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**User Manual**  
**Model: ForeActive SW-300**

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## 1. Introduction

### **Description**



1. Touch screen
2. Touch button
3. Heart rate monitor
4. Charging connector

### **Charging**

Place the smartwatch into a special handle in a way to connect the charging connector with the connector on the handle, and then connect USB cable to a power source.



### **Forever Smart application installation**

Find application called “Forever Smart” in Google Play or App Store shop and install it on the phone.

### **Connect the smartwatch with the phone**

1. Activate Bluetooth in your phone.
2. Activate “Forever Smart” in your phone and fill all personal information in settings.

3. Select "Connect smartwatch" in settings.
4. Select the model of your smartwatch.
5. Click on appropriate photo of the model you want to connect.

### ***Disconnecting the smartwatch from the phone***

1. Activate "Forever Smart" in your phone.
2. Click "Disconnect smartwatch" in settings and confirm.
3. To disconnect the smartwatch from iPhone, click Disconnect smartwatch in settings of "Forever Smart", and then go to "Bluetooth" settings in the phone settings and select "Forget this device"

### ***Operation***

- Move your wrist towards yourself or press the touch button to activate the screen
- Press and hold the main screen, and then move it to the left or right in order to change the main screen.
- Press and hold the touch button to activate the smartwatch.

## **2. Operation**

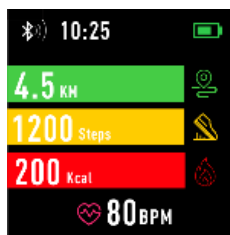
- **Activation:** Press and hold the touch button for 3 seconds.
- **Go to menu:** Move up / down or left / right.
- **Select the function:** Move up / down or left / right and click the selected function.
- **Confirm:** Click on the icon of the selected function
- **Exit:** Move from left to right
- **Return to the main screen:** Press the touch button
- **Check notifications:** Move from left to right in the main screen



### 3. User interface



After activation of the smartwatch, the main screen of the device will be visible.

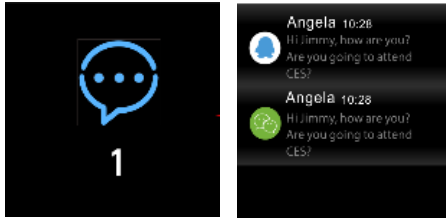


In the main screen:

1. Go to the main menu
  - a. Move from right to left in the main screen; you will enter the main menu.
  - b. Move up or down to move to other pages of the main menu.
  - c. Click the selected function to open its settings. Move from left to right to return to the last menu.



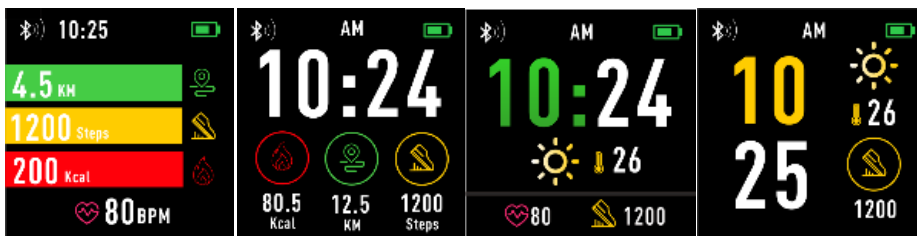
2. Go to shortcuts and notifications menu  
Move from left to right in the main screen



3. Move to other shortcuts  
Move up and down in the main screen.

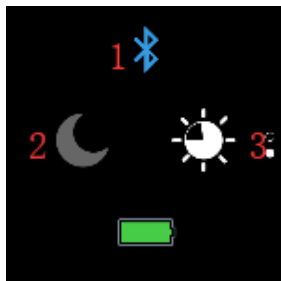
## Functions

### Main screen styles





To change the style of the main screen, click and hold the current screen, and then move to left or right to select an appropriate style.

