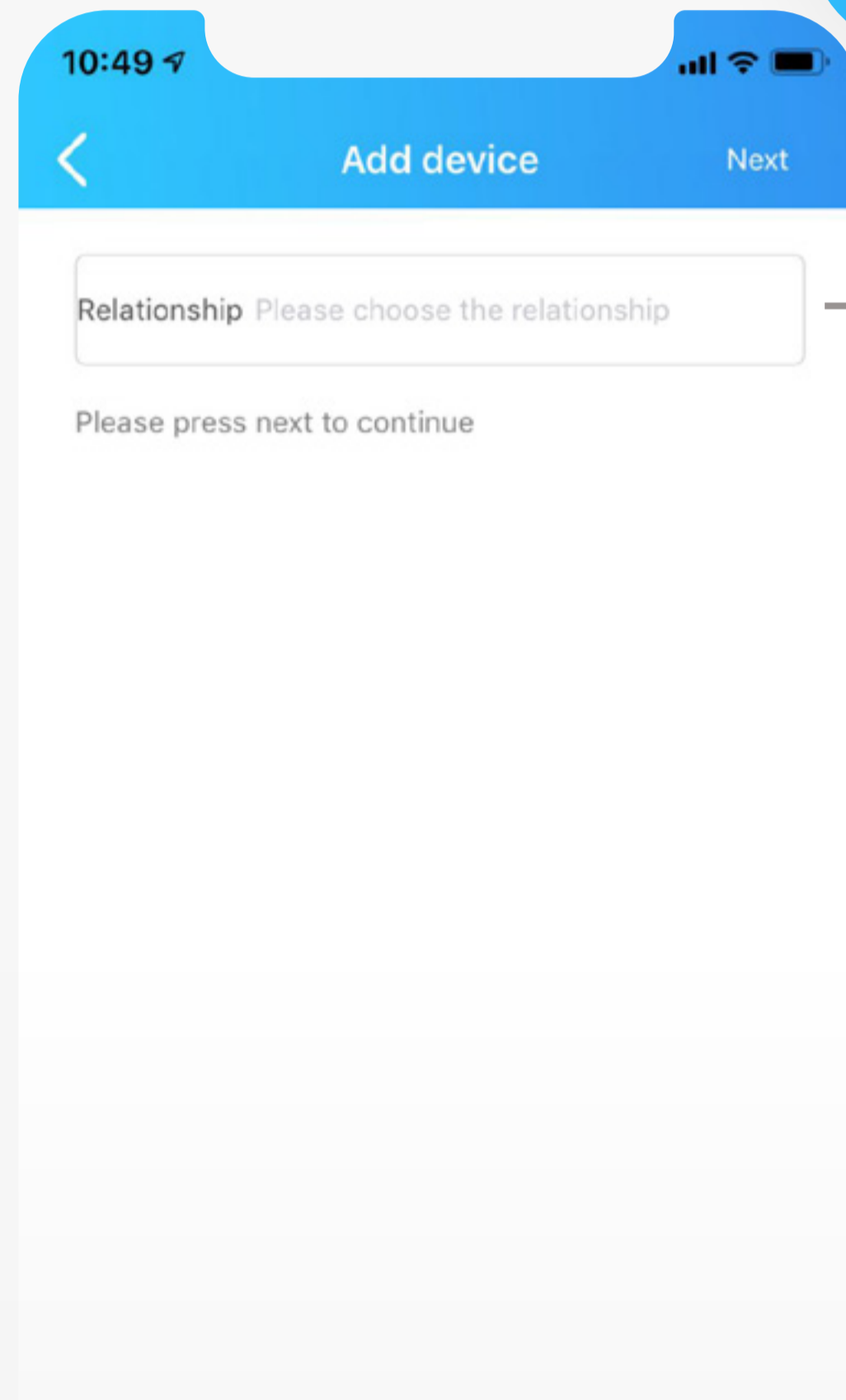
1.2 Syncing Your Watch With The App

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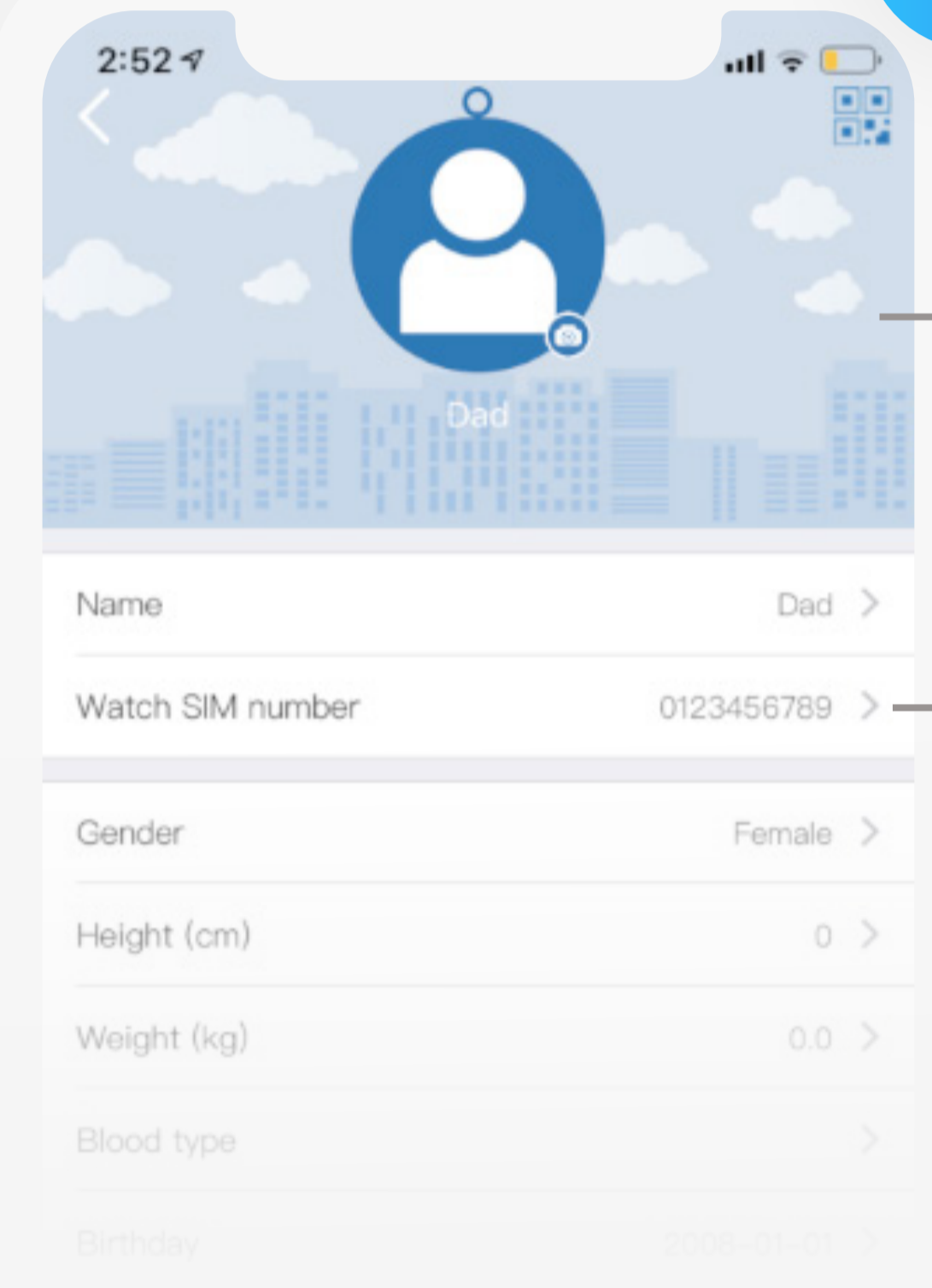
To reveal your watch's QR Code, **swipe up** on the watch face.

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Once scanned proceed by **adding your relationship** to the wearer

