

Item No. YS-SW004

(SWHR-12/0577)

FITNESS TRACKING SMART WATCH



INSTRUCTION MANUAL

**PLEASE READ ALL INSTRUCTIONS CAREFULLY
AND RETAIN FOR FUTURE USE**

GETTING STARTED

Remove Fitness Tracking Smart Watch and other accessories from the box.

Remove any packaging from the product.

Please read all instructions and retain all packaging until you have checked and counted all of the parts.

PACKAGE CONTENTS

Fitness Tracking Smart Watch

Charging Cable

Extra Blue Watch Strap

Instruction manual

KEY FEATURES

2" color LCD touch screen

Heart rate, blood pressure and blood oxygen monitoring

Step count, distance, calories burned, and activity tracking

Sleep quality monitoring and activity mode

SMS, social App notifications and Bluetooth call support

Multiple watch faces via App customization

Magnetic USB charging base with quick charging

Bluetooth connectivity for iOS 9.0+ and Android 5.0+

Lightweight, unisex design

Comes with an extra blue watch strap for more styling options

Data sync through smartphone or tablet via App on iOS V9.0 or above; Android V5.0 or above

SAFETY INSTRUCTIONS

Keep the unit away from extreme heat sources or fire.

Do not use the unit if it has been dropped or damaged in any way.

Repairs to electrical equipment should only be performed by a qualified electrician. Improper repairs may place the user at serious risk.

Keep the unit free from dust, lint etc.

Do not use this unit for anything other than its intended use.

Keep the unit out of reach of children.

This appliance is not a toy.

Batteries (battery pack or batteries installed) shall not be exposed to excessive heat place, such as sunshine, fire or the like.

Description of Parts



How to wear the Fitness Tracking Smart Watch?

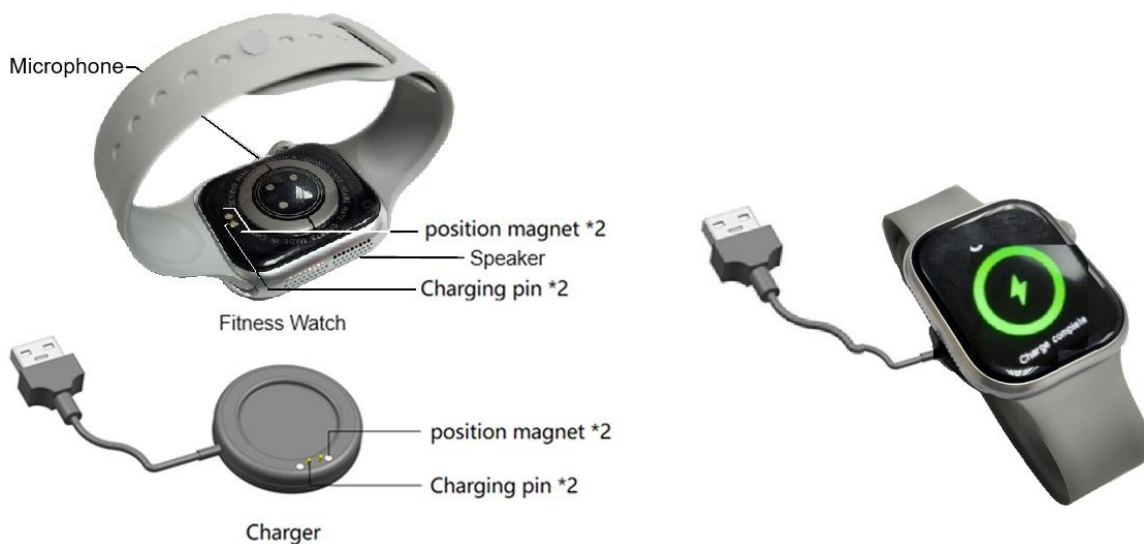


Use the adjustable straps to wear on your wrist.

OPERATING INSTRUCTIONS

Quick Start Guide

Charging the Fitness Tracking Smart Watch:



Plug the included charging cable to USB power source and place the Fitness Tracking Smart Watch on the charging plate aligning with the magnetic contacts. Fully recharge the Fitness Tracking Smart Watch for about 2-3 hours before using for first time use.