### Shortcuts

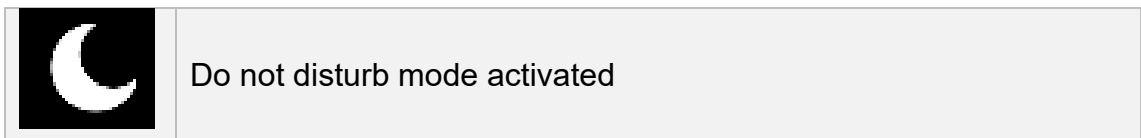


1. Bluetooth

	Bluetooth is disconnected
	Bluetooth is connected

2. Do not disturb mode

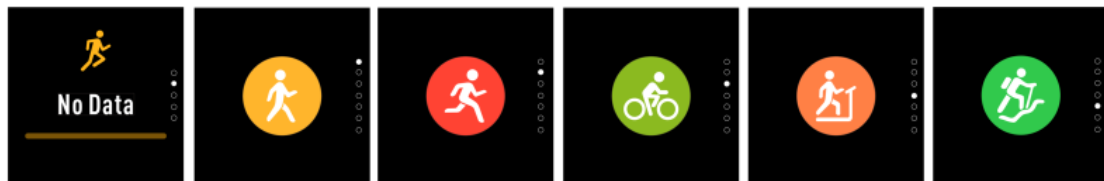
	Do not disturb mode deactivated
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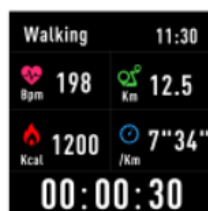
### 3. Bright

Set appropriate screen brightness depending on the lightning in the environment in which the smartwatch is present.

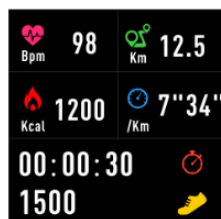
### **Multisport**



Select the sport mode to enter the multisport function. The smartwatch supports five types of sports, such as: walking, jogging, cycling, running on a treadmill and climbing. You can select the sport you want to do in a given moment. The smartwatch will collect data of the selected sport and will record them.



If you want to end the measurement of a given sport, move interface to the right and click the stop icon to stop and save the collected data. The smartwatch will show the recorded data. Connect the smartwatch with Forever Smart application via Bluetooth in order to check and analyze collected in the data in the phone.



NOTE: If the time of a given sport will be shorter than 5 minutes, the data will not be saved.

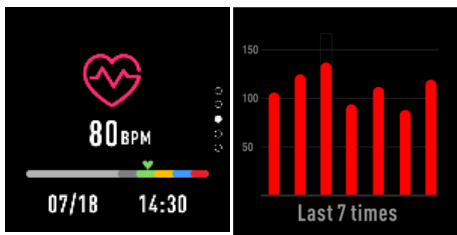
### **Heart rate monitor**



Select the heart rate monitor icon to carry out heart rate measurement. You can check the last 7 measurements on the chart and

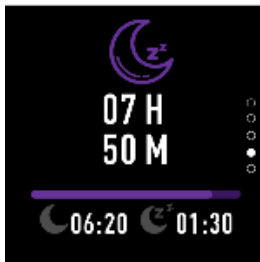
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compare them. Move the screen to the right to end the heart rate monitor.

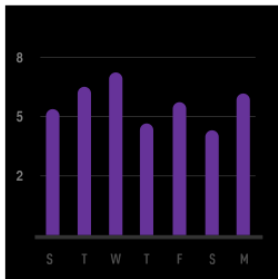


*Connect the smartwatch with Forever Smart application via Bluetooth in order to check and analyze collected in the data in the phone.*

### ***Sleep monitoring***

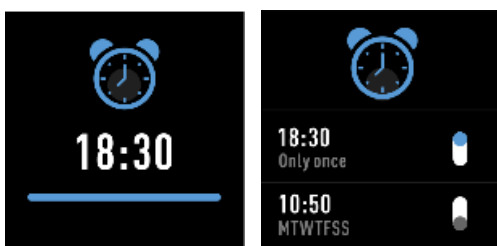



The smartwatch carries out sleep monitoring automatically between 22:00 and 9:00. Select the function on the screen of the smartwatch to view the sleep data from the entire week.



After waking up in the morning, the smartwatch will show a report related to sleep by displaying, respectively, the total sleep time, shallow sleep, and deep sleep. Connect the smartwatch with Forever Smart application via Bluetooth in order to check and analyze collected in the data in the phone.

### ***Alarm***



Select the alarm clock icon  to see settings made in “Forever Smart”

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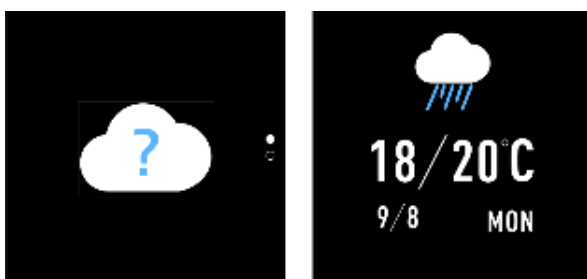
application. If the alarm clock is activated, the smartwatch will vibrate.

