

User manual EN

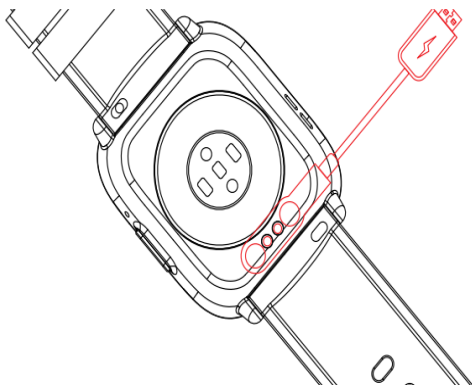
Proxima HR+



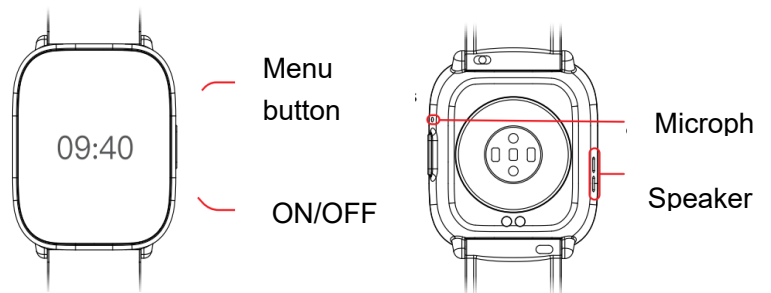
Product appearance

CHARGING AND ACTIVATING

Align and insert the magnetic charger onto the back of the watch until the charging information appears on the watch screen. When the watch is empty, charge it.



The watch is completely discharged from the factory. Charge it for at least 2 hours before using it for the first time.



Download the app

Scan the QR code below, download and install the CARNEO FIT app



Smart watch connection

Once you install the app and launch it, the app immediately searches for any unconnected CARNEO products in your area.

For Android, GPS location services need to be activated on the phone, without which the system is unable to locate the watch.

Select your watch from the list of searched products and click on its photo.

The data from the watch will then be synchronised to the app.

When using iOS, you need to confirm the dialog box asking to connect the watch and the dialog box with permission to receive notifications "SMS, calls, etc." on the watch.

When using Android, you must accept any permissions requested by the system.

After confirming the requests, you need to accept the terms of use of the application.

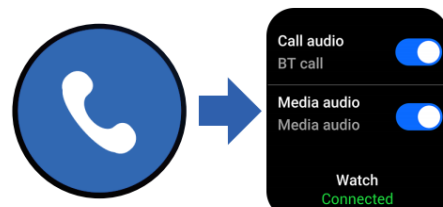
After confirming the terms of use, fill in all the

After confirming the terms of use, fill in all the details in the profile, such as height, weight, age, etc. These data are used to display the measured values as accurately as possible and calculations in the various functions of the application.

Once you have saved your profile data, the main graphing page will appear and start displaying the measured data from your watch.

Notice:

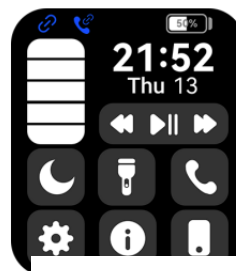
Do not pair your smartwatch manually via the bluetooth settings on your phone, otherwise the app will not be able to find it.



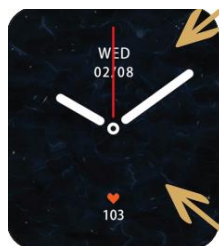
Call audio - watch call function

Media audio - media audio playback from the phone through the watch speaker

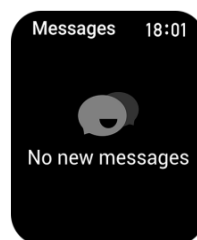
1. Long press the screen to enter the dial selection interface, swipe left or right to switch the dial and click to confirm.



Move down



Move up



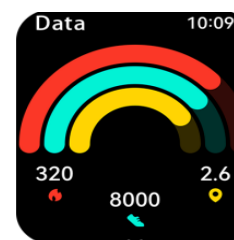
Notification

Keybo
ard
shortcu
ts



Move
right

Move left



Sport
data

WATCH FUNCTIONS

Change the dial

Long press for 2 seconds on the home screen to enter the interface for switching dials.

Scroll right and left to switch the dial and click to select it.

Control Centre

Function overview: Settings: do not disturb mode, power saving mode, brightness adjustment, settings, phone search, system information, flashlight, Bluetooth calling

Daily data

View the number of steps, distance and calories logged on a given day and the number of steps logged in the last seven days. You can set a target number of steps, distance and calories in the CARNEO FIT app.

Sports

Sports activity options: click the icon to start exercising, support 110+ on the APP side sports buttons: 8+1 types, walking, running, climbing, cycling, jump rope, basketball, badminton, soccer, yoga (the last sports activity will be overwritten by the new one selected from the app.)

Sports records

The watch stores the last 10 historical sports records. During sports, you can view the duration of the sport, heart rate and calories.

Heart rate

When you enter the heart rate interface, the bottom green light will illuminate to start the measurement, and when the measurement is complete, the watch will vibrate in approximately 45 seconds. The watch displays the user's current heart rate zone and a 24-hour heart rate curve.