Compatibility



This Fitness Tracking Smart Watch is compatible with the App – “**HryFine**”

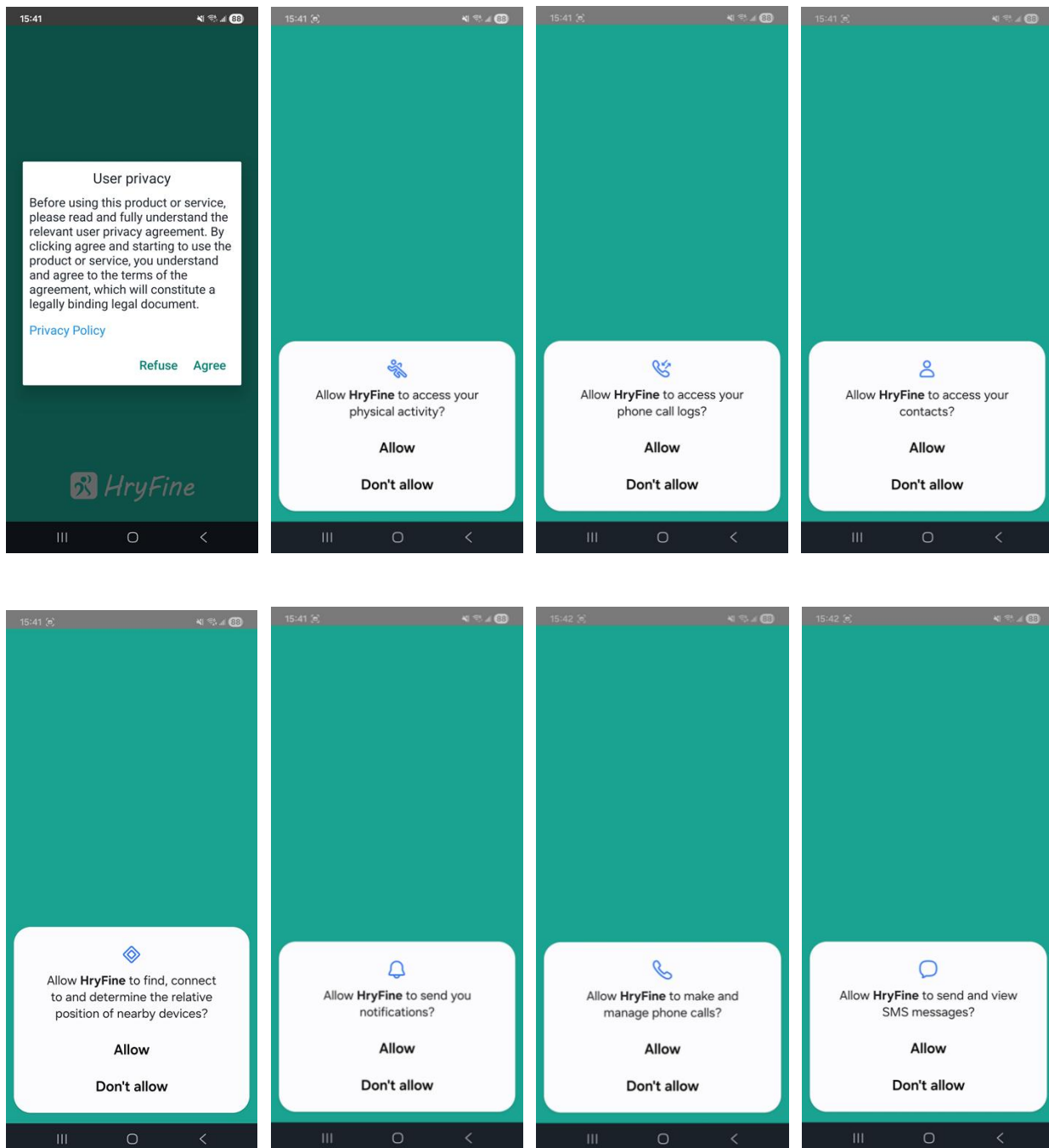
This Fitness Tracking Smart Watch and App is compatible with the smartphone, devices using Android 5.0 or above / iOS 9.0 and above, and with Bluetooth 4.0 and above.

Operating Instructions

1. **Download the app**, from Google Play or iOS app Store. You can search “**HryFine**” or scan the QR code available in the support app or in the wearable itself. Note: QR code in the Fitness Tracking Smart Watch is usually available in the settings of the device.

