hama

SMARTWATCH
Fit Watch 5910

Thank you for choosing a Hama product.
Take your time and read the following instructions and information completely. Please keep these instructions in a safe place for future reference.

Your new smart watch is your ideal companion for a healthy lifestyle and motivates you to stay active all day long. As well as displaying the time and date, it collects data about the number of steps you have taken, your heart rate and the calories you have burned. Wireless connection via *Bluetooth*® to your smartphone enables you to document the data on the associated "Hama FIT Pro" app and therefore constantly keep track of your success. Check here when you have reached your personal fitness goal!

1. Explanation of warning symbols and notes

Warning

This symbol is used to indicate safety instructions or to draw your attention to specific hazards and risks.

Note

This symbol is used to indicate additional information or important notes.

2. Package contents

- "Fit Watch 5910" smart watch
- 1 USB charging cable
- Operating instructions
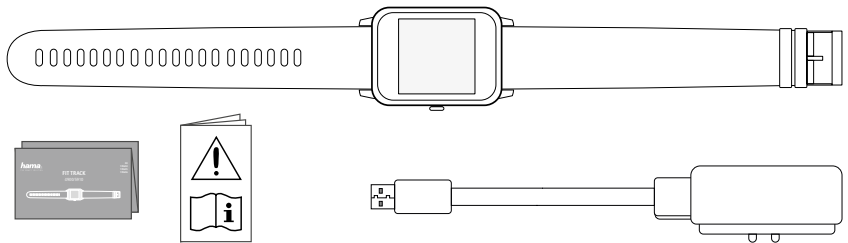
3. Safety instructions

• This product is intended for private, non-commercial use only.
• Use the product only for the intended purpose.
• Protect the product from dirt, moisture and overheating and use it in dry environments only.
• Do not use the product in the immediate vicinity of heaters, other heat sources or in direct sunlight.
• Do not operate the product outside the power limits specified in the technical data.
• Do not use the product in areas in which electronic products are not permitted.
• The battery is integrated and cannot be removed.
• Do not open the device or continue to operate it if it becomes damaged.
• Do not attempt to service or repair the product yourself. Leave any and all service work to qualified experts.
• Do not drop the product and do not expose it to any major shocks.
• Do not modify the product in any way. Doing so voids the warranty.
• Dispose of packaging material immediately in accordance with the locally applicable regulations.
• Do not incinerate the battery or the product.
• Do not tamper with or damage/heat/disassemble the batteries/rechargeable batteries.
• While driving a car or using sports equipment, do not allow yourself to be distracted by your product and keep an eye on the traffic situation and your surroundings.
• Consult your doctor before starting an exercise programme.
• Always be aware of your body's response when you exercise, and speak to your doctor in an emergency.
• Consult your doctor if you have a medical condition and wish to use the product.
• This is a consumer product, not a medical device. Hence, it is not intended for the diagnosis, therapy, cure or prevention of illnesses.
• Prolonged contact with the skin can lead to skin irritations and allergies. Consult a doctor if symptoms persist.
• This product is not a toy. It contains swallowable small parts that pose a suffocation hazard.

Risk of electric shock

- Do not open the device or continue to operate it if it becomes damaged.
- Do not use the product if the AC adapter, adapter cable or power cable is damaged.
- Do not attempt to service or repair the product yourself. Leave any and all service work to qualified experts.

Warning - cardiac pacemakers

This product generates magnetic fields. Persons with a cardiac pacemaker should consult a doctor before using this product, as the pacemaker's proper function could be affected.

Information - Flying

- This product is a constant transmitter of radio signals. Please be aware that carrying and using radio transmitters during certain phases of the flight (e.g. take-off / landing) is not permitted for safety reasons.
- Check with your airline before you fly whether your fitness tracker can be taken on board. If in doubt, leave the product at home.

Warning – rechargeable battery

- Only use suitable charging devices or USB connections to charge the product.
- Do not use defective chargers or USB ports and do not attempt to repair them.
- Do not overcharge the product or allow the battery to completely discharge.
- Avoid storing, charging and using in extreme temperatures and at extremely low atmospheric pressures (such as at high altitudes).

4. Control elements

1. Control button
2. Full-touch display
3. Removable strap
4. Closure
5. Charging contact
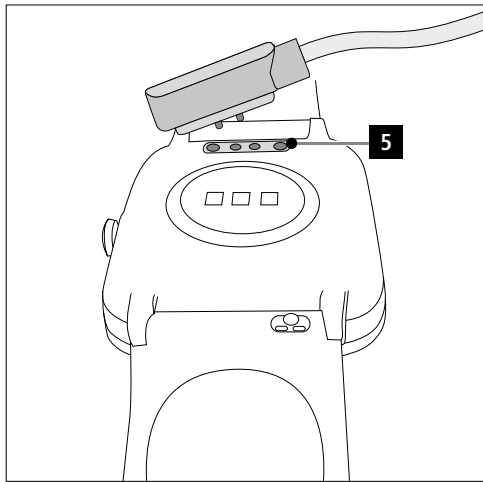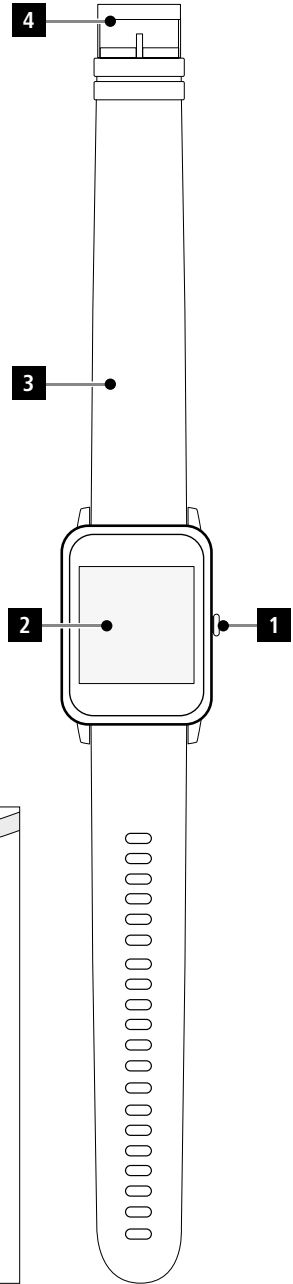
5. Getting started

5.1 Charging
- Charge the smart watch fully before using it for the first time.
- Connect the charging cable to a free USB port on your computer or USB charger and the smart watch's charging contact **[5]**. To do this, consult the operating instructions for the USB charger you are using.

Note   ⓘ

- The charging time for a full battery charge is around 90 minutes. As soon as the battery shown in the display is fully charged, the charging process is complete and you can disconnect the smart watch from the charging cable.
- When the battery charge level reaches only 10%, please charge the smart watch in order to avoid limited functionality. When the battery level is below 20%, you can no longer start an activity, and when the battery level is below 10%, the automatic heart rate measurement function is deactivated.

5.2 Putting on and switching on
- Before switching on the smart watch for the first time, you must connect it with the enclosed charging cable and plug it into a power source.
- Place the smart watch around your wrist and fasten it using the closure.
- Hold the control button on the side **[1]** down for 3 seconds to start the smart watch.

