

Thank you for purchasing our product.

**Please read these instructions before use. The manufacturer is not liable for any damage caused by improper use.**

## **Charging and Switching On**

1. The smartwatch must be fully charged before first use. Always use the original charging cable supplied with the smartwatch. Always charge for no more than 2 hours and do not move the smartwatch while it is being charged.
2. Connect the charging cable to the USB port of your notebook (it must be plugged in) or conventional mobile phone adapters (5 V) and attach the magnetic connectors at the opposite end of the cable to the charging contacts. While charging, the magnetic connectors of the charging cable must not come into contact with the strap or metal components. It could result in the charger short-circuiting or strap being damaged. Therefore, always charge the watch only with the strap detached.
3. If the display does not activate on its own, gently press the side button (1) for at least 3 seconds.

## **Pairing the watch with a mobile phone**

For setting the smartwatch, the current time and date and their proper operation, the smartwatch must be paired with a mobile phone via the recommended GloryFit app. Do not pair the smartwatch to your mobile phone just via your phone's Bluetooth; always use the app! You can download the app using the QR code in the watch or find it in Google Play or the App Store.

1. During installation, we recommend that you allow all authorisations that you are requested, including running the app in the background.
2. Depending on your mobile phone model, we also recommend checking setting authorisations in the app management in your phone, especially location tracking.
3. Before pairing, activate Bluetooth (make sure it is visible for all devices for an unlimited time) and GPS in your phone. Do not pair the smartwatch using the Bluetooth menu of the phone!
4. Open the GloryFit. It is recommended that you create an account.
5. The smartwatch should be as close as possible to the phone during pairing.
6. Tap on the "Device" icon in the app (bottom ) and then on "Select device".
7. Tap on your device in the scanned devices shown. Confirm the pairing request on both the watch and the phone.
8. Once the devices have been paired, set the required smartwatch functions in the app.
9. To allow more precise measurements, it is recommended that you fill in your personal profile in the app.

## **Language settings**

Tap on the **Settings** in the app and then on the **Languages** and select the desired language.

## **Smartwatch controls**

### **Button (1)**

- Press and hold to turn the smartwatch on/off.
- Press briefly to activate the display or return to the menu.
- Carefully turn the button and choose among watch faces or browse functions.

Press the button gently so as to not damage it.

## **Button (2)**

- Press briefly to enter the sport menu.
- If the display is switched off, press briefly to switch it on.

## **Touchscreen (3)**

Swipe from left to right to show a list of functions.

Swipe from right to left to show basic stats and selected functions.

Swipe from top to bottom to show "Quick settings".

Swipe from bottom to top to display the messages page.

Swipe from bottom to top then from top to bottom to switch between functions.

A short tap activates the function of your choice.

## **Display activation by twisting the wrist**

Allow and set it up in the smartwatch and in the app in your phone.

## **Change the watch face**

You may change it using several methods, both in the smartwatch and using the app.

- a) By turning the button 1,
- b) Holding your finger on the display shows an overview of watch faces to select from by swiping from right to left, Tapping on the watch face of your choice to select it.
- c) In "Settings" – Change watch face
- d) Other watch faces can be added directly from the app. In the app, tap on the "Watch faces" and select from the gallery the desired watch face to be transferred to the smartwatch. (Loading all watch faces in the app may take several minutes due to the large amount of data and depending on the phone model.)

## **Customise the watch face**

**For a successful setting of the watch face, the smartwatch and phone need to be sufficiently charged.**

In the application, tap on the Watch faces – Own watchface, then on any watch face in the gallery marked with line in the upper right corner (usually watch faces in the first row). Tap again on the watch face and select whether to take a photo or select an image from your phone. Edit the image in the viewport. To transfer the image to the smartwatch, tap on "Start update". In the event of an error message during the upload, please check whether the size of the image is suitable and whether the phone and smartwatch are charged sufficiently. Then repeat the process.

## **Calling**

1. Make sure the watch is paired with the app on your phone and that you have Bluetooth turned on on your phone.
2. In the watch menu, click on the Phone icon - Bluetooth Switch (Quick settings) to turn it on.
3. In the Bluetooth available devices on your phone, click on your watch (ARMODD Sq12U) and set the desired functions. (The procedure may vary depending on the phone model).

If the function is permitted and the smartwatch is paired with your phone, you may make and answer calls both on the smartwatch and your phone.

You can save your contacts on the smartwatch via the app.

## **Messages**

To receive messages and notifications, your smartwatch must be paired with your phone, and the

receipt of messages and notifications must be allowed in the app. Furthermore, you must allow the app access to messages and notifications in the settings of your phone. (This is typically done during installation.)

## **Heart rate**

It is measured continuously.

## **Blood Pressure, SpO2**

After activation, wait for the measurement to begin and end. The smartwatch must be in the correct position on your wrist.

## **Mood, Stress**

Please update the firmware from the app to the latest version before first use. In the event of an error message start the measurement from the app.

## **Sports**

Tap to commence the measurement of the sport mode of your choice.

## **Music player**

Tap to enter the music player menu. The smartwatch must be paired with the phone, and the player must be turned on in the phone. Tap to play/stop, skip one track forward or backward. Audio output from the smartwatch – allow “Sound”. Turn on the Bluetooth Switch. (Quick settings) and turn on Sound (Settings).

Audio output from the phone – deactivate “Sound”.

## **Weather**

The data in the smartwatch is updated according to the weather data collected by the phone app.