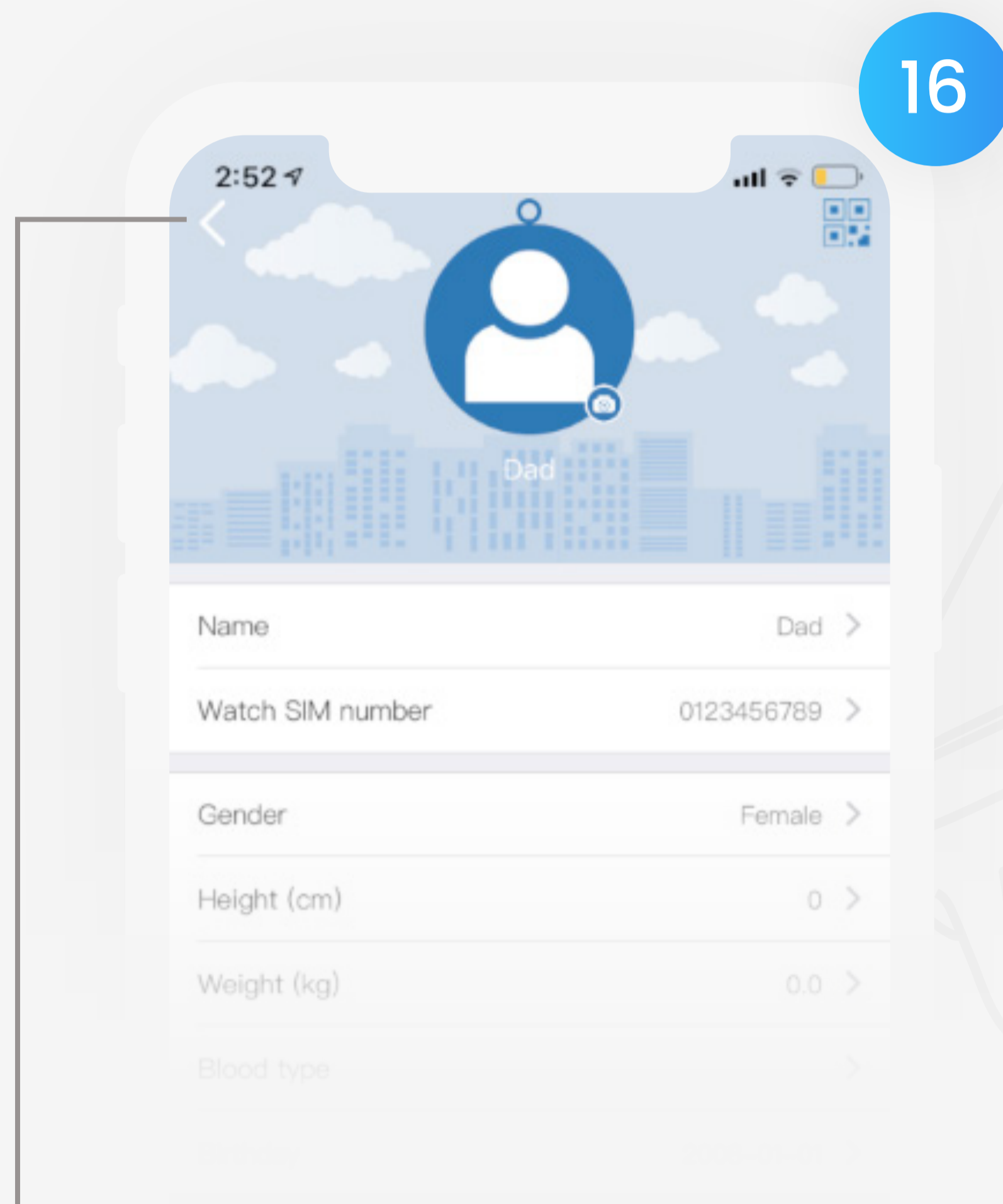
15



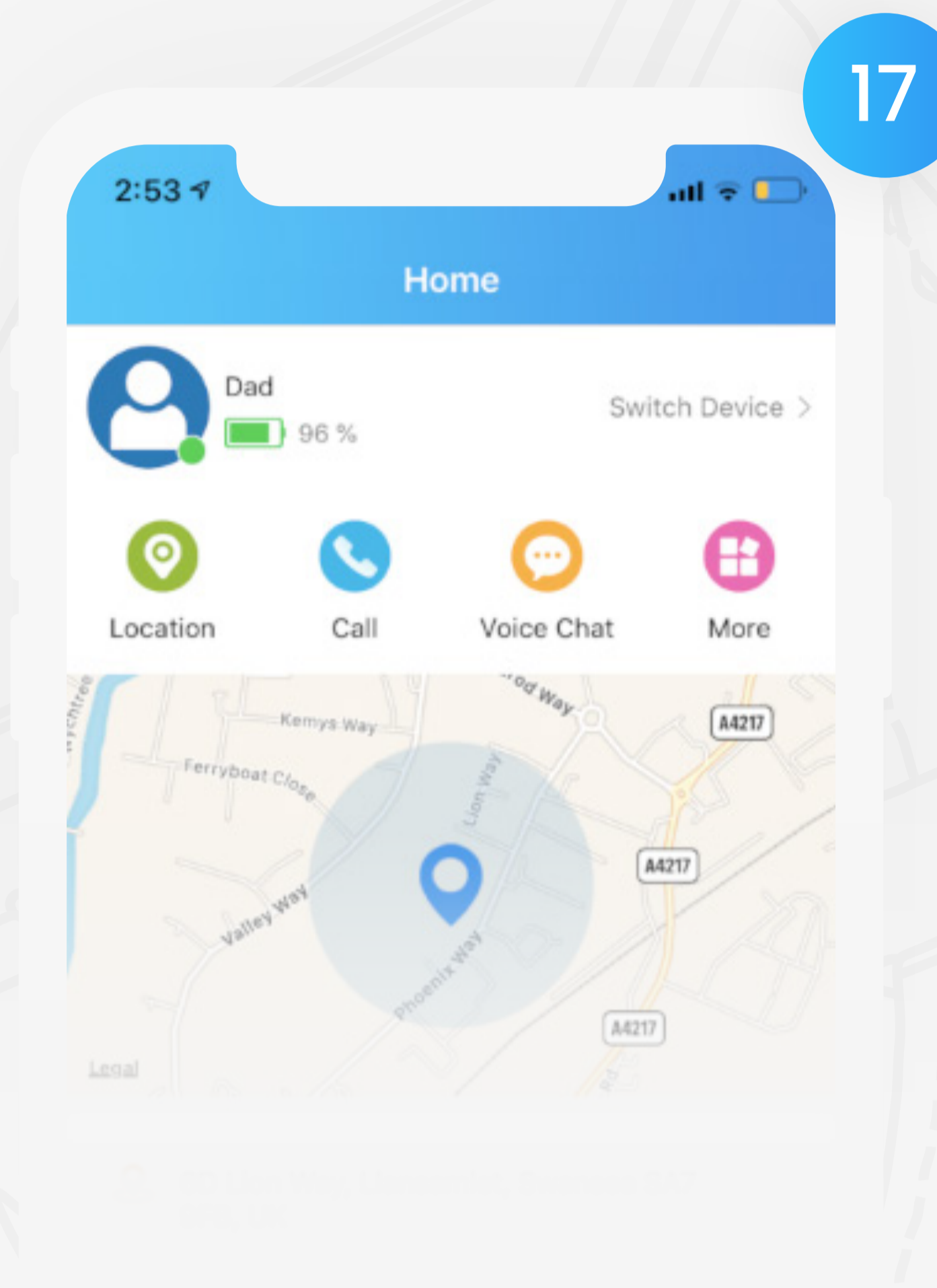
Enter the watch user's details, ensuring that the **watch SIM number begins with '0'**


Set Up & Getting Started

1.2 Syncing Your Watch With The App



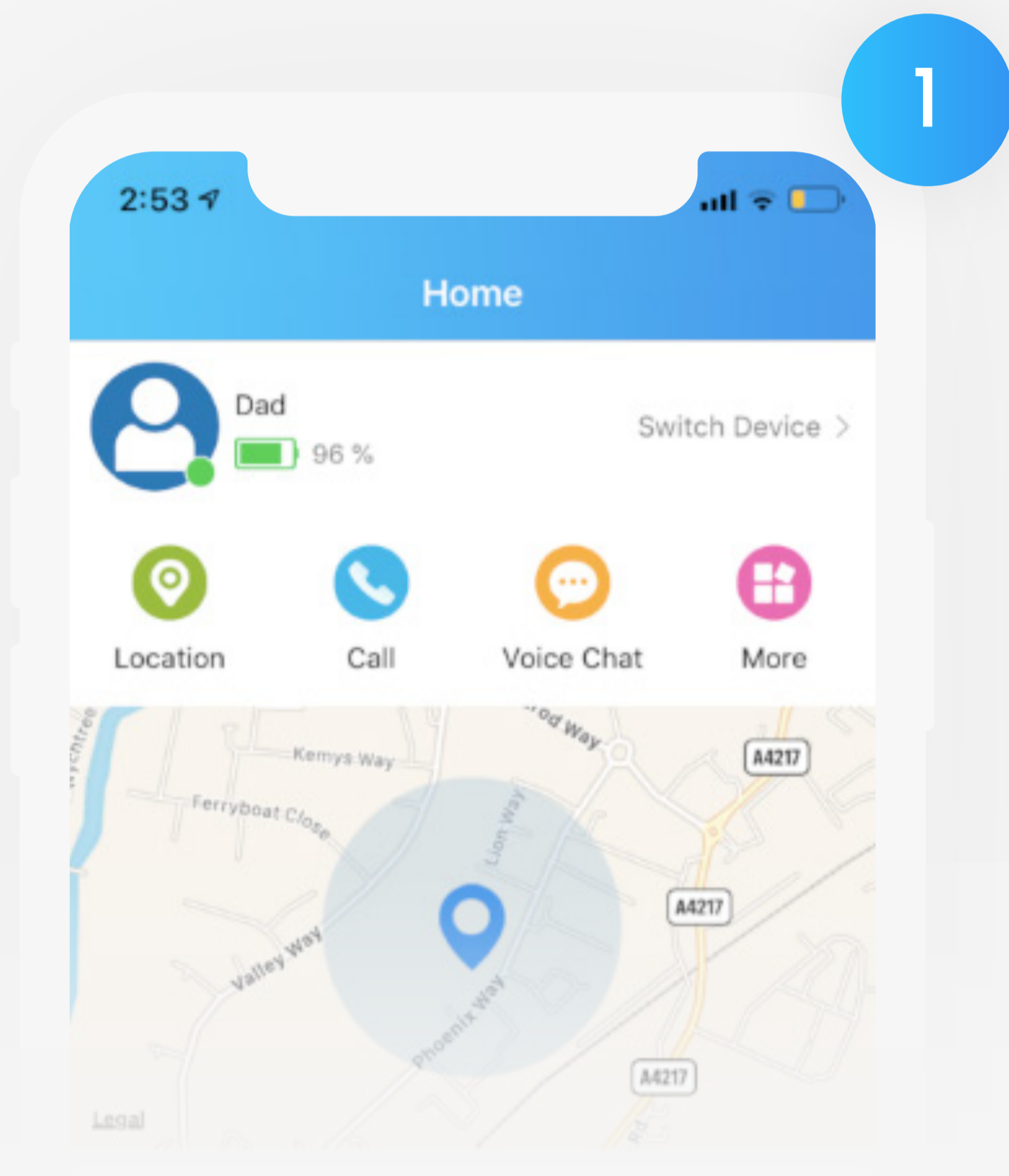
Once you're done, press back button [to save your details](#)