Note   ⓘ

- To use the smart watch functions most effectively, it should be positioned close to the skin on the top of the forearm but still be pleasant to wear. The distance between smart watch and the bones of the wrist should be about one finger breadth.
- To ensure the best possible recording of your activities, wear the smart watch on your left wrist if you are right-handed and on your right wrist if you are left-handed.

5.3 Switching off
- To switch off the smart watch, switch to the **[SETTINGS ⚙]** menu item and tap **[SWITCH OFF ◎]** in the sub-menu. Confirm the subsequent question to switch off the smart watch.

6. Operation - Menu structure

- Press the side control button **[1]** to activate the smart watch screen. You can then swipe the screen to switch between the different displays and menu items in the order shown below.
- You can access the sub-menus by tapping on the respective symbol.
- Press the side control button **[1]** to leave a sub-menu and jump back to a display or the home screen.

Note

- This graphic is an overview of all the menu items that can be displayed on the smart watch.

| Notifications | 6.4 |

Messages

swipe ↓

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Modes

swipe →

13:15
* 95%
04 Wednesday

swipe ←

Apps
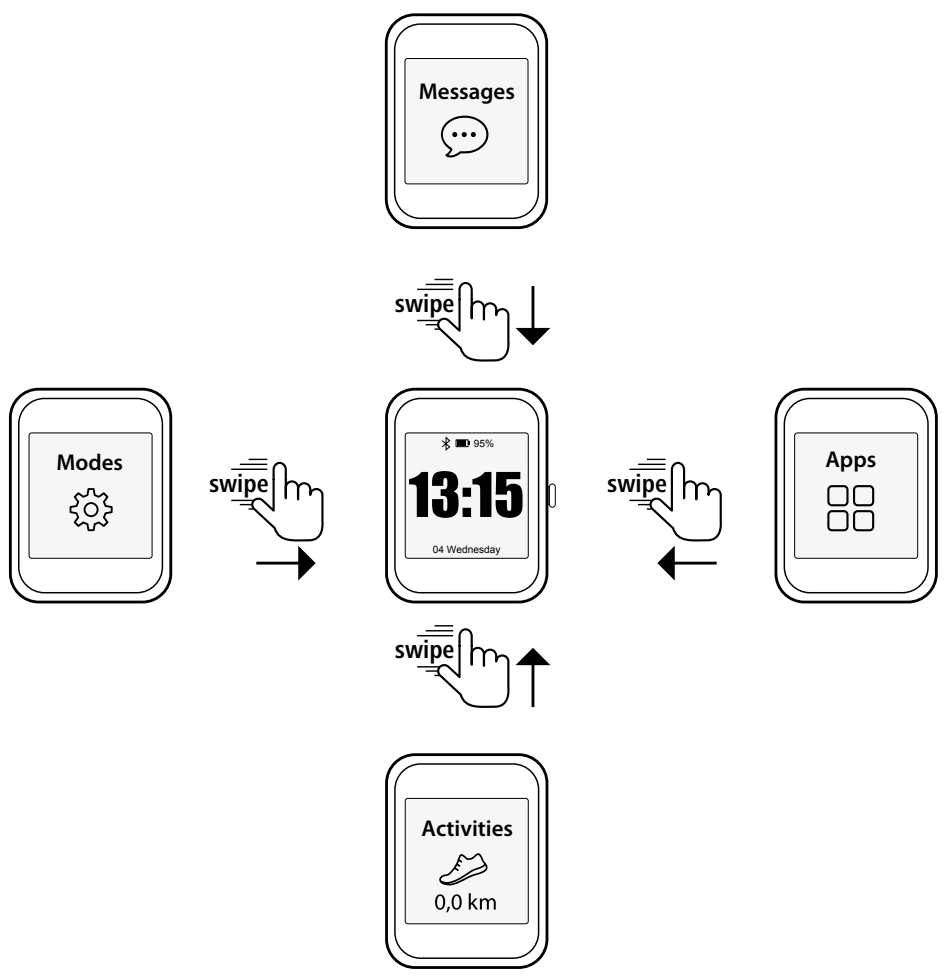
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swipe ↑

Activities
0,0 km

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6.1 Home screen

• After activating the home screen, a long press on the display gives you an overview of the different home screens/dials. Here you can choose between four different home screens. Confirm your selection by tapping on the respective home screen.

6.2 Activity overview

• If you swipe upwards from the home screen, you will see an overview of your daily activity. You can see the number of steps, the distance covered, the calories burned and your progress towards the respective daily goal.
• The graphs listed show you a daily distribution for the number of steps, distance travelled and calories burned.
• If you swipe all the way down, you will also see a weekly overview. This overview shows the steps, the distance, the calories burned and the activity duration cumulated over the entire week.

6.3 Modes

• If you swipe to the right starting from the home screen, you will see four different modes that you can activate or deactivate as needed.

6.3.1 Continuous heart rate measurement

• By touching the **[🫀]** symbol, you can activate or deactivate continuous heart rate measurement. When measurement is activated, the watch automatically measures your heart rate at five-minute intervals. These recorded values can be accessed in the app.

6.3.2 Arm movement activation

• By tapping the **[🤚]** symbol, you can activate or deactivate arm movement to switch on the display. When arm movement is activated, you can switch on the display by turning your wrist.

6.3.3 Do Not Disturb mode

• By tapping the **[🌙]** symbol, you can activate or deactivate Do Not Disturb mode. When Do Not Disturb mode is activated, no notifications are forwarded to your smart watch.

6.3.4 Telephone search

• By tapping the **[📱]** symbol, you can start the phone search to find your mislaid smartphone. Your smartphone starts vibrating or you hear a beep. To be able to carry out the phone search, you must first activate it in the app. (See Section 8.6.4)

6.4 Notifications

• If you swipe down from the home screen, you will see notifications that you have received on your smartphone. To be able to receive notifications, you must first activate this function in the app. In addition, you can set in the app from which apps you want to receive notifications on your smart watch. (See Section 8.5.4)
• Depending on the app, you will either only receive a notification with a display of the app in question and the sender or you will also see a preview of the message.
• By tapping on a notification, you can call up further information if necessary, and by tapping on the recycle bin, you can delete the notification.
• If you want to delete all notifications together, swipe all the way down and then tap Trash and confirm the subsequent prompt.

6.5 Applications

• If you swipe left from the home screen, you will see your smart watch's main menu. In the main menu you have the option of calling up various applications and sub-menus by tapping on the respective symbol. Swipe up and down to switch between the different pages in the main menu.

6.5.1 Activities

• By tapping the **[ACTIVITY 🏃]** symbol, you will be shown various activity modes that are currently stored on the watch by default. You can choose from a total of 14 different activity modes and store up to eight different activity modes on the watch (see Section 8.6.1). Tapping on the respective activity starts it. The individual activity modes are explained in more detail below.
• Press the side control button **[1]** to pause or resume an activity.
• Pressing and holding the side control button **[1]** ends the activity.
• After completing the activity, you will receive an overview of the recorded data.

