

FOREVER

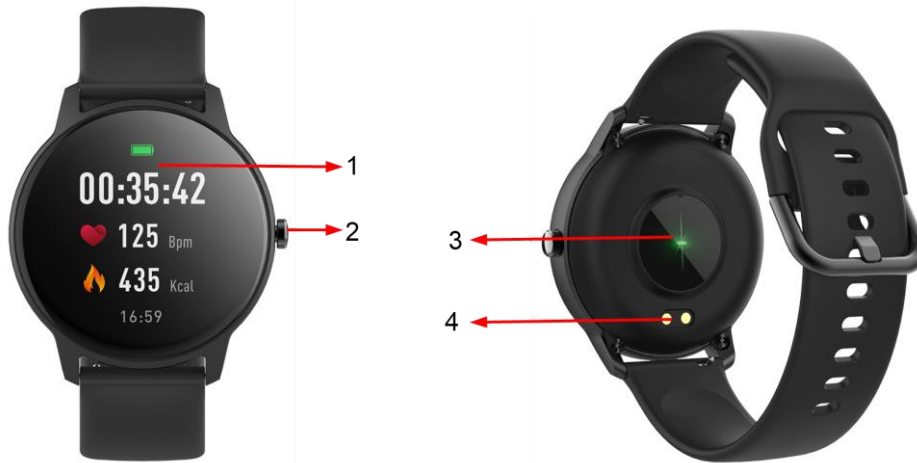
fore  
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SLIM

## USER MANUAL SMARTWATCH

SB-325



Thank you for purchasing a product by Forever. Before use, please refer to the User's manual, and save it for future reference. Do not disassemble the device on your own – all repairs should be done by a service technician. Use only original parts and accessories provided by the manufacturer. We hope that the product by Forever fulfills your expectations.



#### **Description:**

1. Touch screen
2. Main button
3. Heart rate sensor
4. Charging port

#### **Specification:**

Waterproof: IP68  
Battery: Li-po 200 mAh  
Bluetooth: 5.0  
Charging time: 2 hours  
Standby time: up to 15 days  
Display: touch screen, IPS, 1.22" 228x228px  
Weight: 47 g

#### **First launching:**


When using the device for the first time, take it out of the package and charge it using the supplied charging cable. Date and time of the device will be automatically synchronized and set after establishing connection with a dedicated application via Bluetooth.

#### **Charging:**

Connect the device with the charging cable included in the kit. Make sure that the device and cable connectors are connected to each other, and then connect the USB cable to a power source. After the charging process is complete, disconnect the smartwatch from the charging cable and disconnect the cable from the power source.

**Turning the smartwatch on/off:**

Turning on: Press and hold the function button until the smartwatch turns on.

Turning off: Press and hold the function button until the device turns off. You can also go to the settings tab in the smartwatch menu and select the "turn off" option marked with the following symbol , and then confirm your choice.

**Install "Forever Smart" app on the phone**

Search and install the "Forever Smart" app from Google Play or App Store. Or scan the following QR code to directly install the app.

Android 5.1 or higher

iOS 10.0 or higher



IOS



Android

**NOTE:** To be able to use all functions of the application and the smartwatch, during the first launching, allow the application to access all required functions, and then also activate access to notifications.

**Connect the smart watch with the phone**

1. Enable Bluetooth on your smart phone.
2. Open the "Forever Smart" app on your smart phone, and then fill in all the requested information in the "Settings" menu.
3. Tap "Connect device" in the "Settings" menu.
4. Select the smart watch icon to connect.
5. Choose your device name to connect it with your phone.

**If the watch is not visible on the list, you should "forget" it in the Bluetooth settings on your smartphone and connect only through the application. The only right way is to connect the device through the Application menu.**

**Unbind the smart watch with mobile phone**

1. Open the "Forever Smart" app on your smart phone.
2. Tap "Disconnect device" in the "Settings" menu and confirm "OK".
3. To disconnect your smart watch with an iPhone, click "Disconnect device" in the "Settings" menu of the "Forever Smart" app, and go to the Bluetooth settings on your iPhone, then access and select the "Forget This Device" option.

