FILA Smart Watch F56

CONNECTED

3 ATM SUMERGIBLE

USER MANUAL / MANUAL DE USUARIO / MANUAL DE USUÁRIO / MANUEL DE L'UTILISATEUR / MANUALE DELL'UTENTE / BENUTZERHANDBUCH / GEBRUIKRERSHANDLEIDING

SW/56

Brújula · Notificaciones · Linterna · Llamada directa desde el reloj

Descarga la APP en App Store · Descarga la APP en Google Play

ENGLISH

Thank you for using our smart watch INNOVA.

Important! The data provided by the smart watch, such as heart rate, blood oxygen and blood pressure, are merely indicative, it is not an exact medical measuring device.

Even if you are well, go to all the appointments scheduled by your doctor.

Recommendations for people with sensitive skin during use of electronic wrist devices, Smartwatch and Smartband.

The materials used for our INNOVA Smartwatches and Smartbands are selected following a rigorous control of hypoallergenic measures, as well as guaranteeing that all materials comply with current regulations for materials in contact with the skin.

A small number of people, however, may experience some type of skin reaction.

If you suspect, or know, that you are allergic or have an above average sensitive skin type, you should monitor the use of these devices for any type of reaction due to said allergies, environmental factors or prolonged exposure to irritants, like soap, sweat, or other causes.

Smartwatches and Smartbands may contain materials such as nickel and acrylates which, even though they are within the permitted amounts in the manufacturing process, may cause skin to react if you are sensitive to them.

If you use these devices for a prolonged period of time, you may be more susceptible to developing skin sensitivities. To avoid possible skin irritations we recommend you do not expose the device to chemicals or use it if your skin has, or has been recently applied with, any of the products listed below:

- Insect repellents
- Moisturizing creams and lotions
- Oils
- Perfumes
- Antiseptic gels
- Soaps
- Sun protection creams

It is recommended that the devices are used when the skin is completely dry and free of any of the aforementioned products to avoid having charging contacts and measurement sensors in contact with wet skin. They are not submersible or waterproof.

Clean the device thoroughly to remove sweat after training and allow it to dry.

Prolonged exposure to moisture can cause skin irritation.

It is also advisable not to wear these devices too tight or too loose. If the strap is too tight, it may cause skin irritation. If the strap is too loose, chafing may occur.

The watch strap should be left so that it can move slightly back and forth on the wrist.

If you wear the device for prolonged periods of time, remove it to give your skin a rest. To avoid irritation, swap the device to your other wrist.

If you notice redness, swelling, itching or any other irritation, remove the Smartwatch immediately and consult your physician before using the device again.

Special attention must be paid to the use of these devices in places with relatively low humidity conditions.

When using the Smartwatch/Smartband in places with low relative humidity (dry/poorly ventilated places, low humidity atmospheric conditions, dry indoors, if heating or air conditioning is always on, etc.), as with any other electronic device, it may be affected by charges of static electricity on rare but certain occasions. This may cause damage to the device and also to the person wearing it at that time.

Static electricity is everywhere.

It surrounds us without us perceiving it.

An effective trick to avoid a high percentage of static electricity at home:

- Use a humidifier. Humidity is a good conductor of electricity therefore, by maintaining an acceptable percentage of it, we will avoid static in areas of the home where we have metal objects. Small containers of water on top of radiators is another alternative solution.

The use of the devices in bed, whilst sleeping, is especially discouraged for children and the elderly due to the fact that repeated movements during the night may cause, through friction with sheets, blankets, etc. a charge of static electricity. This may result in a sudden discharge of the watch's battery and/or heating of same as the human body is a conductive element and can cause a reaction to people with sensitive skin, redness, irritation, etc.

If you notice redness, swelling, itching, or any other form of irritation, remove the Smartwatch immediately and consult your physician before using the device again in case you are suffering from any type of reaction, allergic or otherwise.

INNOVA CELLULAR.

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Welcome to use our high-performance wrist-band smart watch which creates thoughtful and health experience for you

Device maintenance

Please remember the following tips when you maintain your smart watch:

- Clean the smart watch regularly, especially its inner side, and keep it dry.
- Adjust the smart watch tightness to ensure air circulation.
- Excessive skincare product should not be used for the wrist wearing the smart watch.
- Please cease wearing the smart watch in case of skin allergy or any discomfort.