6.5.1.1 Outdoor running (GPS)

• This activity uses the integrated GPS. When starting the activity, the GPS signal is searched for first. This may take up to a minute, depending on the strength of the signal. As soon as there is a GPS signal, you can start the activity by tapping the arrow at the bottom right. You can also set whether you want to run against a virtual competitor. To do this, select a target pace per kilometre for the competitor and then start the activity. If you do not want to run against a competitor, tap **[X]**.
• Alternatively, you can start the activity without a GPS signal by tapping the arrow at the bottom right. However, the distance and the course of the route are only recorded as soon as a GPS signal is available.
• The following data is recorded during this activity:

      - Distance
      - Duration
      - Heart rate
      - Calorie consumption
      - Steps
      - Pace (km/h and min/km)
      - Route covered

• You can access the individual data during the activity by swiping left and right on the screen. During this activity, you can also control the music on your smartphone by swiping all the way to the right. To do this, music control must be activated in the app (see Section 8.5.7).

6.5.1.2 Outdoor walking (GPS)

- This activity uses the integrated GPS. When starting the activity, the GPS signal is searched for first. This may take up to a minute, depending on the strength of the signal. As soon as there is a GPS signal, you can start the activity by tapping the arrow at the bottom right.
- Alternatively, you can start the activity without a GPS signal by tapping the arrow at the bottom right. However, the distance and the course of the route are only recorded as soon as a GPS signal is available.
- The following data is recorded during this activity:

        - Distance
        - Duration
        - Heart rate
        - Calorie consumption
        - Steps
        - Pace (km/h and min/km)
        - Route covered

- You can access the individual data during the activity by swiping left and right on the screen. During this activity, you can also control the music on your smartphone by swiping all the way to the right. To do this, music control must be activated in the app (see Section 8.5.7).

6.5.1.3 Outdoor cycling (GPS)

- This activity uses the integrated GPS. When starting the activity, the GPS signal is searched for first. This may take up to a minute, depending on the strength of the signal. As soon as there is a GPS signal, you can start the activity by tapping the arrow at the bottom right.
- Alternatively, you can start the activity without a GPS signal by tapping the arrow at the bottom right. However, the distance and the course of the route are only recorded as soon as a GPS signal is available.
- The following data is recorded during this activity:

        - Distance
        - Duration
        - Heart rate
        - Calorie consumption
        - Pace (km/h and min/km)
        - Route covered

- You can access the individual data during the activity by swiping left and right on the screen. During this activity, you can also control the music on your smartphone by swiping all the way to the right. To do this, music control must be activated in the app (see Section 8.5.7).

6.5.1.4 Hiking (GPS)

- This activity uses the integrated GPS. When starting the activity, the GPS signal is searched for first. This may take up to a minute, depending on the strength of the signal. As soon as there is a GPS signal, you can start the activity by tapping the arrow at the bottom right.
- Alternatively, you can start the activity without a GPS signal by tapping the arrow at the bottom right. However, the distance and the course of the route are only recorded as soon as a GPS signal is available.
- The following data is recorded during this activity:

        - Distance
        - Duration
        - Heart rate
        - Calorie consumption
        - Steps
        - Pace (km/h and min/km)
        - Route covered

- You can access the individual data during the activity by swiping left and right on the screen. During this activity, you can also control the music on your smartphone by swiping all the way to the right. To do this, music control must be activated in the app (see Section 8.5.7).

6.5.1.5 Running

- The following data is recorded during this activity:

        - Distance
        - Duration
        - Heart rate
        - Calorie consumption
        - Steps
        - Pace (km/h and min/km)

- You can access the individual data during the activity by swiping left and right on the screen. During this activity, you can also control the music on your smartphone by swiping all the way to the right. To do this, music control must be activated in the app (see Section 8.5.7).

6.5.1.6 Walking

- The following data is recorded during this activity:

        - Distance
        - Duration
        - Heart rate
        - Calorie consumption
        - Steps
        - Pace (km/h and min/km)

- You can access the individual data during the activity by swiping left and right on the screen. During this activity, you can also control the music on your smartphone by swiping all the way to the right. To do this, music control must be activated in the app (see Section 8.5.7).

6.5.1.7 Spinning

• The following data is recorded during this activity:

      - Duration
      - Heart rate
      - Calorie consumption

• During this activity, you can also control the music on your smartphone by swiping all the way to the right. To do this, music control must be activated in the app (see Section 8.5.7).

6.5.1.8 Fitness

• The following data is recorded during this activity:

      - Duration
      - Heart rate
      - Calorie consumption

• During this activity, you can also control the music on your smartphone by swiping all the way to the right. To do this, music control must be activated in the app (see Section 8.5.7).

6.5.1.9 Swimming in a pool

• When starting the activity, the pool length is asked for first. Here you can set a length between 25 m and 100 m. Then you can start the activity by tapping the arrow at the bottom right.
• The following data is recorded during this activity:

      - Distance
      - Duration
      - Arm strokes per pool length
      - SWOLF value

• The SWOLF value is a measure of swimming efficiency. The SWOLF value is the sum of the time needed for one pool length and the number of arm strokes per pool length. The lower the SWOLF value, the higher your swimming efficiency.
• Example: If you need a time of 30 seconds for a pool length of 25 metres and do 30 arm strokes, then your SWOLF value is 60.

6.5.1.10 Wild swimming

• The following data is recorded during this activity:

      - Duration
      - Calorie consumption
      - Number of arm strokes

6.5.1.11 Yoga

• The following data is recorded during this activity:

      - Duration
      - Heart rate
      - Calorie consumption

• During this activity, you can also control the music on your smartphone by swiping all the way to the right. To do this, music control must be activated in the app (see Section 8.5.7).

6.5.1.12 Cross-trainer

• The following data is recorded during this activity:

      - Duration
      - Heart rate
      - Calorie consumption

• During this activity, you can also control the music on your smartphone by swiping all the way to the right. To do this, music control must be activated in the app (see Section 8.5.7).

6.5.1.13 Rowing machine

• The following data is recorded during this activity:

      - Duration
      - Heart rate
      - Calorie consumption

• During this activity, you can also control the music on your smartphone by swiping all the way to the right. To do this, music control must be activated in the app (see Section 8.5.7).

6.5.1.14 Cricket

• The following data is recorded during this activity:

      - Duration
      - Heart rate
      - Calorie consumption
      - Steps

• You can access the individual data during the activity by swiping left and right on the screen. During this activity, you can also control the music on your smartphone by swiping all the way to the right. To do this, music control must be activated in the app (see Section 8.5.7).

6.5.2 Heart rate

• By tapping the **[HEART RATE 💗]** symbol, you start the manual measurement of your heart rate.
• At the top right of the screen you can see your resting heart rate, which is calculated by the measured values of the respective day.
• The graph below shows the highest and lowest automatic heart rate readings for specific time intervals throughout the day and the highest and lowest readings for the day.

6.5.3 Relaxation mode

• Tapping the **[RELAXATION 🌿]** symbol takes you to relaxation mode. Here you can carry out relaxation training with guided breathing.
• Select whether the relaxation training should last one minute or two minutes and start it by tapping the arrow at the bottom right. Then following the instructions on the display.
• If you want to end the relaxation training prematurely, press the side control button **[1]** and confirm the subsequent question.

