3+ CRUZ PLUS

User's Manual

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Get Started

Introducing the 3PLUS Cruz Plus smart watch, your personal fitness companion that lasts 7+ days and helps you track your everyday activity to help make fitness, your lifestyle.

What's in the box

1x Cruz Plus   1x Charging Cable

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Watch Overview

Touchscreen ●——————● Navigation Button

Charging Your Watch

Before you set up the watch, you need to charge the battery. Use the USB charging cable provided with your watch to charge its battery. On a full charge, the Cruz Plus smart watch has a battery life of 14+ days. Battery life and time to fully charge your device vary with use and other factors.

To charge Cruz Plus
1.   Attach the pins on the USB cable to the back of the Cruz Plus. The cable will magnetically snap into place when attached correctly.
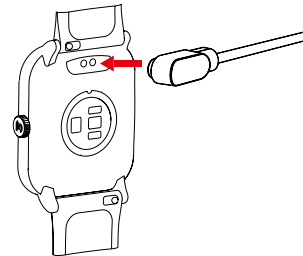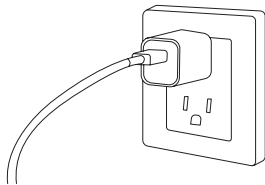
2. Plug the USB cable into a power adaptor or a computer.
    Plug the power adaptor into an electrical socket.
    *Power adaptor is not included.

3. While your watch is charging, the screen will show the charging progress through battery percentage.
4. Once the battery is fully charged, remove it from the charging dock.

Notes
- The watch may become warm while charging. If the watch becomes hotter than usual, remove the watch from the charger and discontinue charging until it cools.
- This USB charging cable is specifically designed to only be used with this watch and is not compatible with other 3+ devices.
- To maximize battery life, make sure thee battery is fully charged before you use the watch every time.
- Exposure to liquids or other foreign objects while using your watch may affect the charging, causing it to disconnect from the watch while charging.
- If the charging screen does not appear after connecting to a power source, check if the pins are attached correctly to the back of the Cruz Plus.
- Do not charge the watch of the device or USB charging cable is wet or contains any moisture. This can cause fire, electric shock, injury or damage to the watch.

Turning the Watch On and Off

To turn on your watch, press and hold the button for 2.5 seconds. To turn off your watch, press and hold the button for 4 seconds until you see the prompt asking if you want to turn off your watch. Tap ⬛Power off to turn off the watch.
*If the watch freezes, press and hold the button for 15 seconds to force restart the watch.

Wake Up the Watch

To preserve battery, the watch screen turns off when not in use.
To turn the screen back on, you can wake up the watch by:
•   Pressing the button
•   Raise the wrist and turn the watch toward you.

Set Up

Download the 3+ PRO App on iOS or Android mobile devices. Not compatible for tablets, Windows or PC. The 3+ PRO App will ask for personal information such as height, weight and sex to calculate your stride length, walking distance, calorie burn rate and basal metabolic rate. When you set up your account, your name and profile picture will be visible to other 3+ PRO users.

App Set Up

Before pairing, follow these steps to set up your watch to your mobile device.
•   Make sure your mobile device is running Android 5.0+ or iOS 10+ and supports Bluetooth.
•   Turn on the Bluetooth on your mobile device if it isn't already on.
•   Make sure your mobile device is next to your watch.
•   On your mobile device, download the 3+ PRO App from the Google Play store or the Apple App store and install in. Create an account or login using an existing account.
•   Make sure your mobile device is connected to a mobile data or a WiFi network

Pair the Watch

Step 1 :Before the Pairing
- Turn on the Cruz Plus smart watch.
- Swap to leŌ on the watch unƟl it shows the QR code.
- Scan the QR code with your mobile device camera to download the 3+ PRO app OR download the 3+ PRO app from the Apple App Store (IOS) or Google Play Store.
- Open the 3+PRO App on your mobile device.
- Create an account or login using an existing 3Plus account.

Step 2: OpƟon 1 - Manual Pairing
- Select the Cruz Plus smart watch from the list of devices
- Your mobile device will automaƟcally search for nearby Cruz+.
- Select your device from the list that appears on the app.
- Match the device ID number to the device ID on the 3+ PRO App. Make sure the correct device is selected then tap pair to connect the watch.

