

SW 610 HR

swisstone®

Hergestellt in China

Instructions

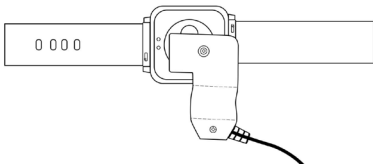


EN

1. How to charge

While it's possible that your SW 610 HR will already come with enough charge to be powered on right out of the box, we recommend to fully charge it before first use.

1. Attach the supplied charging cable to the bottom of the clock.



2. Insert the USB charging connector into any USB port that permits charging.
3. Press the touch button to start the display if not already lit.

Note! Maximum charging output for USB charger: 5 V / 2 A. Always disconnect the charging cable from the USB port before disconnecting it from the watch! To prevent short circuits due to metals (eg paper clips, etc.) on the charging cable, never leave it unused on an active USB port!

Note! Generally charging is quicker if plugged in to a USB power supply compared to charging via other hosts such as computers.

2. Install the app to a smartphone or tablet

Download and install the app **SwissFit Lite** from Google Play or App Store.

Compatible devices

- Android version 4.4 and later
- IOS version 9 and later
- Bluetooth 4.0 and later compatible device

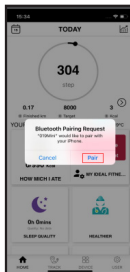
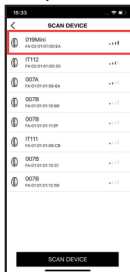


3. Create account/login and set personal profile

Open the app **SwissFit Lite** and create an account via **Register** or **Login** if you already have an account. Enter your personal data.

4. Pair the SW 610 HR to your smartphone

1. Start Bluetooth on your smartphone.
2. If not already started, turn on your **SW 610 HR**. You will see the 4-digit ID (-XXXX)number of your watch.
3. Open the app **SwissFit Lite** and tap **DEVICE**, then tap **SCAN DEVICE**.
4. When found, select the device and tap to **Pair** your **SW 610 HR** to your smartphone.



5. Function icons



Time and date



Weather



Heart rate



Brightness



Blood pressure



Music



Activity



Find phone



Training



Message



Stopwatch



Call ID

6. Change/select mode

Once the watch is connected to the app, it will start recording and analyzing your activities and sleep automatically. The following modes are available:

Functions	Instructions
Turn on	Touch the screen directly below the display until it vibrates.
Turn off	 Touch the screen until the power off icon appears. Touch and hold it until it vibrates.
Touch mode	Single touch screen multiple times to switch between the modes.
Confirm	Tap and hold touch area (until it vibrates).
Heart Rate	Tap on the screen to measure your heart rate. Wait about 10 s for the current heart rate to be displayed after it vibrated. Last value will be shown in HR menu.
View data	Tap on Activity to view the number of steps, calories, distance.
Music	Tap on Music . Press the touch button to control the phone's music player. Touch and hold until it vibrates.



Functions	Instructions
Stopwatch	Tap on Stopwatch . Press the touch button to control the stopwatch.
Blood pressure test	Tap on BP . Long press the touch area to test. Testing takes around 30 to 40 seconds, afterwards your BP result will be displayed. Last value will be shown in BP menu.
Exercise mode	Tap on Sports . Press and hold the touch are, to be able to switch between the sports mode by pressing once again. Walking, Running, Cycling, Swimming and Tennis are to choose. Swipe until you reach the wanted activity and tap on it. Tap and hold until it vibrates to start/stop the exercise.
Check the sports data	Tap on Sports to view steps, calories, distance of your current activity. Long press to exit function.
Adjusting brightness	Tap on Brightness . Adjust the brightness by tapping and confirm.

Functions

Switch between watchfaces

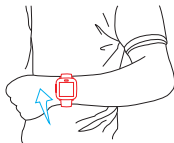
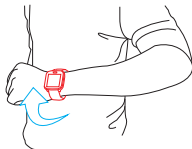
Instructions

Tap and hold the touch are to switch between different watchfaces. Choose the one you like . After 3 seconds, the selected watchface is set as default.



