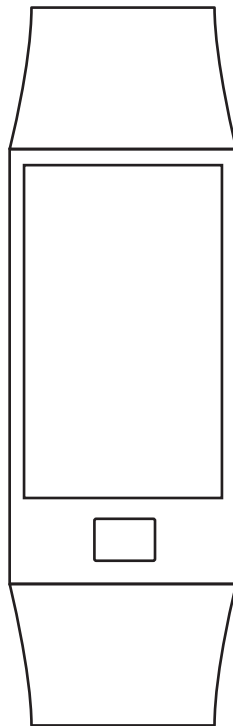




SMARTWATCH USER MANUAL



Seoul

Version 05.2021

HEAD[®]
WATCHES



CONTENTS

3 First Steps

4 Navigation

4 Settings Menu

5 Functions

- 5 Sports Modes
- 5 Temperature
- 5 Step Count
- 5 Heart Rate
- 5 Blood Pressure
- 5 Sleep Monitor

6 Functions

- 6 Heart Rate Variation
- 6 Breathing
- 6 Data Synchronization

- 6 Dial Standby

- 6 Dial Design

- 6 Sedentary Reminder

- 6 Alarm Reminder

7 Functions

- 7 Firmware upgrade

- 7 Unbind your Smartwatch

- 7 Connect via Bluetooth

8 FAQ and Tips

- 8 Waterproofness

- 8 User Help

9 Warranty

9 License

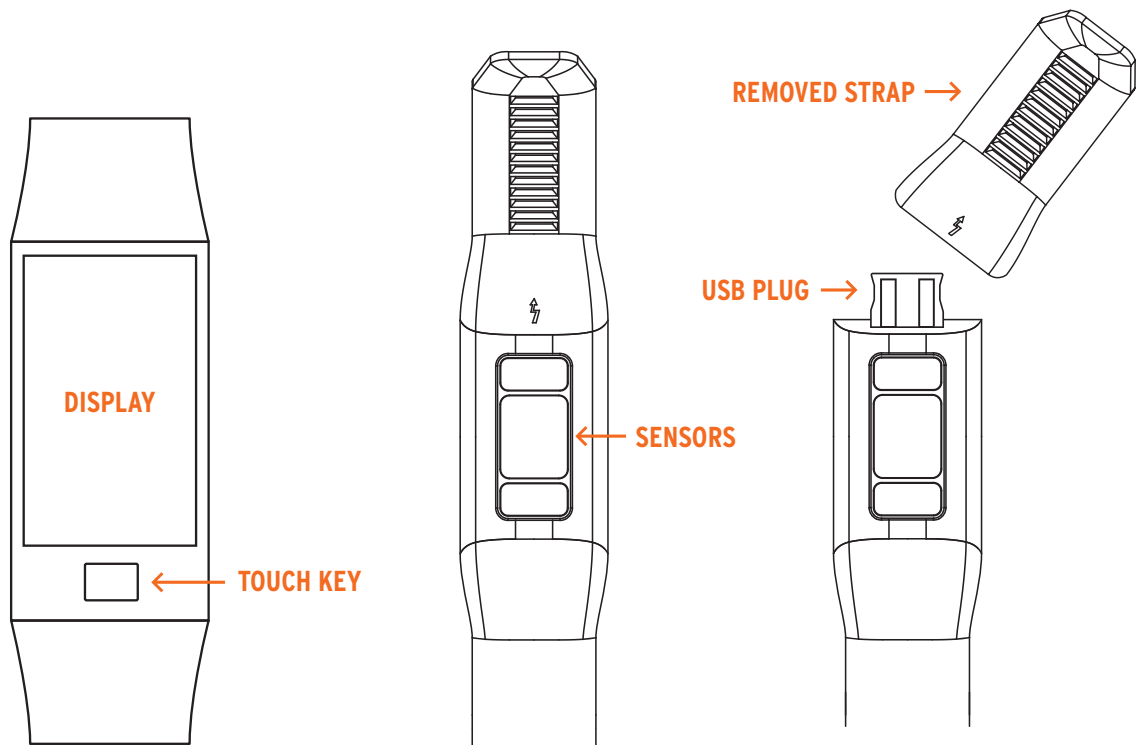
FIRST STEPS

Press the Touch Key for some seconds to start your watch. If you want to switch off your watch, enter the Tool menu, choose "Power off" and also press the Touch Key for a few seconds to confirm the shutdown.



