iTOUCH
CONNECTED
ANALOG SMARTWATCH

(US Variant)

USER MANUAL VERSION 1.0

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iTouch Connected USER GUIDE:

Everything you need to know about the iTouch Connected Analog Smartwatch

What's in the box?

Your iTouch Connected box includes:

- iTouch Connected Analog
  Smartwatch
- Clip-in Charging Cable
  (Color and material vary)

The iTouch Connected comes in a variety of colors and materials, which are sold separately.

Setting up your iTouch Connected Analog Smartwatch

For the best experience, use the iTouch Wearables app for iPhones and Android phones.

A smartphone is required for call, text, and smartphone app notifications.

Charge Your Analog Smartwatch

A fully charged iTouch Connected has a battery life of up to 10 days (standby time).
Battery life and charge cycles vary based on usage.

1. Plug the charging cable into the USB port on your computer or a UL-certified USB wall charger.

2. Place the watch into the charging cable dock. A battery icon appears on the screen and the LED indicator on your device will also show a steady **RED** light, to indicate your Analog Smartwatch is charging. Once your device has reached 100%, the LED indicator will turn a steady **GREEN**, indicating that your watch is fully charged.

   If your LED indicator is blinking **RED**, this means that your device needs to be charged.

   Note: Take off the plastic protector film from the case-back of your smartwatch before charging. There is also a plastic film on the heart rate sensor that needs to be removed as well. Charging fully takes about 1-2 full hours.

Set Up with Your Smartphone

The free iTouch Wearables app is compatible with most iPhones and Android Phones.

To get started:

1. Find the iTouch Wearables App in one of the locations below, depending on your smart device.
- Apple App Store for iPhones
- Google Play Store for Android Phones

2. Download and install the iTouch Wearables App
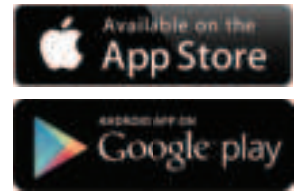
iTouch Wearables

YOUR ITOUCH CONNECTED ANALOG SMARTWATCH WILL ONLY WORK WITH THE ITOUCH WEARABLES APP SHOWN ABOVE.

This watch only functions with this app and there will be connectivity issues if the incorrect app is used. For more information and links to the app, go to: www.itouchwearables.com and visit the Help Center.

The app will ask for permissions once installed. We highly encourage the user to allow all notifications & pairing access to their smartphones for complete functionality. For Android users, you will also have to allow the iTouch Wearables app to access notifications in your phone's native settings.

3. When the app is installed, open it to be guided through a series of questions that help you create a profile. Continue to follow the on-screen instructions to connect your iTouch Connected Analog Smartwatch to your smartphone. (We highly encourage the user to allow all notifications, enable location services & pairing access to their smartphones.)

4. To connect & sync your smartwatch to your device, tap Add to search for your iTouch Connected Smartwatch.

You can also connect & sync your smartwatch from the device page in your app. Tap the "**Device**" icon ⬜ from the navigation bar, then, tap **ADD A DEVICE.**

Search and select iTouch Connected Analog Smartwatch to pair: On the main clock face of your device, tap and hold between the 2-3 o'clock area on your watch. This will display the MAC ADDRESS of your iTouch Connected Analog Smartwatch. When pairing your device with the app, make sure that the **MAC ADDRESS** displayed on your watch matches the MAC ADDRESS of the ITouch Connected Analog Smartwatch on your app. Once your iTouch Connected device is connected, it will say **Connected** on the top of the device page and display the current battery life of your watch. To ensure complete connectivity, you will see a white Bluetooth icon on the main clock face of your device right next to the battery icon on your ITouch Connected Analog Smartwatch when it is paired with your smartphone.
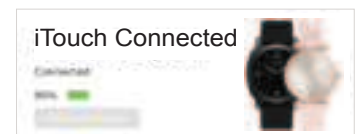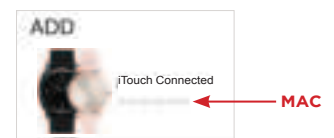
Please read through the guide to learn more about your new analog smartwatch and then explore the ITouch Wearables App. See your data in the iTouch Wearables app. Sync your iTouch Connected Analog Smartwatch to transfer your data to the app. In the app, you can view your steps, miles, calories burned and activity duration. You can also track your sleep data (restful, light, awake) and more!