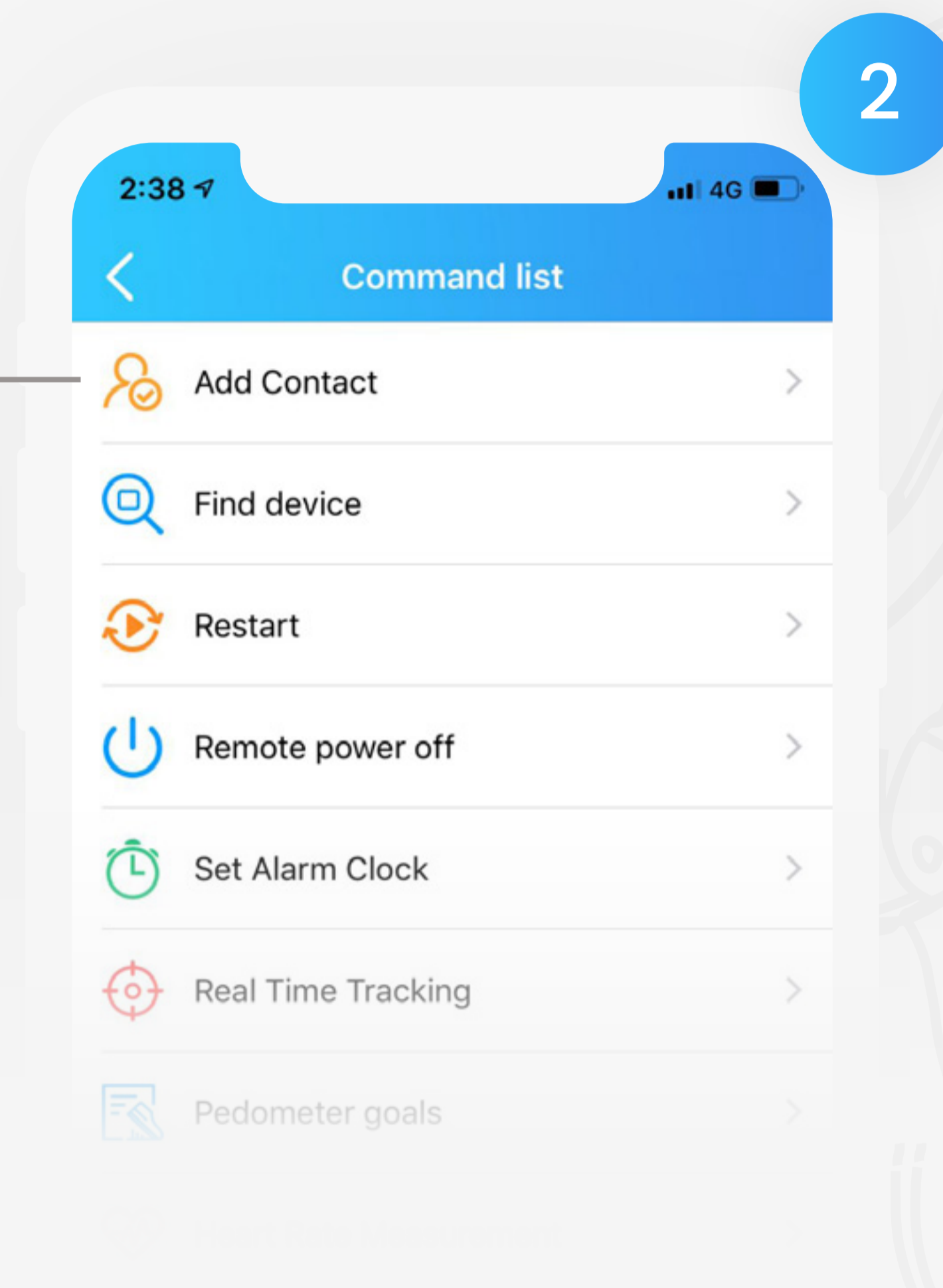
Once watch has been added press  for the watch to update, this can take [up to 5 minutes](#)

Using The Guardian App

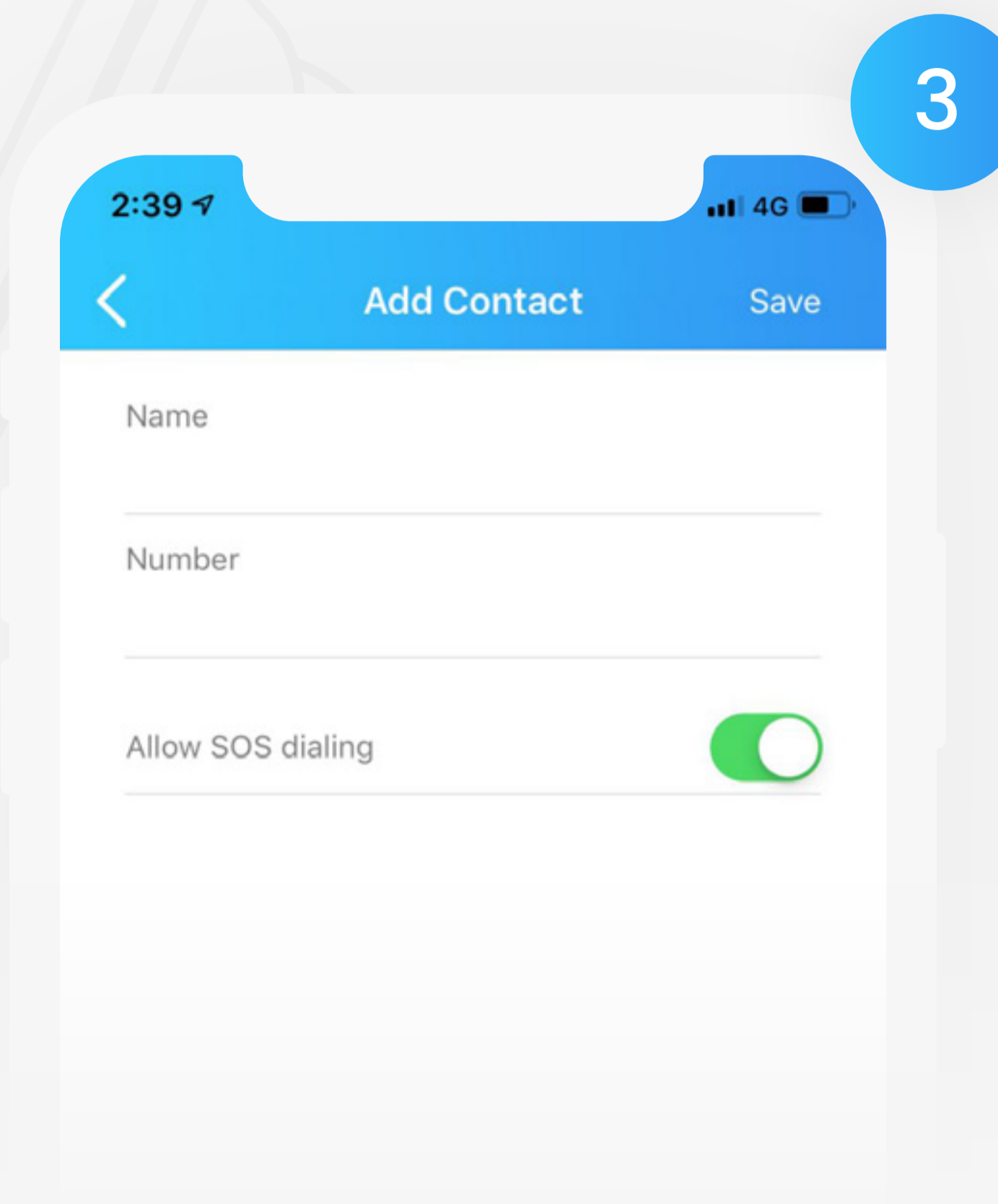
2.1 Add Contacts



Press the [More] icon on home screen of the app



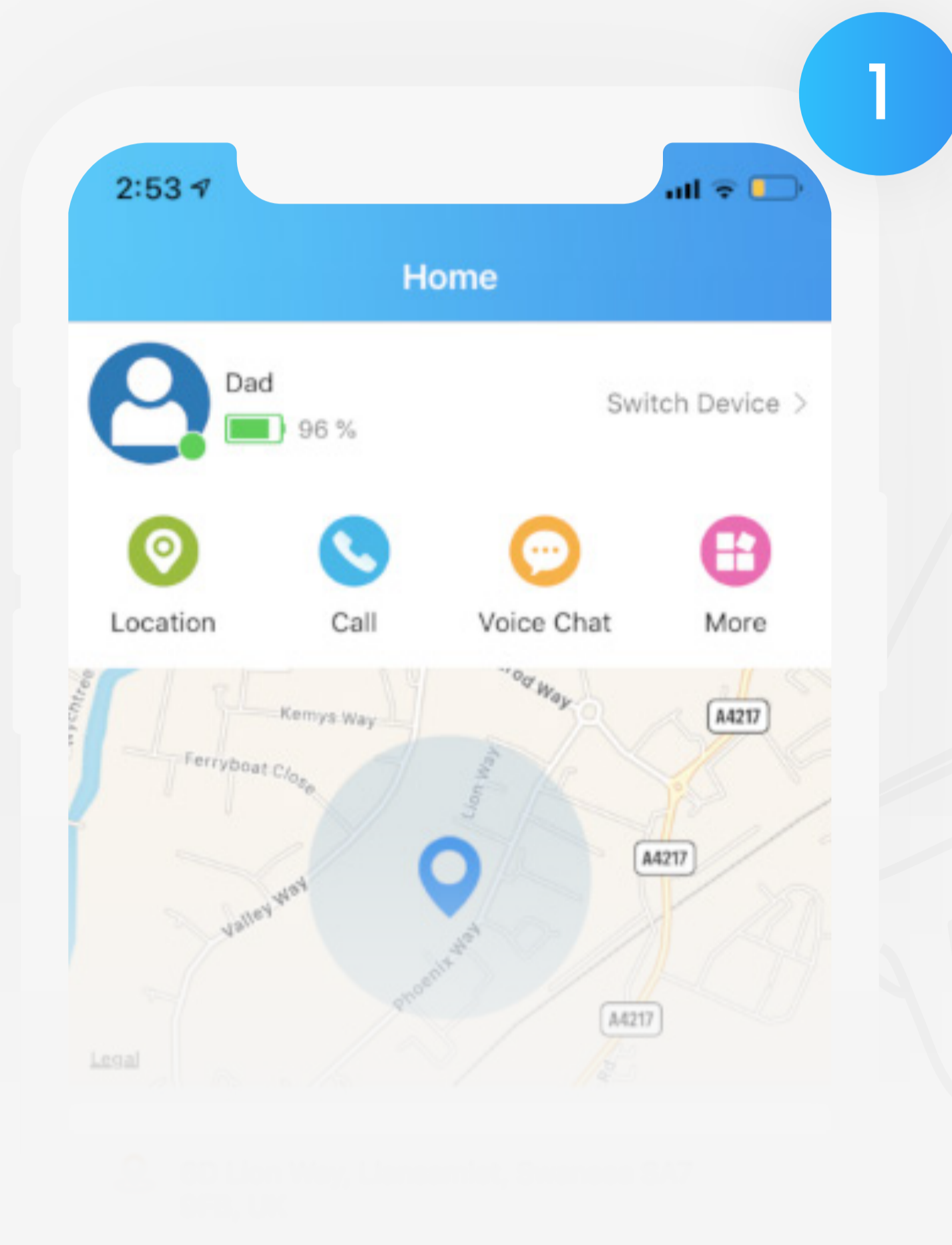
Next, select 'Add Contact' from the Command List