Downloading and binding of smart watch APP

1. Download from Apple Store or Google play and install APP or scan QR code with mobile phone to download APP.

APP / APK: FILA S-WATCH

2. Pairing smart bracelet with APP:

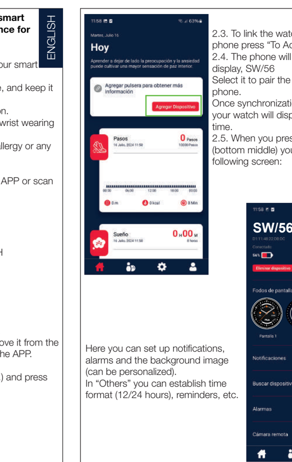
Please do not pair the watch directly to your phone's BT.

If you have already performed this operation, please remove it from the list of paired devices as it will prevent the connection to the APP.

2.1. Open the APP

2.2. Update your personal details (gender, birth year, etc.) and press the check mark.

Once done, grant all permissions requested by the APP.



2.3. To link the watch to your phone press "To Add".

2.4. The phone will search, and display, SW/56

Select it to pair the watch to your phone.

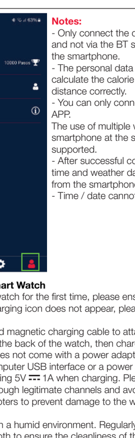
Once synchronization is complete your watch will display local date and time.

2.5. When you press the watch icon (bottom middle) you will see the following screen:

Here you can set up notifications, alarms and the background image (can be personalized).

In "Others" you can establish time format (12/24 hours), reminders, etc.

2.6. The last icon, on the lower right, will show "My" screen. Here you can complete the details of your profile and establish your objectives.



Notes:

- Only connect the device via APP and not via the BT setting of the smartphone.
- The personal data is used to calculate the calorie consumption and distance correctly.
- You can only connect one watch via APP.

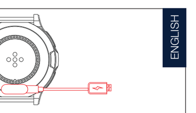
The use of multiple watches with one smartphone at the same time is not supported.

- After successful connection, the data, time and weather data are transferred from the smartphone to the watch.
- Time / date cannot be set manually.

Charging the Smart Watch

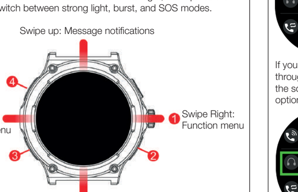
Before using the watch for the first time, please ensure it is fully charged. If the charging icon does not appear, please keep charging for 10 minutes.

1. Use the included magnetic charging cable to attach it to the metal contact points on the back of the watch, then charge it.
2. This product does not come with a power adapter. To ensure safety, you can use a computer USB interface or a power adapter with an output not exceeding 5V ⎓ 1A when charging. Please purchase a power adapter through legitimate channels and avoid using low-quality or counterfeit adapters to prevent damage to the watch, explosions, or fires.
3. Do not charge in a humid environment. Regularly clean the watch body with a dry cloth to ensure the cleanliness of the magnetic charging port and the magnetic charging cable for normal charging.



Buttons and touch

1. Long-press button 3 to turn on/off the watch. Click to turn off/on the screen.
2. Swipe the screen as shown by number 1 in the image to access the function menu. Swipe the screen again to return to the previous screen.
3. Key 2 is direct access to sports
4. Long-press button 4 to turn on/off the flashlight; short press the button to switch between strong light, burst, and SOS modes.



Connect the call BT: Once time that you have correctly connected the Smart Watch to the Smartphone, you have to wait between 5-10 seconds so you can see a pop up asking you if you want connect the audio of the Smart Watch.

You have to confirm it and accept it, this way the calls BT will be connect so you can reject, answer and do call through Smart Watch

Sound in the watch (In "Phone" menu of the watch)

If you want to talk, do or receive a call through the watch, the option "Telephone" must be in ON

If you want to listen the movies that you see in the Smartphone, through the watch the option "Audio" must be in ON if you want that the sound of your movies can not be listen through the watch, the option "Audio" must be in OFF

Features

Dial switch: On the main screen, press and hold for 2 seconds to enter the watch face switching interface, swipe left and right to switch watch faces, and click to confirm, You can push "Custom" watch faces through the app.