Charging Instructions

You may have to charge the watch at the beginning if the battery is empty. Please notice the "charging ⚡" icon on the back of the watch and remove the strap. Use the USB plug to charge the smartwatch. It supports computer USB or mobile phone 5V standard charger, and it can be fully charged in about two hours.



Download HEAD Watches App

Go to www.headwatches.com/app from your smartphone and download the app. Alternatively, you can also scan this QR code with your smartphone or search for "HEAD WATCHES" in Apple App Store oder Google Play Store.



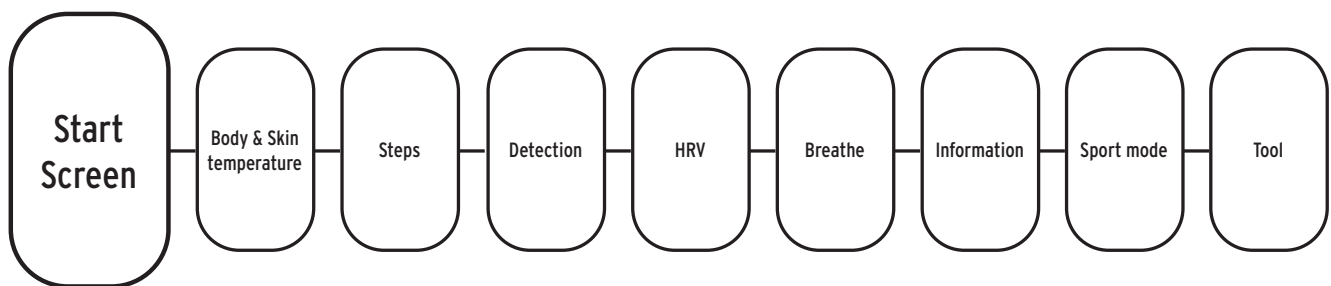
NAVIGATION



Navigate through your smartwatch

Use the Touch Key to access the different areas of the watch.

- Short clicking will take you through the different areas. By continuing clicking through the selection, you will go back to Start Screen.
- If you want to select a specific area or exercise, press and hold the Touch Key for a few seconds.
- Within the selected mode you continue moving with a short click.
- Each area has a return arrow. To go back to the selection press and hold the Touch Key for two seconds.



SETTINGS MENU



Control Center

Click shortly through the menu to open the last area "Tool" to enter the settings menu interface:

- The first icon turns the vibration on and off. With each click a vibration is triggered. Press and hold the Touch Key to switch on/off.
- With the second icon "Restore", the watch can be reset to factory settings. Long press to select whether to restore the factory settings. All data in the bracelet will be cleared after recovery.
- The third icon "Power off" can turn off the watch. Press and hold the Touch Key to confirm the shutdown.
- The fourth icon "Version information" shows Bluetooth name and adress and the version number of the bracelet.

You can also make some settings directly in the app.

FUNCTIONS



Sports Modes

Select the corresponding sports mode and press and hold the Touch Key to start the corresponding exercise mode; long press to exit the sports mode.

Press >>> to return to sports mode to continue.

Press  to exit the sports mode and save the data.

Press  to exit the sports mode and not save the data.



Temperature

Hold your wrist for 5 minutes after wearing the bracelet for the first time; the skin temperature and body temperature can be detected. When the wristband exceeds 37.3 °, the wristband will vibrate to remind you of the high temperature.



Step Count

The step counter is activated by default. It displays the current number of steps, kilometers, calories and heart rate. The data is deleted every day at 12 am.



Heart Rate

Put the smartwatch on your wrist (left/right) correctly. Enter the heart rate menu and measure the heart rate value continuously. After the bracelet is bound to the app, the heart rate data is synchronized to the app in real time.



Blood Pressure

Put the smartwatch on your wrist correctly. Enter the blood pressure menu to measure a single blood pressure value. After the bracelet is bound to the app, the blood pressure data is synchronized to the app in real time.