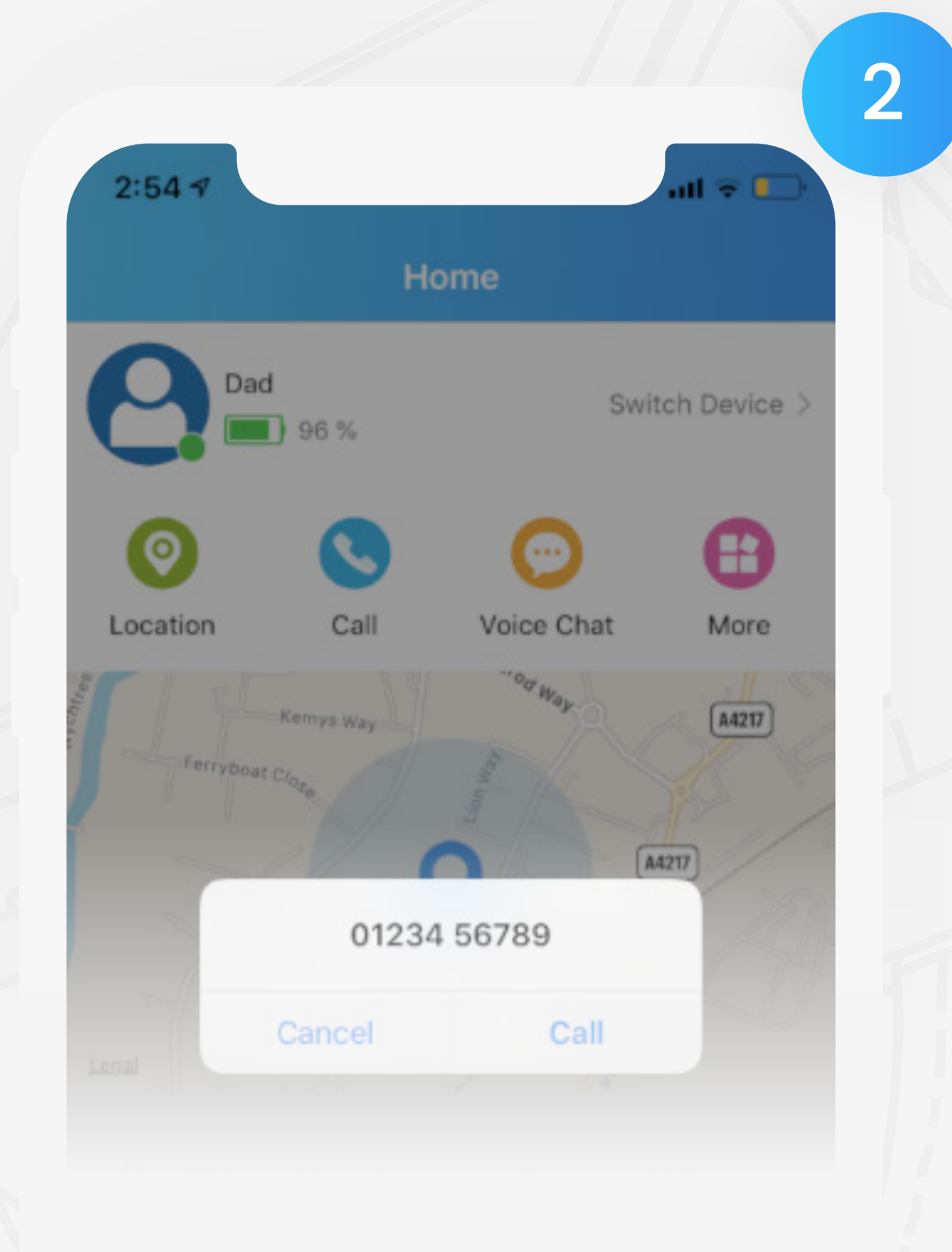
Continue to fill out the fields such as name, number and then press 'Save'

Using The Guardian App

2.2 Call The Watch



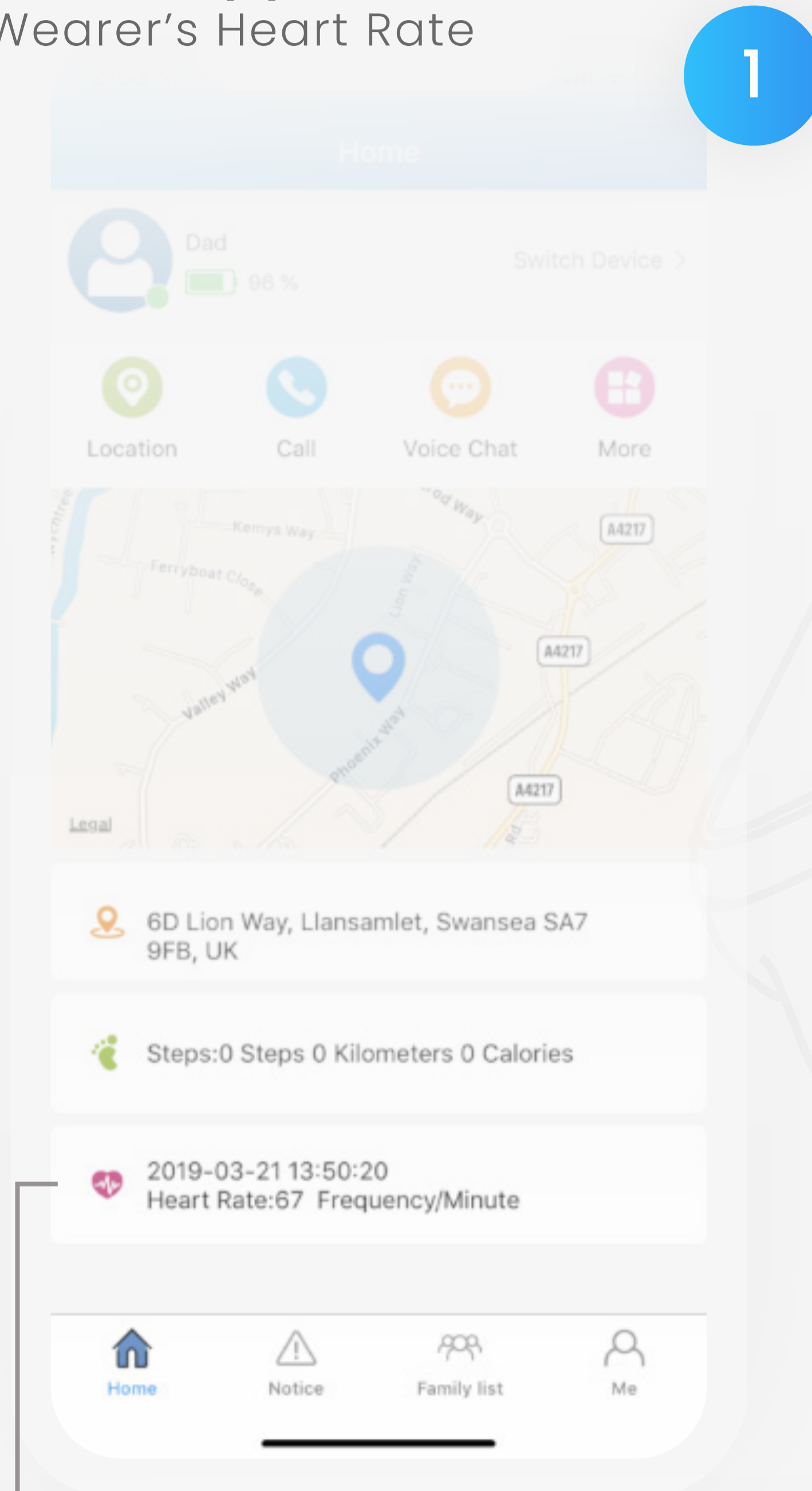
To call the watch, go to the home screen and then **press** the [📞] icon to call the watch



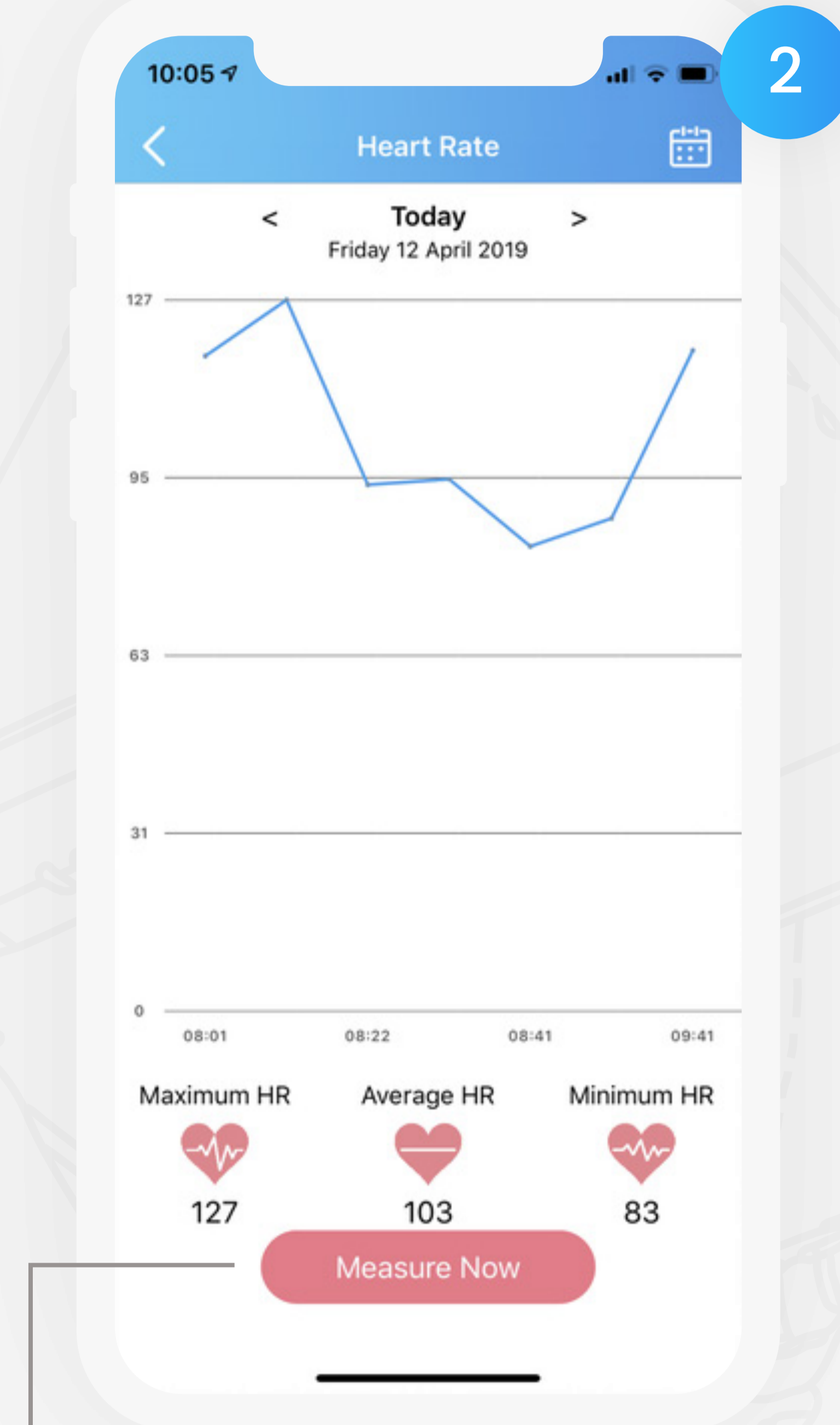
You may be prompted to **press** 'Call' before the call can begin

