

# ORIGINAL INSTRUCTION MANUAL

## SMARTWATCH ICON AW-100



EN

Thank you for buying the Forever brand product. Before use, read this instruction manual and keep it for future reference. Do not open the device on your own – any repairs should be carried out by a serviceman. Only use original parts and accessories supplied by the manufacturer. We hope that Forever will meet your expectations.

### Description:

1. Top button
2. Main button
3. Lower button
4. Touch panel / display

### Basic specification:

Waterproofness: IP68

Battery capacity: 310 mAh

Bluetooth: 5.0

Charging time: 2 hours

Operating temperature: -10°C to 50°C

### SAFETY NOTES:

- Avoid impacts between the device and hard objects since this may damage the device
- Avoid contact of the device with solvents or other chemicals
- Keep away from strong magnetic fields
- Avoid contact of the smartwatch with water if the water temperature exceeds 35°C
- Do not repair the device on your own
- Do not throw it into fire, there is a risk of explosion

### First launching:

When using the device for the first time, take it out of the package and charge it using the supplied charging station. Correct connection will be indicated by vibrations and display of an icon that shows the battery charging status. Date and time of the device

will be automatically synchronized and set after establishing connection with a dedicated application via Bluetooth. Language of the device will be automatically adapted to the one set in the phone.

To activate the smartwatch, press and hold any button for 5 seconds. Activation will be indicated with vibrations.

**Charging:**

Place the smartwatch on the dedicated docking station in a way to connect charging connectors together, and then connect USB cable to a power source.

After completion of the charging process, disconnect the smartwatch from the power source.

**Turning the smartwatch on/off**

Turning on: Press and hold any button for 5 seconds until the smartwatch activates, which will be indicated by vibrations.

Turning off: Scroll the main screen down to open a pop-up menu and select the symbol , and then confirm activation of the smartwatch.

**Forever GoFit application installation**

Find application called “Forever GoFit” in Google Play or App Store and install it. You may always scan the QR code located on the package.

**NOTE:**

The operating system of the phone must have the following minimum specifications to run the application and support the smartwatch:

- Android 5.1 or higher
- iOS 10.0 or higher

**Connect the smartwatch with the phone**

1. Activate Bluetooth in your phone.

**NOTE:**

To be able to use all functions of the application and the smartwatch, during the first launching, allow the application to access all required functions, and then also activate access to notifications in settings.

2. Activate “Forever GoFit” in the phone. Start using the application as a “Guest” by clicking the upper right part of the screen or select “Register” and follow the steps below:

- enter the email address you want to use to create an account
- press the button (obtain verification)
- a verification code, which must be entered in the indicated field, will be sent to your email
- enter and remember your user password

3. After logging into the application, you will see the main screen, in which you should click  button or select menu  in the upper left corner

4. Select the smartwatch model you want to connect with by clicking its picture:



5. Confirm the selected model by clicking “YES”. If a wrong model has been selected, click “NO” and select the correct one.

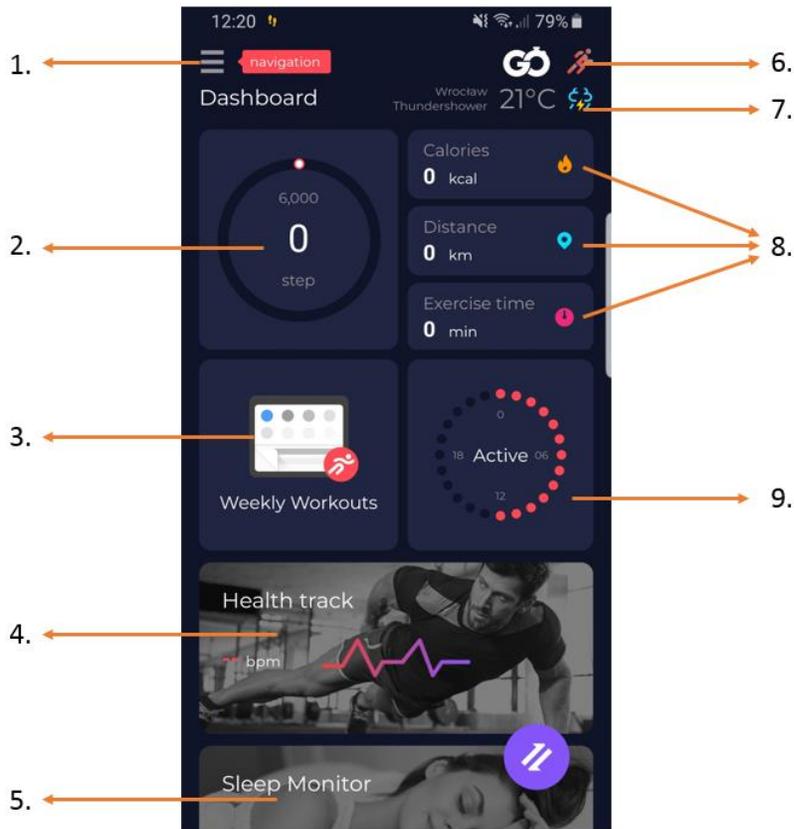
6. Select “AW-100” model from the list of devices and confirm connection by pressing “YES”. The connection will be established within several seconds and all data will be automatically synchronized. If the automatic synchronization won't start, select button in the lower right corner of the screen to perform manual synchronization.

