



English V1.00



tūwTM Smartwatch & App USER GUIDE



Tracking Ûr Wellness



Welcome to your innovative wellness tracker,
the **tūwTM Smartwatch** from **ByDzyneTM** -
an intelligent device specifically designed to
monitor your daily lifestyle, helping you to
improve your overall wellness.

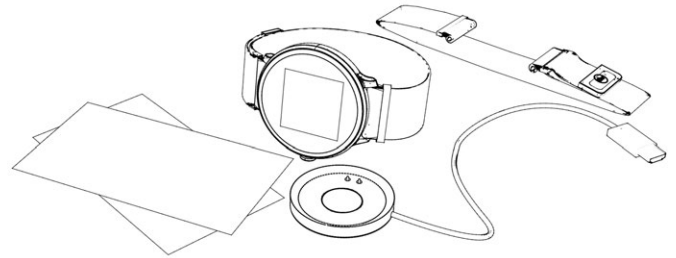


Tracking Ūr Wellness



What's Included In The Box

- **tūw™ Smartwatch** Device
- Additional Stainless Steel Silver Fashion Band
- USB Charger (USB - supported adapter not included)
- Smartwatch User Guide
- App & Language Insert



**Please read the full User Guide prior to use.*

Your tūw™ Smartwatch & App Features

The intelligent **tūw™ Smartwatch** is specifically-designed to monitor your daily lifestyle with built-in intuitive functions.

The **tūw™ Smartwatch App** provides a personal fitness touch with additional features that can be customized in order to help you improve your overall wellness.

tūw™ Smartwatch & App Features



Fitness Dashboard



Heart Rate Monitor



Sleep Data Monitor



Bluetooth 5.0



IP67 Waterproof 1m



Stylish Design



Countdown Timer



Find Phone



Stopwatch



Sport Mode



200mAh Battery



Interchangeable Band



- Wear Test
- Take Photo
- Alarm Clock
- Heart Rate Alarm
- Ovulation Monitor
- Tracking and Storing Wellness Data
- Message Notifications
- Inactivity Reminder



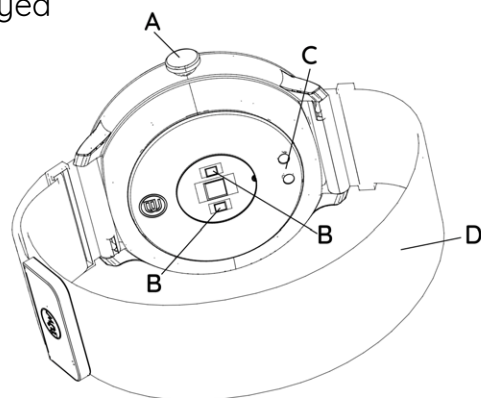
Table of Contents

Get to know Your tūw™ Smartwatch	6
Charging Your Smartwatch	6
Battery Life	7
Putting on Your Smartwatch	7
Changing the Band	8
On/Off/ Wake Up	8
Setting Up Your tūw™ Smartwatch App	9
Create Your Account	10
Pairing App to Your Smartwatch	12
Syncing Your App to the Cloud	12
Clock/Home	13
The Home Dashboard	14
Fitness Dashboard	15
Sleep Data Monitor	16
Heart Rate Monitor	17
Ovulation Monitor	19
Sport Mode Feature	22
Message Notification	24
Alarm Feature	24
Inactivity Reminder	25
Take a Photo	25
Screen On Time	26
Countdown Timer	26
Find Phone	27
Stopwatch	27
Answer Call /Mute/ Reject Call	28
Wear Detection	28
Change Information on Your Profile	29
Reset Password	29
Unit Settings	30
Clear Data	30
Specifications & Material	30
Care & Cleaning	30
Product Disclaimer	31
One-Year Warranty	31
FCC Compliance Statement	31

This smartwatch is designed to be utilized with the tūw™ Smartwatch App (Available on iOS and Google Play Store). For instructions on connecting your smartwatch via Bluetooth and how to use the App please continue to read through this user guide.

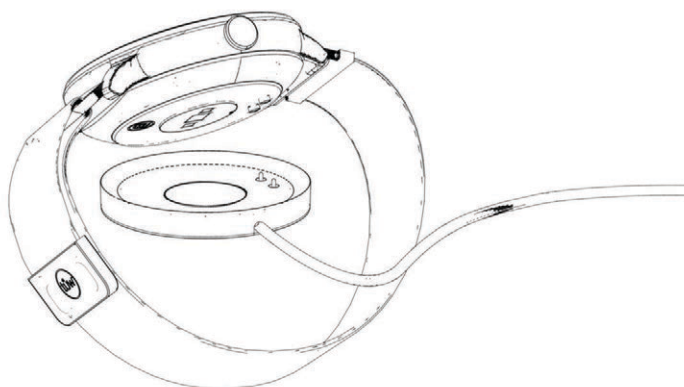
Get To Know Your tūw™ Smartwatch

- A. On/Off
- B. Green PPG LED & skin contact sensors for taking measurements.
When the sensor is on, a green LED is displayed
- C. Copper contact points for charging
- D. Stainless steel, fully adjustable band



Charging Your Smartwatch

Remove the included USB charger from underneath the insert holding your smartwatch (in the box). Connect the USB cable to any USB-supported charging device (output: 5V 1A). On the backside of the watch align the copper contact points with the copper points on the charging base.



