

MIXX™

FITNESS TRACKER



F3

Colour Multi-touch
SmartWatch

HOW TO GUIDE



FITNESS TRACKER

THANKS!

Thank you for choosing to purchase our MIXX F3 SmartWatch.

All products brought to you by MIXX Limited come with a 2 year warranty for peace of mind.

Feedback is welcome, email us on support@mixx-io.com for any comments or queries.

IMPORTANT!

Please DO NOT pair the MIXX SmartWatch using the Bluetooth settings on your phone.

Scan the QR Code to install the SMART-TIME PRO APP.

Pair your watch with your phone using this APP.



We hope you enjoy using your F3 SmartWatch.



CONTENTS

LET'S START	1
LET'S INSTALL THE APP	3
LET'S PAIR THE APP TO YOUR WATCH	5
LET'S STAY CHARGED	7
LET'S CHANGE THE WATCH STRAP	7
LET'S PLAY	8
LET'S VIEW TECHNICAL SPECS	16
CONTACT MIXX	16
NEED EXTRA HELP?	17
EXEMPTION CLAUSE	18
WARRANTY CLAUSE	19

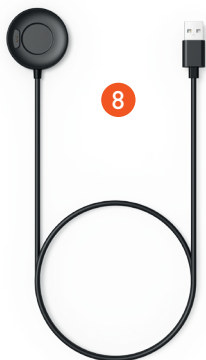
LET'S START

What's in the box?

A MIXX F3 SmartWatch



- 1 Multi-touch Screen
- 2 Home Screen Button
- 3 Control Button
- 4 Watch Strap
- 5 SmartWatch LED Lights
- 6 Pin Straps x 2
- 7 Charging Prongs
- 8 USB Charging Disc Stand



LET'S INSTALL THE APP

Please follow the instructions as numbered:

1. **Scan** the QR Code to download the free SMART-TIME PRO App  on to your smartphone.



SMART-TIME PRO

2. Tap  to install the SMART-TIME PRO App and then **tap** to open.
3. Follow the on-screen instructions to register and to set-up an account.
4. Login to the App and follow the on-screen instructions.

You should see the Status screenshot (shown on the right) with 3 tabs at the bottom of your screen.



- A** Status – the orange icon shows this screen is active.
The Status screenshot is your dashboard screen.



- B** Device – the grey icon, this screen is not active until you click on the icon.



- C** Me – the grey icon grey, this screen is not active until you click on the icon.

Note: The SMART-TIME PRO APP  supports iOS 11.0 or later, Android 5.0 or later and Bluetooth 5.0.



LET'S PAIR THE APP TO YOUR WATCH

IMPORTANT!

Please install the App and follow the instructions as numbered:

1. Tap  to activate the device screen. The 'Device' icon  should turn orange.
2. Tap 'Add device'  at the top of your screen.
3. Accept the App instructions for location permission.
4. Select 'SMA-R4'  on your phone then, you should see a 'Please confirm on the device'  message on your screen.
5. From your F3 SmartWatch screen you should see same circle shaped 'Pair' screen.
Tap the  on your watch to confirm.
6. You should now be successfully paired with your F3 SmartWatch.

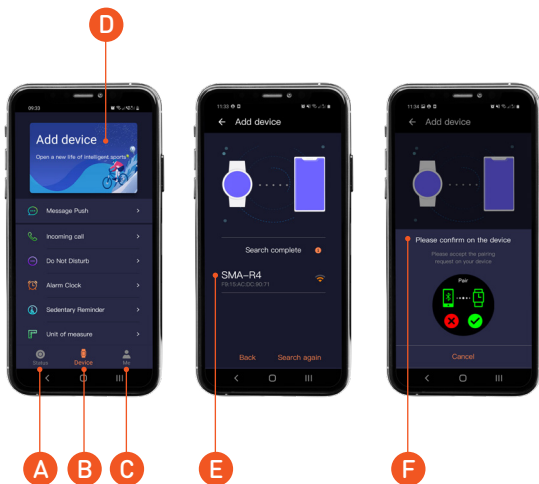


NOTE: Please DO NOT try to pair your MIXX F3 SmartWatch using the Bluetooth settings on your phone. Unpair with your phone's Bluetooth settings and start from the 'IMPORTANT!' message above.