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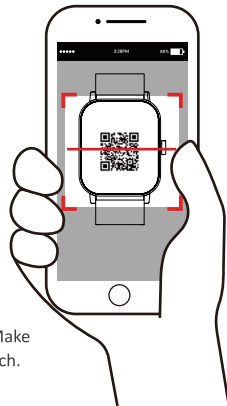
Step 2: OpƟon 2- QR Code Method
- Swipe LeŌ on the watch unƟl it shows the QR code.
- Tape the [ ] icon at the top right corner on the app screen.
- Scan the QR code with your mobile device camera.

Step 3: Sync and Go
- Select your language
- Allow noƟficaƟons (It is strongly recommended to turn on Call & Message noƟficaƟons)
- Sync your weather locaƟon

**Step 4: Bluetooth Call Pairing**

1. Android
   - When "Bluetooth Pairing Request" pops up, select "pair" or "confirm" (Pop-up may vary).

2. IOS
   - When a Bluetooth pairing window pops up, select "Go to seƫngs".
   - Seƫng> Bluetooth> OTHER DEVICES. Select "3Plus Cruz+Calling_XXXX " from the list of devices.

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Updating AGPS Data

This watch has a built-in GPS for more precise locations. Keeping your A-GPS up to date can help your watch locate your position faster.

- Go to the **Settings** on the bottom bar and Tap the "**Update AGPS** data".

Note : It is recommended that you update AGPS data every time you pair your device.
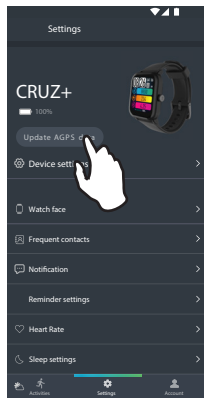
Wearing the Watch

- For best result, the heart rate and blood oxygen sensor on the back of the Cruz Plus smart watch needs skin contact to work properly. Wearing the watch with the right fit with a little room for your skin to breath will keep your wrist comfortable and let the sensor do its job.
- You may want to tighten the watch during workouts but loosen it when you're done. The heart rate and blood oxygen sensor only works if the watch is worn on top of your wrist.
- Keep your watch and bands clean and dry to maximize comfort and prevent any longterm damage to the watch. This is important after workouts or exposure to liquids such as sweat, soap, sunscreen and lotions that can cause skin irritation.
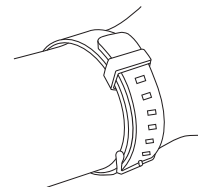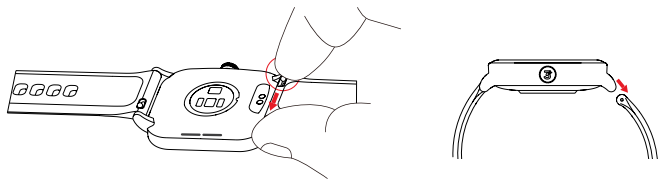
Changing the Band

Swap your watch's band anytime with the quick-change pins.

Turn the Cruz Plus smart watch over and look for the quick release pins on the side of the band that meets the case.

Push the quick release pin inward to release the band and pull the band away from the watch.

Cleaning the Watch

Make sure to clean the watch and the band regularly.

It is strongly recommended to regularly clean your watch's band after workouts or prolonged use. Moisture from sweat or dirt can build up underneath the band and can cause skin irritation.

Wipe down the band with a nonabrasive, lint free cloth. If necessary, the cloth can be lightly dampened with water. Allow the band to air dry. Direct sunlight, high temperatures or humid conditions may damage the band overtime.

Note*

• The 3+ limited warranty does not cover the use of 3rd party bands.

Watch Navigation

The Cruz Plus smart watch features a colorful high resolution 1.72" TFT touch screen that allows you to navigate the watch by either tapping on the screen, swiping side to side, up and down or pressing any of the buttons.

Basic Navigation

- The home screen is the watch face. From the watch face:
- Swipe left or right to view the apps installed on your watch.
- Swipe from top to bottom to see your notifications.
- Swipe from bottom to top to open the quick settings.
- Long press on the watch face to switch between different watch faces.
- Short press the button when the screen is off to wake up the screen.
- Short press the button to go back to main watch face.
- Short press the button at the main watch face to access application menu.
- Long press 4 sec. to access the system settings for shut off, reboot or reset.

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Swipe up from bottom to top to access Quick Settings

Press the button to access the main menu

Swipe Up to see more APPs
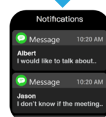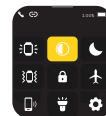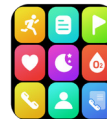
Swipe down from top to bottom to see list of Notifications

Change the Watch Face

From the watch:
- Press and hold the watch screen.
- Swipe left and right to cycle between the different watch faces.
- Tap on the watch face to select it.

