

# SW 380 HR

## swisstone®

Hergestellt in China

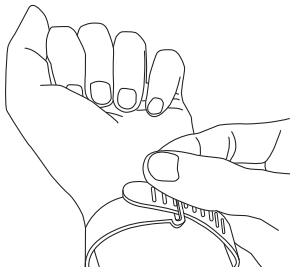
### Instructions



EN

## **1. Wear on your wrist**

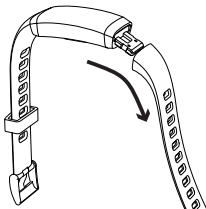
Place the bracelet on your wrist, with the display facing up, adjust the band to fit snugly.



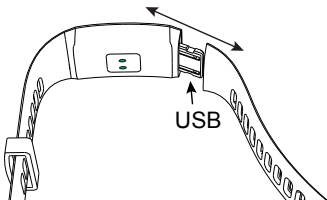
## **2. How to charge**

While it's possible that your SW 380 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.

Pull the bracelet gently to free the USB charging connector.



Insert the USB charging connector into any USB power adapter that permits charging.



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

### 3. Install the app to a smartphone or tablet

Download and install the app **FitSelf pro** from Google Play or App Store.

#### Compatible devices

- Android version 4.4 and later
- IOS version 9.0 and later
- Bluetooth 4.0 and later compatible device



### 4. Pair the SW 380 HR to your smartphone

1. Start Bluetooth on your smartphone.
2. Open the app **FitSelf pro** and click **Search for device** click the name of the bracelet **SW 380 HR**.
3. Follow the instructions in the app to pair your SW 380 HR to your smartphone.

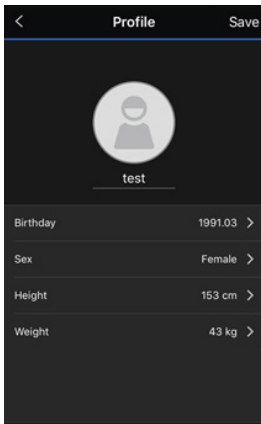
## 5. Synchronise the device

SW 380 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.



## 6. Update your personal profile

Open the app **FitSelf pro** and click the top profile to enter your personal data.



## 7. Bracelet functions

Press the sensor button on the SW 380 HR to switch between the following modes:

### Time and date



Shows time, date and last measured heart rate value. Longpress for changing between watchfaces.

### Overview



Shows the total number of steps in the day, distance and calories in overview. Details can be seen in App.

### HR



Measure your heart rate in real time. The measurement starts automatically.

## Message



Displays the push notifications from the mobile phone. Longpress to reset the unread message info. Max storage are 5 messages.

## Sports



Longpress for the wanted type of exercise. Select between walking, running, climbing and cycling.



## Timer



Longpress the button to enter the function, press the button to start/stop the timer.

## Sleep monitor



Monitor your sleep duration and your sleep quality in the app or on the SW 380 HR.



## Find your phone



Go to **Find Phone** and long press the SW 380 HR sensor button, your phone rings or vibrates, depending on selected sound profile for you to find it.

## System



Find there the bracelet name for Bluetooth pairing.

## Turn On/Off the SW 380 HR

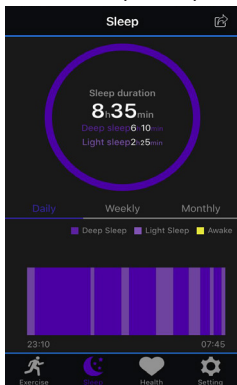
Long press the sensor button on the SW 380 HR to turn on.



1. Go to **Shutdown**.
2. Long press the sensor button on the SW 380 HR to start power off mode.
3. Press the sensor button to switch from **On** to **Off**.
4. Long press the sensor button on the SW 380 HR.
5. The SW 380 HR displays **Goodbye** and vibrates to power off the device.

## 8. Sleep monitor

Wear the bracelet SW 380 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 380 HR goes to sleep mode at 21.30, the following day the device will show your sleep duration. View the available information daily, weekly or monthly.



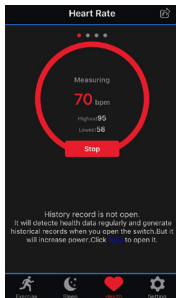
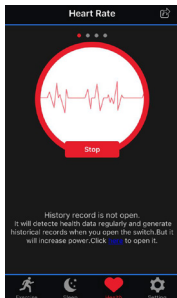
## 9. Detect heart rate

### Manual detection

Open the app **FitSelf pro** and click **Health**.

Click **Start** to start the measurement process.

The measuring process lasts approximately 1-2 minutes.



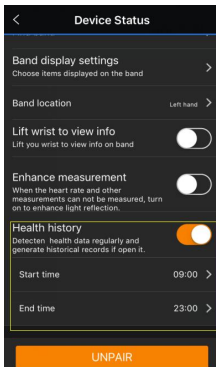
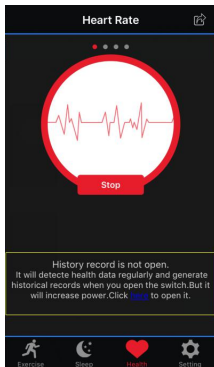
The light at the back of the bracelet will flash to indicate that the measurement started.

