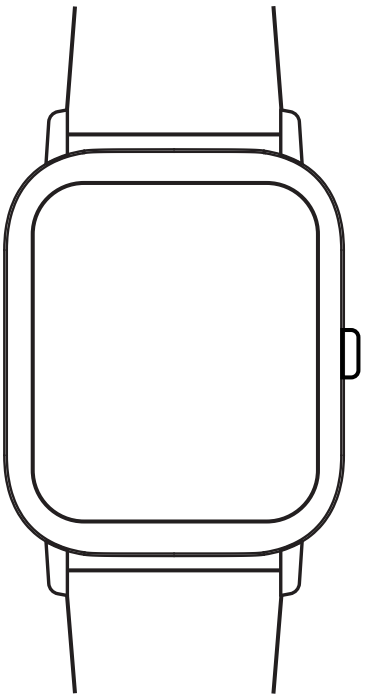
SMARTWATCH USER MANUAL



Los Angeles

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HEAD®
WATCHES

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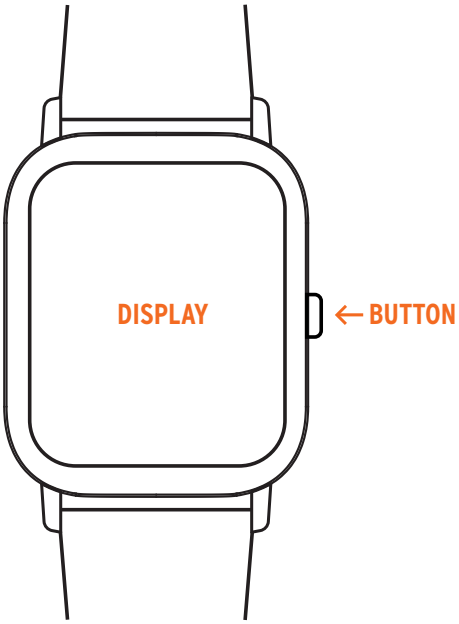
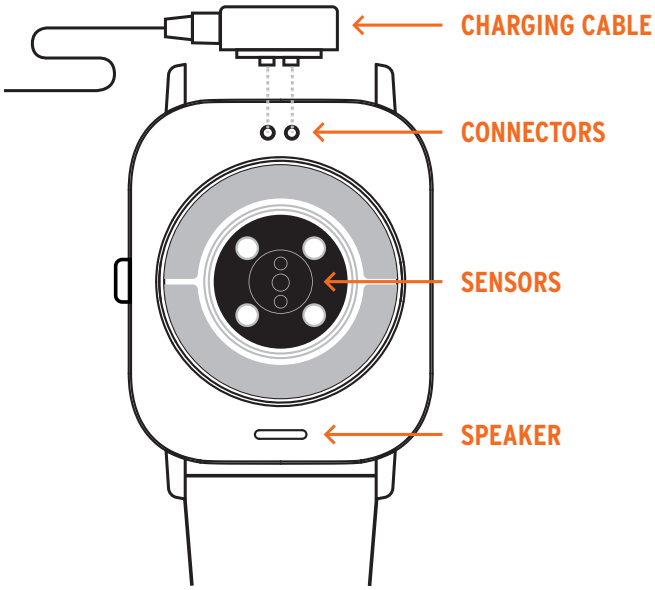
FIRST STEPS

Press the Button for some seconds to start your smartwatch. If you want to switch off your smartwatch, also press the button for a few seconds and confirm the shutdown. On the dial interface, short press to turn on the screen and turn off the screen / one key on the function interface to return to the main dial. Long press button and choose "√" to shut down your smartwatch.

Charging Instructions
You may have to charge the smartwatch at the beginning if the battery is empty. Use the USB charging cable as shown below. The charging time is approx. 2 hours.