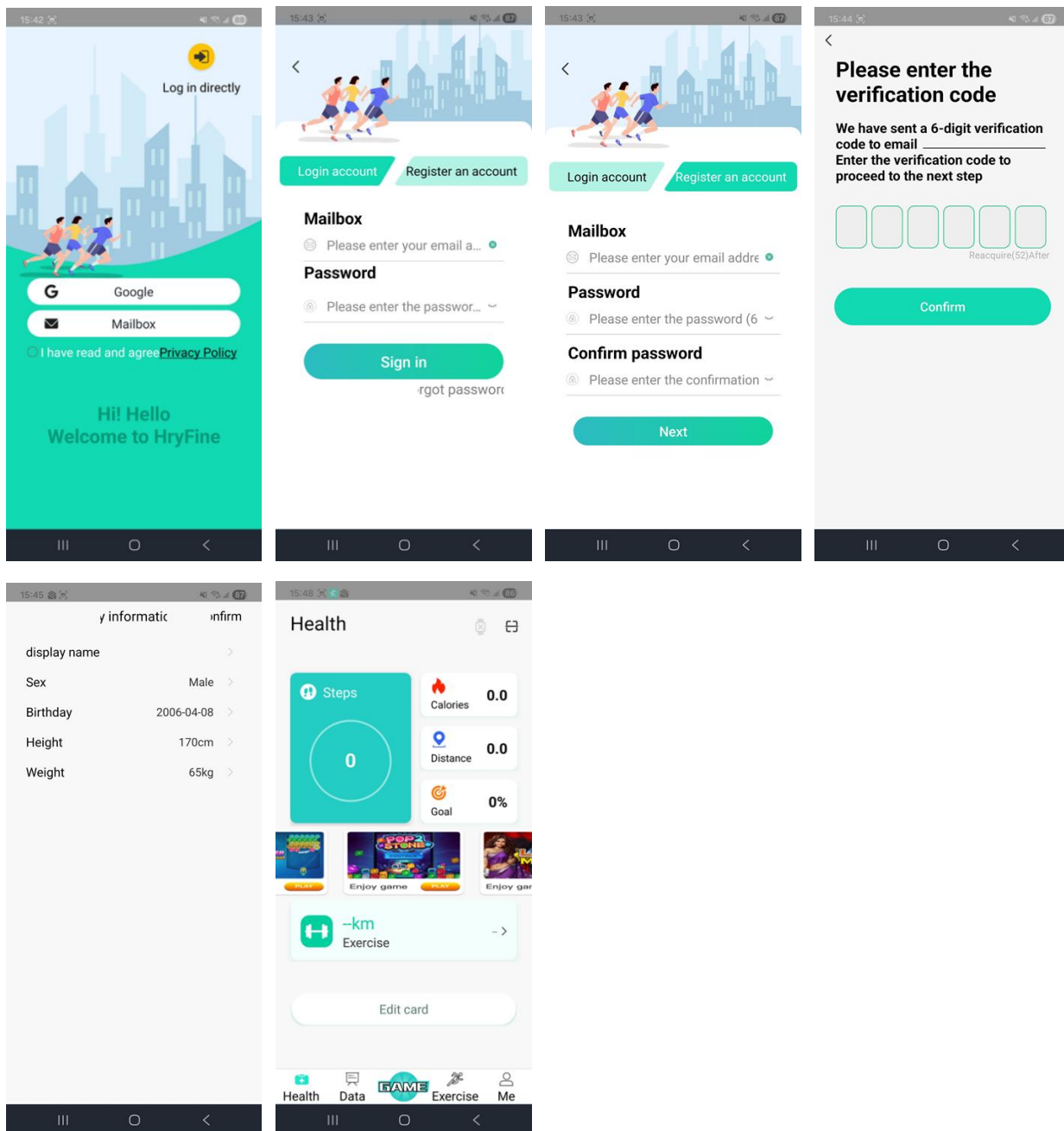


2. **Activate the Bluetooth** connection of your smartphone.
3. **Open the App**. When you open the app, the “**HryFine**” App may ask for several permissions. Below are some of the permissions being asked by the support app. Please take note that you can deny some of the permissions if you think that you don’t need the feature or not comfortable with the permission. Please note, some functions may not work, if you disallow the permissions.



