

FOREVER

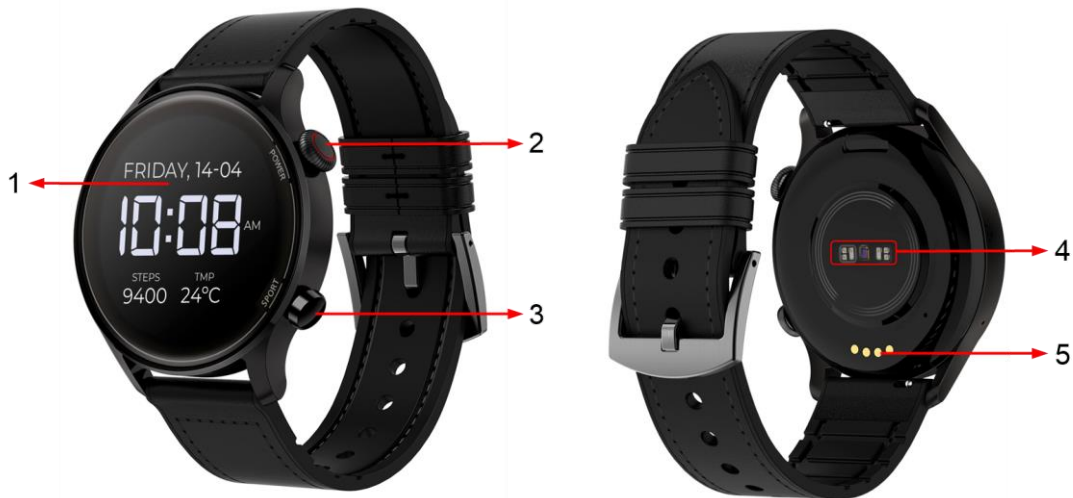
GRAND

USER MANUAL SMARTWATCH

SW-700



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 / rotary button
3. Lower button
4. Heart rate sensor
5. Charging port

Specification:

Waterproof: IP68

Battery: Li-po 3,7V-260mAh, 0,962Wh

Bluetooth: 5.0 and 3.0

Charging time: 2 hours

Standby time: up to 15 days

Display: touch screen, IPS, 1.32" 360x360px

Weight: 62 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. The device will turn on automatically after charging is completed. 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 "Disable" option marked with the following symbol , and then confirm your choice.

Instalation of Forever BeFit application:

Find application called "Forever BeFit" in Google Play or App Store and install it.

NOTE: The operating system of the phone must have the following minimum specifications to run the application and support the smartwatch:

Android 5.1 or higher


iOS 10.0 or higher


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 smartwatch with smartphone


1. Turn on Bluetooth on Your smartphone.
2. Turn on "Forever BeFit" on Your smartphone and make registration steps.
3. Choose the smartwatch model numer from the list.

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.

4. Confirm the connection by choosing  in device.

5. Allow BT 3.0 connection for use Bluetooth phone calls function. If the connection is successful, the BT icon on the watch screen will be two-color: .

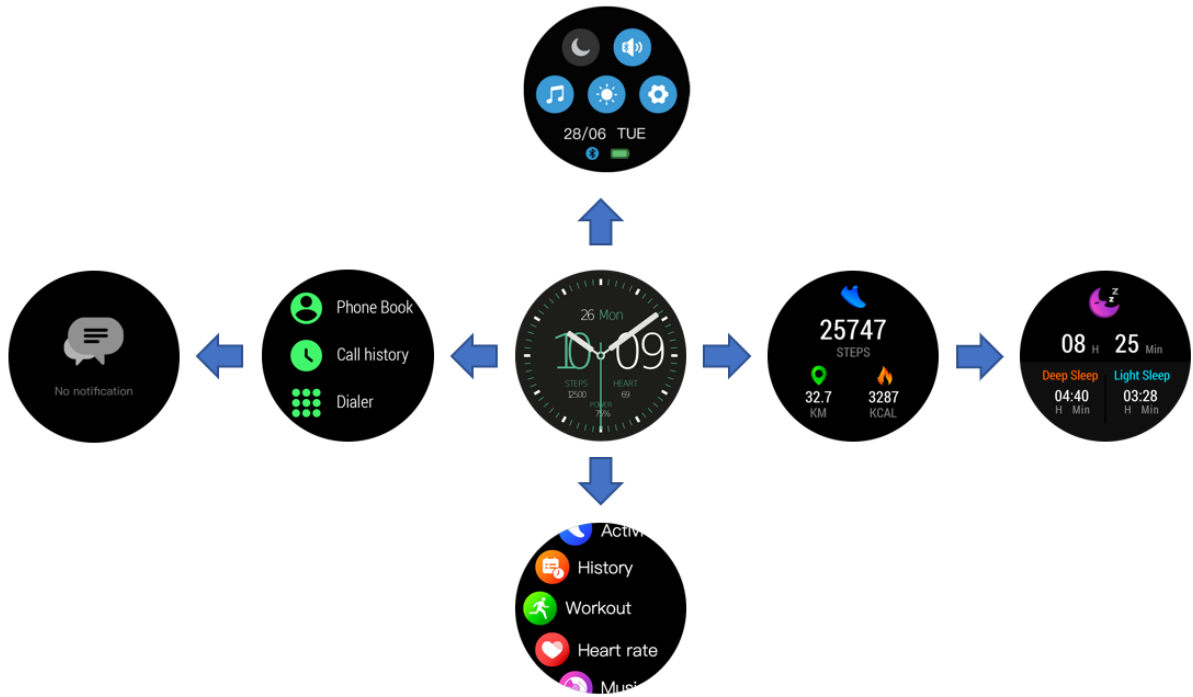
5.1 If you are using iOS system please:

Open the Bluetooth settings on the smartphone, click connect Bluetooth 3.0 in the search list, the Bluetooth icon in the smartwatch will turn blue . It means that the devices have been connected correctly.

DESCRIPTION OF THE SMARTWATCH INTERFACE:

1. How to use

- To turn the watch's power on or off, press and hold the main button.
- You can wake up the screen by raising your hand or pressing a function button
- Daily activity: Swipe the watch face interface to the left.
- Selecting Functions: Swipe the watch face interface up. Move the function with the top rotary button.
- Short menu: Swipe the watch face down.
- Notifications: Swipe the watch interface to the right twice.
- Confirm: Select the icon.
- Return: slide the watch interface from left to right.
- Return to the main watch face: press main button.
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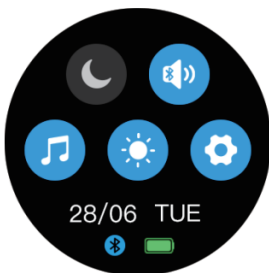


2. Changing the watch face

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. Skrócone menu



1. Do not disturb mode
2. Bluetooth 3.0 connection - responsible for BT phone connections
3. Music control
4. Screen brightness
5. Settings

4. 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.

Sport history

You can check the history of your sports activities.

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

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. The device has a memory for songs (512 MB), which allows you to add about 100 songs of average length.



- To add music to the watch's memory, connect the device to the computer via the charging cable (included in the set). Then add your favorite songs to the folder. After disconnecting the smartwatch, you can play songs directly from the device.

Open the function and expand the menu to select one of the three music playback options:

1. Device - to play music previously transferred to the watch memory using the loudspeaker built into the smartwatch.
2. Phone - to use the device to control the music on your phone. Just open the music player app on your smartphone, then control playback from your wrist.
3. Headphones - to play music from the Smartwatch memory via Bluetooth headphones. The smartwatch will display the option to select paired or add new headphones.

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.

Weather

Select the icon to view the current weather data.

Schedule

Here you will find the list of events that you have scheduled in the app. Additionally, by adding events in the application, you can set a reminder about it.

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.

Blood pressure

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

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 device and "Notifications" tab.

Stopwatch

Start the stopwatch function.

Timer

Start the timer function.

Clock alarm

Turn the alarm clock on or off. To add or remove an alarm, open the application and the Device tab.

Bluetooth phone calls

The device is equipped with a speaker and a microphone, so you can make phone calls via a Bluetooth connection. To use it, your phone must be within the Bluetooth range of the watch - up to 10 meters.

The call function allows you to select a number from the numeric keypad, access the history of recent calls and select a contact from the list. To use the contact list, synchronize them via the application in the Device tab. You can upload up to 20 contacts.

- **When receiving a call notification on the Smartwatch, I cannot answer or decline the call. Why is it like that?**
 - To use the Bluetooth phone call function, the device must additionally be connected to the Smartphone via Bluetooth 3.0.
- **When I receive a call notification on the Smartwatch, it takes a while for me to answer or reject the call. Why is it like that?**
 - Smartwatches and smartphones put Bluetooth 3.0 to sleep when not in use to save energy. When you use the Bluetooth connection function, the devices must activate the Bluetooth 3.0 connection.

Find the phone

If the smartwatch is connected to the application, pressing this icon will make the phone ring, which will make it possible to find it.

Stress measurement

Stress levels (0-100) are estimated by the algorithm using a combination of heart rate data and heart rate variability. This data is recorded by the optical heart rate sensor on the back of the device.

Measurements are performed automatically and the results can be read in the app. Every hour, the device provides the result from the previous hour.

Camera

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.

Application

Open and scan the QR code to download the application.

Ustawienia:

-Jasność wyświetlacza, język urządzenia, wyłączenie, ustawienia fabryczne, informacje o urządzeniu.

ATTENTION! There are 3 languages to choose from in the device. If you want to select a language from outside the list, open the application, device tab, select "Watch language". Then select the desired language from the list and transfer it to your device

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.

— 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	5,62 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 SW-700 Grand 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/SW700>

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