

CARNEO®

User manual



EN

Equipment maintenance:

When maintaining your watch, remember the following tips:

Clean your watch regularly, especially the underside, to keep it dry.

Adjust the tightness of the bracelet to ensure air circulation.

Excessive amounts of skin care products should not be used on the wrist band.

In case of skin allergy or discomfort, stop wearing them.

Declaration of conformity:

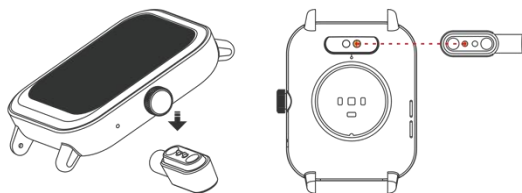
This company: TRUST system s.r.o., ID No.: 36249343, Jiráskova 19, 91702 Trnava declares that the type of radio equipment CARNEO Versa HR+ complies with Directive 2014/53/EU, 2014/30/EU, 2014/35/EU and 2011/65/EU. www.carneo.eu

Specification:



Start

Long press the side button for more than 3 seconds or connect the magnetic charging cable to turn on the watch.
(Charge the watch for at least 2 hours before first use).



Download the APP

1. Download and install the CARNEO FIT APP

1. Scan the QR code with your mobile phone and download the APP.

2. For IOS, search for and install the CARNFO FIT app in the APPSTORE

3. For Android, search for and install the CARNFO FIT app in Googleplay

Note: Your phone must support Android 5.1 or IOS12, Bluetooth 4.0.



2. Pairing with the application

Launch the CARNEO FIT app. If the app requests permissions to location, contacts and more, enable them. The app will automatically search for all CARNEO smartwatches in the vicinity. Click on the photo of your watch. The app will link the watch to your phone.

1. Home screen menu interface dials:



2. Step, distance and calorie counting

The watch tracks the movements of your hand with a G sensor and records your steps to infer the distance travelled and calories burned. This data is displayed in clear graphs in the CARNEO FIT app after synchronisation.

3. Sleep monitor

Wearing the watch at night, it can automatically evaluate whether you have entered a sleep state, record deep sleep or light sleep and sleep time, which can help users monitor the quality of their sleep. Measure sleep quality by the amplitude and frequency of wrist movements during sleep.

Note: As everyone's sleep time and habits are different, the sleep monitoring time is only indicative.

4. Heart rate measurement

Open the heart rate measurement interface, the measurement will start automatically. When the test is completed, the watch will vibrate once, the display will show the current measurement data.

5. Blood pressure

Open the blood pressure measurement interface, the measurement will start automatically. When the test is finished, the watch will vibrate once, the display will show the current measured data.

The blood pressure measurement environment should be quiet and with reasonable temperature. Rest for at least 5 min before taking the measurement. Avoid tension, anxiety and emotional agitation. The test should be repeated three times with an interval of 2 minutes. The average of the 3 readings is recorded.

6. SPO2

Open the blood oxygen measurement interface, the measurement will start automatically. When the test is completed, the watch will vibrate once, the display will show the current measured data.

Blood oxygen saturation (SpO2) is the volume of oxygen-bound oxyhemoglobin (Hb2) in the blood, which represents the percentage of all combined hemoglobin (Hb, hemoglobin), that is, the concentration of oxygen in the blood.

Note: Heart rate, blood pressure and blood oxygen data are for reference only and cannot be used as a basis for medical purposes.

7. Sport mode

The sports interface includes a variety of sports such as walking, running, outdoor cycling, skipping rope, badminton, basketball, soccer and other sports modes.

8. Weather

The weather function displays the current weather, scroll up to see the weather forecast for the next six days.

You need to connect to the app before you can get weather data. If the connection is interrupted for an extended period of time, the weather information cannot be updated.

9. Notifications

The notifications interface displays messages received by your phone. The maximum number of received messages is 5. If the number of messages reaches 5, each new message overwrites the oldest saved message.

10. Camera

When connected to your phone, the watch can serve as a remote control for your phone's camera. In the app, click on the "Photo Control" camera icon to "shake" the watch and click on the icon to take photos.

11. Music

When connected to your phone, the watch can control your phone's music player. When the phone is playing music, you can use the watch to control the phone to play/pause, last song, next song.

12. Flashlight

Once opened, the screen will be set to maximum brightness, swipe right to exit the interface.

13. Settings

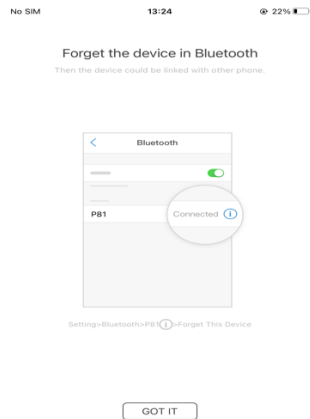
Click on the "Settings" icon to enter the list of functions, or display, vibrate and ring, do not disturb mode,

call, power saving mode, system and information.

Unpairing the watches

Android phones can be disconnected from your phone by simply clicking the remove device icon.

Apple phone, after removing the device, you also need to remove the device in the bluetooth settings - - Bluetooth, click on the symbol on the right, select remove this device. As shown in the following figure.



1. Why does the watch automatically disconnect from the Bluetooth connection when the Android phone screen goes off?

2. APP background lock

1> After the process is cleared, the watch disconnects from the phone.

2> Set the APP to start by itself.

3> Background launching is unlimited. Android phone installs APP, the default setting is to intelligently restrict background operation, you need to manually set APP without taking any restricting measures.

2. Why can't the watch receive the message?

1>. Check that the messaging switch is enabled on your mobile phone.

2>. The confirmation message can be displayed normally in the notification bar of the mobile phone. Pressing the message in the watch will scroll the message reading in the notification bar of the mobile phone, the watch will not be able to receive the notification(you need to find the notification setting in the settings of the mobile phone and open the notification toggle to whatsapp, Viber, SMS in the client of the mobile phone).

3> Open phone- -settings, top search box, type "access notifications", reopen CARNEO FIT app.

3. Why can't you wear a watch and take a hot bath?

Answer: the bath water temperature is higher, it can produce a lot of water vapor, and the water vapor is a gas, its molecular radius is small, it is easy to penetrate into the watch compartment, when the temperature drops, it will condense into liquid droplets, it is easy to cause internal short circuit of the watch, damage the circuit board, and damage the watch.

Warning:

Check with your doctor before using an exercise program. Although the smartwatch can monitor your heart rate, the measurement results are for reference purposes only and are not to be used for medical use. Follow your doctor's instructions. It is not possible to use the measurement results for self-diagnosis and treatment.

Product specifications:

Chipset	Jieli
Chipset model	JL7012
Application	CARNEO FIT
Compatible system	Android5.1 or later, iOS13.0 or later
RAM+ROM	RAM640KB ROM64Mb
Typ LCD	TFT
Screen size	1,83 “
resolution ratio	240*284
Touch panel type	Full touch screen
BT	5.3 Chip Bluetooth Low Energy
Bluetooth call	Yes
Sensor	Mira DA267
Heart rate sensor	Vcare LC09A
Battery type	Lithium polymer
Capacity	290mAh
Charging mode	Magnetic charging cable