## DESCRIPTION OF THE SMARTWATCH INTERFACE:

### 1. How to use

- You can raise your hand or press the function button to turn on the screen.
- Press and hold the watch face interface, then slide left or right to change the watch face.
- Press and hold the function button to turn on the smart watch

#### How to use

**Turn on:** Press and hold the function button for 3 seconds.

**Go to menu:** Slide from left to right in the watch face interface.

**Select a function:** Slide up and down in the menu and then tap the icon.

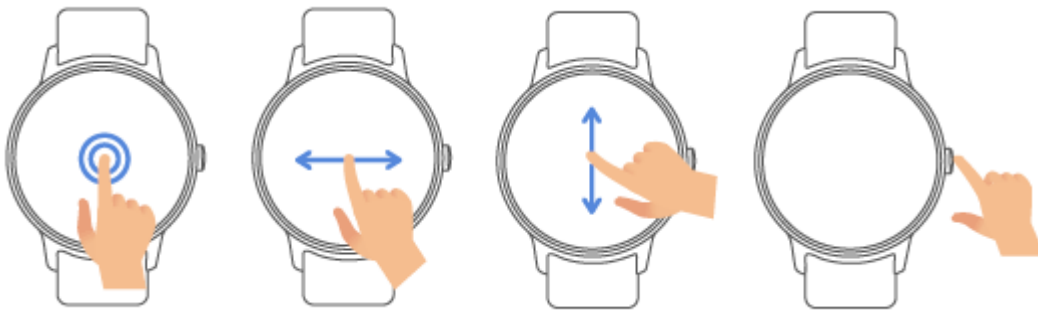
**Confirm:** Tap the icon.

**Exit the menu:** Slide the interface from left to right.

**Return to the watch face:** Briefly press the function button in any interface.

**Check messages:** Slide from bottom to top in the watch face interface.

**Quick Menu:** Move the shield interface down



### 2. Changing the watch face

To change the face, press and hold the watch face interface and then scroll left or right. To confirm your choice, click the selected style once. Or use the rotary button when displaying a virtual watch face.

- **Additional watch faces and the "Do It Yourself" shield are available for upload in the application menu.**

### 3. Functions



Daily activities

The device automatically calculates your daily activity data.

Select the "Daily Activity" icon to check the number of steps, distance traveled and calories burned for the day.

• **Why is the pedometer not showing the ideal number of steps?**

The pedometer is based on an accelerometer that records activity while you are on. The task is to show the activity not only that obtained while taking "steps". Wrist movement is recorded if the wrist movement is greater than 10. The device uses an accelerometer that is triggered by any body movements, so if you sit in a chair and move your arms, cycle or travel in a car, it may still register these movements as steps.

**Heart rate**

To start the measurement, press the "Heart Rate Monitor" icon. Wait for the device to measure and display the result. Before taking the measurement, make sure that the watch is neither too tight nor too loose.

After synchronizing the data, you can check the measurement history in the app

**Blood oxygenation**

To start the measurement, press the "Blood oxygenation" icon. Wait for the device to measure and display the result.

After synchronizing the data, you can check the measurement history in the app.

**Sport**

Select the "Sports" icon to enter a selection of sports. The smartwatch offers 5 sports modes: walking, running, climbing, cycling, any sport. Select the sport you want and then start exercising. The smartwatch will record training data

**Sport history**

You can check the history of your sports activities.

**Sleep**

The smartwatch automatically monitors sleep at night. After waking up the next day, the smartwatch will display the total number of hours slept.

After synchronizing the data, you can check the measurement history in the app.

**Notifications**

Check the history of notifications from your smartwatch. To decide from which sources you will receive notifications, start the application, open the settings and "Notifications" tab.

**Weather**

Select the icon to view the current weather data.

Use your smartwatch as a photo trigger. Just turn on the application on the smartphone screen, and then select the "Camera" function in the watch's menu.

### **Remind about physical activity**

Enable or disable the healthy move reminder options. Set the frequency of reminders in the app.

### **Alarm**

Set a reminder at a selected time e.g. about medication, meeting, meal.

### **Music**

Select the music icon to enter the music playback control interface. You can select the previous / next song, adjust the volume and also play / stop the music. Just open the music player app on your smartphone, then control playback from your wrist.

### **Timer**

Start the timer function

### **Breath**

This is where relaxing breathing exercises can be found. Inhale and exhale as instructed on the screen.

### **Stopwatch**

Start the stopwatch function.