From the 3+ PRO App:
- Open your 3+ PRO App, then go to settings at the bottom menu.
- Tap Watch face and select Online faces.
- Choose the watch face you want to use, then press the install button.
- After the transmission is completed, the watch face will automatically change.

Activity Tracking

When the watch is connected and synced to the 3+ PRO App, you can save and view your personal health related data. Only your daily activity show up on your watch. You can view previous days, weeks or months activity on the 3+ PRO App.

Note*

- The activity data gathered from this watch or any other related software is not intended for use in the diagnosis, or other conditions in the cure, mitigation, treatment or prevention of disease.
- The accuracy of the data recorded, including heart rate readings, may be affected by factors such as environmental conditions, skin conditions, specific activity performed while using/wearing the watch, settings of the device, user configuration/user provided information,placement of sensor on the body and other end-user interactions.

While moderate physical activity, such as a brisk walk is safe for most people, we suggest consulting with your doctor before you start a new exercise program.

For the watch:

- Press the watch side button to access the application menu, and tap on to open the activity page.
- Scroll up and down to see your daily steps, distance travelled, calories burned and active minutes for today.

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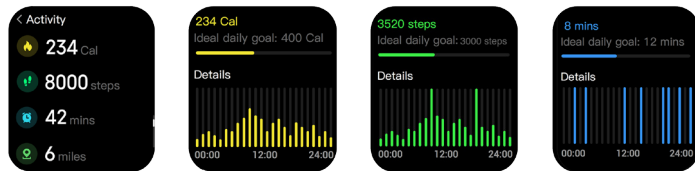
Heart Rate

The watch can automatically measure and track your heart rate throughout the day or during workouts.

From the App:

- Tap on **Settings**
- Tap on **Heart Rate** under App Settings
- Turn on **Auto Track**

By Auto Track default, the watch will turn on the heart rate sensor every five minutes.
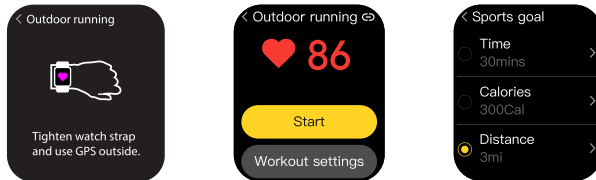
Record Workouts

Track specific exercises with the Cruz Plus to see real time stats including heart rate data, calories burned, elapsed time, distance travelled and a post workout summary on your wrist.
For a detailed summary of your workout and route if you used the GPS, review your history on the 3+ PRO App.

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The Cruz Plus has a built in GPS that allows you to track your run, walk or cycle route when you exercise outdoors without your phone. (Does not apply to all indoor workouts.)
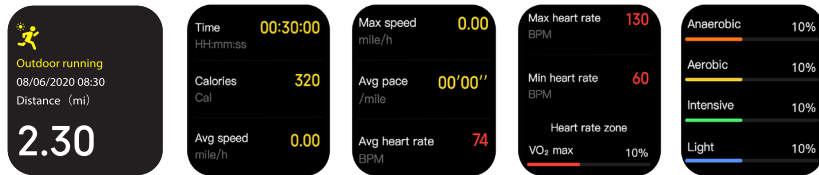
- When you select the workout you want to track, your watch will ask you to "Tighten watch strap and use GPS outside."

‹ Outdoor running

Tighten watch strap
and use GPS outside.

‹ Outdoor running ⟲
❤ 86

Start

Workout settings

‹ Sports goal
○ Time
30mins
○ Calories
300Cal
◉ Distance
3mi

Every workout is different so before every workout, the Cruz Plus will ask you if you want to set a separate goal specially for this workout. You can set a goal to exercise for a certain period of time, a specific distance or amount of calories you want to burn. Tap on the "Workout settings", select a type of goal you want to set and use the ⊖ ⊕ to set your goals.
If you don't want to set a goal, tap Start begin your workout

‹ Distance
⊖ 3 ⊕
mi
OK

‹ Time
⊖ 30 ⊕
mins
OK
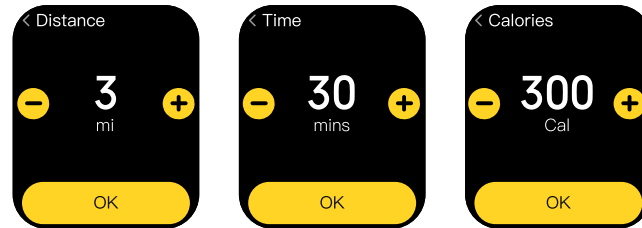
‹ Calories
⊖ 300 ⊕
Cal
OK

- During your workout, tap on the middle of the screen to cycle between your real time stats.