After approximately 1-2 minutes of measuring, the bracelet will vibrate and the result is displayed.

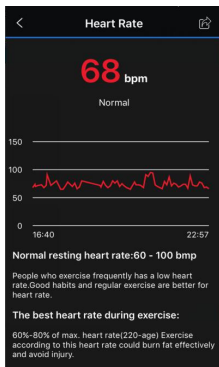
### Automatic detection

Open the app **FitSelf pro** and click **Health** and then **Health history** to monitor your health.

To record and to generate an historical overview of your health data you need to open a switch.



**Note!** Opening the switch **History record** increases the power consumption and it drains the batteries quicker.



## Measuring results

When measuring heart rate, the green light on the bottom flash through the contact with the wrist on the blood vessels and reflect the waveform of the blood flow to the two sensors.

By the optical changes of the light pulses which measure the blood flow, data can be collected and calculated. which are converted into the measurement result on the screen.

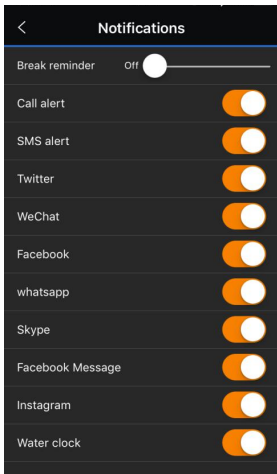
**Note!** The bracelet SW 380 HR is a screening device primarily for diagnostic checking and the monitored data is not intended for medical use, nor is it intended to diagnose, treat, cure or prevent any disease or condition. The optical heart rate monitor is a valuable tool that provides an approximate 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.

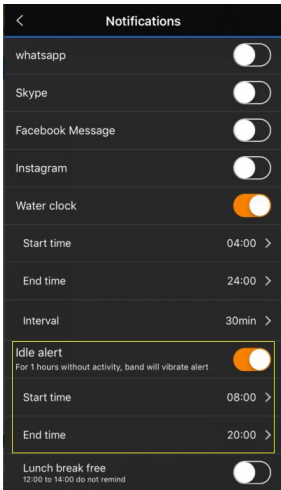
## 10. Call and message notifications

Tap **Settings**, then tap **Notifications**.



## 11. Idle alert

Select to be notified when you have been inactive for more than 1 hour.





## 12. Water reminder

Select to be reminded to drink and to drink regularly.

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Notifications

whatsapp

☐

Skype

☐

Facebook Message

☐

Instagram

☐

Water clock

☒

Start time

04:00 >

End time

24:00 >

Interval

30min >

Idle alert

☒

For 1 hours without activity, band will vibrate alert

Start time

08:00 >

End time

20:00 >

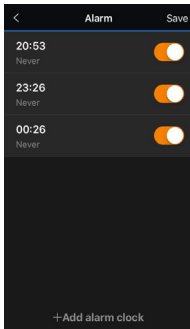
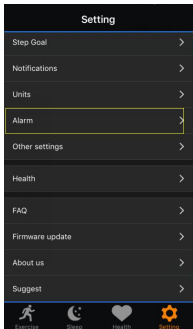
Lunch break free

☐

12:00 to 14:00 do not remind

### 13. Wake up alarm

The alarm can be set once or repeatedly, you may set up to 8 different alarm times.



### 14. Remote camera control

To set the camera on your device to capture an image by shaking the SW 380 HR, select **Settings** select **Other settings** and then select **Selfie Remote**. Now turn on the camera on your device and shake your SW 380 HR to capture an image.

## 15. FAQ on the FitSelf pro App

Tap **Settings** and **FAQ**. Here are answers to the most common questions about the app Fitself pro.


## 16. Firmware update

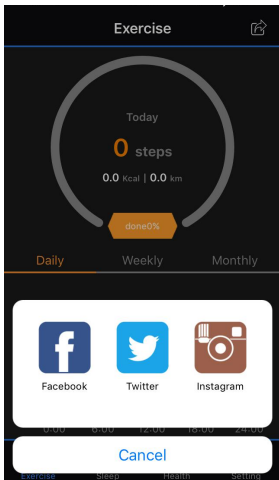
From **Settings**, select **Firmware update** to show the current firmware status and current firmware version. If there is an update available, select **UPDATE IMMEDIATELY** to download and install the latest update.

## 17. Send feedback

From **Settings**, select **Suggest** to send suggestions and feedback at any time to help us to improve the product. If possible, please do attach a screenshot of your feedback.

## 18. Share your exercise history

Tap  and then the app you want to share your workout data like **Steps**.



## 19. 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.

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#### 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.

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### 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.
- 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 380 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](http://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](http://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









Changes and errors excepted.

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