Using The Guardian App

2.3 Measure The Wearer's Heart Rate



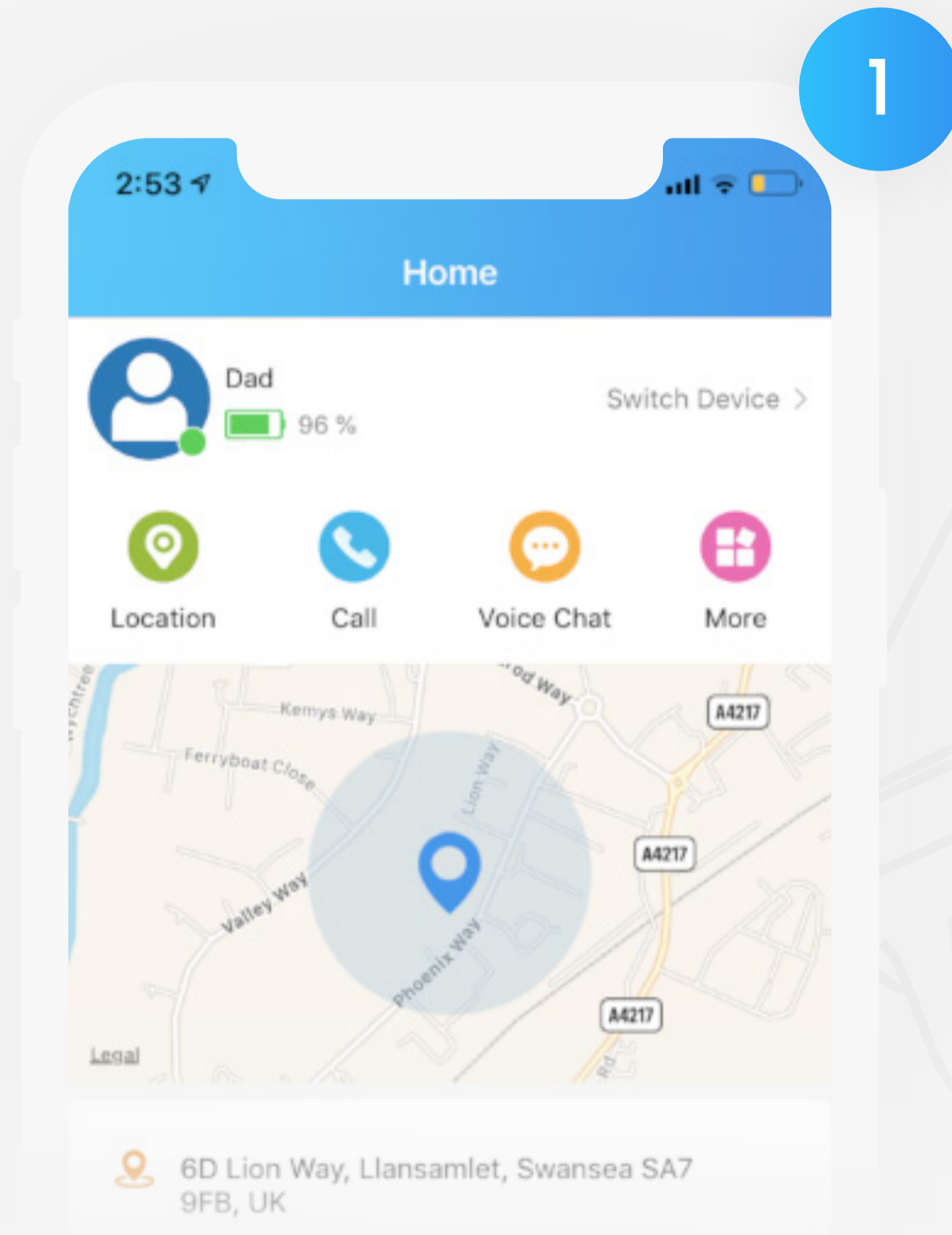
To measure wearer's heart rate, select the 'Heart Rate' section at the bottom of the homescreen



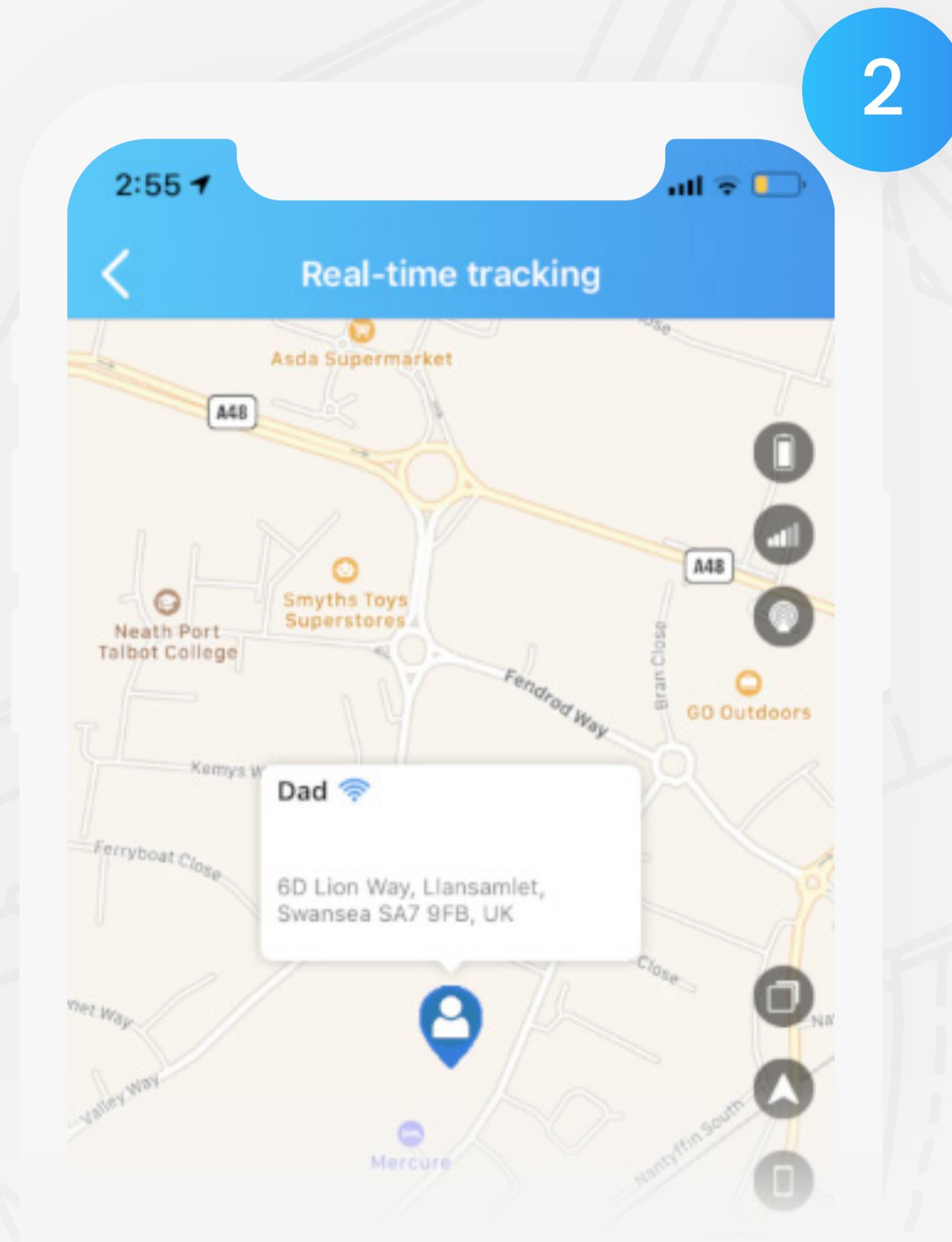
After pressing 'Measure Now' it will take up to 5 minutes for heart rate readings to display on the app.

Using The Guardian App

2.4 Locate The Wearer



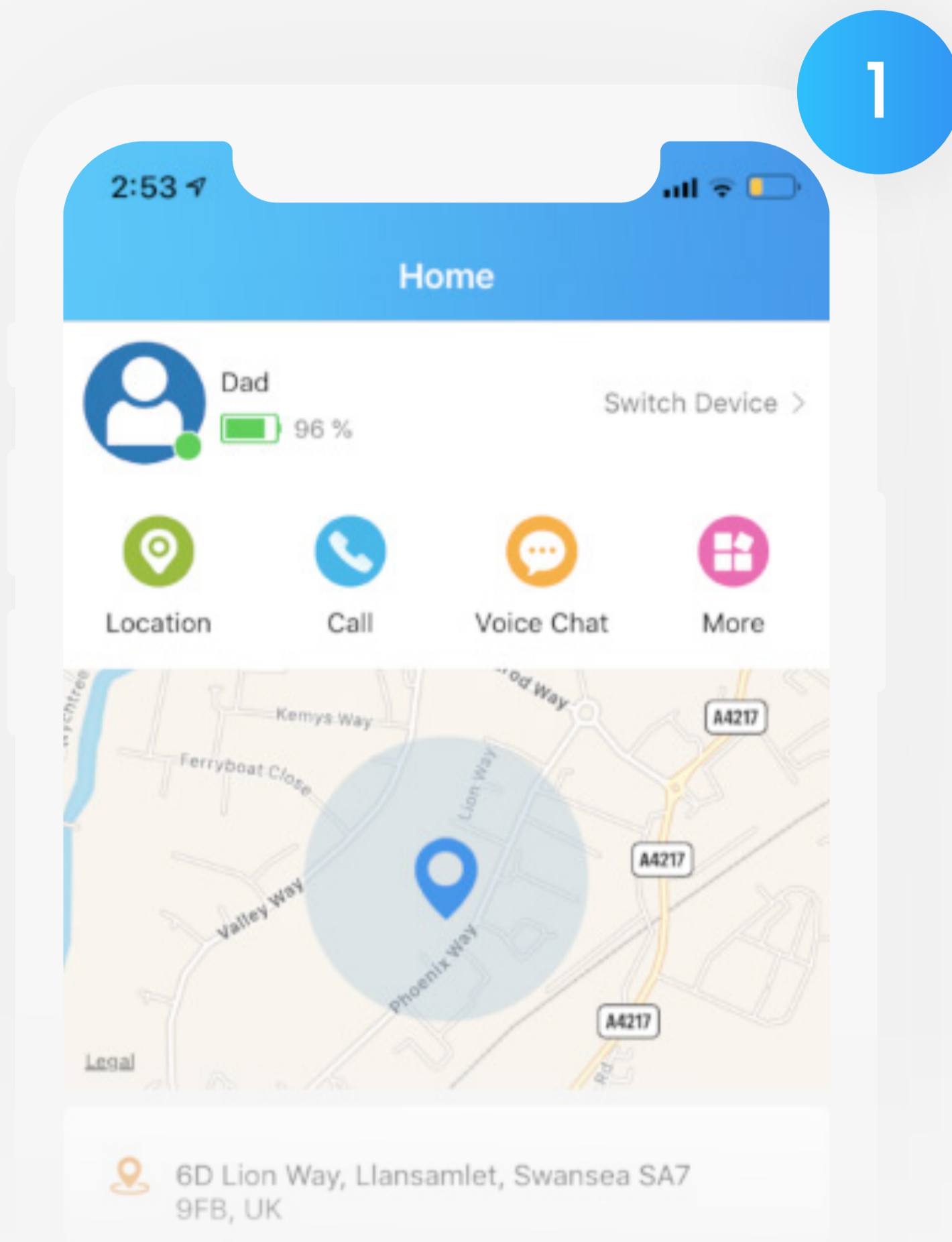
To locate the wearer, begin by pressing the icon [📍] on the app home screen