6.5.4 Alarm clock

• By tapping the **[ALARM 🕐]** symbol, you can see the pre-set alarm or reminder times. By tapping on the respective times, you can activate or deactivate the alarm clock or reminder.
• The alarm or reminder times must be set and activated in advance in the app and synchronised with the smart watch (see Section 8.5.3).

6.5.5 Music control

• By tapping the **[MUSIC CONTROL ⦿]** symbol, the control view for various music or streaming services opens. These can be controlled directly via your watch. You can start or stop music and skip tracks forward or backward.
• Music control must be activated in advance in the app (see Section 8.5.7).

6.5.6 Timer

• By tapping the **[TIMER 🕐]** symbol, you have the option of starting the stopwatch or a countdown. To do this, choose between the stopwatch **[🕐]** and the countdown function **[⧗]** at the top of the screen.

6.5.6.1 Stopwatch

• To start or pause the stopwatch, tap the symbol at the bottom right. To reset the stopwatch, tap the symbol at the bottom left.
• If you want to end a measurement completely prematurely, press the side control button **[1]** and confirm the subsequent question.

6.5.6.2 Countdown

• To start the countdown function, first select the duration of the countdown between one second and 100 minutes by swiping. Then start or pause the countdown by tapping the symbol at the bottom right. To reset the countdown, tap the symbol at the bottom left.
• If you want to end the countdown completely prematurely, press the side control button **[1]** and confirm the subsequent question.

6.5.7 Weather

• By tapping on the **[WEATHER ☁]** symbol, you can see the weather forecast for the respective day with the current temperature as well as the low and high. Swipe up to see the weather forecast for the next two days.
• The weather data is transmitted and updated by synchronising the smart watch with the app. At the top of the weather display screen you can see the most recent update.
• The weather forecast must be activated in advance in the app (see Section 8.6.3).

6.5.8 Latest activities

• By tapping the **[LAST ACTIVITIES ☰]** symbol, you get an overview of the latest recorded activities. If you swipe down, you will access the individual activities, which are highlighted with the date and time.
• To see more details of a saved activity, tap the respective activity several times. Here you can see the most important data about your activity.

6.5.9 Settings

By tapping the **[SETTINGS ⚙]** symbol, you access a sub-menu where you can make the following settings and switch off or reset your smart watch.

• By tapping on **[START SCREEN 🔘]** you can choose between four different home screens. Confirm your selection by tapping on the respective home screen.

• By tapping on **[BRIGHTNESS ☀]**, you can adjust the brightness of the screen. You can choose between three brightness levels.

• By tapping on **[INFORMATION ⓘ]**, you can see the current firmware version of the smart watch and the MAC address. The MAC address makes your device uniquely identifiable when you connect the device to your smartphone via Bluetooth.

• By tapping on **[SWITCH OFF ⊙]** and confirming the subsequent question, you can switch off the smart watch.

• By tapping on **[DELETE USER DATA ✳]** and confirming the subsequent question, you can reset the smart watch to the factory settings. This deletes all recorded user data.

7. Setting up the smart watch

7.1 Downloading the "Hama FIT Pro" app

Note

The following operating systems are supported:
- iOS 9.0 or higher
- Android 5.0 or higher

- Open the iTunes AppStore or Google Play Store on your smartphone or scan the respective QR code in the enclosed operating instructions.
- You can find the app using the search function.
- Download the app as normal and install it on your smartphone. To do this, follow the instructions on your smartphone.
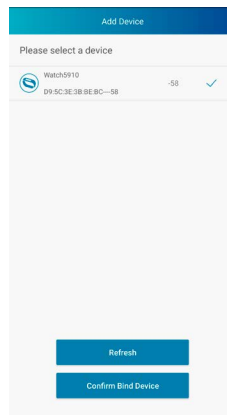
7.2 Pairing the smart watch with the smartphone

Note

- In order for the smart watch to display incoming calls, text messages, WhatsApp messages and other notifications, activate push mode for messages in your smartphone settings.

Android / Apple mobile devices
- Ensure that the Bluetooth® function is switched on on your smartphone and your smart watch.
- Launch the app on your smartphone and agree to the privacy agreement. Answer any questions that may be asked. The search for your "Fit Watch 5910" smart watch then starts.
- Now select "Watch5910" and tap **[PAIR DEVICE]** at the bottom to connect the smart watch to the app.
- Then make your personal settings. These can be adapter later in the app (see Section 8.1.2).
- The smart watch is now linked with the app and synchronisation begins.

Note ⓘ

- Please synchronise the smart watch with the app before using it for the first time. If you record an activity before the smart watch has been synchronised with the app for the first time, the activity will not be transferred to the app afterwards.
- To manually start a synchronisation of the smart watch with the app, drag the screen downwards on the app home page.
- Due to the smart watch's limited storage space, you should synchronise the smart watch with the app regularly (at least once a week) to avoid data loss.

Note ⓘ

- After the first synchronisation with the app, the smart watch automatically adopts the time, date and language from your smartphone.
- The time and date cannot be set manually.
- You can manually adjust the system language on the smart watch in the app

  (See Section 8.6.2).

8. Using the "Hama FIT Pro" app

The following sections explain the individual menu items and the various setting options within the app in more detail.

Note ⓘ

- Please be aware that your terminal device must support some functions if they are to be used.
- For more information, please refer to the operating instructions of your device.
- While setting up the app, you will be asked whether the app has permission to access the functions of your terminal device.

8.1 User settings

- Go to **[USER]** in the lower menu bar. Here you can create a user account and set your personal data and goals. You can also call up further information on the app, which is shown in the following sections.
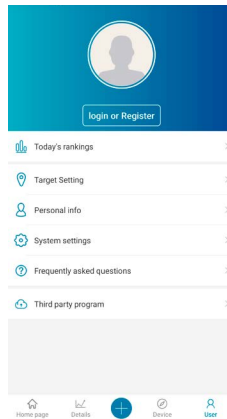
8.1.1 Registration / user account

- Tap **[LOG IN OR REGISTER]** and select **[REGISTER]** from the top selection bar to create a user account. Now enter an e-mail address and a password and complete the registration process by tapping **[REGISTER AND LOG IN]** at the bottom.
- You can then enter a user name and your personal data and set a profile picture.
- By creating a user account, you can also access your personal data if you change smartphones. This means that your personal data is available at all times.
- However, creating a user account is not a prerequisite for using the app.

