MIXX™

SMARTWATCH

Watch✕

Full Touch Colour Screen

HOW TO GUIDE

MIXX™

SMARTWATCH

THANKS!

Thank you for choosing to buy our MIXX Watch X.

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 MIXX Watch X using the Bluetooth settings on your phone.

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

You need to pair the watch with your phone using this App.

WoFit supports iOS 9.0 or later, and Android 4.4 or later.
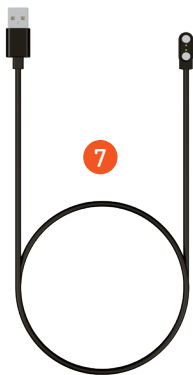
We hope you enjoy using your Watch X.

CONTENTS

LET'S START

What's in the box?

A MIXX Watch X

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

LET'S INSTALL THE APP

Please follow the instructions as numbered:

1. **Scan** the QR Code to download the free **WoFit** App on to your smartphone.

2. **Tap the WoFit icon** **W** to install the App and then **tap** to open.

3. Follow the on-screen instructions to register and to set-up an account.

5. Login to the App and follow the on-screen instructions. You should see the home screen.

6. Tap the Device icon in the App to pair with your Watch X.

Note: The WoFit APP **W** 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 X. To pair other mobile phones, please **unbind** the current phone before pairing.

LET'S PAIR THE APP TO YOUR WATCH

IMPORTANT!

Please install the App and follow the instructions as numbered:

1. **Tap** the device icon to activate the device screen.

2. **Tap** 'Add new device', to find the Watch X in device list.

3. **Accept** the App instructions for location permission.

4. **Select** 'MIXX Watch X' on your phone. You should see a 'Please confirm on the device' message on your screen.

5. Once paired you will see a 'Connection Succeeded' message on your Watch X screen.

> **NOTE:** Please DO NOT try to pair your MIXX Watch X using the Bluetooth settings on your phone. Unpair with your phone's Bluetooth settings and start from the 'IMPORTANT!' message above.

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 STAY CHARGED

Turn the watch over, to align and attach the charging pins to the Magnetic USB Charging Dock **7** . 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. Regular wiping of the charge contact points **6** will ensure there are no problems charging your watch.

IMPORTANT!

Please ensure the Watch X is **dry** before charging

LET'S CHANGE THE WATCH STRAP

You can replace the watch strap with most regular 20 - 22mm straps and attach it to the watch body. Just slide the pins to remove the straps and replace with the new ones.

Pins

Pins

LET'S ADJUST THE SCREEN

ADJUST SCREEN BRIGHTNESS

From the home screen of your Watch X, **swipe up** to the Quick Settings Menu. **Tap** the brightness icon to open the feature, then alter the brightness of your screen using -/+.

ACTIVATE SCREEN USING WRIST ROTATION

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

LET'S PLAY

Adjust the watchstrap 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 X on/off.
Press once for the Watch X home screen.

 1. WORKOUTS

From the Watch X home screen, **press** the Home screen button **2** and **tap** the workouts icon. The Watch X 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.** Baseball **19.** Football | **20.** Rugby

2. ACTIVITY DATA (Step Counter)

From the Watch X home screen **swipe right** to the Activity Data. The Watch X will show your: steps, distance walked and calories burned for that day based on your daily activities. A more detailed breakdown of your progress and achievements can be seen via the App on your phone.

3. SLEEP MONITORING

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

From the Watch X home screen **swipe right** to the Sleep feature. From here you will see your previous nights total sleep.

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

4. SpO2:
BLOOD OXYGEN MONITORING

From the Watch X home screen **swipe right** to the SpO2 feature. **Tap start**. You will see a message instructing you how to hold your wrist, then tap the arrow to begin.

A 30 second countdown will start and then your blood oxygen result will display. You can see more data of your blood oxygen via the App on your phone.

5. HEART RATE

From the Watch X home screen **swipe right** to the Heart Rate feature. The Watch X will show your BPM heart reading. You can see more data of your heart rate on the App on your phone.

6. STRESS

From the Watch X home screen **swipe right** to 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.

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.

7. OTHER FITNESS FUNCTIONS

COUNTDOWN

From the Watch X home screen, **press** the Home screen button ② and **tap** the Countdown icon. There are 2 pages of 4 preset countdown times to choose from. **Tap** a time to begin the countdown. You can pause or stop the countdown at any point.
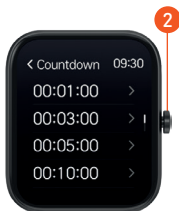
STOPWATCH

From the Watch X home screen, **press** the Home screen button ② and locate the Stopwatch icon. **Tap** the play button to start the stopwatch timer. You can then pause and reset the stopwatch at any point.

