

MIXX®

SMARTWATCH



Watch Core

Full Touch Colour Screen

HOW TO GUIDE

MIXX[®]

S M A R T W A T C H

THANKS!


Thank you for choosing to buy our MIXX Watch Core.

All products brought to you by MIXX Limited come with a 2 year warranty for peace of mind.

Feedback is welcome, email us on support@mixx-io.com for any comments or queries.

IMPORTANT!

Make sure Bluetooth is switched on, on your phone, but please **DO NOT** pair the Watch Core using the Bluetooth settings on your phone. You need to pair the watch with your phone using the FREE Wofit App.



Please scan the QR Code or enter URL bit.ly/WoFit_download to install the FREE WoFit App  on your phone.



WoFit supports iOS 9.0 or later, and Android 4.4 or later.

We hope you enjoy using your Watch Core.

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LET'S START

What's in the box?

A MIXX Watch Core



- 1 Multi-touch Screen
- 2 Home Screen (one press) / Power Button (press & hold)
- 3 Watch Strap
- 4 SmartWatch Sensors
- 5 x 2 Strap pins
- 6 Charging connectors
- 7 Magnetic USB Charger



LET'S STAY CHARGED

The Watch Core will need to be charged before using it for the first time.

Connect the charge pins on the Magnetic USB Charger **7** to the charging connectors **6** on the back of the watch. You will see the charging icon on the watch screen display for 5 seconds.

It will take up to 2 hours to fully charge this watch and then a battery icon will show.



IMPORTANT!

Please ensure the Watch Core is **dry** before charging.

Regularly clean charge connectors **6** with a dry cloth to ensure there are no problems charging.

LET'S POWER

Press and hold the Power Button **2** for 5 seconds to turn the watch on.


When the Watch Core turns on for the first time, it will give you a choice of languages to choose from. Use your finger on the touch screen to swipe up/down and select your chosen language by tapping the tick icon.

You can then scan a QR code to download the WoFit App (see page 4), or skip this option by selecting 'Jump over' to go into 'Stand-alone' mode. 'Stand-alone mode' allows the watch to be used without the App and therefore will need functions like time and date to be set up manually.

We recommend using the watch paired with the App so that you can record your data and get a clear break-down of all your activities. Once your watch is turned on and your chosen language is selected, we recommend you follow the next step to install the FREE WoFit App (Let's Install The App: Page 4).

LET'S INSTALL THE APP


IMPORTANT: Make sure Bluetooth is switched on, on your phone, but please **DO NOT** pair the Watch Core using the Bluetooth settings on your phone. You need to pair the Watch Core with your phone using the **FREE** Wofit App:

1. Scan the QR Code (right) with your smartphone to download the free **WoFit** App. (*)
2. Tap the **WoFit** icon  to install the App and then **tap** to open.
3. Follow the on-screen instructions to register and to set-up an account.
4. Login to the App and follow the on-screen instructions.



*** Or, find the QR code on your watch:**

1. After turning your watch on for the first time (Let's Power: Page 3) and selecting your chosen language, you are then given the option 'Scan code pairing'. On selecting this option on your watch, you are shown a QR code which can be scanned using your smartphone to download the WoFit App. Then follow steps **2-4** above.

Note: The WoFit APP  supports iOS 9.0 or later, Android 4.4 or later and Bluetooth 5.0.

You require Android 4.4 or Apple iOS 9.0 and later to pair with this App. Only one smartphone can be paired to the Watch Core. To pair other mobile phones, please **unbind** the current phone before pairing.

LET'S PAIR THE APP TO YOUR WATCH

IMPORTANT!

Please install and open the App on your phone, then follow the instructions below as numbered:

1. **In the App, tap** the device icon to open the device screen.
2. **Tap** 'Add new device' to find the Watch Core in device list.
3. **Accept** the App instructions for location permission.
4. **Select** 'MIXX WatchCore' on your phone.

On your watch screen, you should now see a graphic to confirm the device pairing. Tap the tick to confirm.



5. Once paired you will see an infinity symbol on your Watch Core screen. You should now be successfully paired with your Watch Core.



NOTE: Please DO NOT try to pair your MIXX Watch Core using the Bluetooth settings on your phone directly. Unpair with your phone's Bluetooth settings and start from the 'IMPORTANT!' message above to pair with the FREE WoFit App.

To UNBIND, **tap** the device icon, select your device and choose **Cancel pairing** from the bottom of the list of options.

LET'S LINK TO... Apple Health

1. Open the **WoFit app**
2. **Tap** the 'Mine' icon to reveal your settings.
3. Select '**Connect via 3rd Party Platform platform**'.
4. Select **connect to 'Apple Health'**.
5. Open your **Apple Health app** and **tap your profile picture**.
6. In your Apple Health profile **select: Apps** in your privacy settings.
7. Select 'WoFit' from the list.
8. Finally, **activate** the categories that you want WoFit to track.