## **Sleep**

This function monitors your sleep automatically (at night), as long as you have your smartwatch on. The sleep data will be displayed the following morning in the app as well as on the smartwatch.

## **Other functions**

Stopwatch, My QR code, Time, Voice assistant, Alarm, Light, Calculator, Find a phone, Breathing training, Physiological cycle (setting in the app), Menu style, Setting (Languages, Change the watch face, Screen timeout, continuously Always-On watch face display, Vibration intensity, BT calling, Password (for practical reasons we do not recommend setting it up) and Restore factory settings).

**Other functions** must be set and allowed in the app, and their operation depends on both the specific phone model and settings as well as the current version of the smartwatch. These are, for example, notifications of incoming calls, messages, notifications from social media, alarm clock, “Do not disturb” mode (DND mode), continuous heart rate measurement (takes place automatically in the set interval), physiological cycle, non-activity reminders, drinking regime, activating the display by twisting the wrist and others.

## Important notes, recommendations and FAQs

1. To save the values measured and the current date and time, make sure you synchronise the smartwatch with the app on a daily basis. During the night, the values measured by the smartwatch may reset.
2. This product is not a medical device. Neither the smartwatch nor the app are intended for the diagnosis, treatment or prevention of illnesses and symptoms thereof. The values measured are illustrative and may differ from values measured by certified medical devices as well as because of the method of measurement and tightness of the strap. The sensor on the reverse side of the smartwatch must be in contact with the wrist, and the strap must be tight. If the strap is loose and the sensors dirty, the precision of the measurements will be compromised.
3. In order to ensure correct date and time settings, the smartwatch must be paired with a phone. Then the date and time will be set automatically.
4. The smartwatch has the IP67 degree of protection. We recommend avoiding contact of the smartwatch with water under pressure, fast and rapidly flowing water, spraying and hot water and steam, because when using the smart watch, due to wear and tear of the case or its mechanical damage and microscopic cracks in the seal, water can penetrate into the smartwatch and cause damage.
5. You have stopped receiving incoming calls or SMS notifications – check that the smartwatch is paired with your phone and the notifications are allowed in the app and in the settings of your phone, and that the do-not-disturb mode has not been activated in the app. Make sure Bluetooth is on in your phone. Do not pair the smartwatch via the phone's Bluetooth menu.
6. The smartwatch cannot be paired with a phone – possible solutions:
  - make sure the smartwatch and phone are charged sufficiently
  - make sure your phone's Bluetooth and GPS are switched on and you have allowed your location/position to be tracked in your phone's settings
  - place the smartwatch and the phone next to each other
  - check the system updates in your phone
  - **uninstall and re-install the app**
  - restart your phone and switch the smartwatch off then back on again
  - make sure your phone meets the technical requirements (Android 6.0+, iOS 11.4+, Bluetooth 5.0+)
7. The green sensor light is blinking – data measurement or transfer is underway.
8. The green sensor light blinks even when the smartwatch is not being worn – it is not a flaw.
9. To ensure the correct functioning of the smartwatch, we recommend restarting or resetting the smartwatch occasionally and, where a newer version is available, updating firmware in the app. Make sure you always have the most recent version of the app.
10. Always charge the smartwatch for no more than 2 hours (at no more than 5 V). Improper charging reduces the capacity and useful life of the battery. Battery life depends on the ambient temperature and the number of functions actively running. Running some functions may run the battery flat within several hours. Over time the capacity of the battery will reduce naturally. If not used, do not leave the smartwatch flat for an extended period of time and recharge the battery regularly.
11. Protect the smartwatch from falls or impact; do not expose it to extreme temperature or direct sunlight. These conditions may cause malfunctions, or they can cause irreparable damage. Keep the smartwatch at room temperature if not in use.
12. The smartwatch has a built-in battery. Do not expose it to flames or extreme temperature due to risk of explosion.
13. Do not disassemble the smartwatch or its accessories.
14. Do not use the product in close proximity to explosives and chemicals.

15. Keep the product out of reach of children. It may contain small parts posing risk of inhalation.
16. The smartwatch software and the application itself are innovated on a continuous basis. Therefore, the manufacturer reserves the right to amend the instructions and individual functions without prior notice.
17. We do not recommend exposing the smartwatch to sudden changes in pressure (e.g. diving, some water sports, etc.) or to liquids other than fresh water. Never use the buttons if the case is in contact with water. Water could penetrate into it and damage the smartwatch. After the smartwatch comes into contact with water, dry it.
18. Should you have any questions, do not hesitate to contact the manufacturer.

**Note:** All images and description of functions may differ based on your version of the product and are used for illustrative purposes only.

### Safe disposal



Do not dispose of the product in general waste as it may contain substances harmful to the environment.

### Electronic waste

Leave the product at a dedicated electronic waste collection facility where its recycling or safe disposal is ensured. Contact your local municipality for a list of waste collection sites, or you can leave the used product with the seller.

**Technical requirements for the telephone:** Android 6.0+, iOS 11.4+, Bluetooth 5.0+

**Frequency band:** 2402–2480 MHz

**Max. performance:** 1.06 dBm

### Declaration of conformity

SMARTOMAT s.r.o. hereby declares that the ARMODD Squarz 12 Ultimate device complies with Directive 2014/53/EU. The full version of the EU declaration of conformity is available at this website: [www.armodd.com](http://www.armodd.com)

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