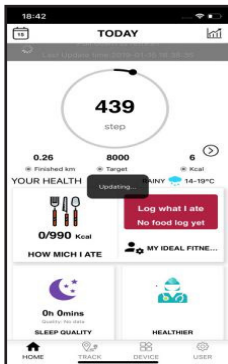
7. Gesture Control

Turn on the display by a simple twist of your wrist. Make sure that the feature is enabled in the app **SwissFit Lite**.



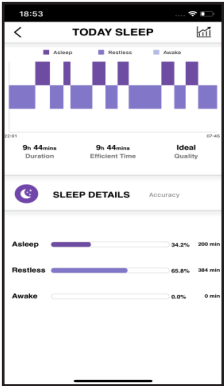
8. Synchronise the device

SW 610 HR automatically synchronises the data after the first pairing. Steps, active calories, distance, date and time is included in the synchronisation. View the available information daily, weekly or monthly. Synchronisation will normally take 30-60 seconds. If synchronisation fails, disconnect and reconnect the Bluetooth connection.



9. Sleep monitor

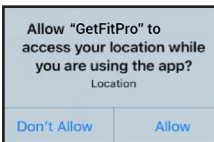
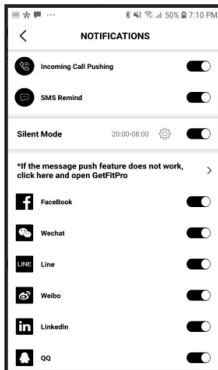
Wear SW 610 HR at all times, also at night, to analyze your sleep quality according to your nocturnal movements and to monitor your entire sleep schedule. By default, your SW 610 HR goes to sleep mode between 21:00-09:00. The following day the device will show your sleep duration. View the available information daily, weekly or monthly.



10. Call and message notifications

Tap the **DEVICE** tab, then tap **NOTIFICATIONS**.
Select all or individual apps/features that should be able to send notifications to the watch.

For Android devices, you need to allow **SwissFit Lite** to send you notifications.

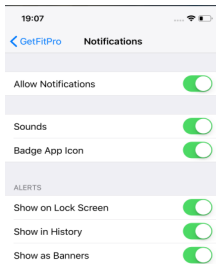


For iOS devices, you need to allow **SwissFit Lite** to send you notifications, once you download the App or go to phone **Settings** to allow the notifications.

Incoming call/messages (WhatsApp, SMS, etc.) will be displayed on the watch and it will vibrate.

If it's a known caller the name will be displayed, otherwise the number.

For messages, you will see the sender and parts of the content of the messages.



11. Wake up alarm/activity/sedentary reminder

Tap the **DEVICE** tab, then tap **Alarm setting** to set an alarm. The alarm can be set once or repeatedly, you may set multiple alarms.

Tap the **DEVICE** tab, then tap **Health remind** to select to be notified when you have been inactive for a set time. The watch will vibrate to remind you to be active.



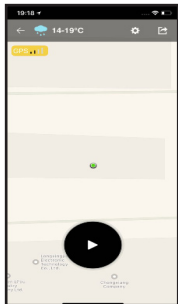
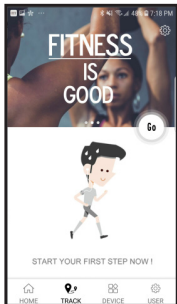
12. Exercise mode

Tap the **TRACK** tab, then select the sport you like for the best tracking during the activity and real-time stats on display.

For this mode, you need to have your smartphone with you during the activity for GPS. GPS will be used from smartphone.