Sports data: Display the steps, distance and calories recorded for the day. You can set step, distance and calories goals in the app.

Sleep: Displays sleep monitoring and quality, data is updated daily. When connected to the APP, data is synchronized and recorded.

Heart rate: Enter the heart rate measurement interface, click to start the test after entering the page, and the bottom test light will light up to begin measurement. It takes about 60 seconds and when it is done, there will be a vibration reminder.

Blood pressure: Enter the blood pressure measurement interface, and the bottom test light will light up. It takes 30 to 60 seconds, and there will be a vibration reminder when the measurement is completed.

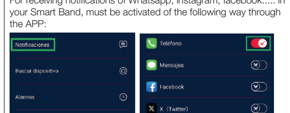
Blood oxygen: Enter the blood oxygen measurement interface and the bottom test light will light up. It takes 30 to 60 seconds, and there will be a vibration reminder when the measurement is completed.

Notifications: The watch can sync notifications from common social apps.

Note: You can enable/disable sync notifications in the app.

Connect the Notifications

For receiving notifications of Whatsapp, instagram, facebook..... in your Smart Band, must be activated of the following way through the APP:



Weather: When the watch is connected to the app, the weather interface will display real-time weather and temperature, as well as weather conditions for the week.

Sports: Several sports mode are included. Click the icon to start exercising. When connected to the app, you can view more detailed content.

Music: After the watch is connected to the app, you can control the phone's music player.

Timer: System presets common timer intervals. Click to quickly time, Click the custom button to set the time.

Alarm: After the smartwatch is connected to the app, you can set single mode alarms or recurring alarms

Stopwatch: Click "Start" once to start the timer, click "Pause" once to pause the timer, and "Reset" to reset the timer to zero.

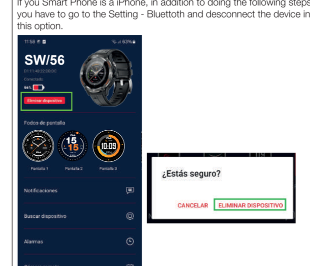
Settings: Includes: Display (Brightness, sleep, watch face, Menu view, Wrist raise), DND mode, low power mode, vibrate and ring, phone, system and about.

Control center: Do not disturb mode, power saving mode, Brightness adjustment, flashlight, electronic business card, setting.

Sedentary reminder: You can enable "Reminders to move" in the app to remind you to take breaks every hour.

Remove the device in the APP: For deleting the Smart Watch of the APP you must do it of the following way:

If you Smart Phone is a iPhone, in addition to doing the following steps, you have to go to the Setting - Bluetooth and disconnect the device in this option.



Features

Flashlight for lighting in night spaces / Compass / 1.53 inch ultra clear screen / Full screen touch / Heart rate / Blood oxygen / Blood pressure / Stress / Exercise recording (steps, distance, calories count) / Exercise mode / Voice assistant / Message push / Sleep monitoring / Stopwatch / Timer / Calculator / World clock / Camera remote control / Music control / Search phone / Women's health / Compatible system: Android 6.0 and above and iOS 10.0 and above / BT 5.3 / Battery type: Lithium polymer / Battery capacity: 500 mAh / Alarms / Weather information / Find watch / Do not disturb mode / Multi language / Life time in Standby: 25 days approx. / Life time in use: 7 days approx. / Waterproof 3 ATM / BT frequency band: 2.4 GHz / Maximum emitted RF power < 100 mW

Customer service

Only in English, Spanish and Portuguese

Servicio de atención al cliente / Customer Service / Serviço de apoio ao cliente (Español / English / Português):

+34 91 713 94 98

Horario de atención al cliente:

De lun. a Jue. de 08:00 a 14:00 y de 15:30 a 17:30 y los Vier. de 09:00 a 14:00

Working hours: Mon to Thu from 08:00 to 14:00 and from 15:30 to 17:30 and Fri. from 09:00 to 14:00

Horário de funcionamento de apoio ao cliente:

De 2ª a 5ª feira das 08:00H às 14:00H e das 15:30H às 17:30H

6ª feira das 09:00H às 14:00H

sac@innovacelular.com

Declaration of conformity

Through this INNOVA CELLULAR, it declares that the SMART WATCH F56 (SW/56 (KT76)) complies with the essential reqirements and any other applicable or enforceable provisions of Directives 2014/53/UE (RED) and RoHS 2011/65/EU annex II amending Directive (EU) 2015/863.