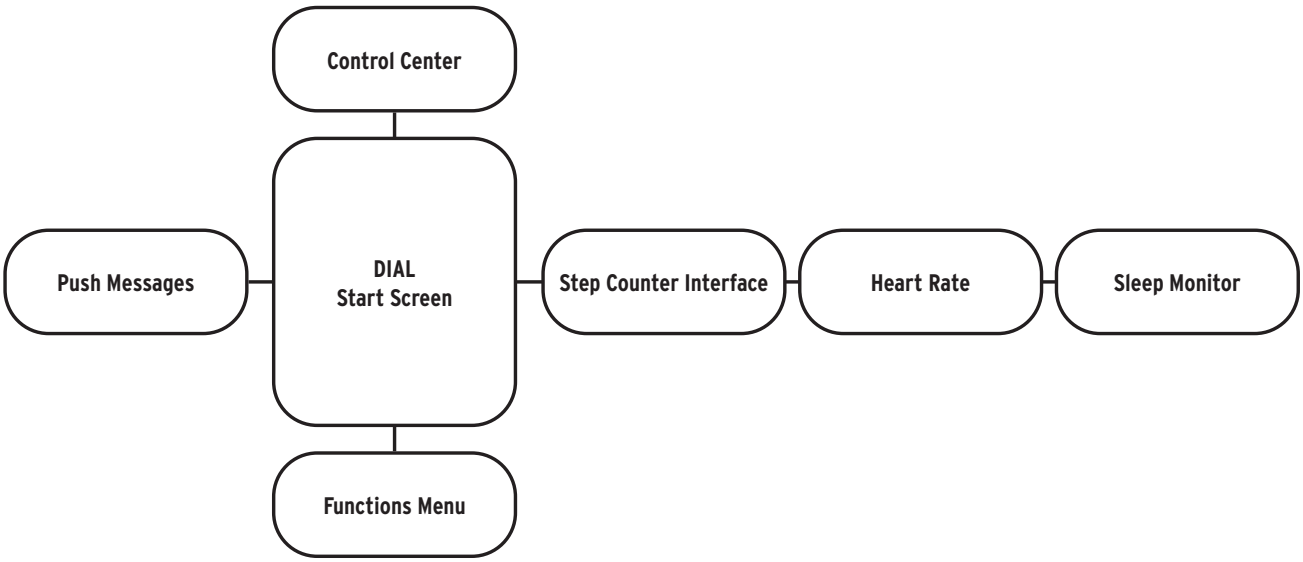




Download HEAD Watches App
Go to www.headwatches.com/app from your smartphone and download the app. Alternatively, you can also scan this QR code with your smartphone or search for "HEAD WATCHES" in Apple App Store oder Google Play Store.

NAVIGATION

Navigate through your smartwatch
Depending on the direction you swipe, you can access other areas of your smartwatch. With one click on the button you always come back to the start screen.



Quick Use Functions

- Swipe left to enter the step counter interface, swipe down to view the number of steps, distance, and calorie consumption of the day.
- Swipe left again to enter the heart rate test and sleep record.
- Scroll down to enter control center for brightness adjustment, weather, do not disturb mode, settings, call Bluetooth switch, check version and Bluetooth address.
- Swipe right to enter the message notification (used after connecting to Bluetooth).
- Swipe up to enter the menu interface, and slide up and down to find the corresponding function.
- Long press the dial interface to slide to switch dials, and then touch to set successfully.

SETTINGS MENU

Control Center
On the start screen (dial) slide down to open the settings menu interface:
Power display, Bluetooth connection status, time display, week

- The first icon can debug brightness adjustment
- The second icon, the weather and temperature of the day (connected to app)
- The third icon, do not disturb mode. Turn on „Do not disturb" only for message information, but not for phone audio
- The fourth icon, Quick Use function setting
- The fifth icon, turn on or off Bluetooth for audio calls
- The sixth icon, about

You can also make some settings directly in the app.

FUNCTIONS

Push Message
When the smartwatch is connected to the app and the notification permission is turned on, the new messages received in the notification bar of the mobile phone will be pushed to the watch. A total of 10 messages can be saved, and the messages received after 10 messages will be overwritten one by one. Slide to the bottom and press the delete icon to clear all message records.

