



Force Elite Bluetooth Smartwatch - User Guide



Caution:

- 1) This smartwatch is not a medical device.
- 2) A Thin Transparent Protective Film Covers the Sensor at the Backside of the Dial, protecting the Sensor Glass from scratches.
- 3) Smartwatch giving reading for non-living objects is normal and common amongst most of the brands

Charging the Smartwatch

1. Turn OFF the Smartwatch before Charging.
2. Simply, hold the 2-pin connector of the USB charging cable near the 2 small round magnetic charging interfaces. The connector will get connected to the interface through the magnetic pull. It's a completely sealed system free of exposed contacts. Plug the USB end of the cable into a DC5V/1A power source.
3. When the smartwatch is fully charged, remove the watch from charging and unplug the USB charging cable from the power source.

NOTE: You can directly check the charging by pressing the crown-like button on the right side of the dial. Pressing once will show the charging status on the display.

Downloading the Mobile App - pTron Fit+

1. For downloading the App, open Google Play store or Apple Store on your device and search for 'pTron Fit+' Please download the App and install it on device.

OR

1. Switch on the smartwatch, slide the screen from bottom to top and there you will find an icon with a QR code logo.
2. Just tap/touch 1 time this logo and then you will get a QR code on the display screen.
3. You can easily scan the QR code from your mobile phone. After scanning you will get a link i.e <https://ptron.in/pages/ptron-app-for-smartwatches>

Scan the QR code as per your device's operating system - Android or iOS.



Just click on this link and you will get app download option for both Android as well as iOS.

Pairing

1. Post mobile App installation, open the App, and set up your profile.
2. Go to the smartwatch option and there you will find "Bind device".
3. Click on "Bind device" then select your smartwatch.
4. By doing this your smartwatch will get paired with your smartphone.



Audio Connectivity

1. First, turn on the display by pressing the crown button on the right side of the dial.
2. Now, open the Bluetooth function on your smartphone.
3. Search for "pTron Audio" in the available Bluetooth devices list.
4. Click and connect with "pTron Audio".
5. Now, your smartwatch is connected with your smartphone for Bluetooth calling purpose.

Note: Keep the smartwatch closer to your mouth while making or receiving calls through this watch for clearer voice capture.

Phone Call

1. After connecting the smartwatch with the phone, you can use this watch for calls (making & answering calls).
2. You can save up to 8 contacts in the smartwatch through the mobile App.
3. Open the mobile App, go to the smartwatch option & then tap on 'Frequent/Common Contacts' there you can select 8 contacts in the address book and display their shortcuts in the smartwatch.

Music Player

1. After connecting the smartwatch with a smartphone, you can remote control the music player on your phone through this smartwatch.
2. You will see Play/Pause/Next Song/Previous Song options on the display.
3. You can listen to music on this watch when it is connected to your phone via Bluetooth Mode.

Note: 'pTron_Audio' is the BT name of the smartwatch and it must be connected. If this is not connected then please connect it.

Health Tricycle

There are 3 options:

1. Steps
2. Training
3. Stand

Smartwatch automatically tracks the steps and can be seen in the watch and the Step details (Daily, weekly & monthly) can be seen in the pTron Fit+ app. You need to wear the smartwatch properly to get real data.

Note: At midnight the data or the movement stats will get zero automatically.

Sleep

Wear the smartwatch properly before sleeping. It will track the data of hours slept and the quality of sleep stats in the mobile App and in the smartwatch.

Note: It will enter sleep mode automatically at 10:00 PM. It will only record the sleep if it is more than 4 Hours.

Heart Rate

1. Tap on HR function icon to start measuring your heart rate. The optical sensor at the backside of the dial will start flashing green light.
2. On the Heart rate page, you can view the Blood Pressure data of a minute ago.

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Blood Pressure

1. Tap on the Blood Pressure function icon to start measuring your blood pressure. The optical sensor at the backside of the dial will begin flashing green light.
2. On the Blood Pressure page, you can view the Blood Pressure data of a minute ago.

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Blood Oxygen (SpO2)

1. Tap on the Blood Oxygen function icon to start measuring your SpO2.

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ECG

1. Tap on the ECG icon to start measuring BPM.
2. In the app, you can also check the average heart rate record.
3. It keep records of the data with date & time respectively.



Important:

1. This test is for reference only and cannot be used as a medical diagnosis certificate.
2. Please wear it tightly before measuring so that the sensor at the backside of the smartwatch is close to your skin.

Awaking Voice Assistant - Google & Siri

1. Just on the smartwatch.
2. Now, slide the screen from bottom to top and there you will find a setting icon.
3. Just tap/touch 1 time this icon and there you will find Siri icon.
4. Just tap/touch on that icon.
5. Now, you can speak and give command.

Note: Same function for Google Voice Assistant too.

Weather

On the Weather function Page, you can view the current temperature.

Sports

There are 7 exercise modes in the smartwatch. These exercises have individual icons in the smartwatch. Just tap on the icon and you will find the details.

- a) Running
- b) Bike Riding
- c) Strength Training
- d) Basket Ball
- e) Tennis
- f) Volley Ball
- g) Football

Note: To get the appropriate & correct data, wear the smartwatch properly.

Camera

1. For using this feature first open the lock of your mobile phone & open pTron Fit+ application.
2. Now, you will find Camera option in smartwatch and just click on it.
3. You will get Start option there. Just click on that and you will see that camera will get open in your connected mobile phone.
4. Just turn your wrist (need to wear the smartwatch) or click on Start to capture pictures.

