

CARNEO



PRIME GTR

User manual

EN

Please read the manual before use.

- ◆ **The information in this document won't be modified or extended in accordance with any notice.**
- ◆ **The watch should be charging 2 hours at least before use.**

1. Caution:

1.1 Waterproof and dustproof

The watch supports waterproof and dustproof. Please follow below guidelines to maintain the waterproof and dustproof function.

Otherwise your device might be damaged.

- Do not use watch under the strong pressure water.
- Do not use watch when diving, snorkeling or other sports in turbulent water.
- Please dry your hands or watch fully before operating.
- If the watch is exposed to water, please dry it fully with soft cloth. If it is exposed to other liquids (such as salt water, pool water, soapy water, oil, perfume, sunscreen, hand sanitizer) or chemicals (such as cosmetics), please wash it with clean water and dry it fully with soft cloth. Do not follow these instructions may damage its performance and appearance.

- If the watch is dropped or hit, the waterproof and dustproof function may be damaged.
- Do not disassemble your watch. The waterproof and dustproof function may be damaged.
- Do not use watch in extremely high or low temperature environments.
- Do not use blowers and other heated equipment to dry the watch.
- In sauna room, the waterproof function may be damaged.

1.2 Cleaning and management of PRIME GTR

Follow the below points to ensure that PRIME GTR is operating normally and looks good. Otherwise, maybe damage PRIME GTR and cause skin irritation.

- Protect watch from dust, sweat, ink, oil and chemical products (such as cosmetics, antibacterial sprays, hand sanitizers, detergents, and insecticides). Otherwise, the internal and external parts may be damaged or causes performance degradation. If PRIME GTR is stained with above substances, please clean it with lint-free soft cloth.
- When cleaning PRIME GTR, do not use soap, detergent, abrasive materials, compressed air, ultrasonic waves or external heat sources. Otherwise, PRIME GTR may be damaged. Soap, detergent, hand sanitizer, or detergent residue may cause skin irritation.

- After exercising or sweating, please clean your wrist and strap. Use water to clean PRIME GTR and dip a small amount of alcohol to wipe, then dry it thoroughly.

- If PRIME GTR is stained or infiltrated with other objects, please use wet soft toothbrush to clean it.

1.3 If you are allergic to material on PRIME GTR, please pay attention when using

- Manufacturer conducted testing about hazardous materials on PRIME GTR by internal and external certification agency, including testing of all materials contact skin, skin toxicity testing, and wearing testing.

- PRIME GTR contains nickel. If your skin is very sensitive or you are allergic to the materials on PRIME GTR please take necessary precautions.

- Nickel: PRIME GTR contains a small amount of nickel. The content is lower than the reference value of European REACH regulations. You will not be exposed to the nickel in PRIME GTR and our device has passed the international certification test. However, if you are allergic to nickel, please use PRIME GTR with caution.

- All materials used on PRIME GTR comply with relevant inspection standards such as REACH and RoHS.

2. Product specification

- ◆ Model: PRIME GTR
- ◆ CPU RTL8762C ARM Cortex-M0 53MHz
- ◆ Memory:RAM 128KB+ ROM 128Mb
- ◆ Capacitive touch screen 1.3" 360*360 pixel IPS
- ◆ Bluetooth version 5.0
- ◆ Function:Temperature, Heart Rate, Push Dial, Do not disturb, Daily activity, Sleep, Notification (G-mail, Facebook, Skype, WhatsApp and so on)
- ◆ Battery Lithium-ion 3.7V/240mAh

3.Product details

3.1 Product details



(1) Power on: When the watch is in the off state, press and hold the power key for five seconds to turn it on. The home screen of the watch will be displayed after booting.

(2) Touch screen operation: From the home screen, swipe to the right

to the menu screen, then tap the function icon to enter the corresponding sub-menu.

(3) Wake up screen: When the watch screen is in the off state , you can press the power key to wake up the screen. If the Gesture control button is turned on in the APP, you can also wake up the screen by turning the wrist.

(4) Shutdown: Click the Setting icon, click System - Shut down, click



to shut down.

4. Products quick into

4.1 Products quick into

(1) Long press the main interface to enter the home page thumbnail.

You can view it left and right, click touch to switch the home page.

(2) Swipe to the right: Display function list -> Daily activity, Temperature, Sports, Heart rate, Sleep, Countdown, Timer, Music, Weather, Message, Always on, Relax, Setting. Swipe up and down to navigate the list, and tap a function to select.

(3) Swipe down: Display Time, Bluetooth connect, Battery, Do Not Disturb mode, Setting, Find phone, System info, Brightness.

(4) Swipe up: Storage information.

(5) Swipe to the left: Display Daily activity, Heart rate, Sleep, Weather.



4.2 Clock Display



Setting method:

Power on. When the watch in clock mode, please long press on the middle screen and set different clock interfaces if you like.