- For walks and runs the real time stat changes between distance, steps and calories burned.

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Outdoor running
08/06/2020 08:30
Distance（mi）
2.30

Time **00:30:00**
HH:mm:ss
Calories **320**
Cal
Avg speed **0.00**
mile/h

Max speed **0.00**
mile/h
Avg pace **00'00''**
/mile
Avg heart rate **74**
BPM

Max heart rate **130**
BPM
Min heart rate **60**
BPM
Heart rate zone
VO₂ max **10%**

Anaerobic **10%**
Aerobic **10%**
Intensive **10%**
Light **10%**

- For outdoor Running, the real time stat changes between distance, mph and calories burned.
- For indoor Running, you can only see the duration of your workout, you heart rate and calories burned.

When you're done with your workout or want to pause, press the button to pause.
Tap ▶ to resume your workout. Tap ⬛ when you finish your workout.

When prompted, confirm you want to end your workout. After you ended the workout, your summary will appear.

Paused
00:30:00

End the session?
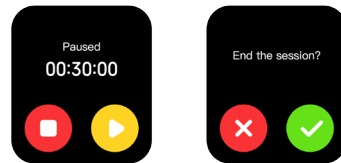
Note*
- If you set a workout goal, the Cruz Plus will vibrate when you're halfway to your goal and when you reach your goal.
- If you use the built in GPS during your workout, you can tell when the GPS signal has successfully connected on when the icon stops loading and turns solid blue.

Blood Oxygen SpO2

The watch has Blood Oxygen sensor to monitor your oxygen level throughout the day. Oxygen saturation refers to oxygen-saturated hemoglobin relative to its total amount in the blood. A level of over 95% in vascular blood is considered normal.

From the Watch:
- Go to main menu page.
- Tap on 🔴 to start.
- After the measurement, the watch will display the measurement result.

Precautions before you measure your Blood Oxygen:
- Wear the watch to a finger distance from the wrist bone; wear the watch tightly.
- Place your arm on the table for measurement with the watch screen facing up.
- Please stay still during the measurement.
- Factors such as hair, tattoos, shaking, low temperature and improper wearing may affect the results.
- This function is for reference only and should not be used as the basis for medical diagnosis.

Notifications

Stay connected with events, notifications, messages and incoming calls from your smart phone. When you receive a notification, your watch will vibrate and display a small preview or alert.
To view a list of your recent notifications:
- From the watch face, swipe down from the top of the screen to open your recent notifications.
To clear all notifications:
- From the watch face, swipe down from the top of the screen to open your recent notifications.
- Swipe all the way down then tap on the trash can button. 🗑

Set Up Sleep Tracking

Open the 3+Pro app -> Go to **Settings** -> **Sleep Settings**
-> Enable **Sleep Detection** and set your sleep time.
1. **Smart DND**: Enable Do Not Disturb mode to turn off notifications while sleeping.
2. **Minimize Screen Brightness**: Minimize the display brightness while sleeping.

Frequent Contacts

Open 3+Pro app->Go to **settings** ->Tap **Frequent contacts**-> Tap "**Add**" button-> Select the contact number to add to your list.
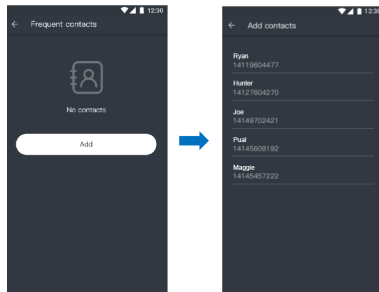
Bluetooth Calling

Make Calls

There are multiple ways to make calls on your watch.
Tap 📞 on main menu -> Dial the number you want to call.
Tap 👤 on main menu -> Choose the person you want to call from the list. (The person you want to call must already be in your Frequent Contacts list.)

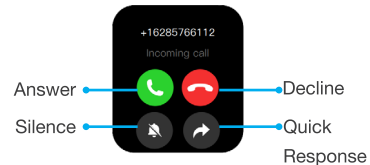**Answer Incoming Calls**

Tap 📞 icon to accept a call.