To see the complete declaration of conformity, you can access it through thefollowing link:

https://www.innovacelular.com/descargas/declaracion/declaracion_sw-56.pdf

Guarantee

NOTE: The SMART WATCH F56 (SW/56 (KT76)) It has a 3-year warranty from the date of purchase.

Special importance in the durability of the products have the elements that compose it and that suffer from degradation and loss of capacities due to their use, being understood as normal wear that they lose capacity, especially in the case of rechargeable batteries, depending largely on infinity of external factors (hours of use, charge and discharge cycles, use of inappropriate chargers, temperatures of use, not respecting the recommended charging times, etc...)

For the guarantee of wear and tear parts, it must be taken into account that the loss of autonomy of the battery as a result of its aging does not imply a manufacturing defect, so it is considered normal that after 6 months have a loss of 10%, at 15 months 20% - 30% at 24 months 45%, all corresponding to proper use of the battery and the charge and discharge cycles carried out.

Any battery that presents symptoms other than those listed in this manual, will be inspected by the technical service and assessed for its affectation to guarantee. If after 24 months from its purchase the battery presents symptoms different from those detailed, it will be understood to be exempt from guarantee for the reasons stated above and will be left out of the inspection process, becoming the customer who, if they so wish, must reliably demonstrate that the battery presented defects other than those detailed in this manual before those 24 months.

Important Safety Information: Handle the Smart Watch with care. They contain sensitive electronic components, including batteries, and may malfunction, affect performance, or cause damage if dropped, burned, punctured, crushed, disassembled, or exposed to excessive heat, liquid, or high-pressure environments. concentrations of industrial chemicals, including nearly evaporated liquefied gases such as helium. Do not use the Smart Watch if it is damaged.

Batteries: Do not try to replace the battery of the Smart Watch by yourself, as you could damage the Smart Watch and cause overheating and injury.

Charge: Charge the Smart Watch with the charging cable and a power adapter or a computer, charge the device only with an adapter that meets relevant national, international and regional safety standards. Other adapters may not meet applicable safety standards and their use to charge the Smart Watch may present the risk of injury or death. Using damaged cables or chargers, or charging the device if they are wet, may cause fire, electric shock, injury, or damage to the case or other belongings.

Prolonged exposure to heat: Avoid prolonged skin contact with the device, power adapter, charging cable and its connector, or the wireless charger when connected to a power source, as this may cause discomfort or injury.

Choking hazard: The Smart Watch and the small parts included may present a choking hazard to small children or cause other injuries. Always keep them out of the reach of children.

Interference with medical devices: The Smart Watch and charger contain components and radios that emit electromagnetic fields.

These electromagnetic fields and magnets that the device may contain may interfere with the operation of pacemakers, defibrillators, or other medical devices.

Keep a safe distance between the medical device and the Smart Watch.

Request specific information about the medical device from the manufacturer and your doctor. Stop using the Smart Watch if you suspect it is interfering with your pacemaker, defibrillator, or other medical device.

Skin irritation: The Smart Watch can cause skin irritation if not cleaned properly.

Regularly clean the Smart Watch with a soft, lint-free cloth.

In the event of any type of skin reaction, stop using the Smart Watch.

If the problem persists, see your doctor.

Electrostatic discharges: When using the Smart Watch in areas where the air is very dry, it is easy to accumulate static electricity, so you may feel a small electrostatic discharge from the Smart Watch on your wrist.

To minimize this risk, avoid using the Smart Watch in extremely dry environments, or touch a grounded, unpainted metal object before putting on the Smart Watch.

Important Driving Information: Discoloration of the connector and the bottom of the Smart Watch after continued use is considered normal.

Dirt, debris, and exposure to moisture could cause discoloration.

Other information

Box contents: Smart Watch, charging cable (Charging adapter not included) and user manual

ESPAÑOL

Gracias por usar nuestro smart watch INNOVA.

Importante! Los datos proporcionados por el smart watch, tales como la frecuencia cardiaca, el oxígeno en sangre y la presión arterial, son meramente orientativos, no se trata de un aparato médico de medición exacta.