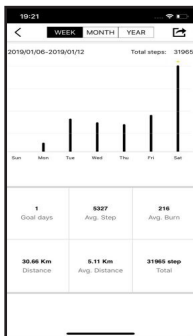
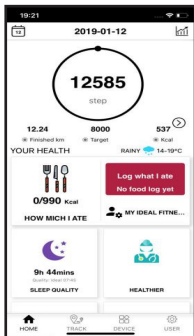
You can **Start/Pause/Stop** an activity. When you have finished, synchronise the data with the app. Tap **Activity** to see your recorded activities. Tap a specific activity to see detailed information about the exercise.

If GPS tracking was included in the activity you can also see a map to follow your exercise.



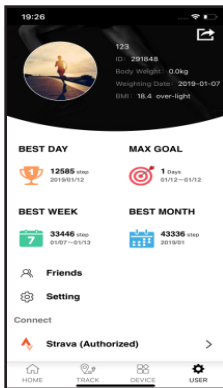
13. Check day/week/month activity data

Go to **HOME** tab to check each day activity data (steps/sleeping quality/heart rate,etc). Click the upper right corner to check your weekly/monthly activity.



14. Total/average activity data

Go to the **USER** tab to check your total and average activity data.



15. Heart rate monitor

The dynamic heart rate monitor shows your heart rate status throughout the day. The horizontal bar shows the exercise time for aerobic, anaerobic and cardiopulmonary exercise.

Note! The bracelet SW 610 HR is a screening 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.

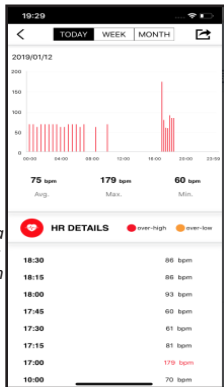
The optical heart rate / blood pressure monitor is a valuable tool that provides an approximate estimation of the user's heart rate at any given point in time.

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.

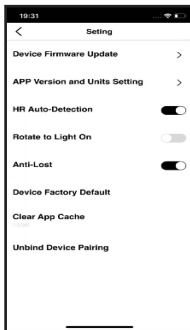
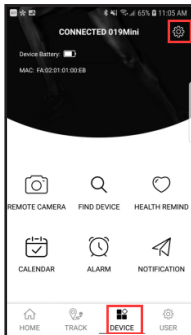
These circumstances may include the user's physical characteristics, the fit of the device and the type and intensity of the activity.

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



16. Other Device settings

Tap the **DEVICE** tab, then tap **Device** setting wheel in the upper right corner for more settings on your watch.



17. Firmware update

If a new firmware is available, the app will notify you to upgrade the watch. Follow on the instructions and make sure the app is running on the screen and the screen is lit up during the entire upgrade process.



18. Other information

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.

Health Warnings

- If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.
- The Sport Watch optical wrist heart rate monitor emits green light and flashes occasionally. Consult your physician if you have epilepsy or are sensitive to flashing lights.
- Always consult your physician before beginning or modifying any exercise program.
- The device, accessories, heart rate monitor, and related data are intended to be used only for recreational purposes, and are not medical purposes and not intended to diagnose, monitor, treat, cure, or prevent a disease or condition.
- The heart rate readings are for reference only, and no responsibility is accepted for the consequences of any erroneous reading.
- While the device optical wrist heart rate monitor technology typically provides an accurate estimate of a user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.
- The activity trackers rely on sensors that track your movement and other metrics. The data and information provided by the device is intended to be close estimation of your activity and metrics tracked, but may not be completely accurate, including step, sleep, distance, heart rate, and calorie data.

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.
- Do not use strong chemicals to clean the unit.

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.

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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 610 HR 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 version	4.0
Bluetooth frequency band	2402-2480 MHz
Bluetooth max output power	10 mW (dBm)
Dimensions	Diameter: 4.5 cm Height: 1 cm
Display	240 x 240 pixels, 1.3" TFT
Waterproof	IP68
Weight	28 g
Battery	160 mAh Li-ion battery
Working temperature	Temperature: 0° C ~ 40° C Humidity: 0% ~ 85% RH

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