### **Notifications**



*Move from left to right in the main screen to check the notifications regarding phone calls and other SMS messages and notifications from social networks.*

### **Weather**



If connection with “Forever Smart” application is established, the smartwatch screen should show the current weather. Manually set the town you are in or use automatic settings.


### **Camera control**



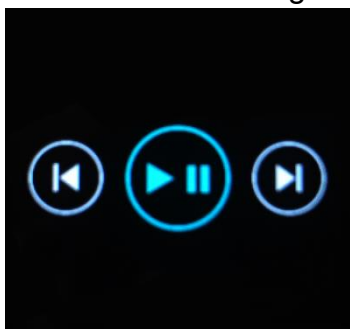
Before using the function, ensure that the camera in the phone is activated. By using this function, you may remotely take a photo using the smartwatch.

### **Music control**



Select  to go to music control function.


Control the music played in the phone using the function buttons. Move the screen from left to right to exit the music play function.





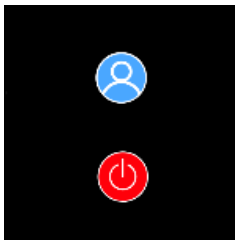
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### ***Lack of activity reminder***

Select the icon  to enter settings of lack of activity reminder. Activate or deactivate this function. Move from right to left to exit. You may also move to more advanced settings of this function by entering "Forever Smart" settings and set intervals, the start and end time of notifications.



### ***Settings***



Select  to move to the settings screen.

- About the device



By selecting this icon you may check MAC Bluetooth number of the device, device name and software version.

- Deactivation



By selecting this icon, you may deactivate the smartwatch.

## **4. Use of application**

### **Tabs:**

Today:

1. MAIN PANEL – the current number of steps, covered distance, the number of burnt calories – click the selected value to display the chart, go to the selected date.
2. WEIGHT – the current weight of the user and target weight indicated by the user – click to display the chart, go to the selected date.
3. SLEEP – Sleep monitoring from the last night – click to see

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details and go to the measurements history.

4. HEART RATE MONITOR – The current and the last heart rate measurement, click to see details.

Activity:

- The list of sport activities divided into types. Click the selected activity to see details and analyze the collected data.

Reminder:

- Set the type, day of the week and time of notification you want to receive via the smartwatch. It will vibrate and display the stop watch icon in order to remind about a planned activity.

Settings:

- Call status, time of the last data synchronization, battery level
- My profile – Set the profile photo in the application, enter the name, enter the sex, date of birth, weight and height in order to obtain correct measurements
- Objectives – Settings of target amount of Steps, Distance, Calories, and Sleep. After achieving a given objective, the smartwatch will notify you about this by vibrating and displaying the icon indicating achievement of an objective.
- Notifications – Settings of notifications of the application you want to receive. Select and switch the button to the right to activate a given notification. Move to the left to deactivate them.
- Find the device – find the smartwatch by triggering vibrations by pressing the button (Bluetooth connection is required)
- Take a photo – click to activate the phone camera and control it via the smartwatch by clicking the camera icon.
- Advanced settings:
  - + Weather – Select the city from which the data regarding current weather will be collected and transferred to the smartwatch, which will display data after entering the weather screen.
  - + Sedentary – Set notification regarding lack of exercise. Select the repetition frequency and the time period in which the reminder will be active
  - + Drinking water – Set reminder about hydration. Select the

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frequency and time period in which the reminder will be active

- + Do not disturb – complete muting of the smartwatch – set the time period in which the smartwatch will be inactive and no notifications will be received

- + Screen activation – turn on to be able to activate the smartwatch screen by wrist movement. The screen will automatically display the time after you move your wrist in order to check the time.

- + Google Fit / Apple Health – activate this function to automatically synchronize data collected from Google Fit / Apple Health application

- + Themes – select color version of the application

- + Connect / Disconnect the device – connect the device with the application or disconnect the current pairing

- + Firmware update – the current software version and manual update

- + Reset – restore factory settings of the smartwatch

- + FAQ – the most frequently asked questions and issues