8.1.2 Personal details

• Go to **[PERSONAL INFO]** to enter your name, date of birth, gender, height and weight. If desired, you can also set a profile picture. Choose the item you wish to edit by tapping it. A sub-menu will open in which you can make the relevant settings.
• Confirm your details by tapping on the tick at the top right.
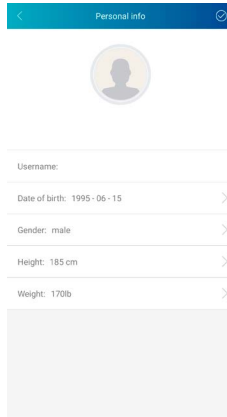

8.1.3 Personal goals

• Tap **[GOALS]** to set your daily step, sleep, calorie, distance and weight goals.
• You can set the respective targets by moving the bar to the right and left.
• Confirm your details by tapping on the tick at the top right.
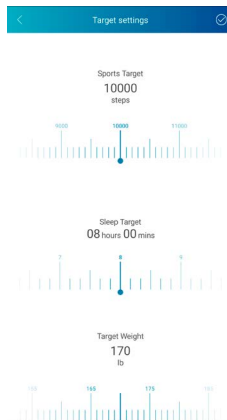
8.2 System settings

• Go to **[USER]** in the lower menu bar and then select **[SYSTEM SETTINGS]**. Here you can make various settings and call up information. You also have the option of sending an enquiry or your feedback on a specific problem with the app or the smart watch to the Hama Product Advice Service.
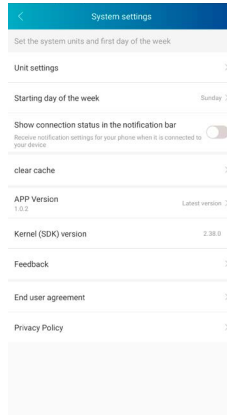
8.2.1 Basic settings

• Tap **[UNITS OF MEASUREMENT]** to set the units for distance, weight and temperature.
• Tap **[WEEKDAY SEQUENCE]** to set which day of the week is the first day of the week on which your data is prepared.

8.2.2 App information

• **[APP-VERSION]** shows the app version currently in use. Tap **[APP-VERSION]** to see if you are already using the latest version.

8.2.3 Enquiry / feedback

• Tap **[FEEDBACK]** to send an enquiry or feedback to the Hama Product Advice Service.
• You can either choose from one of the preset themes or create your own theme by tapping **[SUGGESTION]** at the top.
• Select a subject area and then describe your enquiry in more detail. You can also add images to your request and share the log of the connections between the smart watch and the app. Please always quote your e-mail address with every enquiry.
• Tap **[SEND]** at the top right to send an enquiry.

8.2.4 Data protection

• Tap **[END USER AGREEMENT]** to read the user agreement.
• Tap **[PRIVACY POLICY]** to read the privacy policy.

8.3 Frequently asked questions

- Go to **[USER]** in the lower menu bar and then select **[FREQUENTLY ASKED QUESTIONS]**.
- You will find answers to frequently-asked questions here. To get answers to a question, tap on the respective question.
- If your question is not answered, please send an enquiry to the Hama Product Advice Service (see Section 8.2.3)

8.4 Third-party apps

- Go to **[USER]** in the bottom menu bar and then select **[THIRD-PARTY APPS]** to connect to Apple Health and Strava (iOS) or Google Fit and Strava (Android).

8.4.1 iOS version

- Tap **[APPLE HEALTH]** for instructions on how to connect the Hama FIT Pro app to Apple Health.
- Tap **[STRAVA]** to connect to Strava. To do this, tap **[I AGREE]** below to accept and activate the connection.

8.4.2 Android version

- To connect to Google Fit, tap the button for Google Fit on the right side of the screen and then confirm your Google account.
- Tap **[STRAVA]** to connect to Strava. To do this, tap **[I AGREE]** below to accept and activate the connection.

8.5 Device settings

- Go to **[DEVICE]** in the lower menu bar to activate and set various functions of the smart watch and to adjust the smart watch to your individual needs.
- In this menu, you will also see an overview of various items of data from your connected smart watch at the top of the screen. You can see when the smart watch was last synchronised with the app or to what percentage the smart watch's battery is currently charged.
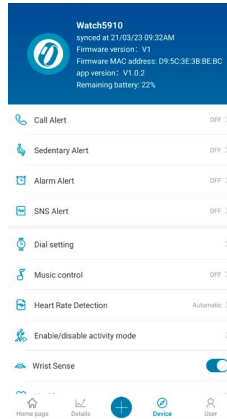
8.5.1 Call notification

- Tap **[CALL NOTIFICATION]** to activate the incoming call notification. When this function is activated, you will receive notification on the smart watch in the event of an incoming call. You can see who is calling, and you can reject the call if necessary.
- Tap the button on the right edge of the screen to activate the function. You can then set the time after which the notification should be displayed on the smart watch.
- To save the changes, tap the tick at the top right.

8.5.2 Movement reminder

- Tap **[MOVEMENT REMINDER]** and activate the function in the sub-menu. Tap the button on the right edge of the screen to activate the function.
- You can then set the interval of the movement reminder between 15 and 180 minutes and select the start and end time of the reminder and the respective days of the week.
- To save the changes, tap the tick at the top right.

8.5.3 Alarm clock

- Tap **[ALARM CLOCK]** to set alarm times or reminders.
- To add a new reminder, tap **[+]** on the right edge of the screen.
- You can edit the created reminder by tapping on it. In the sub-menu you can set the reminder type, the respective weekdays and the time for the reminder. Confirm the changes by tapping on the tick at the top right.
- To save the changes, tap the tick at the top right.

8.5.4 Notifications

• Tap **[NOTIFICATIONS]** to activate the notification function for various apps and services. When this function is activated, you will receive notification on the smart watch when a message comes in on your smartphone. Depending on the app, you will either only receive a notification with a display of the app in question and the sender or you will also see a preview of the message.
• To activate the notification function, tap the button on the right edge of the screen. You can then select the respective apps and services for which you want to receive notifications on the smart watch. To save the changes, tap the tick at the top right. (iOS)
• Tap the respective apps and services for which you want to receive notifications on the smart watch and then tap the button on the right edge of the screen to allow access. (Android)

8.5.5 Home screen

• Touch **[START SCREEN]** to get an overview of the smart watch's possible home screens.
• Here you can choose between four different home screens. Touch the respective home screen you want to set and confirm the selection by touching **[CURRENTLY SET AS MAIN WATCH FACE]** at the bottom of the screen.
• You can also select an individual wallpaper as the home screen by tapping **[+]** below the wallpaper clock face. Tap **[SELECT NEW BACKGROUND IMAGE]** and then either take a new photo or select a photo from the smartphone gallery. To confirm the change, tap **[SET AS MAIN WATCH FACE]**.
• You can also select from further preset home screens by tapping on **[+]** below the cloud clock face. Touch the respective home screen you want to set and confirm the selection by touching **[CURRENTLY SET AS MAIN WATCH FACE]** at the bottom of the screen.

8.5.6 Automatic activity detection

- Tap **[AUTOMATIC ACTIVITY DETECTION]** to activate automatic activity detection in the sub-menu. When this function is activated, the smart watch automatically detects when you engage in an activity for a longer period of time and records this activity after confirmation.
- Tap the button on the right edge of the screen to activate the function. You can then activate the function for the two activities walking and running.
- To save the changes, tap the tick at the top right.

8.5.7 Music control

- Tap **[MUSIC CONTROL]** to activate this function in the sub-menu. When this function is activated, you can control various music or streaming services directly via the smart watch. You can start or stop music and skip tracks forward or backward.
- Tap the button on the right edge of the screen to activate the function.
- To save the changes, tap the tick at the top right.