Decline Incoming Calls
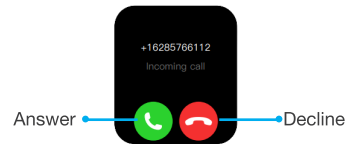
Tap 📞 icon to reject an incoming call.
Tap 📞 icon to reject an incoming call and send a quick response **(Android Only).**
Tap 📞 icon to silence of an incoming call **(Android Only)**.

Android

Answer
Silence

Decline
Quick
Response

iOS

Answer

Decline

Adjust Speaker Volume During A Call

Tap 🔊 icon to adjust the volume of the speaker

Tap 🔇 icon to mute yourself. You can tap the same icon again to unmute.

Call History

Tap 📞 icon on main menu to view call history on watch.

Quick Replies (Android Only)

If you paired the Cruz Plus to an Android phone, you can send quick text replies if you're too busy to respond.

• On your watch, open the text message then swipe down until you see a list of quick reply options.
• Tap on the arrow to send the quick text reply.
• You can create and customize different quick text replies in the 3+ PRO App under the Settings at the bottom menu.

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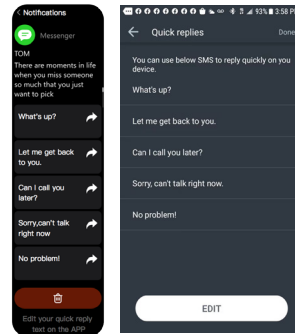
Music

Control music, podcasts, audiobooks and more playing on your mobile device. From your watch you can switch between songs and increase of decrease volume. The Cruz Plus can support online and offline music playback from popular apps such as Spotify and Pandora as well as music that in downloaded onto your phone. A premium subscription is not necessary to control your music.

Weather

Check the weather in your current location or select a city around the world in your weather app. By default, the weather is set to your current location. If the weather does not appear, check that you've turned on location services for the 3+ PRO App. If you change locations, sync your watch to the app to get an updated weather report.

Quick Settings

To open the Quick Settings:
On the watch, swipe up from the bottom of the screen.

Bluetooth Connection
Bluetooth Call Function is Enabled
Screen Wake Settings
Vibration Strength
Find My Phone
Flash Light

Battery Life Percentage
Screen Brightness
Do Not Disturb
Airplane Mode
Settings
Screen Lock
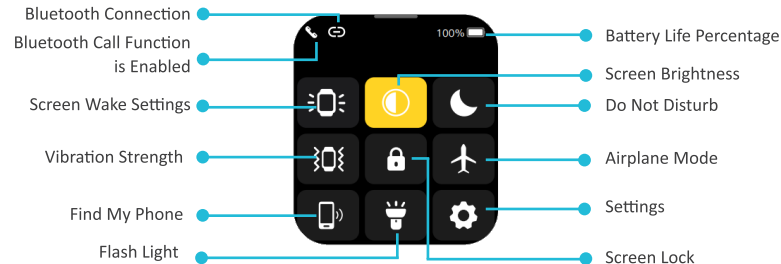
Airplane Mode

Airplane mode disconnects your watch from all networks and turns off Bluetooth.
- From the watch face, swipe up from the bottom of the screen to open the quick settings
- Tap 🛫 then tap on the check mark to confirm

Find My Phone

If you misplace your phone in the couch cushions or if it hides under blankets, you can ping your phone from the watch.
- From the watch face, swipe up from the bottom of the screen to open the quick settings.
- Tap 📱 to ping your phone.
- List for the pings coming from your phone.
- When you find your phone, tap on your watch screen to stop the pinging.

Adjust the Brightness

Adjust the watch's display brightness depending on the time of the day.
- From the watch face, swipe up from the bottom of the screen to open the quick settings.
- Tap ◐
- Adjust the level of brightness by tapping on 1 to 5 for the brightness level.

Do Not Disturb Mode

You can set the watch not to vibrate and turn off the screen when a notification, except for alarms, is received.
- From the watch face, swipe up from the bottom of the screen to open the quick settings.
- Tap 🌙

Update, Turn On/Off and Reset

Some issues can be troubleshooted by updating, restarting or resetting the watch.

Update

Keep your watch updated to get the latest feature improvements and product updates.
When an update is ready to install, you will receive a notification from the 3+ PRO App. After you start the update, a progress bar will appear on the app and on the watch. Make sure your watch and app are near each other during the update progress. Before you update the watch, make sure your watch is charged at least 30% or more before you update.