Sleep Monitor

Sleep monitoring time period: 21:00 in the evening to 09:00 the next day. After the watch generates data and exits sleep monitoring, the sleep data on the watch can be synchronized to the app for viewing after connecting to the app.

FUNCTIONS



Heart Rate Variation

Make sure that you wear the watch properly on your wrist during the ECG test. After the function is turned on, touch the screen position with your finger to start the measurement. The test will end after 30s. If it is less than 30s, the prompt to return to the fingertip page is displayed.



Breathing

Put the smartwatch on your wrist correctly and enter the breath menu. After 2 minutes, the breath guide begins. Follow the light spot to adjust your breath.



Data Synchronization

The watch is successfully connected to the app, and the watch data can be synchronized to the app.



Dial Standby

Open: Wear the watch correctly on your wrist. When you lift your wrist to look at the watch, the watch will automatically brighten the screen.

Close: Wear the watch correctly on your wrist.



Dial Design

Choose an existing watch face: Connect to the app and select a new dial design in the app to replace the old one. Confirm the dial through clicking the Touch Key on the watch. After the dial is synchronized, the watch will automatically display the new dial.



Sedentary Reminder

Set the start time, end time, sedentary time interval (minutes) and threshold (steps), click to enter the repeat to select the sedentary reminder date (week). When the sedentary time is up, the bracelet vibrates, showing sedentary icon.



Alarm Reminder

Click the alarm reminder setting to add the alarm time. When the alarm time is up, the bracelet will prompt the alarm icon.

FUNCTIONS



Firmware upgrade

Detect whether the firmware version of the bracelet is the latest version. It will prompt if there is a new version and update to the latest version.



Unbind

Connect the watch to the app. Click unbinding with bracelet on the device interface to unbind the device. Please ignore the paired device in the phone settings of iPhone.



Connect via Bluetooth

Not connected:

After the smartwatch is turned on, the Bluetooth is always in the searched state. After opening the app, enter the device binding device and select the corresponding device name of the wristband to bind the wristband to the app.

Connected:

Watch time synchronization: The watch is successfully connected to the app. Click to synchronize the time between the watch and the mobile phone.

FAQ AND TIPS

Frequently asked questions and answers

Please avoid exposing the device to extreme temperatures that are too cold or too hot for a long time, which may cause permanent damage.



Water Resistant

Your smartwatch is IP68 waterproof, which means your watch is not 100% waterproof but only protected against splashes of water and sweat. You shouldn't swim, bathe, or shower with the watch. You should also avoid washing your hands with the smartwatch.

Why can't I take a hot bath with my watch?

The temperature of the bathwater is relatively high, it will produce a lot of water vapor. The water vapor is in the gas phase, and its molecular radius is small, and it is easy to seep in from the gap of the smartwatch case. When the temperature drops, it re-forms into liquid water droplets, which is easy to cause The internal circuit of the smartwatch is short-circuited, which damages the circuit board of the smartwatch and damages the smartwatch.

No power on, no charging

If you receive the smartwatch that does not turn on, it may be that a collision occurred during the transportation of the smartwatch and the battery Seiko board was protected, so plug in the charger to activate it.

If the battery is too low, or the smartwatch does not turn on after a long time without using the smartwatch, please plug in the charger and charge for more than half an hour to activate.



User help

You can find more help in the app.
Go to Profile > About > Help



WARRANTY

Warranty description

- When this product is in normal use, if there are product quality problems caused by manufacturing, materials, design, etc.,
- Starting from the date of purchase, the motherboard is guaranteed for free within one year, and the battery and charger are guaranteed for half a year.
- No free warranty is provided for failures caused by the user's personal reasons, as follows:
- Failure caused by unauthorized disassembly or modification of the watch.
- Failure caused by accidental falls during use.
- All person-made, faults and misuses of a third party (such as water in the host, external force cracks, scratches, damage to peripheral components, etc.) are not covered by the warranty.
- When requesting a free warranty, please provide a warranty card with the date of purchase and the stamp of the place of purchase.
- When the user repairs the product, please take the product to our company or our company's dealership.
- All functions of the product are based on physical objects.

LICENSE

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ELYSEE GROUP
Heerdter Lohweg 212
40549 Duesseldorf
Germany

head@elysee-watches.com
www.elyseegroup.de