LET'S LINK TO... Google Fit

1. Open the **WoFit app**
2. **Tap** the 'Mine' icon to reveal your settings.
3. Select '**Connect via 3rd Party Platform platform**'.
4. Select **connect to 'Google Fit'**.
5. Choose a **Google account** to connect your WoFit app.
6. **Allow** WoFit to **access** your Google account
7. WoFit is **now connected** to your Google Fit app.

LET'S CHANGE THE WATCH STRAP

You can replace the watch strap with most regular 22mm straps and attach it to the watch body. Just slide the pins to remove the straps and replace with the new ones.




LET'S ADJUST THE SCREEN

ADJUST SCREEN BRIGHTNESS

From the home screen of your Watch Core, **swipe up** to the Quick Settings Menu and **tap/swipe** the brightness bar to adjust the brightness of your screen up/down.



ACTIVATE SCREEN USING WRIST ROTATION

From the home screen of your Watch Core, **swipe up** to the Quick Settings Menu. **Tap**  to turn the wrist activated screen on/off. The icon will turn green when switched on. Once on, you can move your wrist or arm to activate (wake up) the screen.

LET'S PLAY

Adjust the watch strap so that it is a snug fit on your wrist (not too tight or loose) and there is no green light coming through from the LED light under the body of the watch.

2 Home Screen / Power Button: **Press and hold** to turn the Watch Core on/off. **Press once** for the Watch Core home screen.



1. WORKOUTS

From the Watch Core home screen, **press** the Home screen button **2** and locate the Workouts feature. The Watch Core can track the following 20 sporting activities:



1. Run | 2. Walk | 3. Cycling | 4. Breathe | 5. HIIT | 6. Plank | 7. Rope skipping
8. Yoga | 9. Climb | 10. Hiking | 11. Spinning Bike | 12. Rowing | 13. Stepper
14. Elliptical | 15. Basketball | 16. Tennis | 17. Badminton
18. Football | 19. Baseball | 20. Rugby



2. SPORTS RECORD

Any workouts you have recorded can be viewed under the Sports Record. From the Watch Core home screen, **press** the Home screen button **2** and locate to the Sports Record feature. Here you will see a list of workout data from activities you have completed using any of the 20 workouts listed above.



3. ACTIVITY DATA (Step Counter)

From the Watch Core home screen **swipe right** to the Activity Data. The watch will show you: steps, distance walked and calories burned for that day based on your daily activities. **Swipe down** on this screen for 1 extra page of data.

A more detailed breakdown of your progress and achievements can be seen via the App on your phone.



4. SLEEP MONITORING

REMEMBER! To wear your Watch Core to bed to capture your sleep patterns.

From the Watch Core home screen **swipe right** to locate the Sleep feature. From here you will see your previous nights total sleep. **Swipe down** on this screen for 2 extra pages of data.

You can see more details of your sleep pattern including a break down of light and deep sleep using the App on your phone.



5. SpO2: BLOOD OXYGEN MONITORING

From the Watch Core home screen **swipe right** to locate the SpO2 feature. A 30 second countdown will start and then your blood oxygen result will display. **Swipe down** on this screen for 1 extra page of data.

You can see more data of your blood oxygen via the App on your phone.





6. HEART RATE

From the Watch Core home screen **swipe right** to locate the Heart Rate feature. The Watch Core will show your BPM heart reading. **Swipe down** on this screen for 1 extra page of data.

You can see more data of your heart rate on the App on your phone.



7. STRESS

From the Watch Core home screen **swipe right** to locate the Stress feature. A 60 second countdown will begin whilst your stress level is calculated. Once the countdown is complete, your stress level will appear.

Swipe down on this screen for 1 extra page of data.

HOW TO READ YOUR RESULTS:

- 1-29: Relaxed
- 30-59: Normal
- 60-79: Medium
- 80-99: High



The figures by the red and green arrows represent the highest and lowest values during the measurement.



8. TEMPERATURE

This feature needs to be activated via the App. (See P15 for more info).

From the Watch Core home screen **swipe right** to locate the temperature feature. Your current temperature will be displayed on your Watch Core screen.

You can see more data of your temperature on the App on your phone.



9. OTHER FITNESS FUNCTIONS



COUNTDOWN

From the Watch Core home screen, **press** the Home screen button **2** and locate the Countdown feature. There are 2 pages of 4 preset countdown times to choose from. **Swipe down** on this screen to locate the additional preset times.

Tap a time to begin the countdown. You can pause or stop the countdown at any point.



