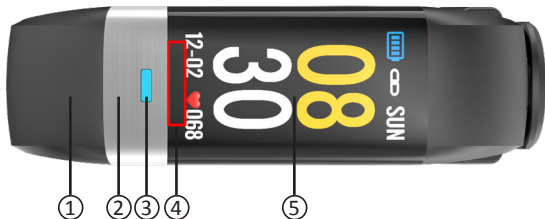


SW 620 ECG

SWISS+one

Instructions



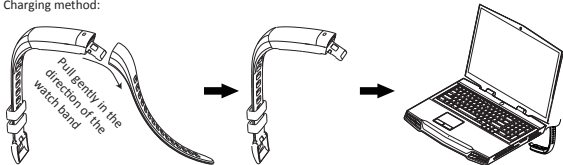
1. Strap (removable strap)
2. ECG metal contact
3. Status light
4. Touch area (function: single point switch page, long press to confirm or exit page)
5. Display

EN

1. First Time Use

Please read the instructions carefully before use. In-proper operations may affect the measurement results and give you a less comfortable experience. When you receive this product, press the touch button for 3 seconds to start it. If the power is insufficient or the power is exhausted, please charge it first.

Charging method:



After the watchband is removed, insert the host into USB port (such as computer host, a mobile power supply, or a standard power adapter) to charge (Note that the charging port in the correct direction), the input voltage is 5V1A to max. 5V2A. The device indicator flashes while the main page shows the charging status. The indicator light keeps off when fully charged.

2. Install the App

When using this device, you need to connect the device to a downloaded app on a mobile phone to be able to synchronize to the language, time and other information. Download and install the app **Wearheart** from Google Play or App Store.



iOS



Google Play

Note: This device requires the mobile phone system is: Android 4.4 or above system, iOS 9 or above, it is not compatible with other operating systems! Bluetooth must be above 4.0.

3. Register

After downloading the App, new users need to register first. After finishing the registration, please input the username and the password to login.

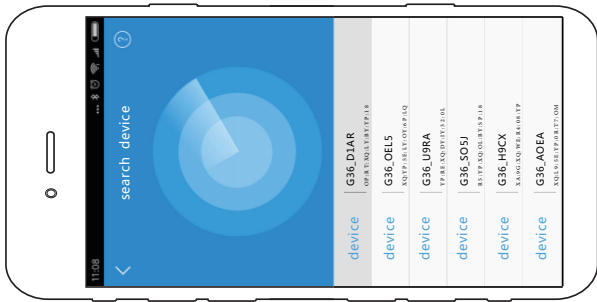
4. Personal Information Settings

After connecting the bracelet, enter the user's information, click the "Mine", "Personal device" in the App bottom state bar, according to own situations to set the height, weight, gender, wearing manner in the dialog box (Tips: the right information can make measurement data more accurate and effective).

5. Binding device

Start the installed App (Wearheart), click "Mine" in the bottom status bar, and then click the "connecting bracelet" to find the corresponding Bluetooth and connect it! The bracelet interface will display the Bluetooth icon after the connection is successful. Ensure that Bluetooth is enabled at the Smartphone.

Connect the corresponding device. Info on the exact name to avoid confusion is displayed in the in System menu of SW 620 ECG.



6. Operating instructions of device

1: This area is the touch area.

As shown in the right, after wearing the bracelet on the wrist, when the device is turned off, press and hold for three seconds to turn it on. Switch to the menu item "Theme" to select one of the 3 clock displays. A single press on the touch area changes the clock display. Long press on touch area after you have selected the clock display to confirm. Long press in System menu, to move to Power off function. Press once to switch from NO to YES. Long press again to power off the device.



2: Method of measuring ECG correctly when ECG is measured, the finger needs to touch the entire piece of metal, body should be relaxed, and it stays still as much as possible during the measurement until the end of the measurement (measurement time is about 30-60 seconds). If the ECG waveform is disordered or drifts seriously, please re-measure, if the skin is too or dry, please wet the skin before measuring, and keep the metal sheet in good contact with the skin.(ECG measurement has two kinds of offline measurement and online measurement.)

7. Electrocardiogram Measurements

1: ECG measurements can be measured directly on the bracelet (offline), also measured at the App.

(1):Measure on the bracelet (offline measurement), first switch the interface to the ECG measurement interface on the device as shown below and long press to start measurement:



Whether it is off-line measurement or App side measurement, please keep the correct posture: calm and relaxed. When off-line measurement, switch the interface to ECG measurement and touch the finger to the entire metal piece and a waveform appears after 3 seconds, the device will prompt the end after 30-60s. You can view the history in the App and review measurement results parameters such as HRV, also the measured ECG waveform can be shared.

(2) : APP end measurement (on-line measurement)

When you select the APP to measure the ECG, you can change of the waveform in real time on the phone.