Tap the F3 Multi-touch Screen  and **swipe down** to view Quick Setting Menu. A blue  icon confirms pairing was successful. A grey  icon means there was no connection, please start again.

You require Android 5.0 or Apple iOS 11.0 and later to pair with this App. Only one smartphone can be paired to the F3 SmartWatch. To pair other mobile phones, please **unbind** the current phone before pairing.

To UNBIND, **tap** the 'Device' **B** screen and scroll to the bottom until you see the UNBIND icon. **Select** and **confirm**.



LET'S STAY CHARGED

Turn the watch over, to align and attach the charging pins to the magnetic gold prongs of the USB Charging Disc Stand **8** You will see the charging icon on the watch screen after 5 seconds.

It will take up to 2 hours to fully charge this watch and then a battery icon will show.

Regular wiping of the charge contact points will ensure there are no problems charging your watch.



LET'S CHANGE THE WATCH STRAP

You can replace the watch strap with most regular 20mm straps and attach it to the watch body. Just slide the pins to remove the straps and replace with the new ones.



LET'S PLAY

1. Adjust the watchstrap so that it is a snug fit on your wrist (not too tight or loose) and there is no green light coming through from the LED light under the body of the watch.

Press the Home Screen Button **2** to activate the F3 home screen. Anytime you need to return to your F3 SmartWatch home screen **push** the Home Screen Button **2** or **swipe right** until you land on the Multi-touch Screen **1**.



1. SPORTS

The F3 watch supports up to 11 sports modes including running, walking, cycling, climbing, treadmills, spinning, yoga, swimming, basketball, football and badminton.



Running



Walking



Cycling



Climbing



Treadmills



Swimming



Yoga



Spinning



Basketball



Football



Badminton



2. HEART RATE

From the Home Screen, **swipe up** and **tap** on the  icon.

The F3 will start to take your heart reading and will show a result on screen.

You can see the progress of your heart rate results by viewing the Status screen  on the App.



3. BLOOD PRESSURE

From the Home Screen, **swipe up** and **tap** on the  icon

Tap the  and the F3 will take your blood pressure. View the results on the App's Status screen .





4. ALARM CLOCK

Set up your alarm clock times by using the free App.

Tap  and  Alarm Clock in your APP then, **add** an alarm.



- **Scroll** to select the time.
- **Choose** either 'Repeat' or 'Once' to set the day(s), depending on how frequent you wish to set the alarm.
- **Tap** 'Confirm' to accept the new alarm time(s).
- At the top right hand corner of your App screen **tap**  and your alarm is set.

From the F3 home screen **swipe up** and then **tap**  to view your alarms.

You can now turn your alarms **on** or **off** from your SmartWatch.

You have a maximum of up to 5 alarms that can be set.



5. MUSIC CONTROL

Open your preferred music app on your Smartphone. **Your music will need to be playing for the F3 to sync correctly within the app.**



From the Home Screen, **swipe up** and **tap** on the  icon.

You can now use your F3 SmartWatch to **Tap** either play, pause, change tracks and adjust the volume of your music on your phone.



6. STOPWATCH

From the F3 SmartWatch home screen, **swipe up** 2 times.

Tap the  icon to view the stopwatch screen.



When your ready to start your exercise **tap** the  to start the stopwatch timer.

You can **add** a time or **pause** the stopwatch times achieved by pressing the  icons, respectively.

You can view multiple split times on your F3 SmartWatch.



7. TIMER

From the Home Screen, **swipe up** until you see the  icon. **Tap** to view the timer screen. To set your countdown time use the + / - icons above the hour, minutes and second numbers and then press  to start the timer.



You can stop and pause your time by **tapping** the  icons on the F3 screen. At the end of the timer your F3 SmartWatch will vibrate.



8. REMOTE CAMERA

Set up your remote camera controls using the free App.

Tap  and **scroll down** to open

 **Camera** on your APP.

Allow the App to take pictures and record video.

Position your camera to take a photo.

From the F3 SmartWatch home screen, **swipe up** 2 times.

Tap the  to view the camera screen.

Tap  on your F3 to take your photo.

To view your photos from your album go to your App.