Phone / Call History
When the phone is not connected to the Bluetooth call, enter the phone, you can turn on/off the Bluetooth phone.
When the Bluetooth phone is turned on, it will prompt you to pair + Bluetooth name + the last four digits of the Bluetooth address. After the Bluetooth connection is successful, you can use the watch to use it.

Bluetooth Phone Answering/Hanging Up
Call record, can save the record of connected and dialed calls. (It can save more than 50 call records, and it will be automatically overwritten when 128 records are full. Click any call record to call back). Dial the keyboard, you can enter the phone number to make a call.

FUNCTIONS

Message

The smartwatch is successfully connected to the app, the corresponding notification authority in the mobile phone system is opened, and the mobile phone information can be synchronized with the smartwatch.
Call notification: Turn on the call reminder in the personal application (profile) . When the phone receives the call reminder, the watch will light up and vibrate.

Notification

The SMS notification is enabled in the personal application (profile). When one or more SMS messages are received on the mobile phone, the watch will receive one or more SMS reminders at the same time.
Other application message notifications: Turn on the corresponding application message notification switch in personal applications, such as WhatsApp, Outlook, Facebook and other applications. When the mobile terminal receives one/multiple application message notifications, the watch terminal will receive one/multiple corresponding message reminders at the same time notice.

Frequently Used Contacts

You can connect to the app. In the device of the app select frequently used contacts and add contacts (up to 20 contacts can be added), which can be synchronized to the watch, and the watch can display up to 20 contacts.

Fitness Data

The fitness data is turned on by default. Swipe the watch to the right to enter the fitness data interface, and slide it down to display the current steps, distance, and calories of the watch. The data is cleared at 12 o'clock in the morning every day.

Sports Modes

Select the corresponding exercise mode and click the start button on the screen to enter the corresponding exercise mode; click the start button of the exercise being calculated to pause the exercise, click the end button to end the exercise and save the data.
The exercise data can be saved when the exercise time is greater than 1 minute; when the exercise is saved under this condition, it will prompt „Too little data to save". (After exiting, exercise data can only save step data)

FUNCTIONS

Heart Rate
Put the smartwatch on your wrist (left/right) correctly, enter the heart rate menu, you can measure the heart rate value in a single time, the data will be output in 10 seconds, and the measurement will be completed in 10-20 seconds.

ECG (Electrocardiogram)
Put the smartwatch on your wrist correctly, enter the ECG menu (need to open the app „ECG monitor" interface), you can measure the ECG value in a single time, the data is output in 10 seconds, and the measurement is completed in 10-20 seconds. A single ECG can be saved in the app synchronously, this function needs to be connected to the app to use.

Blood Pressure
Put the smartwatch on your wrist correctly, enter the blood pressure menu, you can measure a single blood pressure value, the data is output in 10 seconds, and the measurement is completed in 10-20 seconds.

Blood Oxygen
Wear the smartwatch correctly on your wrist, enter the blood oxygen menu, you can measure a single blood oxygen value, the data is output in 10 seconds, and the measurement is completed in 10-20 seconds.

Remote Music
Connecting to the app, you can control the phone's music/start/pause/previous/next song, and the speaker sound appears on the phone.
Connect the call Bluetooth, you can control the phone music/start/pause/previous/next song, and the speaker sound appears on the watch.

Sleep Monitor
Sleep monitoring time period: 18:00 in the evening to 10:00 the next day, the watch generates data. After exiting the sleep monitoring, the sleep data on the watch can be synchronized to the app for viewing after connecting to the app.

FUNCTIONS

Stopwatch
Click the stopwatch to enter the timing interface, and you can record the time at a time.

Weather
After the smartwatch is connected to the app and the data is synchronized, the weather information of the day will be displayed when the smartwatch terminal clicks on the weather, and the weather conditions can be displayed in Celsius and Fahrenheit.

Find Mobile Phone
After the smartwatch is connected to the app, click to find the phone on the watch side, and the phone will vibrate or ring tones.