Operation method: Start the APP, click "Health" in the APP bottom bar, and then click "One-key measurement".

If is the first time use this device, "one-key measurement" is gray status, need to calibrate, click the "measurement calibration" into the calibration interface.

Blood pressure calibration is divided into "precision calibration" and "blood pressure level calibration". If you know your blood pressure, select the "precision calibration", and input the high pressure and low.

If you do not know the values, please click the "blood pressure level calibration" and select the blood pressure level.

It's divided into "Low", "Flat", "On the high side", "High" level.

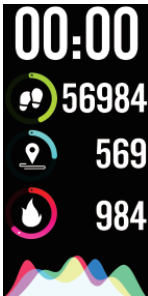
Click start to measure, put the index finger on the metal plate to measure, the duration is 30-60 seconds.

Conclusion report will be given after the end of the measurement.

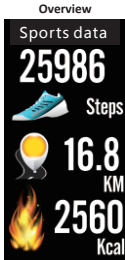
(Note that this report is only a reference, cannot be used as a medical basis, the improper posture, speech, etc. will affect the accuracy of measurement!)

8. Themes

Press 3-5 seconds to choose different themes. There are different themes to choose.



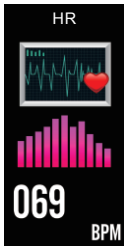
9. Function



This interface shows the current recorded steps, distance and calorie data



Long press to enter the test ECG interface, test the ECG data according to the prompt and upload to App



Heart Rate

This interface automatically turns on heart rate measurement. At the same time, the green light of PPG at the inner side is turned on and the measurement begins. Value will be measured in 30 to 60 seconds.

Blood Pressure

Enter the interface and start the blood pressure measurement. At the same time, the green light of PPG at the inner side is turned on and the measurement begins. Data will be visible in about 10 seconds and the full measurement will take 30-60 seconds.

***Hint:** Sensors in the watch measure the highest and lowest value of the photoplethysmographic signal (PPG) - the vessel width change. It is detected by light irradiation and absorbance measurement. The PPG sensors are located on the bottom of the watch. To generate the PPG signals, the skin is illuminated with green LED light, resulting in a reflection of the blood cells under the skin. The reflected portion is registered and recorded.*





If relevant information is set up in the App, you can receive mobile phone notifications when the switch is on and save up to 5 messages. Long press to enter the message, and long press again to remove it.



This interface is used to find mobile phone, press 3 seconds and the phone rings. Depending on set profile. The bracelet must be connected and the mobile phone within Bluetooth range.



The system automatically turns on the sensor at 10 PM to detect sleep and record your sleep time.



This interface is the Timer function, long press 3 seconds to enter the timer interface, click to start, long press 3 seconds to exit



This interface displays the Bluetooth number and software version



Long press the system interface to enter the shutdown interface. After selecting, press once to switch from NO to YES, then press once again to power off the device.

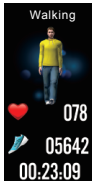
10. Multi-Sports Modes



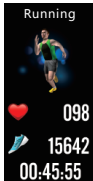
Long press 3 seconds to enter Multi-Sports Modes selection

You can choose between walking mode, running mode, climbing mode and riding mode.

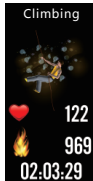
Select the sports mode you want by switching the interface (select the mode you want and press 3 seconds to start the sports, press 3 seconds to exit and return to the upper level interface).



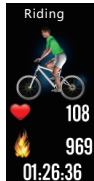
Walking



Running


















Climbing



Riding

11. Functions

- | | | |
|--|--|---|
|  Time |  Long seat reminder |  Timer |
|  Steps |  Shutdown |  Find the phone |
|  Distance |  Call reminder |  Heart rate |
|  Calories |  Notifications |  Blood pressure |
|  Sleep | |  ECG |
|  Multi- sport modes | | |

Note! The bracelet SW 620 ECG is a device primarily for diagnostic checking and the monitored data is not intended for medical use, nor is it intended to diagnose, treat, cure or prevent any disease or condition. The optical heart rate monitor is a valuable tool that provides an approximate estimation of the user's heart rate at any given point in time.

The measured heart rate frequency varies depending on user's behaviour and on the user's level of activity. Various technology limitations may cause the heart rate monitoring to be inaccurate under certain circumstances.

These circumstances may include the user's physical characteristics, the fit of the device and the type and intensity of the activity.

Heart rate accuracy during swimming is very limited and we do not recommend using heart rate monitoring during swimming

12. Other information

Areas with explosion risk

Always turn off the unit when you are in an area where there is a risk of explosion. Follow all signs and instructions. There is a risk of explosion in places that include areas where you are normally requested to turn off your car engine. In these areas, sparks can cause explosion or fire which can lead to personal injury or even death.