Tap  and **scroll down** to open  **Camera** then click on 

Your album from the App will open to view your pictures.









9. SPORTS RECORDS

From the F3 home screen, **swipe up** 3 times. Tap  to open and view the recorded times captured during your workouts.

This records the last 10 workouts performed using the watch.



10. FIND PHONE

From the F3 home screen, **swipe up** 3 times to tap  on the watch. Your phone will sound an alarm so that you can locate it.

Tap  to pause the alarm.

Swipe right on the F3 to turn off the alarm once you have found your phone.

This feature is only available on Android phones.



11.SETTINGS

From the F3 home screen **swipe up** 3 times to tap on  icon to view the watch's brightness, language, power off and factory reset. You can also view an About screen that will give you the name of your watch, Mac address and software version. **Swipe left** 2 times to return to the F3 home screen.



12. OTHER FUNCTIONS

A. CHANGE THE WATCH FACE

Press and hold the Multi-touch Screen **1** or Home Screen Button **2** to view a variety of home screens available. **Swipe** to the right or left to choose your home screen display and then **'tap'** on the screen to confirm.



Tap  and  on the App to choose from other home screens that are available.

B. STEP COUNTER

Swipe left on the Multi-touch Screen **1** to view the step counter that tracks your steps, the distance you have covered, calories and heart rate on a daily basis.

Use the Status screen **A** on the App on your phone to see an overview of all your exercise workouts.



C. SLEEP MONITOR

REMEMBER! To wear your F3 SmartWatch to bed to capture your sleep patterns.

Open your App to sync with your F3 in the morning and while on the Status screen, **scroll down** to the 'Sleep' window and **tap** to view how well you slept.

To see how long you slept, how much deep and light sleep you got overnight, **swipe left** from the home screen until you see your sleep monitor screen on your F3.

Alternatively, go to the Status screen **A** on your App and **scroll up** to view your sleep. **Tap** 'Day / Week / Month' on the screen to see your sleep pattern for the duration.



D. WEATHER

Gear up for the daily weather forecast before you start your workout. From the F3 home screen, **swipe left** until you see the 'Weather forecast' on your F3 watch for the latest report.



E. HEALTH CARE (FEMALE)

Use the App to input your monthly cycle and it will sync with your watch to track and give you an update.

Tap  and  Health Care on the App then enter your details.



F. QUICK SETTINGS MENU

From the F3 SmartWatch home page **swipe down** on the Multi-touch Screen **1** to go to a Quick Settings Menu. From the screen you can set the watch to:

1. Flight mode
2. Vibration
3. Do not disturb
4. Brightness
5. Settings



G. MORE FEATURES

Use the App to switch on the features outlined below to receive these reminders from your watch.

1. Message Push – messages from your email are pushed to your watch to view.
2. Sedentary alert – sets a reminder for you to move about. This is handy if you sit in a chair all day.
3. Incoming call – turn this feature on and follow the on screen instructions so that you can obtain notifications on your watch.

LET'S VIEW TECHNICAL SPECS

Watch strap length:	250 mm
Watch strap width:	20 mm
Weight:	52g (including strap)
Battery:	175mAh Poly-Li
Waterproof rating:	IP68

CONTACT MIXX

Feedback is welcome simply email us on support@miox-io.com or visit mioxcharge.com for more information.

NEED EXTRA HELP? Q&A

Q. My heart-rate signal seems to be missing?

A. If your F3 SmartWatch is not showing a heart rating then the data will appear as a dotted line.

Please confirm if you are wearing the watch correctly and that the strap is not too loose or too tight. The watch strap should ideally sit back one finger width from your wrist. Not too high and not too low on your wrist or arm. After adjusting the watch please do the following:

- From the Multi-touch Home Screen **1** **swipe left** 2 times to the heart rate screen on the F3 to obtain a manual reading.
- Check the heart rate monitor feature is turned on in the Smart-Time Pro App. You should see a reading of your heart rate.

Q. I'm having trouble pairing my F3 SmartWatch with my smartphone?

A. Try the following solutions:

- Check the F3 is not paired with another mobile device. Please **unbind** it from the App to unpair the watch (See page 6)
- Go to LET'S CONNECT section and follow the steps.
- IOS device users should go to their Bluetooth settings, 'unpair' or 'forget' this device and pair it again.