BASICS

Learn how to best navigate your iTouch Connected Analog Smartwatch.

Navigate iTouch Connected

iTouch Connected has an analog clock face with a digital screen.

- Tap anywhere between 2-3 o'clock on the watch to navigate through the watch's features.

- Tap and hold anywhere between 2-3 o'clock on the watch to control features including measuring your heart rate, measuring your blood oxygen and powering off your device.

Power On/Off Your Smartwatch

Tap and hold anywhere between 2-3 o'clock on the iTouch Connected for 3-5 seconds and the watch will vibrate and the LED indicator on your device will turn **GREEN** briefly, indicating it has powered on.

To power off your smartwatch, tap anywhere between 2-3 o'clock on the watch to navigate to the power icon ⏻. While on this screen, simply tap and hold your watch between 2-3 o'clock to fully power off your watch.

Motion Gesture

Allows you to rotate your wrist to turn on your watch screen. In app, tap "**Device**" icon and go to **Additional Features** to enable the **Activate Display After Wrist Rotation** function. By clicking on Active Time, you can control the time in which this feature is active throughout the day. If you want this feature to always be on, set the time constraints to be 12:00AM to 12:00AM. Using this feature will consume more battery.

Apps and Features

Notifications & Messaging: iTouch Connected can display call, text, social media, and app notifications from your smartphone to keep you informed. The Analog Smartwatch and phone device must be within Bluetooth range of each other to receive such notifications.

When you receive a notification on your iTouch Connected device that you have not read, the LED indicator on your device will blink **GREEN**.

When your watch receives a notification, the LED light will blink green continuously for 15 minutes (until checked). If the notification isn't checked after this time, the LED light will stop flashing.

Set up notifications: Check that the Bluetooth on your phone is on and that your phone can receive notifications (under Settings > Notifications). Then set-up notifications:

1. From the iTouch Wearables App dashboard, tap the Device icon 📱 from the navigation bar below. Tap **Notifications**.
2. From Notifications, you may select the notifications you wish to receive from your smartwatch.

Note: Notification permissions differ between iOS and Android users. Go to Set up with your smartphone in the manual for more information.

Viewing Incoming Notifications: When your iTouch Connected and smartphone are within range, notifications cause the smartwatch to vibrate.

Turn Off Notifications
Turn off all or certain notifications with the ITouch Wearables app from Notifications in the device settings. You can mute all notifications by turning on Do Not Disturb mode. Learn more about the Do Not Disturb function in the Additional Features section of the manual.

Timekeeping: Alarms vibrate to alert you at a time you have set. Set up to three alarms to occur once or on multiple days of the week via the iTouch Wearables app. Once on the Home page, tap on the device icon on the navigation bar. Then, go to Alarms to set an alarm.

Activity Tracking: iTouch Connected continuously tracks a variety of stats whenever you wear it. The information is then transferred to the iTouch Wearables app every time you sync your Analog Smartwatch.

See your stats: See Core stats: steps taken, calories burned, distance covered, and active minutes. Find history and other information automatically detected by your watch, such as sleep data, in the iTouch Connected app.

Track a daily activity goal: iTouch Connected tracks your progress towards a daily step goal. When you reach your goal, the smartwatch vibrates and shows a celebratory badge.

Set a goal to help you get started on your health & fitness journey: To begin, your recommended goal is set to take 8,000 steps per day. You can choose to change your target goal via the iTOUCH Wearables app under the **my profile** page 👤. Tap **Step Goal** to begin setting.