8.5.8 Continuous heart rate measurement

- Tap **[HEART RATE MEASUREMENT]** to activate this function in the sub-menu. By activating this function, your heart rate is continuously measured and recorded at a time interval of five minutes.
- In the sub-menu, tap **[AUTOMATIC]** to activate the function.
- To save the changes, tap the tick at the top right.

8.5.9 Arm movement activation

- In **[ARM MOVEMENT SCREEN]**, tap on the button on the right edge of the screen to activate this function. By activating this function, you can you can switch the display on by turning your wrist.

8.5.10 Tracking the menstrual cycle

- Tap **[MENSTRUATION CYCLE]** to activate this function in the sub-menu. By activating this function, you can set different dates related to your menstrual cycle and receive reminders about your next period or your fertile phase.
- Tap the button on the right edge of the screen to activate the function.
- You can then set the length of the menstrual period, the length of the menstrual cycle and the date of the last menstrual period via **[MENSTRUAL CYCLE SETTINGS]**.
- You can also use **[REMINDER SETTINGS]** to set how many days in advance you want to be reminded of your next menstruation or ovulation and at what time you want to be reminded.
- To save the changes, tap the tick at the top right.

8.5.11 Firmware update

- Tap **[FIRMWARE UPDATE]** to check if the latest firmware version is installed on your smart watch or to download and install a new firmware version on your smart watch.

8.5.12 GPS update

• AGPS data is data used for location determination and thus for recording activities via GPS.
• Tap **[AGPS UPDATE]** to activate automatic AGPS updates in the sub-menu. To do this, select **[AUTOMATIC]** in the sub-menu. Activating this function updates the AGPS data when you synchronise your smart watch with the app.
• To save the changes, tap the tick at the top right.

8.5.13 Terminate connection

• Tap **[UNPAIR]** to disconnect the smart watch and the app. Your smart watch is then reset to the factory settings.

8.6 Other settings

• Go to **[DEVICE]** in the lower menu bar and then tap **[OTHER SETTINGS]** to open a sub-menu where you can make further settings.
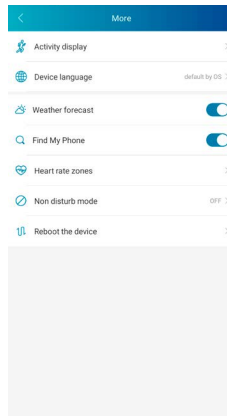
8.6.1 Activities

• Tap **[ACTIVITIES]** to select the activities that will be stored on the smart watch. You can choose from a total of 14 activities and store up to eight activities on the smart watch.
• The activities that are at the top of the list and marked with a minus symbol are currently stored on the smart watch. The activities that are in the list below and marked with a plus symbol are currently not saved.
• Tap **[MINUS]** or **[PLUS]** to remove or add an activity.
• You can also change the order of the saved activities by holding down the symbol on the right edge of the screen and moving the respective activity to the appropriate position.
• To save the changes, tap the tick at the top right.
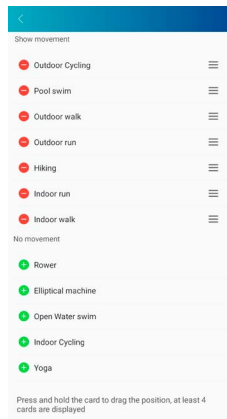
8.6.2 Smart watch language setting

• Tap **[DEVICE LANGUAGE]** to set the language on your smart watch. You can choose between a total of eight different languages.
• Select **[IDENTICAL TO YOUR SMARTPHONE]** if the language on the smart watch is to be identical to the language of the app or smartphone.
• Alternatively, you can choose between eight languages and set them manually by tapping on the respective language.
• To save the changes, tap the tick at the top right.

8.6.3 Weather forecast

• In **[WEATHER FORECAST]**, tap the button on the right edge of the screen to activate this function. By activating this function, you can see the weather forecasts for the current day and for the next two days on the smart watch (see Section 6.5.7).

8.6.4 Telephone search

• In **[TELEPHONE SEARCH]**, tap on the button on the right edge of the screen to activate this function. By activating this function, you can find your mislaid smartphone again via the smart watch (see Section 6.3.4).

8.6.5 Heart rate zones

• Tap **[HEART RATE ZONES]** to set your heart rate zones based on your maximum heart rate. By setting the heart rate zones, the recorded activities are divided into the respective zones.
• In **[MAXIMUM HEART RATE SETTING]**, tap on the button on the right edge of the screen to be able to make the setting. Then tap **[MAXIMUM HEART RATE]** and set it in the sub-menu.
• At the top of the screen you will see the division of your heart rate zones.
• To save the changes, tap the tick at the top right.
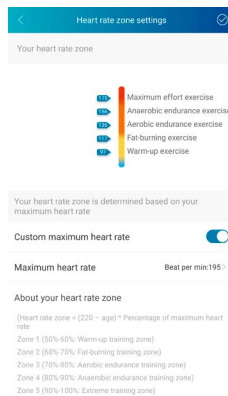
8.6.6 Do Not Disturb mode

• Tap **[DO NOT DISTURB MODE]** and then activate Do Not Disturb mode by tapping the button on the right edge of the screen. When this function is activated, you will not receive any notifications on your smart watch.
• You can additionally set the time period in which the mode should be active by tapping on the start and end time.
• To save the changes, tap the tick at the top right.

8.6.7 Restarting the smart watch

• Tap **[RESTART DEVICE]** and confirm the subsequent question to restart the smart watch. Before restarting, your data will be synchronised with the app.

8.7 App home page

• The app home page shows you an overview of your activity, your sleep rhythm as well as your heart rate on the current day.
• To switch between days, tap **[TODAY]** at the top of the screen in the middle. You can then call up the desired day by swiping to the right or left and tapping **[VIEW THIS DAY]**.
• You can share or save the overviews of the respective recorded data with your friends by tapping the share icon at the top left of the screen.