Restart

To restart your watch, Go to main menu from your watch and tap on settings icon. ⚙
Scroll down the menu and tap on System settings. Tap on Restart and tap on OK to restart you watch.
Restarting the watch will only turn off and then turn on the watch. All your setting will not change.

Factory Reset

If you want to give the Cruz Plus to another person or wish to return it, clear your personal information first by factory resetting the watch. You can factory reset from the watch or from the 3+ PRO App.

From the 3+ PRO App:
•   Tap on Settings.
•   Select **Device settings**.
•   Tap on **Unbind**.
•   Tap **Unbind** to confirm.
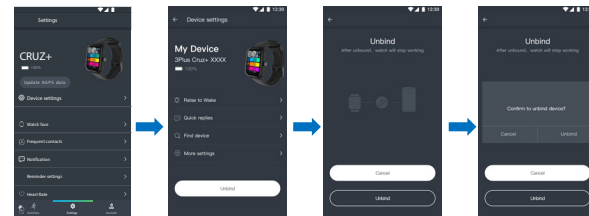
General Information and Troubleshooting

Sensors
The Cruz Plus is built with the following hardware:

- 3-axis accelerometer
- Optical heart-rate tracker
- Built-in GPS
- Bluetooth Calling

- Vibration motor
- Bluetooth 5.3 radio receiver
- Blood Oxygen Monitor

Battery
The Cruz Plus has a rechargeable lithium-polymer battery.

Display
The Cruz Plus has a color TFT display.

Memory
The Cruz Plus can store your daily activity information on the watch for 7 days. This includes your steps, distance travelled, active minutes, calories burned, and workouts. We recommend syncing your watch to the app at least once a day.

Operating Conditions
- 14° to 113° F (-10° to 45° C).
- IP68 ingress protection ratings grade, suitable for daily use. Do Not swim or shower with it.

Heart Rate is Not Showing
The Cruz Plus can continuously track your heart rate throughout the day and when you're exercising. If the heart rate sensor is unable to track your heart rate then two dashed lines will appear instead of a number.

Check if you're wearing the watch correctly. If not, move it higher or lower on your wrist by tightening or loosening the band. Make sure the heart rate sensor is in contact with your skin.

Other Issues

If you experience any of the other following issues, try restarting your watch and your mobile device before trying again.
• Cruz Plus failed to update.
• Cruz Plus will not sync to the 3+ PRO App.
• Cruz Plus is not responding to screen taps.

For more information, you can contact our Customer support.

Regulatory and Safety Information

FCC STATEMENT
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1.   This device may not cause harmful interference, and
2.   This device must accept any interference received, including interference that may cause undesired operation.

Warning
Changes of modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limiteds for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio

frequency energy and, if not installed and used in accordance with the instrucons, may cause harmful interference to radio communicaons. However, there is no guarantee that interference will not occur in a parcular installaon. If this equipment does cause harmful interference to radio or television recepon, which can be determined by turning the equipment :

•   Reorient or relocate the receiving antenna.
•   Increase the separaon between the equipment and receiver.
•   Connect the equipment into an outlet on a circuit different from that to which the receiver is
    connected.
•   Consult the dealer or an experienced radio/TV technician for help.

RF WARNING STATEMENT:
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condions without restricon.

BATTERY WARNING:
This device uses a lithium-ion baery. If the following guidelines are not allowed are not followed the life of the lithium-ion baery in the device may be shortened or there is a risk of damage to the device, fire, chemical burn, electrolyte leakage and/or injury.

•   Do not disassemble, puncture or damage the device or baery.
•   Do not remove or try to remove the baery that the user cannot replace.
•   Do not expose the baery to flames. explosions or other hazards.
•   Do not use sharp objects to remove the baery.

SAFETY INFORMATION:
- Please charge the watch when it has low power.
- Do not leave the watch in a damp environment or expose it to liquids when charging.
- Please use our standard charging dock to charge the watch.
- Do not expose the watch under extreme temperatures.
- Do not place the device near a fire and avoid contact between the watch and any other sharp objects.
- Do not misuse the watch, including but not limited to, dripping, dismantling, dissembling, puncturing, baking, burning, etc.
- Do not clean the watch with an abrasive cleaner.
- Keep it out of reach of infants as small parts may cause choking.
- For the latest up-to-date manual version, please visit our website at **3plususa.com.**

Customer Service Support

If you have any questions or you have other questions about the warranty, repairs and etc, 3Plus customer support is ready to help. 3Plus customer support is available Monday - Friday from 8am to 3pm PST.

- Toll Free 1 866-592-0184
- Email: service@3plususa.com