Permissions: Access physical activity, phone call logs & contacts, find, connect to and determine the relative position of nearby devices, send notifications, make and manage phone calls, send and view SMS messages.

4. Register your own account with your mailbox -

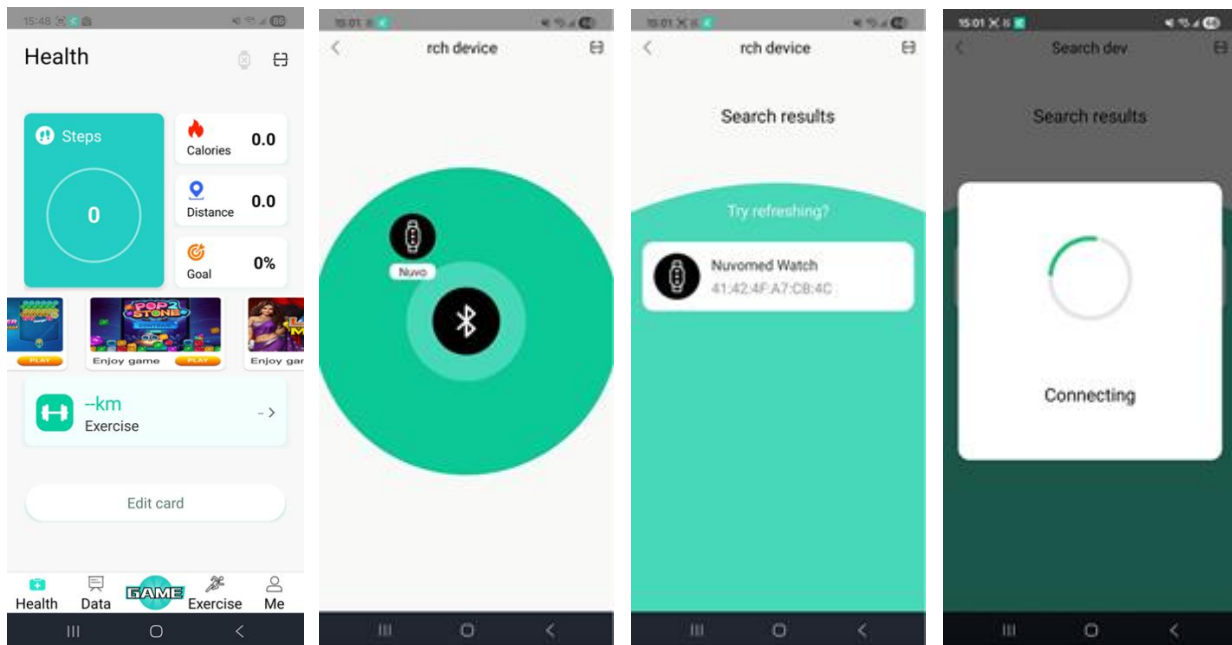


5. Select English language by clicking “ ” on your Smart Watch. **Tap the “Search device” icon**

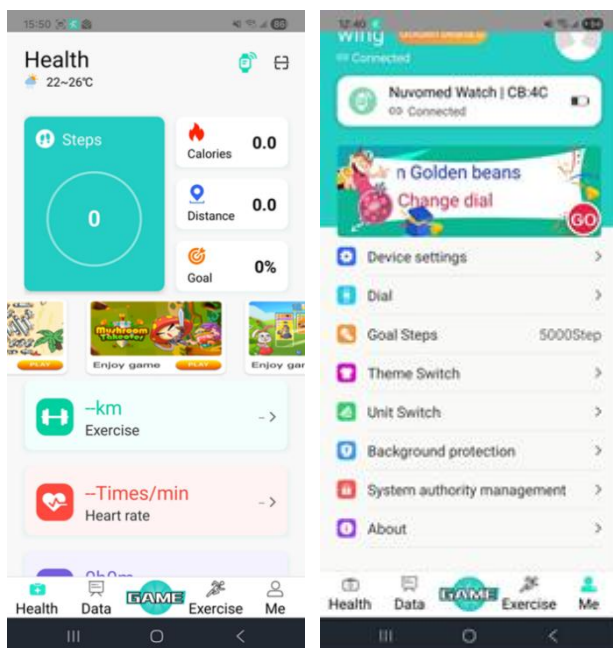


on top-right corner of “HryFine” App to search, select the device name “Nuvomed Watch” to connect.