STOPWATCH

From the Watch Core home screen, **press** the Home screen button **2** and locate the Stopwatch feature.

Tap the play button to start the stopwatch timer. You can then pause and reset the stopwatch by pressing the icon, respectively.



10. FEATURES FROM YOUR PHONE



ALARM CLOCK

From the Watch Core home screen, **press** the Home screen button **2** and locate to the Alarm clock feature. From here you can add and edit alarms straight from your watch.

You can also add and edit alarms from the phone App. **Tap** the device icon.

Select the Watch Core from the device list and scroll down the list of options to the Alarms.

Your Watch Core will buzz when the alarm is activated.

REMOTE CAMERA

On the phone App, **select your device**. Then scroll to the option: 'Rotate Wrist to Take Photo' under the Tools section.

The camera on your phone will open and the screen on your Watch Core will change to the Photograph screen. Depending on your phone, you may have to switch to selfie-mode.

Set up your phone to point at the desired subject and use your Watch Core to take the photo by either: **tapping the screen** of your Watch Core or **rotating your wrist**. Your Watch Core photos will be automatically saved to a new album on your phone.



MUSIC CONTROL

For this feature to sync with your Watch Core make sure all permissions are allowed on your phone. Open your preferred music App on your Smartphone.

Your music will need to be playing for the Watch Core to sync correctly within the App.

From the Watch Core home screen **swipe left once** to the Music Control feature. You can now use your Watch Core to play/pause, skip tracks and adjust the volume of your music playing on your phone or connected Bluetooth device.



MESSAGES

You will need to make sure permissions are allowed on your phone.

In the App select your device, then 'Notifications'. From here you can choose which Apps have permission to send notifications to your Watch Core. From the Watch Core home screen, **swipe down** to locate your messages.

The Watch Core will buzz to alert you of a new message/notification. Up to 10 messages can be stored on the watch at one time.



11. WATCH SETTINGS



CHANGE THE WATCH FACE

From the Watch Core home screen, **tap and hold** the Multi-touch Screen **1**.



Swipe to the right or left to choose your home screen display and then **'tap'** on the screen to confirm. There are 5 pre-set faces loaded onto the watch.

You can upload 1 additional watch face option from the App onto your Watch Core: in the App, select your device and then **tap** 'Watch Face Style' (under 'Display') to show infographic or photographic watch face options. You can have a total of 7 different watch faces loaded onto the watch at one time.



SAVE POWER

From the Watch Core home screen, **press** the Home Screen Button **2** and locate the Save Power feature. From here you can choose to only show the time function on your Watch Core. This will save battery life but other functions will become unavailable. Long press the Home Screen Button **2** to exit power saving mode.



TORCH

From the Watch Core home screen, **press** the Home Screen Button and locate the Torch feature. **Tap** icon to activate torch. **Press** the Home Screen Button **2** again to exit.





SETTINGS

From the Watch Core home screen, **press** the Home Screen Button and locate the Settings feature. **Tap** icon to open a list of settings such as adjusting the time format, resetting the watch, help and more.

12. WATCH CORE NAVIGATION

MAIN MENU

From the Watch Core home screen, **press** the Home Screen Button **2** for the main menu. **Swipe down** to view the more options. This menu can be viewed in list view  or grid view . Examples below are shown in grid view.



MAIN MENU ICONS P1:

- | | |
|---------------------------|--------------------------|
| 1. Steps (see p9) | 5. Blood oxygen (see p9) |
| 2. Sleep (see p9) | 6. Heart Rate (see p10) |
| 3. Sports Record (see p8) | 7. Stress (see p10) |
| 4. Workouts (see p8) | 8. Temperature (see p10) |



MAIN MENU ICONS P2:

- | | |
|------------------------|------------------------|
| 1. Watch face (p13) | 6. Menu view (see p14) |
| 2. Alarm Clock (p11) | 7. Torch (see p14) |
| 3. Music (p12) | 8. Save Power (p13) |
| 4. Countdown (see p11) | 9. Settings (p14) |
| 5. Stopwatch (see p11) | |

QUICK SETTINGS MENU

From the Watch Core home screen, **swipe up** for the quick settings menu.

Swipe right to view the second page.



Some of these functions are repeated in the Watch Core's Main Menu above.

QUICK SETTINGS ICONS P1:

1. Brightness (see p7)
2. Torch (see p14)
3. Screen lock
4. Do not disturb
5. Wrist activated display (see p7)

QUICK SETTINGS ICONS P2:

1. Look for cellphone
2. Save power (see p13)
3. Settings
4. About

MORE FEATURES

Use the App to switch on the features outlined below to receive these reminders from your watch.