8.7.1 Activity

• Go to **[HOME PAGE]** in the lower menu bar and tap on the **[ACTIVITY]** tab.
• Here you can see an overview of the steps taken, the calories burned, the distance covered and the activity duration for the respective day. You can also see the status of your set step target in the centre of the screen.
• To get a detailed view of the steps you have taken, tap the ring in the centre of the screen. The distribution of your steps over the course of the day is listed here and you can see how many steps were taken in which period.
• To get more information for a day, swipe upwards on your smartphone screen. At the bottom of the screen, you can see overviews of your sleep and activities that were recorded during the day.
• To open the detailed view of a recorded activity, tap the activity. You will then see detailed data recorded on the activity. For example, you can see the course of the route that was recorded via GPS as well as the duration of the activity, the steps taken and the distance covered, the calories burned or your pace. You also receive a detailed evaluation of your heart rate.
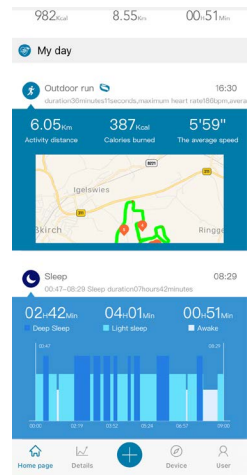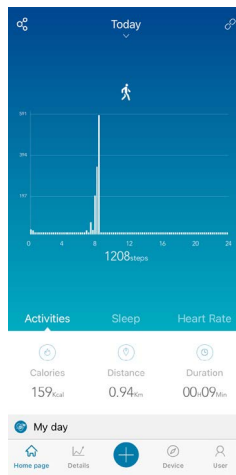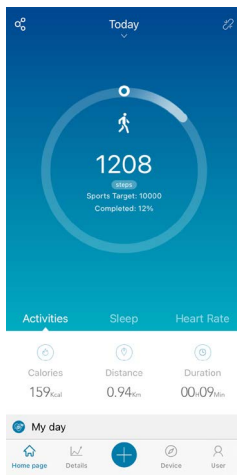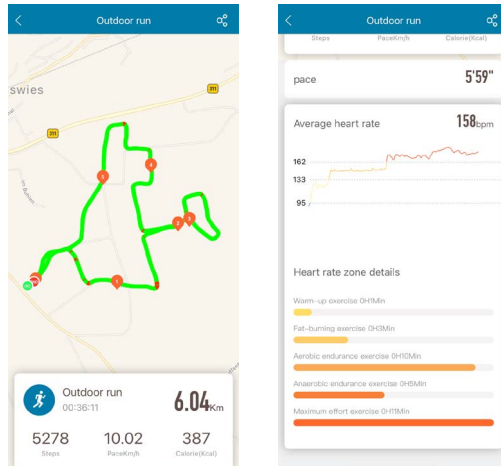
8.7.2 Sleep analysis

- Go to **[HOME PAGE]** in the lower menu bar and tap on the **[SLEEP]** tab.
- Here you can see an overview of the total sleep time as well as the distribution of your sleep time into deep sleep, light sleep and waking phases. In the centre of the screen you can also see the start and end time of the sleep.
- To get a detailed view of your sleep, tap the ring in the centre of the screen. Here you can see the subdivision of your sleep phase into deep sleep, light sleep as well as waking phases and can thus see how your sleep quality was in which period.
- To get more information for a day, swipe upwards on your smartphone screen. At the bottom of the screen, you can see overviews of your sleep and activities that were recorded during the day.
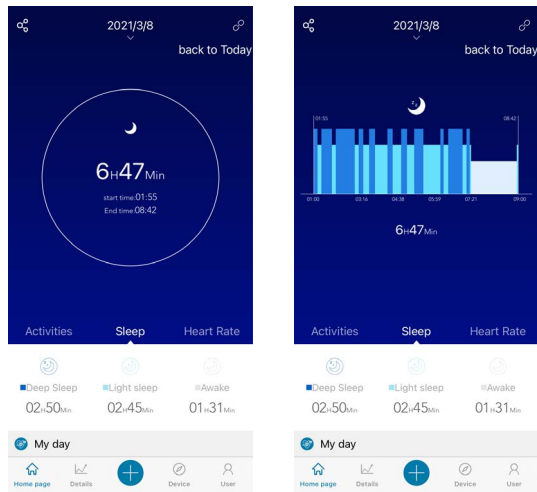
8.7.3 Heart rate

• Go to **[HOME PAGE]** in the lower menu bar and tap on the **[HEART RATE]** tab.
• Here you can see an overview of your resting heart rate, average heart rate and maximum heart rate for the day. If you start a manual heart rate measurement on the smart watch (see Section 6.5.2), this value is displayed in the centre of the screen.
• To get a detailed view of your heart rate, tap the ring in the centre of the screen. Here you can see all recorded values of the automatic heart rate measurement distributed over that day. By swiping to the left and right on the diagram, you can call up the individual values with the respective time.
• To get more information for a day, swipe upwards on your smartphone screen. At the bottom of the screen, you can see overviews of your sleep and activities that were recorded during the day.
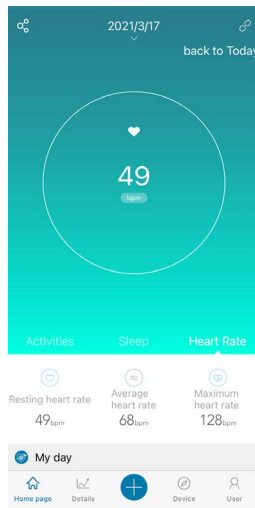
8.8 Weekly, monthly, annual overview

- In the detailed views of the app you get additional information about your activity, your sleep rhythm as well as your heart rate for a week, a month or a year.
- To switch between the weekly, monthly or yearly overview, tap the **[CALENDAR ▦]** symbol.

8.8.1 Activity

- In the lower menu bar, go to **[DETAILS]** and tap the **[ACTIVITY]** tab.
- Here you can see an overview of the steps taken, the calories burned, the distance covered and the daily average values for a week, a month or a year.
- The graphic display in the centre of the screen shows the steps covered in a day in the weekly and monthly view and the steps covered in a month in the annual view. By tapping on the dot of a respective day/month in the graph, you can see the steps covered for that day/month.
- In the weekly and monthly view, the step target is also displayed graphically. You can change and adjust the step target in the user settings (see Section 8.1.3).
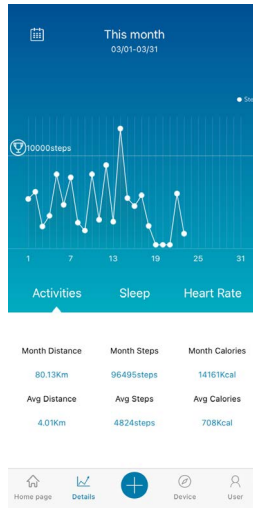
8.8.2 Sleep analysis

- In the lower menu bar, go to **[DETAILS]** and tap the **[SLEEP]** tab.
- Here you can see an overview of your sleep patterns for a week, a month or a year. At the bottom of the screen you will see the following data related to a week, a month or a year:

  - Average duration of sleep per day
  - Average deep sleep phase on one day
  - Average light sleep on one day
  - Average onset of sleep phase
  - Average end of sleep phase
  - Average waking phase

- The graphic display in the centre of the screen shows the total sleep time in the weekly and monthly view as well as the duration of the deep sleep phase and the duration of the light sleep on one day. The yearly view shows the average total sleep time as well as the average duration of deep sleep and the average duration of light sleep for a month. By tapping on the dot of a respective day/month in the graph, you can see the total sleep time, the deep sleep time and the light sleep time.
- In the weekly and monthly view, the sleep duration target is also displayed graphically. You can change and adjust this target in the user settings (see Section 8.1.3).
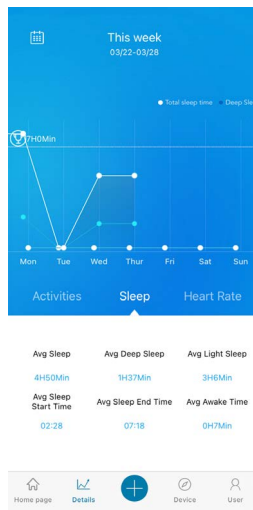
8.8.3 Heart rate