### **Settings**

In the settings you will find functions: find phone, display brightness, screen backlight time, change dial, do not disturb mode, device information, factory reset, vibration strength.

### **Rules for safe use**

— SECURITY—

Please read these tips carefully. Failure to follow these instructions may be dangerous or illegal.

— DO NOT RISK —

Do not switch the device on in places where the use of electronic devices is forbidden, or when it may cause interference or other hazards. Comply with all kinds of prohibitions, regulations and warnings provided by the personnel of the place where you want to use the device.

— PROFESSIONAL SERVICE —

Only qualified service of the manufacturer or an authorized service center may repair this product. Repairing the device by an unqualified service center or by an unauthorized service point may damage the device and void the warranty.

— MODIFICATIONS —

The manufacturer is not responsible for damage caused by unauthorized modifications.

— MOBILE AND MENTAL DISABILITIES AND CHILDREN —

The device should not be operated by people (including children) with limited mobility or mental , as well as by people who have no experience in the use of electronic equipment. They may use it only under the supervision of persons responsible for their safety after reading and understand the instructions on how to use the device safely.

Keep the device and its packaging out of the reach of children. Cables and plastic bags can become wrapped around a child's neck and cause suffocation. The device is not a toy.

—BLUETOOTH—

The wireless Device complies with safety and radio frequency standards. All wireless devices may cause interference that may affect the operation of other devices.

— SURROUNDINGSE—

The device should not work in dusty conditions. Connect the device in such a way that it cannot be damaged and does not pose a threat to people and animals. Do not expose the device to sunlight and do not use it, or leave it in the immediate vicinity of devices that emit a lot of heat (heaters, radiators, etc.). Plastic elements may deform, which may affect the operation of the device or lead to its complete damage.

— WATER AND OTHER LIQUIDS —

Do not expose the device to water or other liquids. Avoid working in an environment with high humidity - steamy kitchens, bathrooms, etc. Water particles can cause moisture to appear in the device, which adversely affects the electronics and can damage the equipment.

— BATTERIES —

Avoid exposing the battery to very cold or very hot temperatures. Extreme temperatures can affect the capacity and lifetime of the battery. Avoid exposing the battery to liquids or metal objects, as this may lead to total or partial damage to the battery. Use the battery only for its intended purpose. Do not destroy, damage or throw the battery into fire - it can be dangerous and cause a fire. Used or damaged battery should be placed in a special container. Overcharging the battery may damage it. Therefore, do not charge the battery longer than necessary to fully charge it.

Maximum radio frequency power emitted in the frequency range	
Frequency range	Bluetooth 2402-2480 MHz
Maximum emitted power	2.22 dBm (EiRP)

## Proper disposal of used equipment



This device is marked with a crossed-out garbage container symbol, in accordance with the European Directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). Products marked with this symbol should not be disposed of or discarded with other household waste at the end of their service life. The user is obliged to dispose of waste electrical and electronic equipment by delivering it to a designated point, where such hazardous waste is recycled. The collection of this type of waste in separate locations and the proper recovery process contributes to the conservation of natural resources. Proper recycling of waste electrical and electronic equipment is beneficial to human health and environment. For information on where and how to dispose of used electronic equipment in an environmentally safe manner, the user should contact the relevant local authority, the collection point or the point of sale where the equipment was purchased.

## Proper disposal of used battery



In accordance with EU Directive 2006/66/EC, as amended by Directive 2013/56/EU on the disposal of batteries, this product is marked with a crossed-out garbage container symbol. This symbol means that the batteries used in this product should not be disposed of with ordinary household waste, but handled in accordance with the directive and local regulations. Do not dispose of batteries with unsorted municipal waste. Battery users must use available collection network for these items, that allows for their return, recycling and disposal. Within the EU, the collection and recycling of batteries is governed by separate procedures. To learn more about existing battery recycling procedures in your area, contact your city hall, waste management agency or landfill.

### **Declaration of Conformity with European Union Directives**

TelForceOne Sp. z o.o. hereby declares that the SB-325 FOREVIVE 2 SLIM is in compliance with Directive 2014/53/EU. The full text of the EU Declaration of Conformity is available at the following web address: <https://www.manual.forever.eu/SB325>

### **Producer information:**

**TelForceOne S.A.**

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Polska

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Designed in Poland

Made in China