1. **Temperature** - This feature will need to be activated via the WoFit App. Once paired, use the App and tap the Device icon. Choose the Watch Core from the device list, scroll down to the 'Other' section and select 'Switch setting'. From here make sure the sliders are switched on for Temperature and this will now be added to your Watch Core.
2. **Set goals** - set yourself personal goals for: steps, fat reduction and sleep.
3. **Sedentary alert** - sets a reminder for you to move. This is handy if you sit in a chair all day.
4. **Incoming call** - turn this feature on under 'Notifications' and follow the on screen instructions so that you can obtain notifications on your watch.

LET'S VIEW TECHNICAL SPECS

Watch strap length:	240 mm
Watch strap width:	22 mm
Weight:	38g (including strap)
Battery:	250mAh Poly-Li
Waterproof rating:	IP68

LET'S RECYCLE

This product can be recycled. 

Products bearing this symbol  must NOT be thrown away with normal household waste.

Take the product to a collection point designated for recycling of electronic devices. Find out more about return and collection points through your local authority.

CONTACT MIXX

Feedback is welcome simply email us on support@miox-io.com or visit mioxwatch.com for more information.

LET'S BE SAFE

It's important that you read this section completely, especially the **'Warning, Caution and Safe Usage'** instructions.

For your protection

Ensure the product is correctly connected using the manufacturer's original accessories included with the product.

Please keep the product out of reach from children and animals.

IMPORTANT!

Do NOT use a non-certified PD or QC3 wall charger as this may damage the product. Only use the cable supplied to charge your device.

May contain small parts which may be a choking hazard. NOT suitable for children under age 6.

Allergy information:

Please note that it is your responsibility to be aware of any allergies you may have to metals and / or other materials that may be present in this product including, but not limited to: gold, silver, nickel, steel, painted surfaces, silicon, rubber or plastic. As there is no way for us to know of any allergies you may have, we will not accept liability for any allergic reaction that may occur because of wearing and / or using our products.

NOTE:

If your product has become damaged in any way, does not operate normally or has been dropped, please refer to a qualified person to have the product checked before continuing to use it.

WARNING: The operating temperature range for this product is 5° - 40° Celsius. Please avoid exposing the product and cable connectors to prolonged rain, moisture, any splashing or liquid spills. This may cause excessive heat or melting and may lead to fire damage or personal injury.

CAUTION: This product contains a Lithium battery. Incorrect disposal of this battery may result in an explosion.

NEED EXTRA HELP? Q&A

Q. My heart-rate signal seems to be missing?

A. If your Watch Core is not showing a heart rating then the data will appear as a dotted line.

Please confirm if you are wearing the watch correctly and that the strap is not too loose or too tight. The watch strap should ideally sit back one finger width from your wrist. Not too high and not too low on your wrist or arm. After adjusting the watch please do the following:

- From the Multi-touch Home Screen **1** **swipe right** to the heart rate screen on the Watch Core to obtain a manual reading.
- Check the heart rate monitor feature is turned on in the App. You should see a reading of your heart rate.

Q. I'm having trouble pairing my Watch Core with my smartphone?

A. Try the following solutions:

- Check the Watch Core is not paired with another mobile device. Please **unbind** it from the App to unpair the watch (See page 5).
- Go to LET'S INSTALL THE APP section (See page 4) and follow the steps.
- IOS device users should go to their Bluetooth settings, 'unpair' or 'forget' this device and pair it again.

EXEMPTION NOTES

1. The Heart rate data output or results by the Watch Core or App are not intended to be used on a medical or diagnostic basis.
2. Self-diagnosis and self-treatment are dangerous. Only qualified doctors are allowed to diagnose and treat heart diseases. Please contact your doctor for professional diagnostic opinions and help.
3. The data and information of heart rate provided by the Watch Core may not be completely accurate and may exceed the tolerance as per the specification stated in the manual due to many factors, such as interference of the signal from external sources, incorrect wearing position and changes in weather conditions or user's body condition.
4. DO NOT adjust any of your medication or therapeutic schedule based on the results output by the Watch Core. Please follow the doctor's instructions before taking any treatment or medication.

The manufacturer disclaims all liability arising from such inaccuracy and assumes no responsibility for the consequences of use of such data and information.

WARRANTY NOTES

We offer a 2 year warranty period for the Watch Core. If there is any damage or malfunction during normal use, the warranty service will be provided to the customer for free after confirmation by our technician.

The following conditions are not covered by the warranty:

- A. Accidental or deliberate damage
- B. Damage caused by disassembly or unauthorised attempt at repair
- C. Contamination of the charging connectors or sensors
- D. Damage caused by connection with equipment which is not compatible
- E. Allergic reaction to any materials contained within the product
- F. Damage caused by force majeure



MIXX™

To view our extensive wireless
range of Headphones,
True Wireless Earbuds,
Earphones and Speakers
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