

CARNEO®

Smart watch Adventure HR+



**User manual
EN**

Introduction

Read the instructions carefully for the proper care of your watch.

- Clean the watch regularly, especially the inside of the watch, so that it is always dry.
- Adjust the strap tightness to ensure air circulation.
- It is not recommended to use excessive amounts of skin protection products on the wrist.
- If you experience skin irritation, stop wearing them.

Watch type	Round	Battery	Polymer, 500mAh
Display size	1.32 ", round	Heart rate sen	HRS3603
Water resistance	IP67	Charging	Magnetic
Body material	Zinc alloy	Processor	GR5515
Strap material	Silicone	Bluetooth	V5.0

Launch

Fully charge the watch and start it by long pressing the side button for 3 seconds or by plugging in the magnetic charging dock

Charging

Magnetic charging



Download the application and pair the watch

1. Download and install the CARNEO FIT application Scan the QR code using your mobile phone and download the CARNEO FIT application.

You can also find the app in the Google play store for Android and the Appstore for iOS.



QR code for APP
CARNEO FIT

**Note: Your mobile phone must support
Android 5.1 or iOS 11.0 or later and
Bluetooth 4.0 or later.**

2. Connecting the watch with the application

After installing the application and launching it, the application will immediately search for all unconnected CARNEO products in your area.

Android requires GPS location services to be activated on your phone, without which the system will not be able to locate the watch.

Select your Prime Slim watch from the list of searched products and click on their photo.

The data from the watch to the application will then be synchronized.

When using the iOS system, it is necessary to confirm the dialog box with the request to connect the watch and the dialog box with permission to receive notifications "SMS, calls, etc." on the watch.

When using Android, you must accept all permissions required by the system.

After confirming the applications, it is necessary to accept the conditions of use of the application.

After confirming the conditions of use, fill in all data in the profile, such as height, weight, age, etc. . This data is used to display the measured values and calculations in various application functions as accurately as possible.

After saving the data in the profile, the main page with graphs will be displayed, where the measured data from your watch will start to be displayed.

Warning:

Do not pair the smart watch manually via the bluetooth settings in the phone, otherwise the application will not be able to find them.

Change the dial

With the main dial displayed, hold your finger on the screen for a long time. The main dial is reduced. You can change different types of dials by moving your finger to the right or left.



Navigate the menu

With the main dial displayed, swipe from left to right to access the main menu. In the main menu, move your finger to the right or left at the bottom of the screen to select the desired function. To start the function, click on the colored icon in the middle of the screen.

When the main dial is displayed, moving your finger from right to left will take you to accelerated functions.

1. Display of measured data, steps, sleep, last exercise.
2. Display of the last measured data of heart rate, blood pressure, blood oxygenation.
3. Current weather with weather forecast.
4. Remote control the camera in your phone.
5. Remote music control on your phone's player.
6. Breathing exercises.

Protect your watch and accessories from extreme temperatures. Do not dispose of the watch in a fire or expose it to temperatures above +60 ° C. There is a risk of explosion. The watch contains a built-in battery. Protect your watch and accessories from falling to the ground.

Turn off the watch on an airplane unless you are specifically allowed to use it. Do not use the watch near explosives. Handle watches and accessories with care, protecting them from mechanical damage and dirt. Keep out of reach of children and do not allow them to play with the watch. They may contain small parts that could suffocate or otherwise injure them. Both the software and the hardware of the watch are constantly being updated. The manufacturer therefore reserves the right to change the manual and individual functions without prior notice. Data is continuously downloaded from the watch via a wireless connection, but the watch must be within range of the phone.

The watch is designed to be waterproof to IP67, however, we recommend that you avoid contact with water as much as possible. During use of the watch, microscopic cracks in the seal may occur due to impacts or wear on the case. In this case, water may enter the case and cause damage that is not covered by the warranty. Never dive, bathe or shower with the watch, pressurized water or hot water could enter the watch and cause damage that is not covered by the warranty. Never press the buttons when the case is in contact with water, as this could cause water ingress and damage not covered by the warranty.

Declaration of conformity:

This company. TRUST system s.r.o., IČO: 36249343, Jiráskova 19, 91702 Tmava declares that the type of radio equipment CARNEO Adventure complies with directives 2014/53 / EU, 2014/30 / EU, 2014/35 / EU and 2011/65 / EU. The full text of the declaration of conformity is available on the website. www.carneo.eu

Troubleshooting

1. Why does the wristband automatically cancel the Bluetooth connection when the screen of the Android phone is turned off?

1>. Lock the app in the background.

After closing the CARNEO FIT application, use the "back arrow" button on the Android phone to close the application completely, which will prevent data synchronization and the functionality of other functions of the application, including sending notifications to the watch.

2> Set the application to start automatically.

3>Set the application to run in the background.

Notifications are not displayed on the watch.

Please make sure you have allowed CARNEO FIT access to notifications, or open your phone's settings and enter "Access notifications" in the search box and make sure access is turned on for CARNEO FIT.

In the CARNEO FIT application, enter the settings / notifications and switch the switch off and on again for the applications from which you want to display notifications on the watch.

For iOS, make sure you have turned on system notification reception in your bluetooth settings. You will find them in the status bar of the watch connection, under the blue "i" button.

The watch does not connect to the phone

If you are unable to connect the watch to your phone, try turning Bluetooth on and off on your phone and restarting your phone.

Alternatively, if you see the watch connected in the bluetooth settings in your phone, manually pair and remove it from the device list so that it is not in the list of connected devices at all.

Then start the CARNEO FIT application again and search for and pair the watch.



Talk to your doctor before exercising. Although the watch monitors the dynamic heart rate in real time, this data cannot be used for any medical purposes. The accuracy of measuring heart rate, blood pressure and blood oxygenation is affected by a large number of factors, such as skin moisture, hair, skin color, the accuracy of the watch, so these values can not be considered binding.