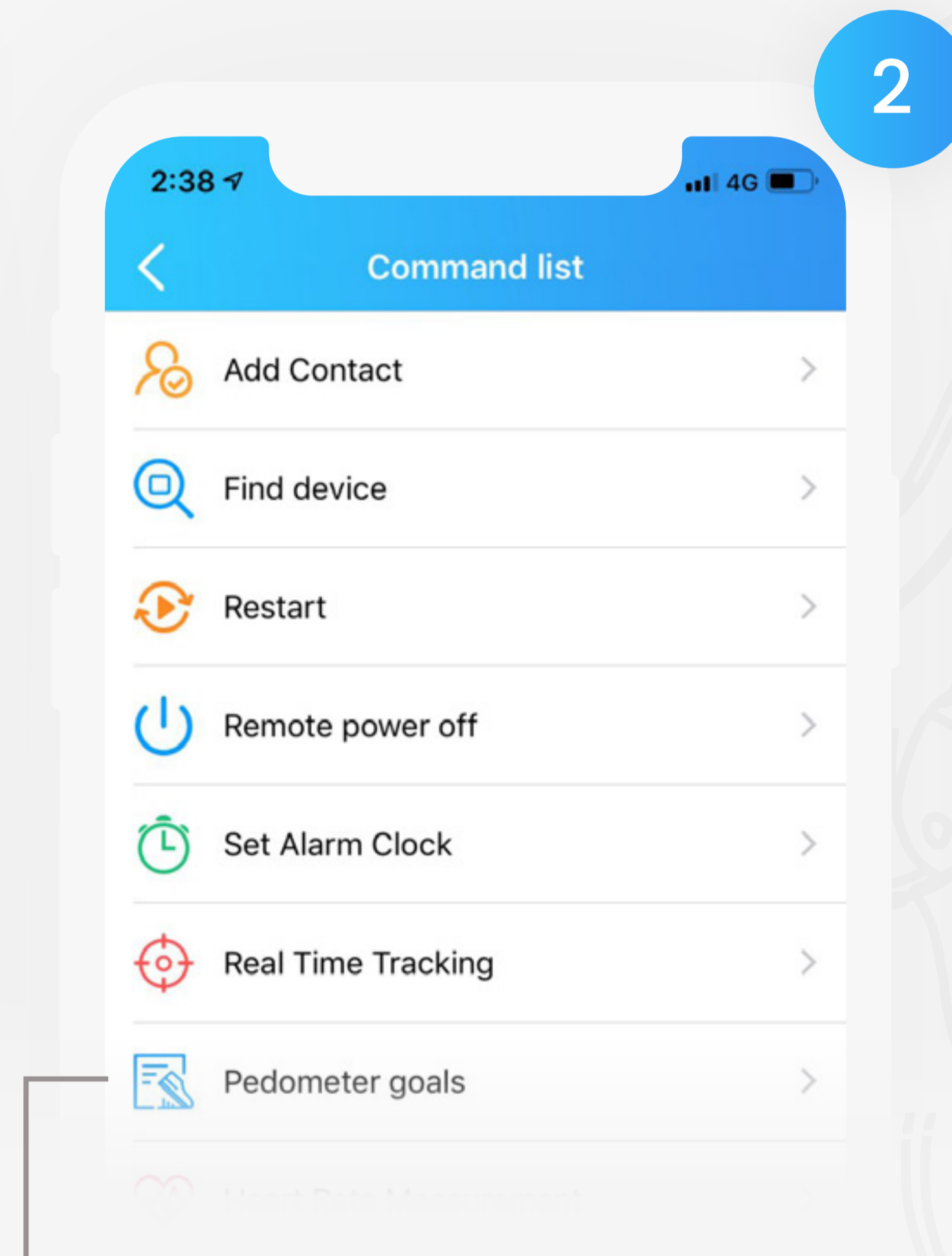
In real-time the app will locate the wearer's location