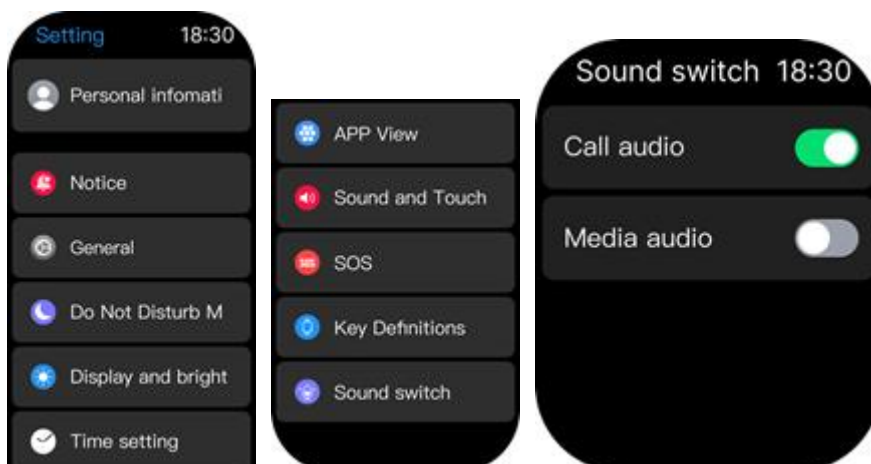
Once it's done, you have successfully connected your Fitness Tracking Smart Watch “**Nuvomed Watch**” to the “**HryFine**” App, that can be found on the “**Me**” icon.



(**REMARK:** You might be prompted with “Pair with **Nuvomed Watch**?” message on your smartphone, with “Cancel” and “OK” or “Pair” options. Please click “OK” or “Pair” to ensure that the Fitness Tracking Smart Watch is paired with smartphone for phone call functions.)



*For Bluetooth streaming music and voice assistant, you need to select 'Sound switch' menu of 'Setting', and then turn on the 'Media audio' for functions -



Functions of Fitness Tracking Smart Watch:

1. Click the Power button on Fitness Tracking Smart Watch to turn on, and you can see the watch face on display screen as below:



Rotate the MFB Crown clockwise or counterclockwise switches to other watch faces (total five options on watch, and there are more options on App).



- Short press the MFB Crown will enter below menu:



Slide on the screen and tap the icon , you can change other menu styles for displaying (total six options on watch). Or simply short press the MFB Crown twice to next menu style.



- When you click the function, such as blood oxygen, you can test function, usually it will take around 10 seconds to show the data.



- When you click the function, such as heart rate, you can test function, usually it will take around 10 seconds to show data.



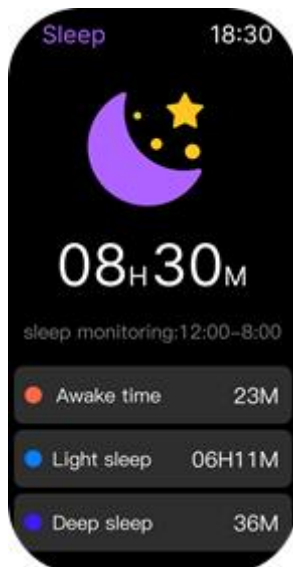
5. When you click the function, such as sports, you can see more sports mode list. If you want to walk outdoors, you can click 'Walk', then you're ready to exercise and sync records