EXEMPTION CLAUSE

1. The Heart rate and Blood pressure data output or results by the F3 SmartWatch or App are not intended to be used on a medical or diagnostic basis.
2. Self-diagnosis and self-treatment are dangerous. Only qualified doctors are allowed to diagnose and treat high blood pressure or any other heart diseases. Please contact your doctor for professional diagnostic opinions and help.
3. The data and information of heart rate and blood pressure provided by F3 may not be completely accurate and may exceed the tolerance as per the specification stated in the manual due to many factors, such as interference of the signal from external sources, incorrect wearing position and changes in weather conditions or user's body condition.
4. DO NOT adjust any of your medication or therapeutic schedule based on the results output by F3. Please follow the doctor's instructions before taking any treatment or medication.

The manufacturer disclaims all liability arising from such inaccuracy and assumes no responsibility for the consequences of use of such data and information.



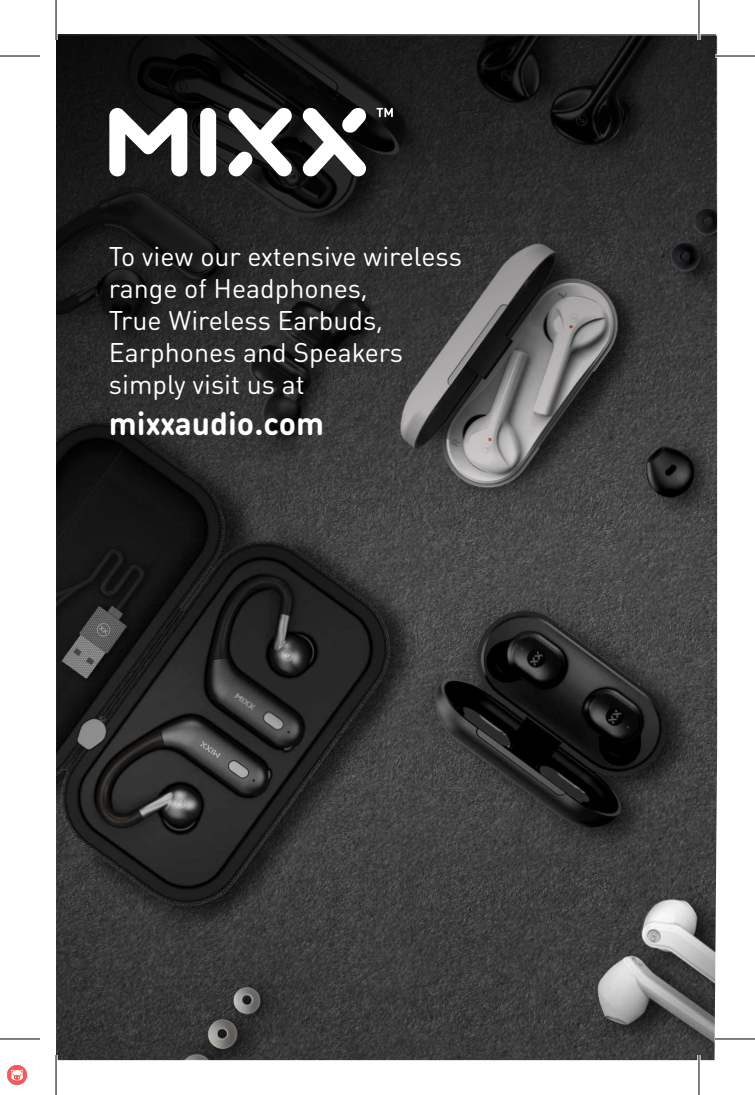
WARRANTY CLAUSE

We offer a 2 year warranty period for F3 SmartWatch. If there is any damage or malfunction during normal use, the warranty service will be provided to the customer for free after confirmation by our technician.

The following conditions are not covered by the warranty:

- A. Accident or human damage
- B. Testing, repairing or disassembling without authorization
- C. Contamination due to human reasons
- D. Damage caused by connection with equipment which is not compatible
- E. Natural aging
- F. Damage caused by force majeure





MIXX™

To view our extensive wireless
range of Headphones,
True Wireless Earbuds,
Earphones and Speakers
simply visit us at

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