Aunque se encuentre bien acuda a todas las citas que su medico le programe.

Recomendaciones para el uso de dispositivos electrónicos de muñeca, Smartwatch y Smartband para personas con pieles sensibles.

Los materiales de nuestros dispositivos, smart watch y smartbands INNOVA son seleccionados siguiendo un riguroso control de medidas hipo alergénicas, además de garantizar que todos los materiales cumplen la normativa vigente para materiales en contacto con la piel. No obstante un pequeño número de personas pueden experimentar algún tipo de reacción cutánea.

Si Vd. Sospecha o sabe que es alérgico o tiene un tipo de piel más sensible de lo normal, debe de controlar el uso de estos dispositivos por si le produjera algún tipo de reacción debido a alergias, factores medioambientales, una exposición prolongada a irritantes, como el jabón o el sudor, u otras causas.

Los smartwatch y smartbands pueden contener materiales como el Níquel y Acrilatos que aun siendo en cantidades permitidas en el proceso de su fabricación, en caso de ser sensible a los mismos podría padecer algún tipo de reacción cutánea.

Si usa Vd. este tipo de dispositivos durante un tiempo prolongado, es más susceptible de desarrollar sensibilidades cutáneas con el tiempo. Para evitar posibles irritaciones de la piel, te recomendamos que no expongas el dispositivo a los productos químicos y no lo uses si tu piel tiene o ha usado recientemente alguno de los productos que se indican a continuación:

- Repelentes de insectos
- Cremas y lociones hidratantes
- Aceites
- Perfumes
- Geles antisépticos
- Jabones
- Cremas de protección solar

Se recomienda usar los dispositivos cuando la piel este completamente seca y libre de cualquier producto de los antes citados para evitar que los contactos de carga de los mismos y sensores de medición, estén en contacto con la piel demasiado húmeda, poniendo especial atención en los dispositivos que no son sumergibles ni resistentes al agua.

Limpie bien el dispositivo y deje que se seque bien para eliminar el sudor después de entrenar.

La exposición prolongada a la humedad puede provocar irritación en la piel.

También es recomendable no usar estos dispositivos demasiado apretado o demasiado suelto.

Si la correa está muy apretada, también puede irritar la piel. Si la correa está muy suelta, se pueden producir rozaduras.

La correa del reloj debe dejarse lo suficientemente suelta para que pueda moverse ligeramente hacia delante y hacia atrás en la muñeca.

Si lleva puesto el dispositivo durante mucho tiempo, quíteselo para que descanse la piel. Para evitar que se produzca irritación, puede cambiarse el dispositivo de muñeca.

Si nota rojeces, hinchazón, picor o alguna otra irritación, quítese el smartwatch inmediatamente y consulte con el médico antes de volver a usar el dispositivo.

Especial atención debe de tenerse con el uso de estos dispositivos en lugares con condiciones de humedad relativamente bajas.

Cuando se usan Smartwatch/Smartband en lugares con humedad relativa baja (lugares secos, poco ventilados, condiciones atmosféricas de baja humedad, sequedad del aire en interiores si tenemos la calefacción o el aire acondicionado encendidos siempre encendidos, etc….) como cualquier dispositivo electrónico puede verse afectado por cargas de electricidad electroestática en inusuales pero determinadas ocasiones y producir daños en el dispositivo y así mismo en la persona que lo use en ese momento. La electricidad estática está en todas partes. Nos rodea y ni siquiera la percibimos.

Un truco efectivo para evitar un alto porcentaje de electricidad estática en casa:

- Tener un humidificador. La humedad es un buen conductor de la electricidad, por lo que manteniendo un porcentaje aceptable de ésta, evitaremos la estática en otros rincones de nuestra casa donde tengamos objetos de metal. Unos pequeños recipientes con agua encima de los radiadores son otra solución alternativa.

Se desaconseja especialmente el uso de los dispositivos en la cama mientras se duerme, en niños y personas de edad avanzada, debido a que los repetidos movimientos durante la noche, pueden provocar mediante fricción con sábanas, mantas, etc… una carga de electricidad electroestática, que derive en una descarga repentina de la batería del reloj con un calentamiento del mismo durante ese proceso debido al cuerpo humano como elemento conductor y puede ocasionar en personas con pieles sensibles, rojeces, irritaciones, etc…….

