

Garett Women Paula



User manual

Thank you for purchasing the Garrett Women Paula smartwatch.

SAFETY ISSUES

Before use, read this user manual carefully and keep it for further reference. The manufacturer shall bear no liability for any damage/injuries caused by improper use. Depending on the smartwatch batch, certain functions may differ from the functions described in this user manual.

- Using this device in the vicinity of medical devices may disrupt their operation. Users should pay special attention when using the smartwatch in the vicinity of medical devices such as pacemakers, hearing aids and other electronic medical devices.
- Do not dispose of the device in fire. There is a risk of battery explosion and resulting threat to life and health.
- Protect the device from heat sources and direct sunlight.
- Do not immerse the device in hot water.
- Do not dive while wearing the device.
- Do not use the device if damaged.
- In case of any damage, take the device to an authorised service centre for inspection/repair. Any attempts to make your own repairs may damage the device and result in invalidation of the warranty.
- The device should only be cleaned with a soft, slightly damp cloth.
- No chemicals or detergents should be used for this purpose.

Garett Women Paula is not a medical device. Smartwatch and the Glory Fit app are not designed for medical diagnosis, treatment or as a preventive measure against illness or disease. You should seek medical advice first before changing your sleep and physical activity habits.

PRODUCT DESCRIPTION

1. Touchscreen display
2. On/off/back button
3. Set of sensors
4. Interchangeable strap



INSTALLATION

Put the watch on your wrist and adjust the strap length so as to ensure it is not too loose.

OPERATION

Turning on/off

Press and hold the on/off button (2) to turn the device on. To turn the device off, go to menu and select the turn off option (Settings>System>Shut down).

Note: Before the first use, make sure that the smartwatch is connected to the app. The device will automatically synchronise the time, and the physical activity data will be saved correctly.

CHARGING

1. The smartwatch is charged using the magnetic cable supplied with the device.
2. Attach the magnetic end so that the contacts of the watch touch the contacts of the charging cable. Then connect the other end of the cable to the USB port of a computer or a USB power adapter.

Note: In case the smartwatch does not start - try charging it. Place the device stably on a flat surface. The magnetic tip must adhere to the contacts. The first charge should take about 1-2 hours. In the case of a discharged watch, charging can start even after a few minutes - the start of charging is signalled by the wake-up of the smartwatch screen.

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INSTALLING GLORY FIT APPLICATION

The smartwatch works with your smartphone using the **Glory Fit** app. Before use, you must first download the app from the Google Play Store or the AppStore and install it on your phone. You can search for the app by entering "Glory Fit" in the store search engine or by scanning the relevant QR code provided below.



iOS



Android

PAIRING

Note: Garrett Women Paula Smartwatch does not require a permanent smartphone connection, but in order to fully enjoy the functions of the watch you need to pair it with your smartphone using the app. Before the first use, you need to enter your user data in the app.

Note: Every time you turn on the smartwatch and the app, the data synchronise automatically (the devices must be paired!). The smartwatch measures and analyses data on physical activity and sleep in standby mode. Garrett Women Paula is equipped with an accelerometer (G-sensor) that monitors your body movements and processes them based on algorithms that allow you to determine the details of your sleep and physical activity.

1. Turn on Bluetooth on your phone.
2. Make sure that the smartwatch is on.
3. Open the GloryFit app.
4. Enter the **Profile** tab at the bottom of the screen, then choose the **Select device** option and select the device named **LW29**.
5. When pairing, place the phone and the smartwatch close to each other.
6. After successful pairing, the time on your watch will be updated.

Note: Garrett Women Paula Smartwatch works with smartphones that support Bluetooth 5.0. It is also compatible with Android 5.0, iOS 9 (and higher).

Before pairing, remember to grant the app the required permissions and permissions to function properly. If you refuse, selected features of the app may not work properly or will be unavailable.

DISPLAY MENU

1. **Main menu screen** (there are 5 watch faces to choose from, which can be found in the smartwatch settings). You can return to the previous menu by pressing button (2) or swiping right. Swiping left displays the history of your last training session/daily activity summary/heart rate measurement/information about your last sleep/weather/notifications history. Swiping down takes you to the quick menu. Swiping up displays recent notifications. Swiping right takes you to the main menu.
2. **Data:** Daily activity status.
3. **Training:** Several sport modes to choose from. To end the selected activity, press button (2). Activity data will be included in the daily activity status.
4. **Messages:** Recent notifications from the connected phone.
5. **Heart rate monitor:** Heart rate measurement function.
6. **Blood pressure monitor:** Blood pressure measurement function.
7. **Pulse oximeter:** Blood oxygen saturation measurement function.
8. **Sleep:** Information about sleep.
9. **Music:** Remote control of the music on your phone.
10. **Weather:** Displays weather information for the current day.
11. **Alarm:** Displays the alarms set.
12. **Stopwatch:** Stopwatch function.
13. **Countdown:** Timer function.
14. **Find:** Search for your phone using vibrations.
15. **Settings:** Smartwatch settings:
 - QR code: Displays the QR code to be scanned.
 - System: Turn off the Smartwatch / Restart / Device information.
 - Show: Select the watch face theme / Screen brightness.

Heart rate measurement, comments:

To start the heart rate/blood pressure/oxygen saturation measurement on the smartwatch, go to the selected function and wait for the results to appear. Before you start the measurement, make sure that the sensor is touching the skin. The measurement area should be kept clean; dirt may adversely affect the result.