## DESCRIPTION OF THE APPLICATION:

### User's profile information

After correct logging in and carrying out synchronization, press the menu button in the upper left corner, and then click the user name to enter the profile setting. Here, check whether all the data is correct. Providing actual data is necessary for correct operation of the algorithm that calculates your steps, calories and covered distance with the highest possible accuracy.

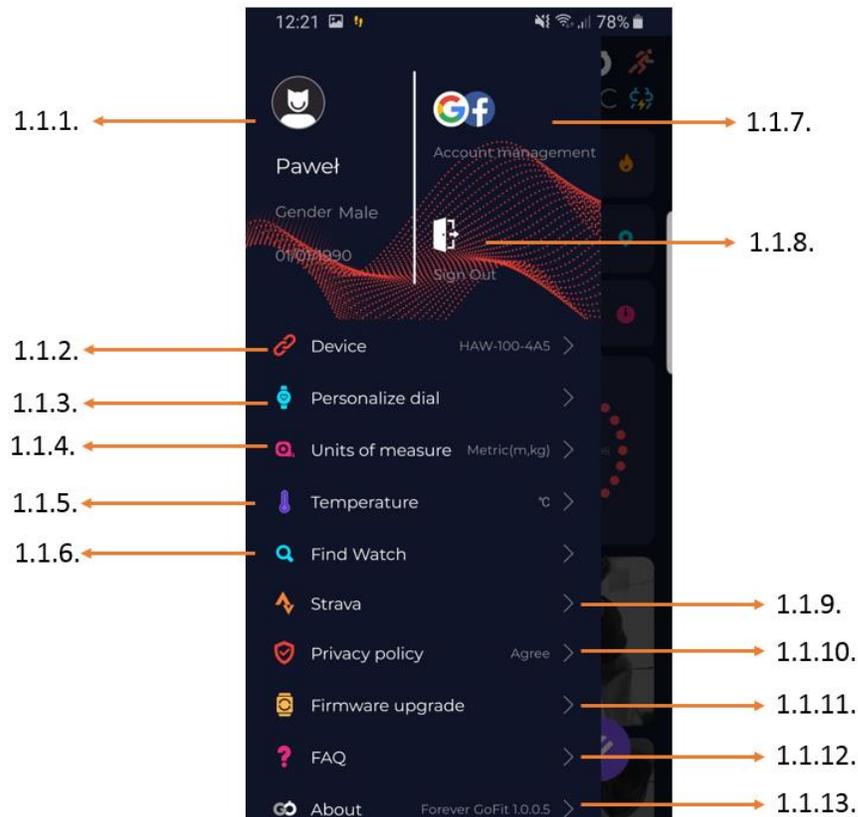
### DESCRIPTION OF THE MAIN PANEL



#### 1. Menu button

Expands the user's panel that allows to carry out settings described in subsection 1.1

##### 1.1 Settings



#### 1.1.1. User's information

Click it to change settings, such as: profile photo, user name, sex, date of birth, height, weight, change password

#### 1.1.2. Settings and functions of the device

Access to extended information, settings and functions of the smartwatch, such as: information regarding the date of last synchronization, information regarding the current version of the software, information regarding MAC number of the device, remote camera, alarm clock, notification regarding lack of exercise, reminders about hydration, hand on which the smartwatch is worn, automatic backlight of the screen via wrist movement, daily heart rate monitoring, notifications from the application, settings reset, disconnection of the smartwatch and the application

#### 1.1.3. Select one of the clock faces and send it to the smartwatch

#### 1.1.4. Measurement units

Select the units of measurements you want to receive

#### 1.1.5. Temperature

Select the temperature units used to show the current weather on the main screen

#### 1.1.6. Find the smartwatch

Click to call the smartwatch, which will start to vibrate in order to notify you about its current location

#### 1.1.7. Connection with Google and Facebook accounts

Connect the application with Google or Facebook account to enable sharing data gathered in the application

#### 1.1.8. Logout

Click to logout from the currently used application account

#### 1.1.9. Strava

It allows to connect with an account in Strava application and send information to the account from the smartwatch

#### 1.1.10. Privacy policy

Read the privacy policy and accept it in order to protect your data

#### 1.1.11. Update

Check if the smartwatch has the latest version of the software. If not, update you smartwatch to fully use all available functions.