6. Screen display for menu list for activation/operation –
a. Sports



- b. Sleep



c. Pedometer



d. Heart Rate



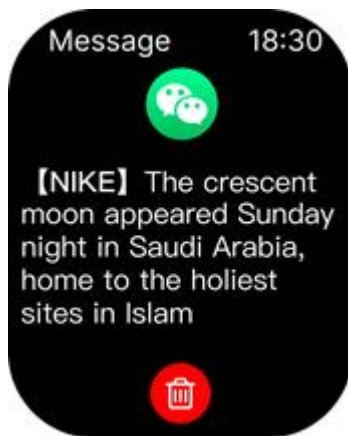
e. Blood Pressure



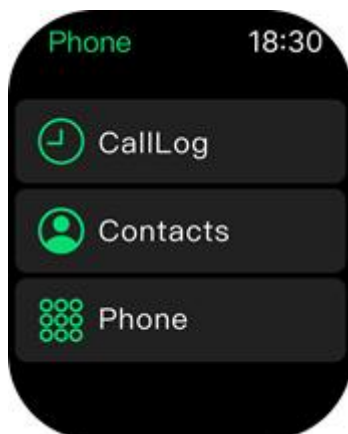
f. Blood Oxygen



g. Message



h. Dial



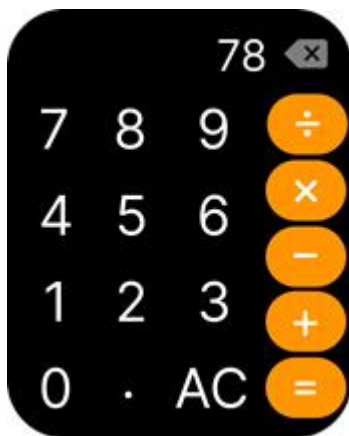
i. BT music



j. Weather



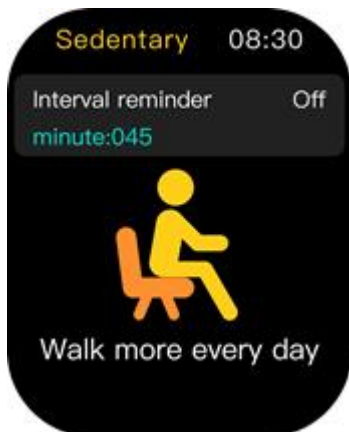
k. Calculator



l. Alarm



m. Sedentary



n. Stopwatch



o. Taking pictures



p. Voice Assistant



q. Find phones



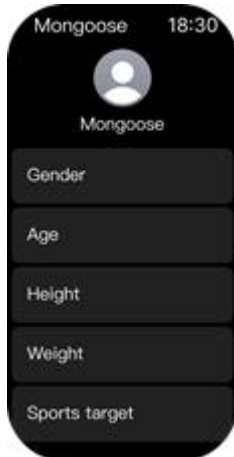
r. Car Race



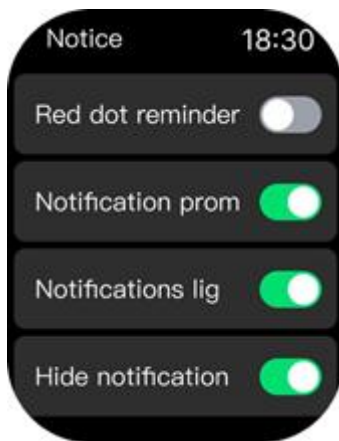
s. Setting



- Personal information



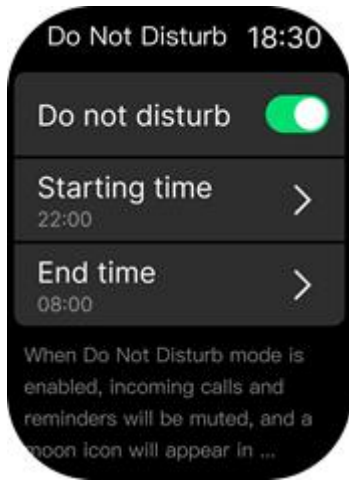
- Notice



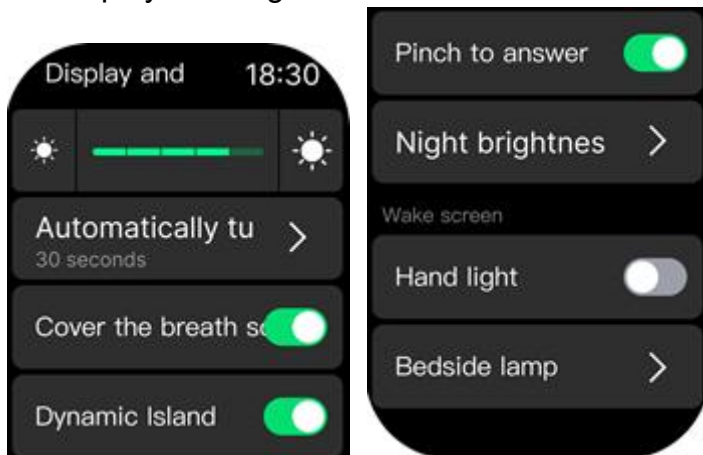
- General



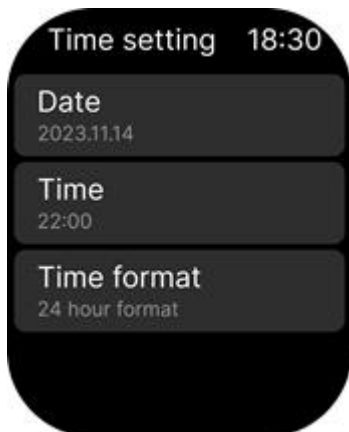
- Do not Disturb Mode



- Display and brightness



- Time setting



- App view



- Sound and Touch



- SOS



- Key Definitions



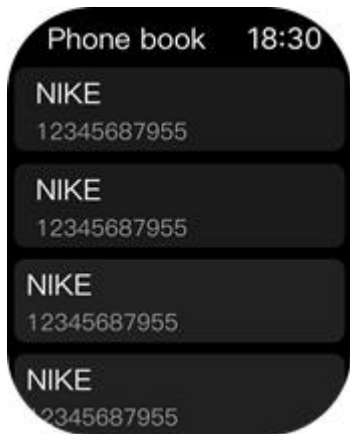
- Sound switch



t. Calendar



u. Contacts



v. Facebook



w. Twitter



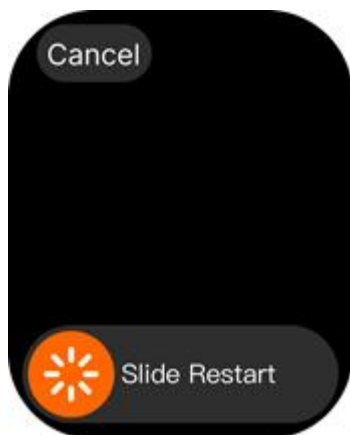
x. WhatsApp



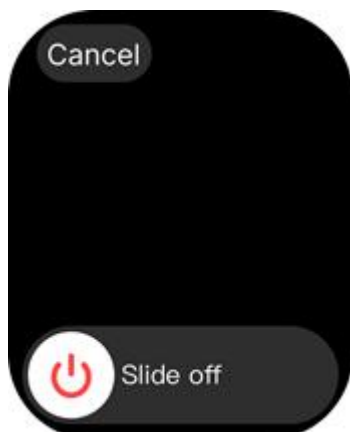
y. Drink



z. Reboot



aa. Shut Down



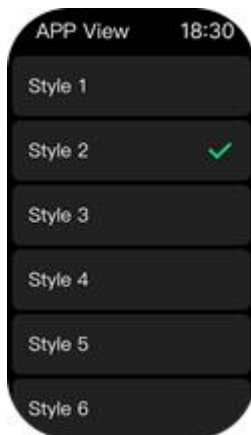