Sleep

The sleep monitoring status of the current day and the last seven days is displayed, The data is updated every day, Sleep monitoring time period: 21:30-12:00

BP

When you enter the blood pressure measurement interface, the bottom green light will illuminate to start the measurement, and the watch will vibrate for approximately 45 seconds after the measurement is complete. This measurement is based on PPG technology. The user's last seven blood pressure readings are displayed.

Spo2

After entering the blood oxygen measurement interface, the red light at the bottom will light up to start the measurement. After the end of the measurement, in approximately 45 seconds, the watch vibrates. This measurement is based on PPG technology. It can

display the user's current blood oxygen interval and the last seven blood oxygen values.

Women's calendar

Keep the watch connected to the application. In the case of setting the female gender in the user profile in the application, it is possible to set the parameters of menstruation. The watch will inform you about the course of menstruation, ovulation, etc.

Music

If the watch is connected to the phone, you can control the pause and start of the mobile phone music player, adjust the volume and switch songs.

Weather

After connecting the watch to the application and running the weather function in the application settings, the weather interface will display the temperature and weather type in real time.

Alarm

In the CARNEO FIT application, you can set a one-time alarm or a cyclical alarm. You can set up to 5 alarms

Stopwatches

Click the Start button to start timing. Click the Pause button to pause the time measurement. Click the reset button to reset the time..

Timer

As for the timer function, the system has a preset commonly used timing duration, and users can click the corresponding duration to quickly start timing or click a user-defined button to set the time. Click the Start button to start timing. Click the Pause button to pause the timing. Click the Reset button to reset the time.

Notification

After entering the notification interface, the watch displays the messages received by the phone. The watch displays up to 15 recent messages. Receiving notifications must be enabled in the application settings.

Find phone

Keep the watch connected to the app and click "find my phone" The mobile phone will ring and the watch will display the information that you have successfully found your mobile phone; if the watch is not connected to the APP, the watch will report that it is not connected..

Settings

Setting functions include screen display (dial switch, screen brightness duration control, screen brightness duration via hand movement), language, vibration.

Alipay

This feature is only available in Asia

Breathing exercise

During the breathing training, the options 1 min 2 min are available. The user clicks on the corresponding duration of the breathing training. After clicking the start button, follow the icon to inhale and exhale

Drinking mode

You can start this function (drinking reminder) in the APP, you can set the start time, end time and reminder interval

Sedentary reminder

You can open this function via (settings>session reminder) in the app, after opening it, you can set the start time, end time and Do Not Disturb period.

Calculator

The numerical input is within the upper limit of 7 digits (the input of negative numbers is not processed) and the calculation result is within the upper limit of 8 digits.

If the result exceeds the calculated value, ".....", i.e. cannot be calculated

Calendar

View the current year, month and day, scroll down to view the calendar

Frequent contacts

Frequent contacts: You can add them to the frequently used contacts column on the application side. The set contacts are automatically synchronized with the device. You can add up to 10 contacts.

Frequently asked questions and troubleshooting

Sleep data is not accurate enough

1. Sleep monitoring simulates a person's natural sleep and wake state. You should wear the watch as you would during the day.
2. If you go to bed too late or don't wear the watch until you go to sleep, there may be some error.
3. It does not monitor sleep data during the day, the default sleep monitoring time is from 9:30 in the evening to 12:00 noon the next day

Failed to start the watch

Press the power button for more than 3 seconds Maybe the battery level is too low.

Bluetooth is not connected or cannot be connected

- 1、Bluetooth is not connected or cannot be connected
- 2、Please restart the mobile phone and connect again
- 3、Do not connect the mobile phone to another Bluetooth device at the same time.

Heart rate/blood oxygen/ECG measurement is inaccurate

- 1、Generally, it is caused by poor contact between the watch sensor and the human body
- 2、Please make sure the sensor touches the wrist well
- 3、Keep your body still and the watch firmly attached to your wrist during the measurement

Data transfer via Bluetooth

After connecting to the mobile phone, the device will synchronize some data with the mobile phone in time via Bluetooth, including weather, notification messages, health data, etc. This data will not be synced when the connection is lost or Bluetooth is turned off

Notice:

- 1) Do not charge in a humid environment.
- 2) Regularly clean the back of the watch and the surface of the magnetic charger with a clean flannel to ensure full contact between the watch and the surface of the magnetic charger to ensure normal charging.
- 3) This product is not equipped with a power adapter, in order to ensure the safety of family members and property, you can use a computer USB interface when charging, or choose a power adapter with a maximum output of 5V - 1A. Buy power adapters from trusted sellers and avoid using low-quality power adapters to avoid damage to the device or fire.

Precautions

- 1、The measurement results of this product are for reference only and are not used for any medical purposes. Follow your doctor's instructions. Do not self-diagnose or self-medicate with this product.
- 2、The waterproof level of this product is IP67. It cannot be used for diving, swimming or long-term immersion in water; in addition, this product cannot be used in a hot water/sauna environment because water vapor will cause

Declaration of Conformity:

This fy. TRUST system s.r.o., IČO: 36249343, Jiráskova 19, 91702 Trnava declares that the type of radio equipment CARNEO Proxima HR+ is in accordance with Directive 2014/53/EU, 2014/30/EU, 2014/35/EU and 2011/65/EU . The full text of the declaration of conformity is available on the website. www.carneo.eu