Apps and Features

Sedentary Reminder: Turn on reminders to move in the app to set a sedentary reminder alert. The sedentary reminder can be enabled in **Additional Features**. This feature is active during the hours of **10:00 AM - 6:00 PM**.

Track Your Sleep: Your iTouch Connected will automatically track your time asleep and sleep stages (restful sleep, light sleep and time spent awake). To see your sleep stats, sync your Analog Smartwatch when you wake up to the app to see your sleep metrics.

Learn about your sleep habits: View your sleep history data for the day, week, month and year on the iTouch Wearables app.

Heart Rate: The app will measure current heart rate and heart rate zone. To measure and see your real-time heart rate, navigate to the heart rate feature on your Analog Smartwatch.

Tap anywhere between 2-3 o'clock on your watch to navigate to the Heart Rate screen. Then, tap and hold anywhere between 2-3 o'clock on your watch until your watch vibrates to start measuring your heart rate. Once completed, your watch will vibrate again and display your heart rate measurement.

Measure your heart rate from the iTOUCH Wearables app. Go to the Heart Rate tab from the Home page of your app. Tap the measure button [Measure] at the bottom of the page to begin measuring your heart rate on your iTouch Connected.

Heart rate: Keep track of your recent heart rate measurements using the iTOUCH Wearables app. Go to the Heart Rate tab on the Home page. Learn more about heart rate data analysis and what your movement state can tell you about your fitness intensity. View and compare your recent heart rate trends from this page, or click on data page [icon] for individualized stats. Make sure your Analog Smartwatch is connected to your device to view this data.

⚠️ **The heart rate monitor is not for medical use. If you're having issues with your heart rate measurements, please consult a doctor immediately.**

Blood Oxygen Monitor: Measure your blood oxygen saturation (SpO2 %) with your iTouch Connected Analog Smartwatch. Learn more about blood oxygen in the iTOUCH Wearables app.

To measure your blood oxygen saturation from your Analog Smartwatch, tap anywhere between 2-3 o'clock on your watch to navigate to the Blood Oxygen screen that says, "SpO2". Then, tap and hold anywhere between 2-3 o'clock on your watch until your watch vibrates to start measuring your blood oxygen. When finished, your watch will vibrate again and display your blood oxygen measurement.

To measure your blood oxygen saturation from the iTOUCH Wearables app, navigate to the Blood Oxygen page. Tap the measure button [Measure] to start measuring your blood oxygen. This data will automatically sync to your app when your iTouch Connected is within Bluetooth range of your smartphone. View and compare your recent blood oxygen measurements from the Blood Oxygen page, or click on the data page [icon] for individualized stats.

⚠️ **The blood oxygen monitor is not for medical use. If you're having issues with your blood oxygen measurements, please consult a doctor immediately.**

Fitness & Exercise: Track your steps, calories and distance directly from your analog smartwatch. You can see this information by navigating to Steps, Calories and Distance screens on your smartwatch.

For complete workout stats, recap and route information make sure to use your smartphone's connected GPS. Review your exercise history via the ITouch Wearables app. Note: The Connected GPS feature on the ITouch Connected Analog Smartwatch works with the GPS sensors on your nearby phone.

Connected GPS: From the dashboard of the app, scroll down and hit Running Mode. A new screen will appear that will say Start. Tap Start. A countdown will appear and once complete, connected GPS mode will be enabled until you pause or completely stop it. This screen will showcase your steps and calories burned. You will have an option to toggle between this screen or an actual live map of your route. Once completed, you can view your route, total distance, steps and calories.

Smartwatch Remote Features

Camera Remote: To snap photos using your ITouch Connected Analog Smartwatch, go to the iTouch Wearables app and navigate to device section in the app. Tap the Camera Remote feature in app to start using your watch to take photos. To snap a photo, you can tap and hold anywhere between 2'3 o'clock on your watch once you see the camera icon display. Or turn on the activate display after wrist rotation feature in the app and rotate your wrist to snap a pic.