Keep your body relaxed and still during tests. Hold the device at the same height as your heart; do not speak during the test. The measurement should take at least 1 minute to obtain an optimal result.



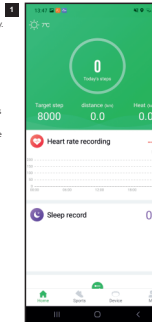
GLORY FIT APP

1 Home page

Shows statistics from the current day.

- **Heart rate:** The result of the last heart rate measurement. Clicking the tab shows your previous results.
- **Sleep:** Information about your last sleep. Clicking the tab shows details from the previous days.
- **Blood pressure:** The result of the last blood pressure measurement. Clicking the tab shows your previous results.
- **Sport:** Records your chosen activity and the route taken using the phone's GPS.

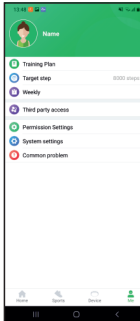
For the route recording function to work, the app must have permanent access to GPS.



2 Me tab

In this tab you can configure settings related to the device user.

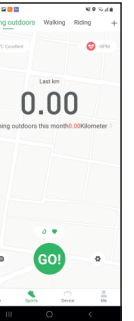
- **By clicking the round portrait icon**, you can set: avatar/name/ gender/age/height/weight.
- **Training plan:** Ability to set a training goal.
- **Target:** Target number of steps to be taken daily.
- **Third party acces:** App synchronisation.
- **Permissions settings:** Turn on/off watch permissions.
- **System settings:** Feedback, privacy policy, user consent, app information.
- **Common problems (FAQs):** Frequently asked questions.



3 Sport tab

Records the selected activity and the route covered using the phone's GPS.

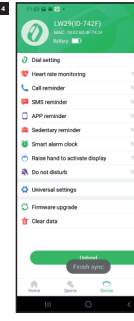
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4 Device tab

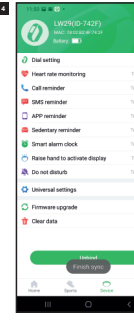
Settings related to the smartwatch.

- **Dial settings:** Change the watch face theme and colour scheme. Many designs to choose from.
- **Heart rate monitoring:** Turn on/off the automatic heart rate measurement.
- **Call reminder:** Turn on/off call notifications.
- **SMS reminder:** Turn on/off message notifications.
- **APP reminder:** Select the apps for which notifications will be displayed on your watch.
- **Sedentary reminder:** Turn on/off movement reminder.
- **Smart alarm:** Turn on/off and configure the alarm.
- **Raise your hand to activate display:** Turn the screen on/off by raising your hand.
- **Do not disturb:** Configure the "Do not disturb" mode, in which you can turn off vibrations or notifications on your watch.



4

- **Settings:**
 - Shake to take a picture: Remote shutter release using the watch.
 - Find bracelet: Activates vibrations on the band.
 - Unit: Select metric units. Display timeout: Duration of time for which the display stays lit.
- **Time system:** Choose a 12-hour or 24-hour system.
- **Device language:** Select the device language.
- **Firmware update:** Check the version and update software.
- **Clear data:** Delete the app history and device history.

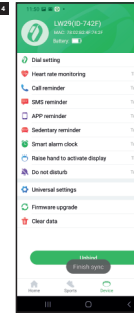


In case of problems with using the device, we encourage you to contact our technical support department via e-mail: serwis@garett.pl.

TECHNICAL SPECIFICATIONS

- **Bluetooth:** 5.0
- **Processor:** Realtek8762CK
- **Battery:** 190 mAh
- **Weight:** 35 g
- **Face dimensions:** 44 x 43 x 11 mm
- **Display:** TFT 1.3"
- **Waterproof:** IP68
- **Interchangeable strap**
- **Dedicated app:** GloryFit
- **Warranty:** 24 months

More information about this device is available at www.garett.pl. Visit www.garett.pl to see more products and accessories.



WARRANTY/RETURNS

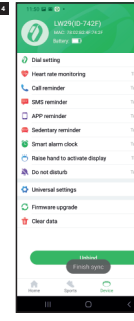
The product is covered by a 24-month manufacturer's warranty. The warranty does not cover: defects and damage caused by the user or as a result of improper use (misuse), mechanical damage and damage resulting from using consumables or accessories other than those provided with the device. When submitting a claim, fill in the warranty card supplied with the device and send the device along with proof of purchase to the address of the service centre provided on the warranty card.

Contact details are available on the website: www.garett.eu

Manufacturer:
GARETT sp. z o.o.
Targowa 18/1413
25 - 520 Kielce
www.garett.eu

 Correct disposal of the product (waste electrical and electronic equipment)

As indicated by the marking on the product or in the related text, the device should not be disposed of with other household waste after the end of its service life. To avoid harm to the environment and human health as a result of uncontrolled waste disposal, please separate the product from other types of waste and recycle responsibly in order to promote reuse of material resources as a regular practice. For information about where and how to recycle this product in a way that is safe for the environment, household users should contact the retail outlet in which they purchased the product, or local authorities. Business users should contact their supplier and check the terms of the purchase agreement. Do not dispose of the product with other commercial waste.




Manufactured in P.R.C.

GARETT ELECTRONICS

www.garett.pl

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