Si nota rojeces, hinchazón, picor o alguna otra irritación, quítese el smartwatch inmediatamente y consulte con el médico antes de volver a usar el dispositivo por si se debiera a cualquier tipo de reacción alérgica u otro tipo de reacción.

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Bienvenido y gracias por usar nuestro Smart Watch. Lea atentamente este manual para su uso correcto

Mantenimiento del dispositivo

Recuerde los siguientes consejos cuando realice el mantenimiento de su reloj inteligente:

- Limpie el reloj inteligente con regularidad, especialmente su lado interior, y manténgalo seco.
- Ajuste la pulsera del Smart Watch para garantizar la circulación de aire.
- No se debe utilizar un exceso de producto para el cuidado de la piel cuando lleve puesto el Smart Watch.
- Deje de usar el smart watch en caso de alergia en la piel o cualquier molestia.

Descarga de la APP y vinculación

1. Descargue la APP desde Apple Store o Google play e instale la APP o escanee el código QR con el teléfono móvil para descargar la APP

APP / APK: FILA S-WATCH

2. Emparejamiento del smart watch con la APP:

Por favor no enlace el brazalete al BT de su teléfono.

Si ya ha realizado esta operación, elimínelo del listado de dispositivos vinculados al BT ya que esto impedirá la conexión a través de la aplicación.

2.1. Abra la APP

2.2. Autorice todos los permisos que solicita la aplicación y actualice todos los datos personales (género, edad, etc)

2.3. Pulse "Agregar" para agregar el dispositivo.

Le aparecerá SW/56

Selecciónelo y el reloj quedará vinculado a su teléfono.

Una vez vinculado el reloj mostrará la fecha y hora local.

2.4. Pulsando el icono central, en la parte inferior, accederá a la siguiente pantalla:

Aquí puede cambiar los ajustes de las notificaciones, alarmas y el fondo de pantalla. Una de las opciones de "Fondo de Pantalla" le permite poner una imagen personalizada de su móvil.

En la opción "Otros" podrá ajustar el formato de hora, recordatorios, etc.

2.5. El último icono de la parte inferior le llevará a "Yo", donde podrá completar su perfil y establecer su propio objetivo.

Nota:

- Conecte el dispositivo únicamente a través de la APP y no a través de la configuración de BT del Smartphone.
- La información personal se utiliza para calcular correctamente el consumo de calorías y la distancia.
- Sólo puede conectar un reloj a través de la APP.

No es posible utilizar varios relojes con un Smartphone al mismo tiempo.

- Después de establecer la conexión, la fecha, la hora y el clima se transfieren desde el Smartphone al reloj.
- La hora y la fecha no se pueden ajustar manualmente.

Carga del reloj inteligente

Antes de utilizar el reloj por primera vez, asegúrese de que esté completamente cargado. Si el icono de carga no aparece, continúe cargándolo durante 10 minutos.

1. Utilice el cable de carga magnético incluido para conectarlo a los puntos de contacto metálicos de la parte posterior del reloj y luego cárguelo.
2. Este producto no viene con un adaptador de corriente. Para garantizar la seguridad, puede utilizar el puerto USB de ordenador o un adaptador de corriente con una salida que no exceda los 5V ⎓ 1A al cargar. Compre un adaptador de corriente a través de canales legítimos y evite usar adaptadores de baja calidad o falsificados para evitar daños al reloj, explosiones o incendios.
3. No haga cargas de la batería en un entorno húmedo. Limpie periódicamente el cuerpo del reloj con un paño seco para garantizar la limpieza del puerto de carga y el cable de carga para una carga normal.

Conectar las llamadas BT: Una vez que haya conectado correctamente el Smart Watch al Smartphone, deberá esperar entre 5-10 segundos para que le aparezca una ventana emergente que le preguntará si quiere conectar el audio del Smart Watch. Deberá confirmarlo y aceptarlo, de esta manera las llamadas BT se conectarán para que pueda rechazar, contestar y realizar llamadas a través del Smart Watch.

Sonido en el reloj (En el menú "Teléfono" del reloj")

Si desea hablar, hacer o recibir una llamada a través del reloj, la opción "Teléfono" debe estar en ON