Meteorology
Click on the weather on the smartwatch side to display the day's ultraviolet (UV), atmospheric pressure, and altitude conditions.

Breathing
There are three modes of breathing: slow, moderate, and fast, which can be selected. You can breathe according to the mode selected by the user. You can select 1, 2, and 3 minutes to measure the breathing data. Select 1, 2, and 3 minutes to automatically end the breathing measuring.

Massager
Click the green button to start the massage, and the watch is in vibration state, click the red button to end the massage state.

Female Assistants
Record the status of women's menstrual period, and you can view the data of the last month end time, the length of the menstrual period, and the number of days between menstrual periods on the app.

FUNCTIONS

Find your Smartwatch
The watch is successfully bound with the app. Click to find the watch on the mobile app and the watch will vibrate once when the screen is on.

Camera
Tap the camera to wake up the watch device's camera mode, tap the camera button to take a photo, and the picture will be automatically saved to the phone system album.

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 turn on the hand-up button, 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. When the hand-up button is turned off, when the wrist is raised up to look at the watch, the watch is in a black screen, and you need to press the power button to turn on the screen.

Do Not Disturb Mode
In the app go to Device > More, set the start to end time, such as: 12:00 to 14:00 noon for the do not disturb mode, during this time there will be no phone calls and message sound reminders on the watch.

Daily Alarm Clock
New alarm: In the app in the app Device > More, set the start to end time, the alarm can be set only once or repeatedly select the date (week) setting, and the alarm can be turned on/off.
Delete alarm: Select and hold a set alarm clock and swipe to the right to delete the set alarm.

FUNCTIONS

Movement Reminder
Set the start to end time period and the sedentary time interval (minutes) in the app, click to enter the repeat setting only once or select the sedentary reminder date (week). When the sedentary time is reached, the watch will vibrate and there will be a sedentary icon.

Drink Water Reminder
Set the start to end time period and frequency (minutes) in the app, click to enter the repeat setting, select the drinking reminder date (week), check the drinking reminder and save it. When the reminder time for drinking water arrives, the watch will vibrate and there will be a drink icon.

Dial Design
Push an existing watch face: Connect to the app, go to Device > Dial Push > Select Dial, and make sure to replace it with this dial. After the dial is synchronized, the watch will automatically restart and then automatically connect to the app.
Custom watch face: Connect to the app, select in Device > Dial Push > (Dials with pen icons belong to custom dials) Customize Dial Settings > Select a custom background. After the dial is synchronized, the watch will automatically restart and then automatically connect to the app.

Firmware version
Display the version of the watch, and users can choose to upgrade the firmware version.

Unbind
Connect the watch to the app, unbind in the device, click OK and unbind, the IOS system needs to go to the phone settings to ignore the Bluetooth device.

FUNCTIONS

Menu style
There are 3 menu styles to choose from. After setting, the menu style of the watch will also be changed.

Settings
- To switch the smartwatch face, hold and press a finger for some seconds on the screen, then slide right to select the next watch face. Select a watch face, click once to set this watch face, slide left to return to the previous watch face.
- Screen on time: 5 to 30 seconds off screen time can be selected.
- Vibration intensity: click to set reminder vibration intensity, support level 1, level 2, level 3 vibration intensity selection.
- Bluetooth phone: Bluetooth phone can be turned on/off. After turning it on, the user will be prompted: Please pair the Bluetooth device, and find the device name in the Bluetooth of the phone settings to connect to the phone Bluetooth.
- Restore factory settings: click ✓ to enable factory reset, the watch will be restored to the factory state, click X to cancel the factory reset.

Connect via Bluetooh
Not connected:
After the smartwatch is turned on, the Bluetooth is always in the searched state. After opening the app go to Device „Add Device" and click Start Search, select and click the corresponding watch device name to successfully bind the watch 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.

Bind audio call
On the dial interface, slide down from top to bottom, enter the drop-down interface, turn on the audio call switch click on , check the Bluetooth name, turn on the Bluetooth in the settings of the mobile phone, find the corresponding Bluetooth name, and click connect.

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 Resistants
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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