Turn off the unit at filling stations, and any other place that has fuel pumps and auto repair facilities.

Follow the restrictions that apply to the use of radio equipment near places where fuel is stored and sold, chemical factories and places where blasting is in progress. Areas with risk for explosion are often – but not always – clearly marked. This also applies to below decks on ships; the transport or storage of chemicals; vehicles that use liquid fuel (such as propane or butane); areas where the air contains chemicals or particles, such as grain, dust or metal powder.

Li-ion battery

This product contains a Li-ion battery. There is a risk of fire and burns if the battery pack is handled improperly.

WARNING

Danger of explosion if battery is incorrectly replaced. To reduce risk of fire or burns, do not disassemble, crush, puncture, short external contacts, expose to temperature above 60° C (140° F), or dispose of in fire or water. Recycle or dispose of used batteries according to the local regulations or reference guide supplied with your product.

When you fly

It is prohibited to use the unit in flight. Turn off the unit before you board a plane. Using wireless Bluetooth units inside a plane can pose risks to air safety and interfere with telecommunications. It may also be illegal.

Clean the unit

- Clean the surface with a soft, dry cloth.
- Do not use any sprays near the unit. Do not use any solvents, chemicals, or cleaning solutions containing alcohol, ammonia or abrasives.
- Do not allow liquids to spill into any openings.

Care and maintenance

Your unit is a technically advanced product and should be treated with the greatest care. Negligence may void the warranty.

- Do not use or keep the unit in dusty, dirty environments. The unit's moving parts and electronic components can be damaged.
- Do not keep the unit in warm places. High temperatures can reduce the lifespan for electronic equipment, damage batteries and distort or melt certain plastics.
- Do not keep the unit in cold places. When the unit warms up to normal temperature, condensation can form on the inside which can damage the electronic circuits.
- Do not drop the unit. Do not knock or shake it either. If it is treated roughly the circuits and precision mechanics can be broken.

The advice above applies to the unit, battery and other accessories. If the unit is not working as it should, please contact the place of purchase for service. Don't forget the receipt or a copy of the invoice.

Correct disposal of this product



(Waste Electrical & Electronic Equipment)

(Applicable in countries with separate collection systems)

This marking on the product, accessories or manual indicates that the product and its electronic accessories (e.g. charger, headset, USB cable) should not be disposed of with other household waste. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate these items from other types of waste and recycle them responsibly to promote the sustainable reuse of material resources.

Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can take these items for environmentally safe recycling. Business users should contact their supplier and check the terms and conditions of the purchase contract. This product and its electronic accessories should not be mixed with other commercial wastes for disposal. This product is RoHS compliant.

Correct disposal of batteries in this product



(Applicable in countries with separate collection systems)

The marking on the battery, manual or packaging indicates that the battery in this product should not be disposed of with other household waste. Where marked, the chemical symbols Hg, Cd or Pb indicate that the battery contains mercury, cadmium or lead above the reference levels in EC Directive 2006/66. If batteries are not properly disposed of, these substances can cause harm to human health or the environment. To protect natural resources and to promote material reuse, please separate batteries from other types of waste and recycle them through your local, free battery return system.

Declaration of Conformity



We hereby declare that the radio equipment type
swisstone SW 620 ECG is in compliance with Directives:
2014/53/EU and 2011/65/EC (RoHS).

A copy of the Declaration of Conformity is available at www.swisstone.de.

Warranty

In case you need support during setup or usage of your product you will find the relevant contact details on the following website: www.swisstone.de.

If you detect a defect resulting from manufacturing and/or material faults within 24 months from purchase, please contact your dealer. The warranty does not apply for improper treatment or failure to comply with information contained in this user guide, for interference on device executed by dealer or user (e. g. installations, software downloads,...) and for total loss. Furthermore it does not apply to ingress of liquids, use of force, non-maintenance, improper operation or other circumstances caused by the user. It also does not apply to failure caused by a thunderstorm or any other voltage fluctuations. The manufacturer reserves the right in this case to charge the customer for replacement or repair. For wear parts such as batteries or casing a restricted warranty period of 6 months is valid. Manuals and possibly supplied software are excluded from this warranty. Further or other claims arising from the manufacturer's warranty are excluded. Thus, there is no liability claim for business interruption, loss of profits, loss of data, additionally installed software by user or other information. The receipt with purchase date forms the warranty proof.

Technical Specifications

| | |
|--|------------------------------------|
| Bluetooth (MHz) [maximum radio-frequency power/dBm] | 4.0 (2402 - 2480) [10] |
| Dimensions | Diameter: 4,2 cm Height: 1,2 cm |
| Display | 160 x 80 pixels, 0,96" TFT |
| Waterproof | IP67 |
| Weight | 28 g |
| Battery | 105 mAh Li-ion battery |
| Operating ambient temperature | Temperature: -10 ~ +50 °C |

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