After using this feature, you may see the camera icon linger on your device for a few moments before it disappears. This is normal but if you want to get rid of it quickly and manually, you can tap and hold anywhere between 2-3 o'clock on your device when you see this camera icon and this will help quickly return you to your main clock face.

Additional Features

On the iTouch Wearables app, navigate to the device page in your app. Tap on **Additional Features** to view more features for your smartwatch. Learn more below.

FIND DEVICE: Tap **Find Device** under Additional Features to vibrate your iTouch Connected Analog Smartwatch when paired with the app.

LANGUAGE: Tap **Language** to change the language on your analog smartwatch.

DO NOT DISTURB: Tap **Do Not Disturb** and set a time period to prevent your device from receiving all notifications (other than alarms). Once active, it takes 5 minutes to begin working.

TIME FORMAT: Tap on **Time Formats** under Additional Features to select 12 or 24 hour format.

UNIT FORMAT: Tap **Unit Format** to change the units of measurement reflected on your watch and in your app. Choose between the metric and imperial systems of measurement.

ACTIVATE DISPLAY AFTER WRIST ROTATION: Once your watch is fully paired to the app, this function allows you to flick your wrist to have the display turn on. Tap on Active Time to set the time you would like this feature to be active for. As mentioned earlier, to keep this feature active 'All Day', set the 'Start' and 'End' times as 12:00AM. You can also toggle this function on and off as you require.

UPDATE, RESTART, AND ERASE

Update iTouch Connected Firmware: If there is a new firmware update available for your iTouch Connected, you will receive a pop-up notification to download it within the iTOUCH Wearables app. If you do not receive said notification, tap the device icon from the navigation bar. Then go to Update Firmware where you will see a red dot on the Update Firmware tab, signifying that an update is available. Tap the Update button to begin updating your iTouch Connected. Be sure that your analog smartwatch remains within Bluetooth range of your phone while updating. Once your update is completed, your watch will automatically reset.

Restart Your iTouch Connected: If you can't sync your iTOUCH Connected, or if you have trouble with connected GPS or tracking your stats, you can restart your watch from your wrist. From your iTouch Connected, tap anywhere between 2'3 o'clock on your watch to navigate to the power icon screen. Then, tap and hold anywhere between 2-3 o'clock on the watch to power it off. Once your watch has fully powered off, wait 2 full minutes. Then, simply tap and hold anywhere between 2-3 o'clock on the watch to turn it back on again.

WEAR AND CARE

All iTouch Connected products are meant to be worn all day and night, so it's important to follow a few simple guidelines as you wear and care for your device.

To keep your band clean and your skin happy, we recommend the following tips:

• Clean your band and wrist regularly - especially after intense workouts or sweating.
• Rinse the band with water or wipe it with a small amount of rubbing alcohol. Do NOT use hand soap, dish soap, hand sanitizer, cleaning wipes or household cleaners, which could get trapped beneath the band and irritate your skin.
• Always pat dry the band before putting it back on

Note: Although the iTOUCH Connected Analog Smartwatch is waterproof, it is not good for your skin to wear a wet band for long periods of time.

Make sure to wear your band loosely enough that it can move back and forth on your wrist. Prolonged rubbing and pressure may irritate the skin, so give your wrists a break by removing the band for an hour or two after extended wear.

IMPORTANT TIPS:
If you have allergies, asthma, or eczema, you may be more likely to experience a skin irritation or allergy from a wearable device. If you start to experience skin irritation or redness on your wrist, remove your device. Contact a dermatologist if symptoms persist longer than 2-3 days of not using your wearable device.

REGULATORY & SAFETY NOTICES

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help. Caution: Any changes or modifications to this device not explicitly approved by the manufacturer could void your authority to operate this equipment. This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. This equip- ment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This device and its antenna must not be located or operated in conjunction with any other antenna or trans- mitter.

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