

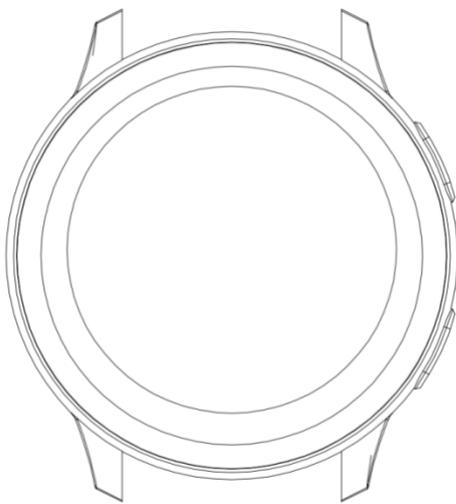


User manual

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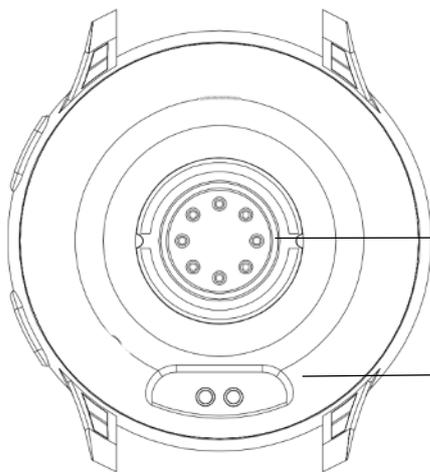
Smart watch Gear+ Essential

Read the instructions carefully before use



———— Button 1

———— Button 2



———— Heart rate sensor

———— Charging contacts

1. Charging

When using for the first time: Press any key for 5 seconds to start. It is recommended to fully charge the watch before using it for the first time.

After connecting the charging cable to the watch, insert the USB connector of the cable into the USB charger. (such as a USB computer, a mobile power supply, or a standard power adapter) and charge them. The input voltage must be 5V 1A or 5V 2A.

2. Download and install the CARNEO FIT application

Scan the QR code and select the appropriate software to install according to your mobile system, you can also search for the application "CARNEO FIT" in the Appstore or Google play store and install it. (compatible system: ios 12.0 + android 8.0 or higher)



CARNEO FIT

1. Connecting the watch to the application

Activate the Bluetooth feature on your phone. After the application is installed, run it. The application automatically searches for all CARNEO watches in your area. When the search is complete, select the desired watches and click to confirm the pairing by clicking on their photo. The watch is paired with the application. You need to confirm several dialog boxes that require Android and iOS. Then read the license agreement, which must be accepted before using the application. After confirming the contract, fill in all personal data such as weight, height, age, etc. If you fill in the wrong data, the watch may evaluate the wrong sports data. We recommend that you log in using your login details or using a social network, thanks to which you will get the opportunity to connect with your friends and compare your sports performances with each other.

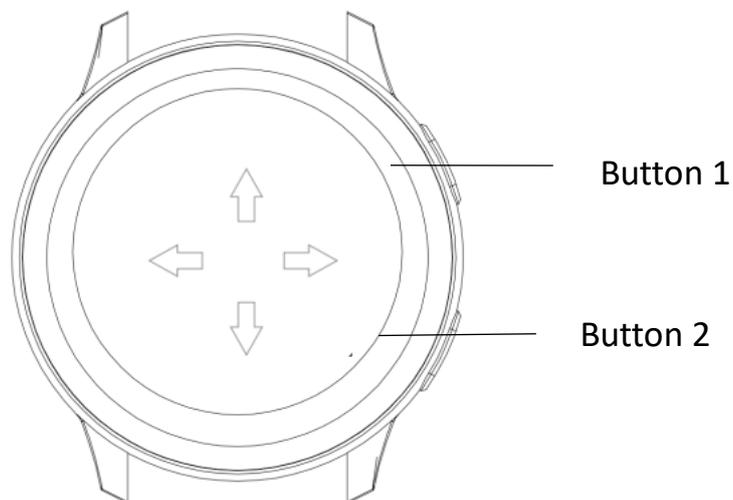
TIP: Do not pair the watch via Bluetooth settings on your phone, as this may cause. That their application will not be able to search. If you have paired them via the Bluetooth settings on your phone, first pair them before starting the CARNEO FIT application.

1. Watchfaces



*You can change the different watch dials by pressing and holding the main dial for 3 seconds.
You can find other dials in the application / dial style.*

2. Method of use



Button 1: Press briefly to enter the main menu of the watch

Button 2: Press briefly to return to the main interface or turn off the screen.

Move your finger on the watch screen.

Move left: Enter the next interface

Move right: Go back or previous interface

Scroll up: You can quickly see the last received notifications on the main watch face

Scroll down: In the main interface state, scroll the screen down to enter the settings menu