8. FEATURES FROM YOUR PHONE

 ALARM CLOCK

On the phone App, **tap** the device icon. **Select** the Watch X from the device list and scroll down the list of options to the Alarms icon . From here you can access any existing alarms you may have set up, or set up a new alarm. Your Watch X will buzz when the alarm is activated.

 REMOTE CAMERA

Set up your remote camera controls using the phone App.

Select the Watch X from the device list and scroll down the list of options to the Remote Camera icon .

The camera on your phone will open and the screen on your Watch X will change to the Remote camera screen. Set up your phone to point at the desired subject and use your Watch X to take the photo by either: **tapping the screen** of your Watch X or **rotating your wrist**.

Your Watch X photos will be automatically saved your phone.

 MUSIC CONTROL

For this feature to sync with your Watch X make sure all permissions are allowed on your phone and the Watch X.
Open your preferred music App on your Smartphone. **Your music will need to be playing for the Watch X to sync correctly within the App.**

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

 MESSAGES

From the Watch X home screen, **swipe down** to view text messages from your phone.
You will need to make sure permissions are allowed on your phone. In the App go to Device > Notifications. From here you can choose which Apps have permission to send notifications to your Watch X. The Watch X will buzz to alert you of a new message/notification.

9. WATCH SETTINGS

 CHANGE THE WATCH FACE

Tap and hold the Multi-touch Screen 1 or **press** the Home Screen Button 2 , scroll to the Watch Face icon and **tap** to view a variety of home screens available.

Swipe to the right or left to choose your home screen display and then 'tap' on the screen to confirm. You can upload additional watch face options from the App onto your Watch X: go to Device and then **tap** the Watch Face Style to show infographic or photographic watch face options.

 SAVE POWER

From the Watch X home screen, **press** the Home Screen Button and locate the Save Power icon . From here you can choose to only show the time function on your Watch X. 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 X home screen, **press** the Home Screen Button and locate the Torch icon . **Tap** the icon to activate the torch. **Press** the Home Screen Button **2** again to exit.

10. WATCH X NAVIGATION

MAIN MENU

From the Watch X home screen, **press** the Home Screen Button. **Swipe up** to view the second page.

MAIN MENU ICONS P1:

1. Activity data
2. Sleep (see p9)
3. Heart Rate (see p10)
4. Workouts (see p8)

5. Watch face (see p13-14)
6. SPO2 (p9)
7. Countdown (see p11)
8. Stopwatch (see p11)

MAIN MENU ICONS P2:

1. About
2. Factory reset
3. Power off
4. Save power (see p14)

5. Messages (see p13)
6. Torch (see p14)
7. Music (see p13)
8. List view (shows icons as a list instead of a grid).

QUICK SETTINGS MENU

From the Watch X 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 X's Main Menu above.

QUICK SETTINGS ICONS:

1. Brightness (see p7)
2. Do not disturb
3. Torch (see p14)
4. Look for cellphone
5. Screen lock

6. Wrist activated display (see p7)
7. About
8. Main menu
9. Save power (see p14)

MORE FEATURES

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

1. **Set goals** – set yourself personal goals for: steps, fat reduction and sleep.

2. **Sedentary alert** – sets a reminder for you to move. This is handy if you sit in a chair all day.

3. **Incoming call** – turn this feature on and follow the on screen instructions so that you can obtain notifications on your watch.

LET'S VIEW TECHNICAL SPECS

Watch strap length:	15cm - 24cm
Watch strap width:	2.2cm
Weight:	32g (including strap)
Battery:	175mAh Poly-Li
Waterproof rating:	IP68

CONTACT MIXX

Feedback is welcome simply email us on **support@mixx-io.com** or visit **mixxwatch.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 contains 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 5º - 40º 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.

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.

NEED EXTRA HELP? Q&A

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

A. If your Watch X 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 X 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 X with my smartphone?

A. Try the following solutions:

- Check the Watch X is not paired with another mobile device. Please **unbind** it from the App to unpair the watch (See page 4).

- Go to LET'S INSTALL THE APP section (See page 3) 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 X 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 X 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 X. 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 X. 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