#### 1.1.12. FAQ

Most frequently asked questions and answers

#### 1.1.13. Application information

Shows the current application version.

### **2. Number of steps**

Shows the number of steps taken in a given day and the degree of completion of an assumed goal. Click to go to more detailed data or check its history.

### **3. Weekly trainings**

Shows detailed data regarding trainings, broken down into particular weeks.

### **4. Heart rate monitor**

Readout of daily heart rate measurement and the dynamic heart rate.

The daily heart rate section is responsible for periodic measurements of the heart rate during the whole day. The smartwatch carries out automatic measurements after the user activates the function in the device settings.

### **5. Sleep monitoring**

To carry out a measurement or sleep analysis, wear the smartwatch for the entire night. The device will prepare a sleep schedule based on the user's motions during sleep.

### **6. GPS sport mode**

Measurement of the selected sports discipline, including recording of the route using the smartphone's built-in GPS module. Click the icon to go to the map, select the sport, and then press start to begin measurements.

### **7. Weather**

Current weather in a given town

### **8. Calories, Distance, Exercise Time**

Data collected from particular measurements from a given day. After clicking the requested measurement, we go to its history.

### **9. Activity**

Shows activity during a given day, broken down into hours.

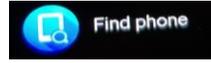
### **THE SMARTWATCH INTERFACE DESCRIPTION:**

**NOTE: TO SET A GIVEN CLOCK FACE, SCROLL THE TOUCH SCREEN LEFT. AFTER A MOMENT, CORRECT SETTING WILL BE INDICATED BY A GREEN SYMBOL VISIBLE IN THE CENTER OF THE DISPLAY.**

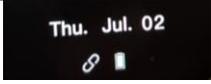
<p><b>Smartwatch faces</b></p>	 <p>Select one of three faces available in the smartwatch. You may also send an additional, fourth clock face, selected from among all faces available in the application. Scroll the touch screen left to set the selected clock face.</p>
--------------------------------	---

**NOTE: SCROLL THE TOUCH SCREEN RIGHT TO GO TO THE LIST OF PARTICULAR FUNCTIONS PRESENTED BELOW:**

 <p><b>Daily activity</b></p> <p><b>Sport data</b></p>	<p>Select to see data regarding the number of steps, covered distance and burnt calories in a given day.</p>
 <p><b>Heart Rate</b></p> <p><b>Heart rate monitor</b></p>	<p>Select to carry out a heart rate measurement in a given moment. The measurement will start automatically, and its completion will be indicated via vibrations.</p>
 <p><b>Messages</b></p> <p><b>Messages</b></p>	<p>Preview of recently received messages and notifications from the application, to which the smartwatch obtained access through the settings in Forever GoFit application</p>
 <p><b>Sleep</b></p> <p><b>Sleep</b></p>	<p>The sleep time recorded during the last night.</p>
 <p><b>Weather</b></p> <p><b>Weather</b></p>	<p>Current weather forecast. Data is downloaded from Forever GoFit application. Updating requires active connection with the application.</p>
 <p><b>Sports</b></p> <p><b>Sport</b></p>	<p>Select one of the available activities (Walking, Jogging, Climbing, Bicycle) to carry out measurements.</p>
 <p><b>Stopwatch</b></p> <p><b>Stopwatch</b></p>	<p>Select to activate the stopwatch function.</p>

 <p><b>Find phone</b></p>	<p>The function allows to activate vibrations and sound in the phone connected with the smartwatch. It makes it easier to find.</p>
 <p><b>Settings</b></p>	<p>Go to the settings of the smartwatch, where you will be able to define the screen brightness and activate or deactivate vibrations. In the System Information section you will find settings and system names of the software.</p>
 <p><b>Turn off</b></p>	<p>Select to turn the smartwatch off.</p>

**NOTE: SCROLL THE TOUCH SCREEN DOWN TO GO TO A POP-UP MENU CONTAINING THE FOLLOWING FUNCTIONS**

 <p><b>Settings</b></p>	<p>Go to the settings of the smartwatch, where you will be able to define the screen brightness and activate or deactivate vibrations. In the System Information section you will find settings and system names of the software.</p>
 <p><b>Always On mode</b></p>	<p>Select to switch the smartwatch to “always on display” mode. In this mode, the time, date, battery level and Bluetooth connection status will be visible on the smartwatch’s screen all the time, without the necessity to activate it by a wrist movement or a button.</p>
 <p><b>Find phone</b></p>	<p>The function allows to activate vibrations and sound in the phone connected with the smartwatch. It makes it easier to find.</p>
 <p><b>Turn off</b></p>	<p>Select to turn the smartwatch off.</p>
 <p><b>Stopwatch</b></p>	<p>Select to activate the stopwatch function.</p>
 <p><b>Date, status, battery</b></p>	<p>Quick preview of date, Bluetooth connection status and the battery charge level.</p>