bb. Language



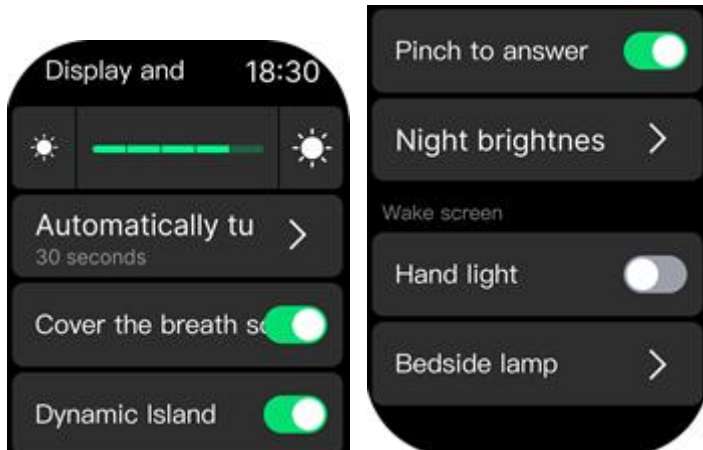
cc. QR code



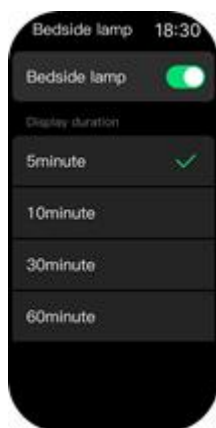
dd. App view



ee. Display and brightness



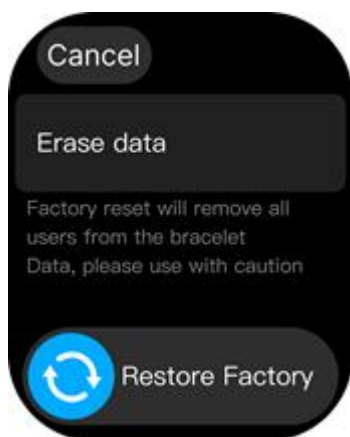
ff. Bedside lamp



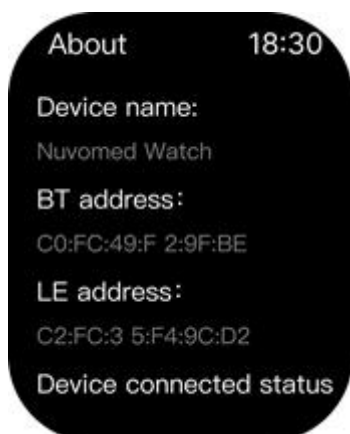
gg. Bluetooth



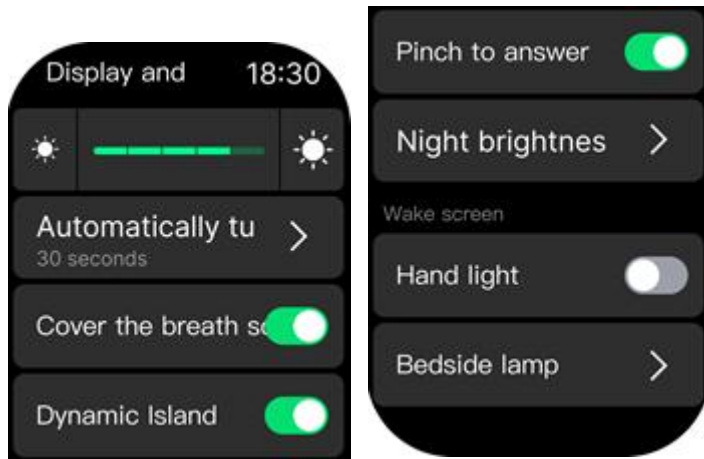
hh. Restore factory



ii. About



jj. Pinch to answer



REMARK: Short press the MFB Crown each time will return to previous display.

Troubleshooting “HryFine” App

1. “HryFine” App Cannot Find the Device

Make sure your Bluetooth is activated (Smartphone and Fitness Tracking Smart Watch if there is an option).

Check if the Fitness Tracking Smart Watch is powered on.

Manually select the Fitness Tracking Smart Watch “**Nuvomed Watch**” in the Bluetooth settings of the smartphone.

2. The Fitness Tracking Smart Watch Keeps on Disconnecting on the App?

Install the correct/updated version of the app.

See the recommended/supported version for the smartphone and the Fitness Tracking Smart Watch.

Restart your phone and your wearable.

3. “HryFine” App becomes unstable after the recent update

This usually happens when the support app upgraded to the latest version, and the old device did not receive any updates on its firmware to be compatible with the latest app update.

If this happens to your device, uninstall the app and download the lower version of the “**HryFine**” App.

4. My Fitness Tracking Smart Watch is not receiving any notifications, like calls and messages

Please check the message notification on the support app, go to “Device settings” and turn on the call and SMS reminders.

Check the “**HryFine**” permissions on the App Permission settings of the smartphone, and allow “**HryFine**” App to run in the background and receive notifications.

Specifications

Size (including watch straps): 10.31” L x 1.63” W x 0.52” T

Weight (including watch straps): ~1.6 oz

Power Input: DC 5V

Built-in Rechargeable Battery: 3.7V 200mAh

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.

Changes or modifications to this unit 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 limits 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 instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation 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.

This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement in portable exposure condition without restriction.