Using The Guardian App

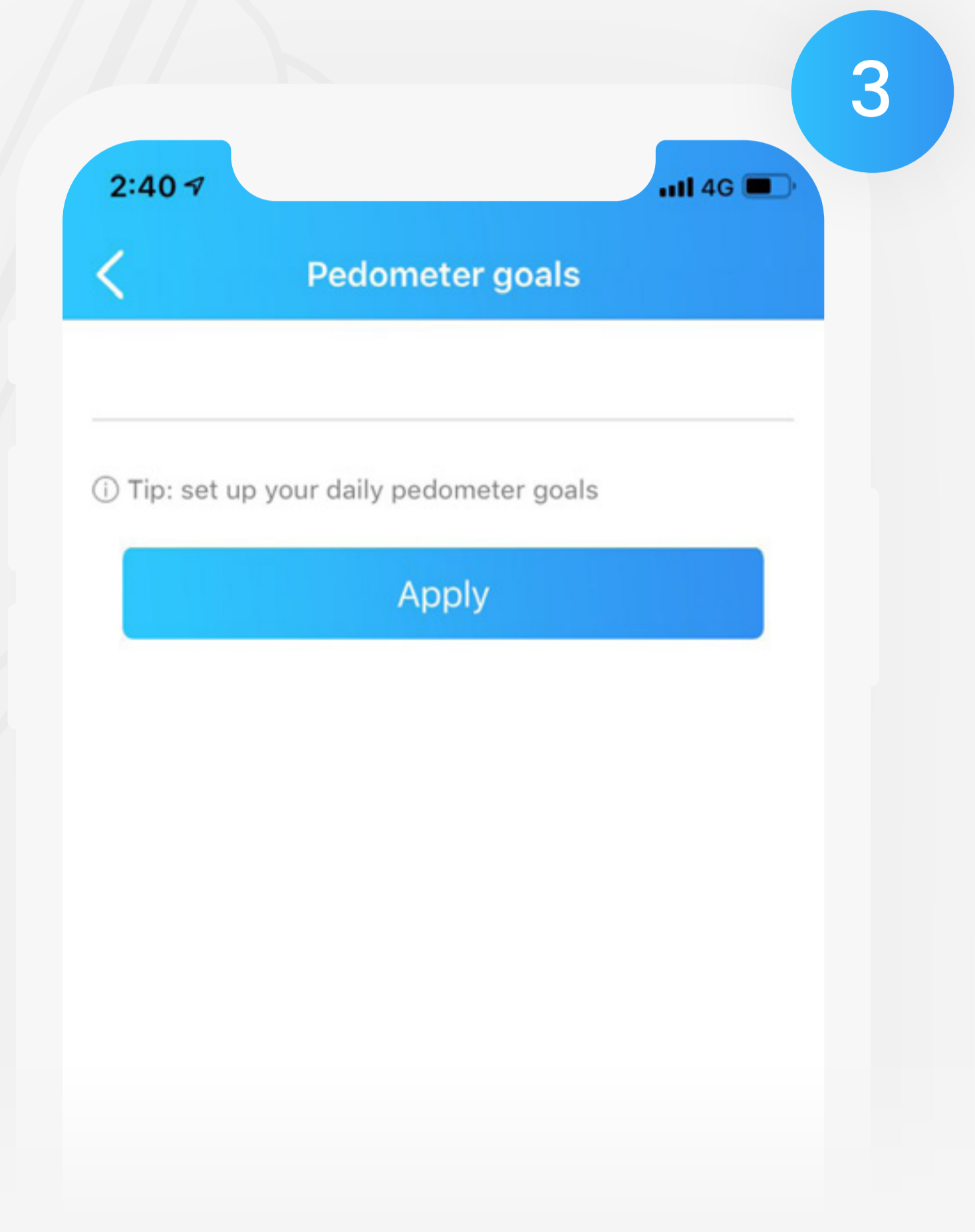
2.5 Set Pedometer Goals



Begin by **pressing the icon** [🗄️] on the app homescreen



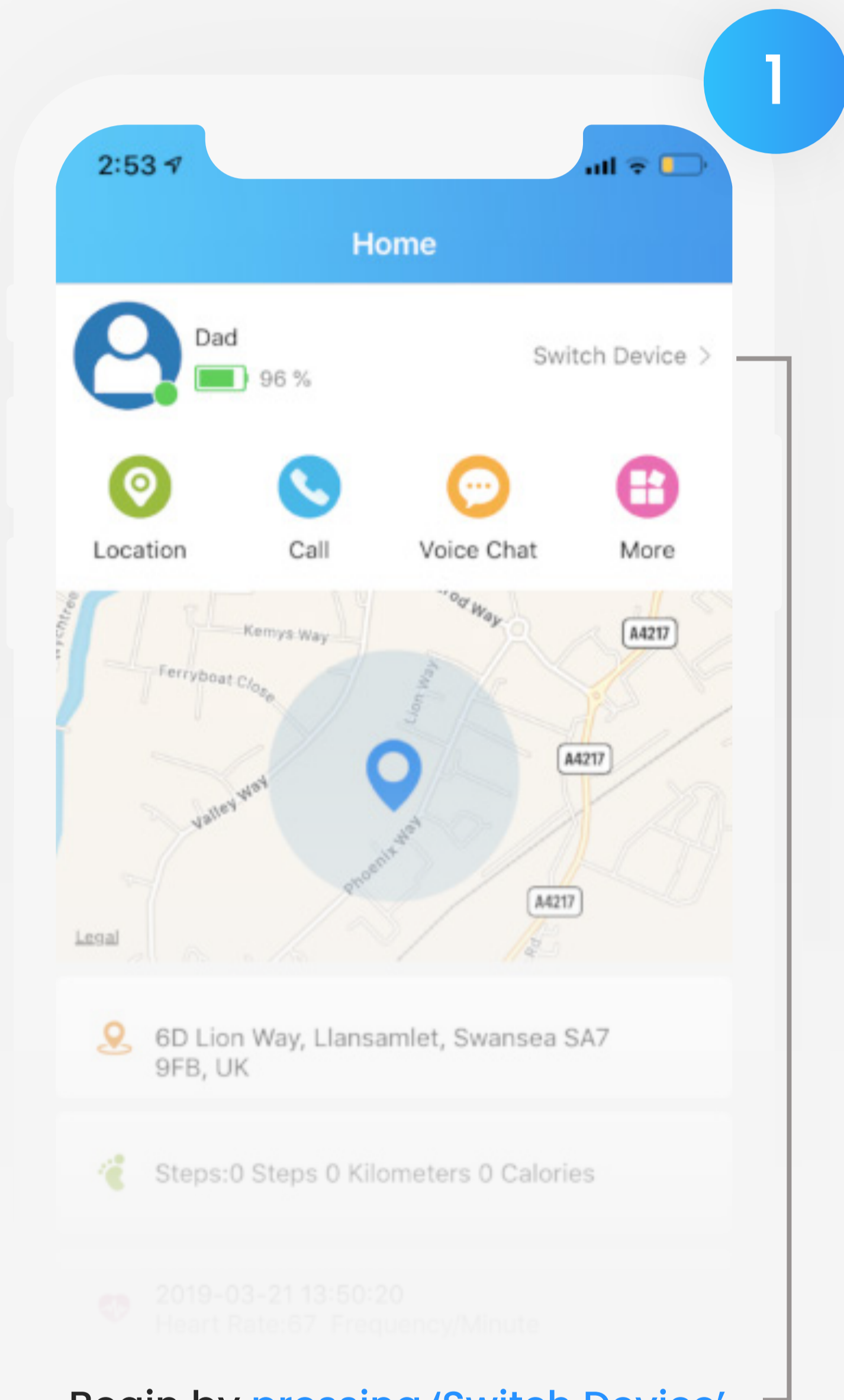
Select Pedometer Goals from the features list



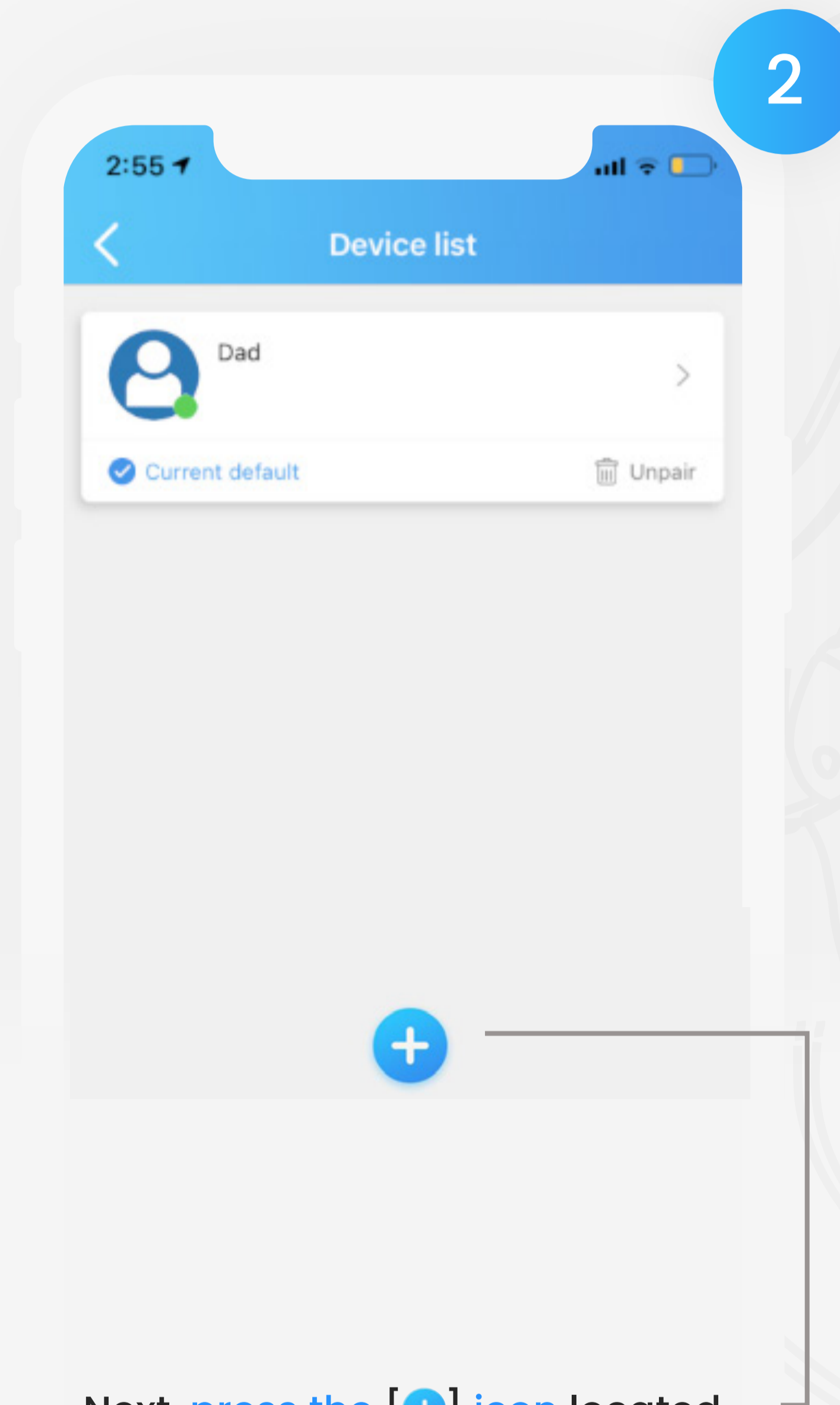
Enter the amount of steps you would like to reach daily