• In the lower menu bar, go to **[DETAILS]** and tap the **[HEART RATE]** tab.
• Here you can see an overview of the recorded heart rate values related to the resting heart rate as well as the division of your recorded activities into the different heart rate zones for a week, a month or a year. At the bottom of the screen you will see the following data related to a week, a month or a year:

> - Average resting heart rate
> - Maximum resting heart rate
> - Minimum resting heart rate
> - Classification of activities into the different heart rate zones

• The graphic display in the centre of the screen shows the average resting heart rate of one day in the weekly and monthly view and the average resting heart rate of a month in the annual view. By tapping on the dot of a respective day/month in the graph, you can see the average resting heart rate.
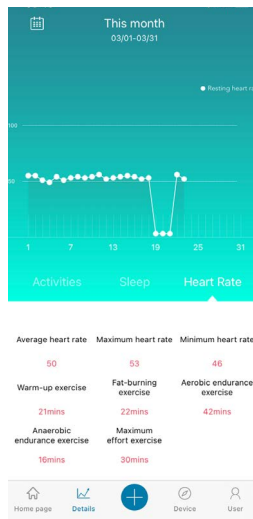
8.9 Activity mode

• In activity mode, you have the option of starting an activity via the app. This starts the activity on the smart watch at the same time. The activity can then be controlled either via the app or directly on the smart watch.
• You can also view and retrieve all activities completed so far in a chronological history and record and document your current weight on a daily basis.

8.9.1 Activities with GPS

• Tap **[+]** in the lower menu bar and then tap the symbol on the left.
• You can use the button at the top right to choose between the four activities with GPS and make further settings. The following activities support GPS:

       - Outdoor running
       - Outdoor walking
       - Outdoor cycling
       - Hiking

• In the overview you can see the cumulative total kilometres covered so far for the selected activity as well as the number of activities, the average pace and the total calories burned.
• Before you start an activity, you can additionally set goals by tapping **[GOALS]**. You can set a distance, time or calorie target using the tabs at the top of the screen. To save the changes, tap the tick at the top right (iOS) / press the arrow at the top left or start the activity directly via **[START THE EXERCISE]**.
• To start the activity, tap the **[▶]** symbol at the bottom of the screen. The activity now starts on the smartphone and the smart watch. To pause the activity on the smartphone, tap the **[⏸]** symbol or to end the activity, tap the **[⏹]** symbol at the bottom of the screen.
• To view the history of activities completed so far, tap **[TOTAL KILOMETERS]** in the centre of the screen. You will then see all the activities carried out so far listed chronologically and can see further detailed information by tapping on an activity.

8.9.2 Activities without GPS

• Tap **[+]** in the lower menu bar and then tap the symbol in the middle.
• You can then choose between the following activities that do not support GPS:
- Running
- Walking
- Spinning
- Fitness
- Swimming in a pool
- Wild swimming
- Yoga
- Cross-trainer
- Rowing machine
- Cricket
• To start an activity, tap on the respective activity and then start it by tapping on the **[▶]** symbol at the bottom of the screen. The activity now starts on the smartphone and the smart watch. To pause the activity on the smartphone, tap the **[⏸]** symbol or to end the activity, tap the **[⏹]** symbol at the bottom of the screen.
• To view the history of activities completed so far, tap **[RECORDINGS]** at the top right. You will then see a chronological list of all activities carried out so far.
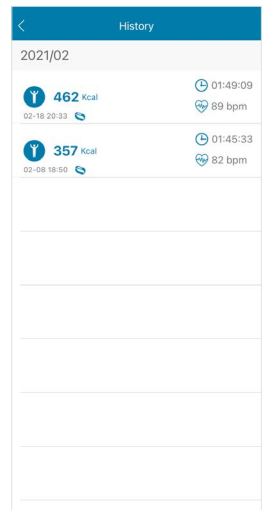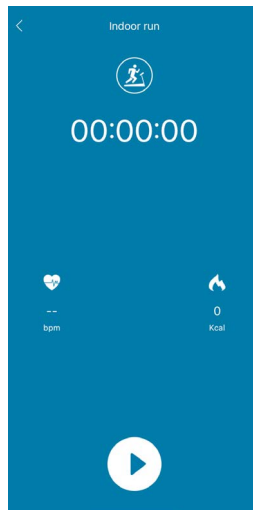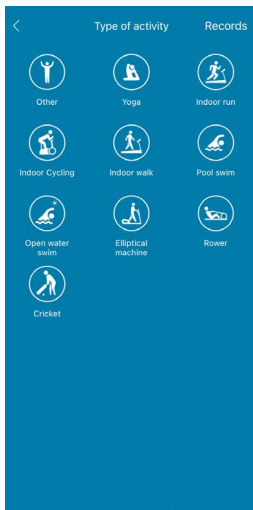
8.9.3 Weight recording

• Tap **[+]** in the lower menu bar and then tap the symbol on the right.
• You can then set and record your weight for the day by swiping to the right or left.
• To capture and save your weight, tap the tick at the top right.
• The recorded weight is now displayed on the app's home page at the bottom of the screen.
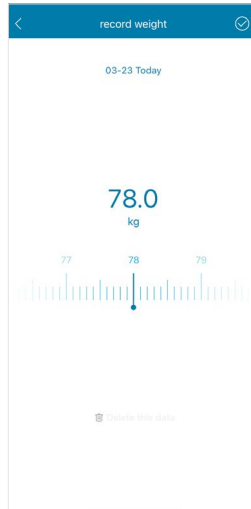
9. Care and maintenance

• Only clean this product with a slightly damp, lint-free cloth and do not use aggressive cleaning agents.
• Ensure that no water is able to enter the product.

10. Warranty disclaimer

Hama GmbH & Co KG assumes no liability and provides no warranty for damage resulting from improper installation/mounting, improper use of the product or from failure to observe the operating instructions and/or safety notes.

11. Technical data

Bluetooth version	5.0
Screen type	LCD full-touch
Display size	1.3"
Dimensions	255 x 37 x 10 mm
Weight	35g
Strap lengths	11.9cm / 9.3cm
Strap width	22 mm
Strap width clasp	18 mm
Strap material	Plastic (TPU)
Housing material	Plastic (ABS) / stainless steel
Protection class	IP68

Battery type	Lithium polymer
Battery capacity	210 mAh / 3.9V
Charging time	Approx. 1.5 hours
Battery life	6 days

12. Recycling information

Note on environmental protection:Following the implementation of European Directive 2012/19/EU and 2006/66/EU into the national legal systems, the following applies: Electrical and electronic devices as well as batteries must not be disposed of with household waste. Consumers are obliged by law to return electrical and electronic devices as well as batteries to the designated public collection points or to the point of sale at the end of their service lives. Detailed information on this topic is defined in the national laws of the respective country. This presence of the above symbol on the product, operating instructions or package indicates that the product is subject to these regulations. By recycling, reusing the materials or other forms of utilising old devices/batteries, you are making an important contribution to protecting our environment.

13. Declaration of Conformity

Hama GmbH & Co KG hereby declares that this device is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU. The declaration of conformity in accordance with the relevant directive can be found at www.hama.com.

Frequency band(s)	2402 – 2480 MHz
Maximum radio-frequency power transmitted	-0.75 dBm

hama

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Service & Support

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D **GB**