5.Product quick use

5.1 Download and install

You have to download and install the " CARNEO FIT " App from APP



Store or Google Play Store:

5.2 Connection and Synchronize data

5.2.1 Bluetooth connection

5.2.1.1 For Android and iOS:

Launch the installed CARNEO FIT application. After launching, you will get to the welcome page, where all available products are automatically searched. CARNEO in your area. If no Android phone is used to find the product, GPS / location services must be turned on. This is required by some versions of Android. After searching for them, press on the product of your choice, which will be automatically paired. It is necessary to confirm several dialog boxes that ask you to connect the clock to the phone, or permission to send notifications from the phone to the clock. For the Android system, you must have all the permissions required by the application enabled.

5.2.2 Synchronizing data

You can sync your data at any time by swiping your finger from top to bottom on the app's main screen.

Notice:

Please don't shut the Bluetooth notify service when you are clearing software by background or close background application software. It will affect the sync function between watch and phone if shut it.

5.3 Basic functions

5.3.1 Daily activity

(1) Function introduction: The watch will display the user's total number of steps on the day, walking distance, calories burned on the same day, and the data will be cleared at 0 o'clock (midnight) every day.

(2) Operation instructions: The main interface swipes left and right and clicks the motion data to switch to the step counter interface. After no operation for 5 seconds, the screen is automatically turned off.

5.3.2 Temperature

(1) Function introduction: The watch will measure the user's temperature under the temperature measurement interface. After the test is completed, the vibration will display the result. After no operation, the screen will automatically go out.

(2) Operating instructions: Swipe to the left on the main interface and click the temperature static icon to switch to the temperature measurement interface. Once the interface is entered, the measurement will start. The left data is for Body surface temperature, it is changed in real time. The right data is for Body temperature, measuring 60s to complete the measurement. During the measurement, the interface value will be show "--.-". After the

measurement is completed, the value will be displayed.

Remark: During testing body temperature, environment temperature requires within 18-30°C.



5.3.3 Sports

In sports mode: the single-point function icon allows you to enter sports modes such as Walking, Running, Climbing, Riding, [Basketball](#), [Elliptical](#) and [Yoga](#).

5.3.4 Heart rate

(1) Function introduction: The watch will measure the user's heart rate under the heart rate measurement interface. After the test is completed, the vibration will display the result. After no operation, the screen will automatically go out.

(2) Operating instructions: Swipe to the left on the main interface and click the heart rate static icon to switch to the heart rate measurement interface. Once the interface is entered, the measurement will start. During the measurement, the interface value will be zero. After the measurement is completed, the value will be

displayed. If the result cannot be detected, it will always be displayed.
The display value is zero until standby.



5.3.5 Sleep

- (1) Function introduction: The watch will display the user's sleep time the night before. (Sleep measurement time 21:30 - 12:00 next day)
- (2) Operation instructions: Swipe the main interface left and right, click sleep to switch to the sleep interface, you can view the sleep time of the previous day.

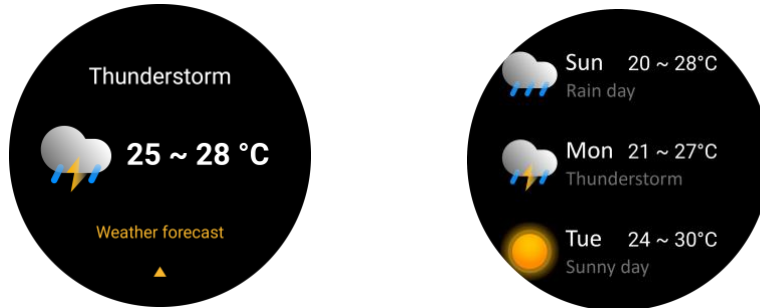


5.3.6 Music

After connected with the Bluetooth, you can manipulate Mobile to play music and adjust the volume, voice will come out from mobile phone.

5.3.7 Weather

After connected with HitFit Pro, the watch will show local weather.



5.3.8 Timer

Click to start timing. During the timing, you can start/pause/reset switching with a single touch.

5.3.9 Countdown

You can choose 1min, 5min, 10min, or set any time you want to use countdown function. You can pause/start switching with a single touch.

5.3.10 Message

When connected to Bluetooth, notifications from your phone will be sent to your watch. (You need to open the push switch in the app in advance)






5.3.11 Find phone

When you connect your phone, the phone vibrates and rings when you click the Find Phone icon.

5.3.12 Relax

Adjust your breathing and relax.

5.3.13 Setting

-  **Bright screen display:** Including **Dial switch, Brightness, Screen time, Turn wrist wake** setting.
-  **Always on:** can choose setting display time: **5min, 10min, 15min, 20min**
-  **Vibration intensity:** Set vibration intensity.
-  **Language:** Including different languages you can choose.
-  **System:** Including **About, Shut down, Reset** settings.

6. Caveat

Please follow the doctor's instructions and measure the results of self-diagnosis and treatment. Users with blood circulation disorders and blood diseases should be treated under the guidance of a doctor. The measurement results of this product are for reference only and

are not intended for any medical use or basis.

Typographical errors reserved

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