Other Smartwatch Functions

1. **Dialler** - You can dial & make calls at any number from here.
2. **Phone book** - The mobile numbers that you have saved in the app can be seen here. From here you can call these contacts.
3. **Stop watch** - This can be used as a timer.
4. **Looking For** - You can search your phone with this function. As when you click on this, you will see an option to Start. As you click on Start, your mobile will start ringing. To stop ringing tap on Stop on the smartwatch.
5. **Message** - You can receive messages in the smartwatch. You can also receive social media messages in the smartwatch. You can check the latest message history too.
6. **Reset** - Can reset the smartwatch with this
7. **QR Code** - You can scan and directly go to download screen.
8. **Menu Style** - You can change the view pattern from this. There are 3 types of styles given in this.
9. **More** - Click on that to find other functions available.
 - Siri - Google Active voice.
 - About - In this you will find smartwatch related information.
 - Set Language - Can change language from here.
 - Set Time - Can change & update time from here.
 - Set Date - Can change & update Date from here.
 - Backlight Time - We can change the time of automatic display off from here.
 - Go Back Time - If the watch gets off or the display will get off when you will ON the watch again then the same page will open.



Mobile App 'pTron Fit+' Features

A) Home:- You can see the Target Goal here. Also can get distance, calories & Goal data. By clicking on the Steps you can check the complete summary details.

1. Health Report - To get the health assessment report you need to click on Reevaluate and then fill the required details. You can see your Health Index here - BMI & Body Fat rate.

2. Healthy Habits - There are many healthy habits already in the app. You can add these and follow up it by doing routine check up by marking system in the app.

B) Sports :- You will find a Sports page in the app. There you will find 3 options that is Walk, Run & Riding. Choose any 1 sport and start and then you see GPS on the page. Also, you will get score of Average Pace, Total time & Heat consumption.

Important: You must login, otherwise GPS will be not shown in the mobile App.

C) Setting :- You can bind device with the App. You can see the connected watch name here.

1. Brightness Control - You will find 'wrist sense' option. You can enable or disable that option. Enable the option to activate the watch screen via wrist movement. You also have the starting time & Ending time for this option. You can adjust this at our convenience.

2. Disturb - Do Not Disturb option, you can enable or disable it. If you enable it then you will not receive notifications on the watch. You also have the starting time & Ending time for this option. You can adjust this at our convenience.

3. Alarm - This function is available in the mobile app. Open the app and go to the Setting option and on that page, you will get this alarm function. You can set the alarm time as you wish. Total 8 alarms can be set in a single time.

4. Sedentary Reminder - This function is available in the mobile app. Open the app and go to the Setting option and on that page, you will get this option. Just click on this Sedentary Reminder and there you can adjust this reminder as per your requirement.

Note: You can turn on/off this function via App. There is starting time of 08:00 and the Ending time is 22:00.

5. Find - When you click on this option then your smartwatch will vibrate for 10 seconds. If you wish to stop it earlier then you can stop it from the smartwatch. You will see a Stop icon on the watch screen after clicking on this Find option.

6. Message Push Setting - Calls Remind, SMS Remind, We Chat Remind, QQ Remind, Facebook, Twitter, Line, Whats App, Instagram, etc. You need to enable these from her to receive the messages & calls.

7. Frequent contacts - You can save 8 contacts here.

8. Dial Settings - You can change the wallpaper/watch face from here. Also can select wallpaper/watch face from your phone's Gallery.

9. Reset Device - You can reset smartwatch through this option.

10. Remove - All data will get deleted and the connected device will also be removed.

11. Other - You will find Vibrate settings and can turn ON/Off vibration.

12. OTA Upgrade - Mobile App updates will be available here. We recommend to keeping the mobile app up to date for better performance.

13. Background Setting - The mobile phone which is connected with the App will be shown here (only the brand name will be displayed). Need to open the given permissions in the App in order to prevent the App from being misunderstood.

D) Me - You can see your login ID here.

You can also can view Step summary here - Steps this week, Miles this week & Best record of the week data.

1. User profile - The profile details & Goal step are given here and can be also updated from here.

2. Change Password - Can change password here.

3. About - Here, you will get QR code of the app. You can scan and directly go to download screen.

4. Feedback - You can give feedback or suggestion here.



Important

1. This smartwatch is NOT a Medical Device.
2. During swimming adhere to IP68 waterproof protocol.
3. Please connect the band when synchronizing data.
4. Use the 5V USB charging adapter only.
5. Do not expose the band in high moisture or extreme high temperatures or dry/liquid chemicals.
6. When the APP crashes or reboots, please check the phone memory, clear it and try again, or exit the app to reopen it.
7. Smartwatch giving reading for non-living objects is normal and common amongst most of the brands.
8. Metal Buckle, Strap and Display Glass are not covered in manufacturer warranty.
9. Manufacturer/brand owner reserves the right to modify the content of this user manual, product and mobile App without prior notification. Some functions are different in the various software versions, which is normal.

Disclaimer

The colors and specifications shown/mentioned in the user manual may differ from the actual product. The images shown are for representation purposes only. Other product logos and company names mentioned herein may be trademarks or trade names of their respective owners.

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Product Registration/Warranty Registration: <https://ptron.in/apps/product-registration>

Service Centers List: <https://ptron.in/pages/ptron-service-centers>

