

CACTUS™

NEXUS

User Manual

SOFTWARE COMPATIBILITY



iOS 8.0 & Above



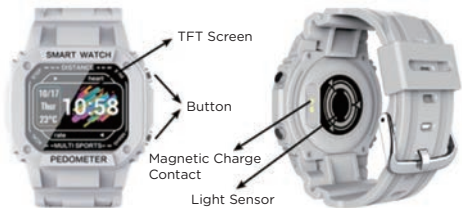
Android 4.4 & Above



Supports Bluetooth 4.0
& Above

www.cactuswatches.com

Getting Started



1. Download AdorHealth App

Search and download the AdorHealth App from the Apple Store or Android App store

OR

Scan the QR code below to download and install AdorHealth



2. Charging your Device

Use the supplied cable and attach the magnetic end to the charging points on the back of the watch, then connect the USB plug to a suitable power supply (PC or charger). Charge fully before first use.



You are now ready to wear the CACTUS NEXUS - adjust the length of the band and fasten the device around your wrist.

3. How to Use

The activity tracker is a multi-touch device. The touch keys (unmarked) are situated at the top and the bottom of the screen on the watch. Alternately one can operate the device using the 2 buttons on the side of the watch.

Power on: Long press the touch key to power on. The device will vibrate and display the main interface.

Tap to toggle the current page to the next page / move across the options on the current page.

Long press the touch key to enter or confirm an option.

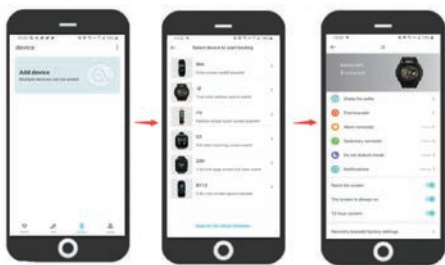
Using the 2 buttons on the side of the watch, the top button operates as the tap key, and the bottom button as the long press key.

4. Pairing your Device

Make sure Bluetooth is **ON** in your smart phone, and open the AdorHealth app on your smart phone.

Give consent / allow Bluetooth on the App. Complete your personal details in the App to calibrate the device - gender, age, weight, height, step goals, sleep goals.

To connect/pair the device with your smart phone, follow the steps below:



Please ensure that the App is opened daily so that synchronization of data can occur, and historical data can be viewed in the App.

Please do NOT directly search for the device in the Bluetooth list in your phone settings, when pairing. You need to enter the App to search for the connection and pair.

5. Key Features



Steps



Distance



Calories



Sleep



Message



Find Device



Heart Rate



Blood Pressure



Blood Oxygen



Sport



Stop Watch



Alarm



Always on Display



More

Functions

1. Sleep mode

- The device automatically measures sleep time and quality if worn during sleep.
- Press the screen repeatedly, until the following screen appears.



2. Exercise mode



- Note: The distance is calculated by your stride length based on personal configuration and number of steps.



- The daily step count on the device starts from zero every day at 00:00h. All sports data is cleared from the device daily at 00.00h (message notifications are not cleared). Once you connect the device via the app with your mobile phone, data will be stored for further monitoring.
- The app also provides a GPS and running function. The GPS function visualizes the covered track, the distance covered, time, average speed and calories consumed.

3. Health Measurements

- The device allows you to measure heart rate, blood pressure and blood oxygen. You can measure only from the device. The data will be automatically synchronized to the APP on the phone. Tap the touch key repeatedly, until the desired measurement screen appears. At the rear of the device a green light beam appears and measurement begins.



Heart Rate

Blood Pressure

Blood Oxygen

4. Stopwatch

- Press the screen repeatedly, until the following screen appears.
- Press and hold the button until the stopwatch appears.
- Press again to start/stop the time.
- Press and hold the central button to turn off the stopwatch.



5. Remote Camera Activation

- When selecting the remote camera shoot option in the app, your mobile phone's camera is activated with a shake of the device.



6. Alarms

- The device allows you to set multiple alarms (these can be daily reminders or weekly). The activated alarm is a vibration alert on the device.



7. Bright Screen Setting



8. App Functions

- App functions may be affected by future updates on the App.



Power off

- Press / tap the screen until you reach the screen interface More, long press to enter the options, press / tap until your reach Power off, press and hold for the device to turn off.



Intended Use

This smart device is intended for monitoring fitness-related metrics such as heart-rate, blood pressure, blood oxygen, distance walked or run, calorie consumption and quality of sleep. Data measured should not be used for any medical, ambulatory or dietary reference.

This device is an electronic monitoring product, NOT a medical device, and measurement data is for personal reference only.

Common troubleshooting

Please ensure that the device is fully charged and powered on.

For pairing / connection considerations, please ensure that the device is scanned in the APP to connect, do not directly search for the connection to the device in the phone settings; you need to enter the App to search for the connection.

1. Make sure your phone's operating system is iOS 8.0 & above or Android 4.4 & above

2. Turn off the phone's Bluetooth and then turn it on
3. Reboot the mobile phone and ensure that Bluetooth is on
4. Do not connect other Bluetooth devices at the same time
5. Put the device close to the phone. Make sure that the distance between the device and the phone is less than 50cm
6. If you have an Android phone, and you can't find the device in the App when trying to connect, please check whether the AdorHealth App has been allowed in the App permissions on your Android phone.

Basic Specifications

Model No.: CAC-136

CPU: Telink 8266

0.96 inch TFT display

Lithium battery 200mAh

Standby time: up to 14 days

Operating time: up to 7-10 days

Compatible with IOS 8.0 and Android 4.4 or higher

Charging cable included

Protection class: Water and dust resistant (IP67)

Do not swim with the device

Caution



- The product contains electrical components that could cause injury if not handled properly.
- Do not open the enclosure or disassemble the product.
- Do not expose the product to extremely high or low temperatures.
- Do not use the product in a sauna or steam room.

- Do not leave the product in direct sunlight for an extended period of time.
- Do not dispose of the product in a fire, the built-in battery can explode.
- The product features a built-in battery, which is not user replaceable.
- Do not check call notifications or other data on the product's screen while driving or in other situations where distractions could be hazardous.
- The distance travelled may be inaccurate. It is for reference only and should not be used as any navigational reference.
- The product should usually rest a finger's width below the wrist bone, as you would normally wear a watch.
- Prolonged contact may contribute to skin irritation or allergies in some users. If you notice any skin irritation, please discontinue using the product.

WARRANTY

This product is warranted to be free from defects in materials and workmanship for a period of 1 year from date of purchase. This warranty covers manufacturing and mechanical defects but excludes band and lens damage.

www.cactuswatches.com