Using The Guardian App

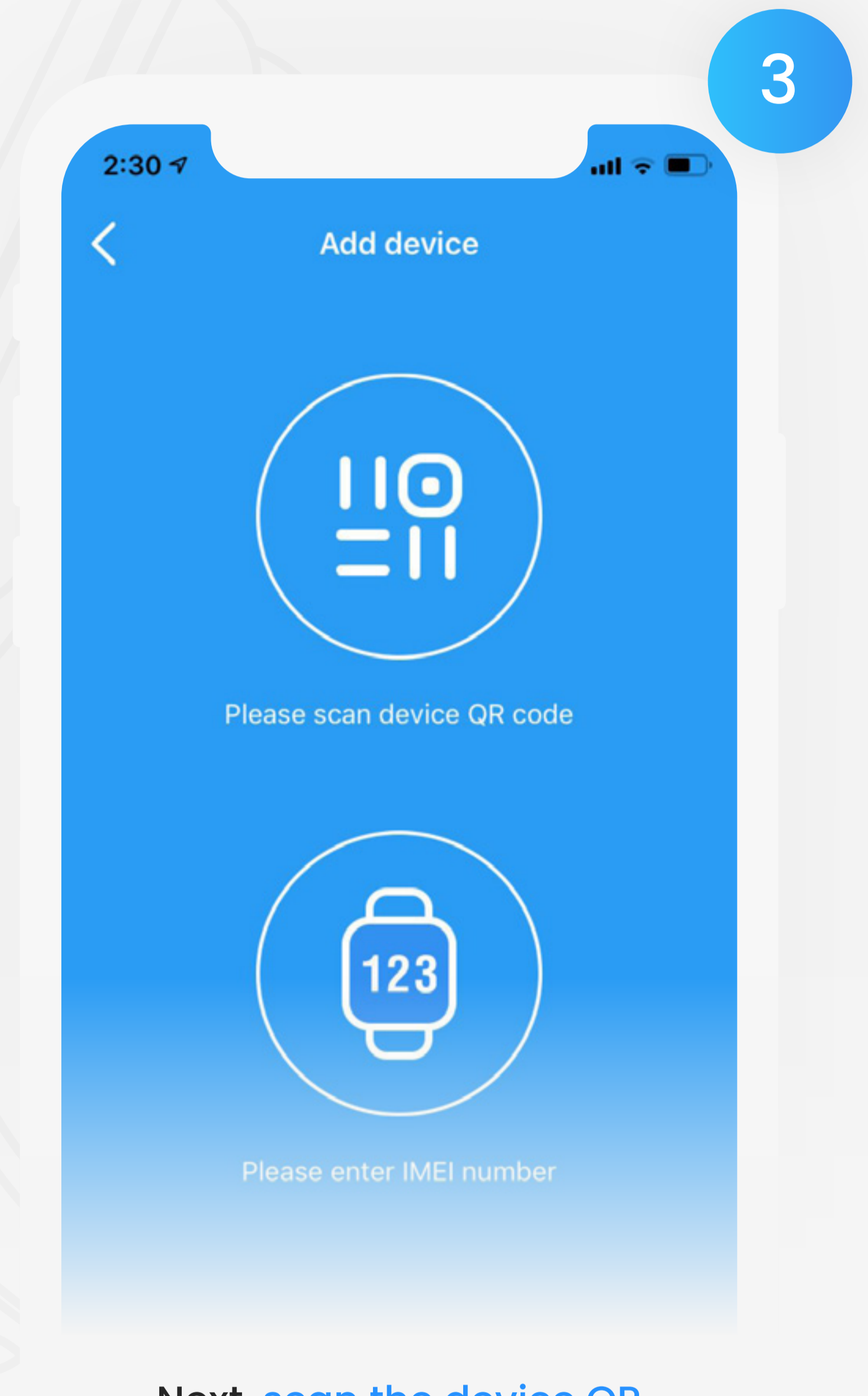
2.6 Add Another Watch To The App



Begin by pressing 'Switch Device' on the home screen



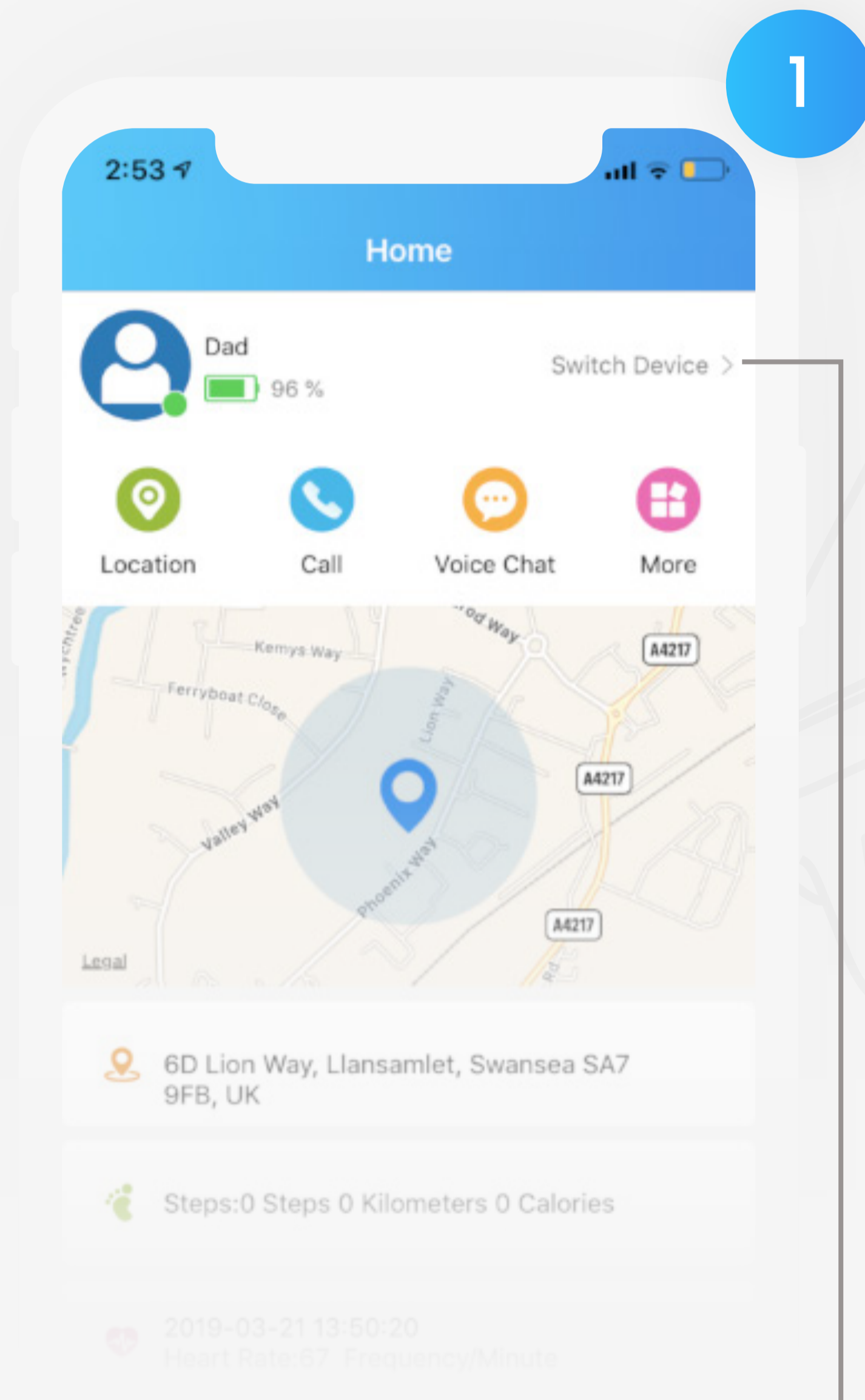
Next, press the [+] icon located at the bottom of the screen



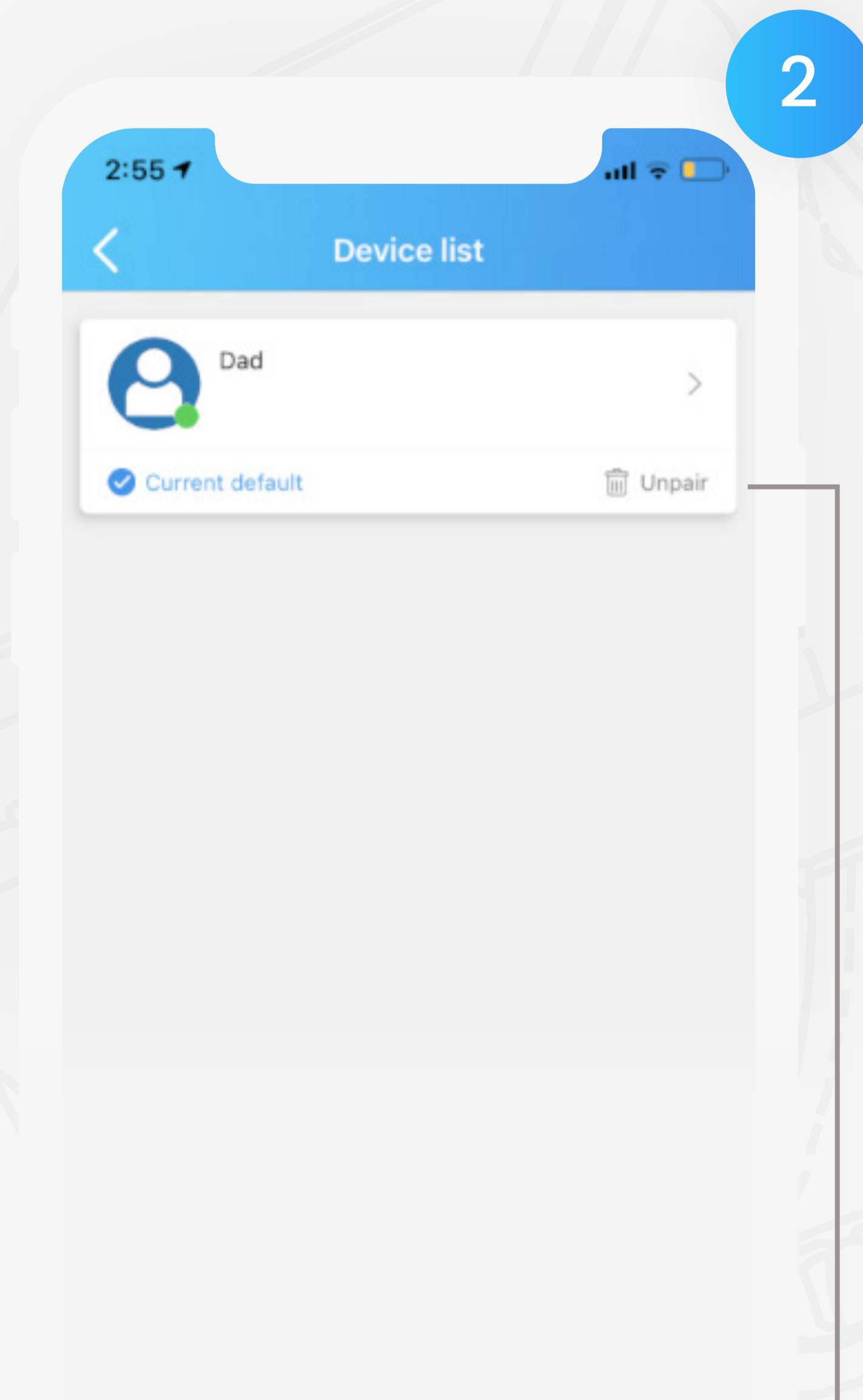
Next, scan the device QR Code to add the new device

Using The Guardian App

2.7 Unpair The Watch From The App



Begin by pressing 'Switch Device' on the home screen



Next, press 'Unpair' to remove the watch from the app

Using The CPR Guardian II

3.1 Make A Phone Call

1



To make a normal call, **swipe right to left** on the watch face

2



Next, tap the **'Phonebook'** icon

3



Select who you wish to call & **hold down** on the contact to call

Using The CPR Guardian II

3.2 Make An SOS Call

1

To make SOS calls from the watch hold down the red **SOS button** for **3 seconds**



The watch will the begin to repeatedly call the **SOS contacts** until the call is answered

Using The CPR Guardian II

3.3 Send A Voice Message

1



To send a voice message
swipe right until you see
the 'Voice Chat' icon

2



Next, tap the
'Voice Chat'
icon

3



To record your message,
press & hold the
microphone icon

Using The CPR Guardian II

3.4 Test Your Heart Rate



To test your heart rate, **swipe right** on the watch face until you see the Heart Rate icon.



Next, **wait up to 60 seconds** for the result. To re-test, tap the screen again

Using The CPR Guardian II

3.5 Change The Clock Face

1



To change the watch clock face
press the home screen on the
watch for **3 seconds**

2



Repeat the first step again to
cycle through the watch faces

3



Repeat the first step again to
cycle through the watch faces

Using The CPR Guardian II

3.6 Charge The Watch

1



To charge the watch insert the USB end into a **power supply**

2



Next, connect the magnetic end to the **back of the watch**

Additional Information

2.2 Functions & Usage

SOS Button Hold down the “SOS button” for 3 seconds, the watch will automatically update the GPS location and continually dial the phone book numbers until answered.

Phone Call Make a phone call: enter the watch “Phone Book” interface, choose the App preset contact and press to dial the number. Answer a phone call: when you receive an incoming call on the watch, just press the Green icon on the watch screen to answer the call.

* Only the App preset mobile contact numbers can make calls to the watch, and the watch can only dial the preset mobile contact numbers in the phone book.

Location Enter the App to check the current location of the watch.

Pedometer Enter the watch “Pedometer” interface and press the icon to check the Steps/Distance/Calories, and all the data will transfer to the App automatically.

Blood Pressure Enter the watch “Blood Pressure” interface and press the icon to start the blood pressure testing. The test data will show on the watch after the test is complete.

Voice chat Send a voice message: enter the watch “Voice chat” interface, tap the microphone icon shown on the screen to start and record the voice message, then send the voice message when you finish. Every voice message can record for up to 15 seconds.

> **Power ON** Long Press the power button for 3 seconds.

* If the new watch does not power on, it may not be sufficiently charged, please recharge the watch.

* If there is a problem with the watch display (such as: black screen), please press and hold the power button for 15 seconds to power on the watch again.

> **Power OFF** Press and hold the power button for 15 seconds to turn off the watch.

* Light up the screen: Press the power button once.

* Light off / Lock the screen: Press the power button once (when there is no operations on the watch, the illuminated screen will go off after 5 seconds).

> **Change The Watch Faces** Press and hold the watch screen in the main interface, to enter and change the different watch faces.

* Slide to Left / Right: enter the watch function menu Phone Book, Heart Rates, Pedometer, Voice Chat

* Slide from Top to Down: display the watch status such as the SIM card network connection signal and battery life.

Additional Information

2.2 Cautions & Warranty

Cautions

- GPS and other telephone functions require SIM credit. The GPS will not work when the watch is powered off or the SIM card/GSM network does not have coverage or is out of service.
- Please note the Guardian II is IP67 water resistant.
- Do not allow children to chew or ingest parts of the watch.
- Avoid using the watch in excessive temperatures.
- Opening the watch will make your warranty null and void.

Warranty

This product is guaranteed by the manufacturer for a period of 1 year from the date of purchase. This guarantee does not cover defects arising from accidental damage, misuse or wear and tear and is available only to the original purchaser of the product.