Battery Life

When the smartwatch battery is low, a red lightning bolt icon will appear when you touch the display screen. When the battery is completely exhausted, the smartwatch will automatically turn off. Once placed on the charger, it will automatically turn on. The lightning bolt icon will appear and become solid green when the smartwatch is fully charged. While charging, the main home/ clock face will appear but no other functions can be operated.*



** The battery will last up to 3 days depending on usage. It takes approximately 2 hours to fully charge. Do not attempt to replace the battery yourself, as it may cause damage to your **tūw™ Smartwatch**. The disposal of the lithium-ion battery in your **tūw™ Smartwatch** must be disposed of according to your local environmental laws and guidelines.*

Putting On Your Smartwatch

Your **tūw™ Smartwatch** is designed with an adjustable magnetic strap. Slide the band through the watch brackets to lengthen. Once on your wrist, pull the magnetic buckle strap tight, then let it rest on the strap.



Changing The Band

- Unbuckle the band by sliding the magnetic buckle through its bracket and place the device face down on a clean surface or cloth.
- Locate the spring-loaded pins in the bracket. One at a time slide the pin's knob inwards towards the center and tilt to detach the bracket from the shoulder of the device.
- Once separated, remove the two pins and insert them into the brackets on your new band.
- To attach your new band, insert one end of the spring-loaded pin into the pin-size hole located in the shoulder. Apply pressure downwards on the pin's knob so you can slide the top part into the corresponding hole on the opposite side. Repeat the process with the other bracket. Once both brackets are in place, check that they are both secured.

** The additional Silver Fashion Band is a fashionable accessory. Though showering with it or daily use will not harm the metal, when exposed to harsh chemicals and continuous moist conditions such as high humidity, sweat, and contact with water, the band can potentially tarnish and affect the look of your silver band.*

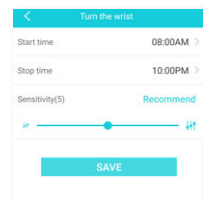
On / Off / Wake Up

To turn on your **tūw™ Smartwatch** press and hold the side button for 3 seconds. The smartwatch will vibrate and the **tūw™** logo will appear.

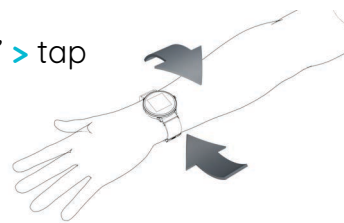
- To turn off your smartwatch, press and hold the button for 3 seconds until **tūw™** logo disappears. The smartwatch will vibrate again. You can also swipe the display screen until you see the red “power off” icon. Press and hold this icon for 3 seconds to turn off smartwatch.



- To wake up the smartwatch screen either tap the display screen, press the side button, or rotate your wrist. You can switch on the wake up function through the App and set the sensitivity level. Open App > Settings icon > My Smartwatch Settings > tap “Turn Wrist” button



- To change the duration of how long the display screen stays on and smartwatch sensitivity level. Open App > “Settings” icon > “My Smartwatch Settings” > tap “Turn Wrist” arrow > set your start time, stop time and sensitivity level > “SAVE”



Set Up Your tūw™ Smartwatch App

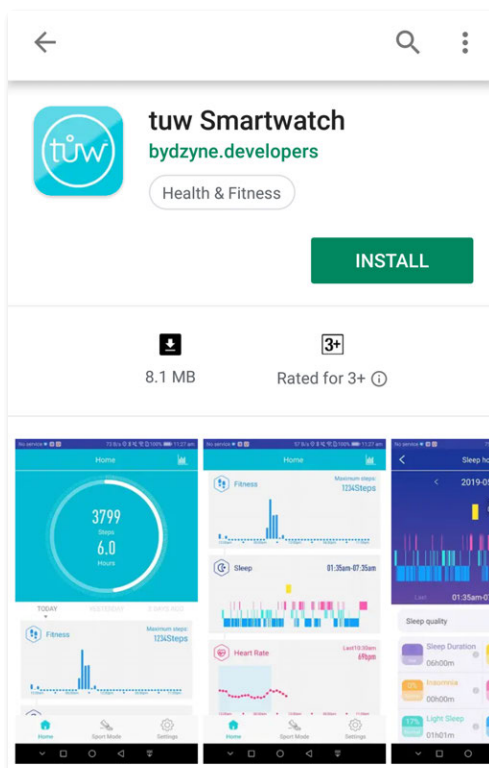
For the best experience with the smartwatch we recommend using the **tūw™ Smartwatch** App for Android or iOS. You can find the App in one of the following locations depending on your device.

- The Google play store for Android devices such as Samsung, Huawei, or LG
- The Apple App store for iOS devices such as iPhone or iPad



Download and install the App on your mobile device and when it is installed, turn on the Bluetooth function on your device*. Open the App and tap the screen to be guided through a series of questions to help you create your **tūw™ Smartwatch** account.

**Some mobile phone will require that the Location is turned on in order for the smartwatch to be detected via the App.*



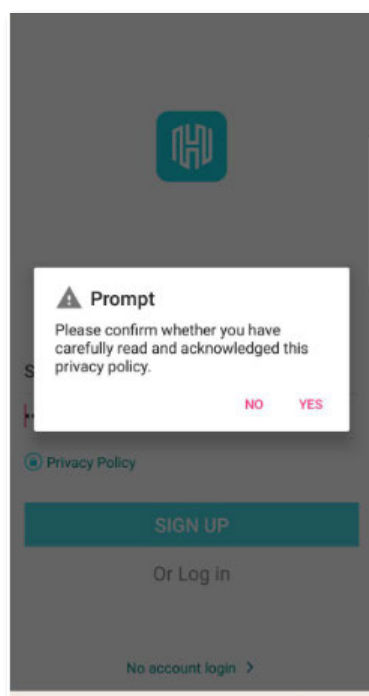
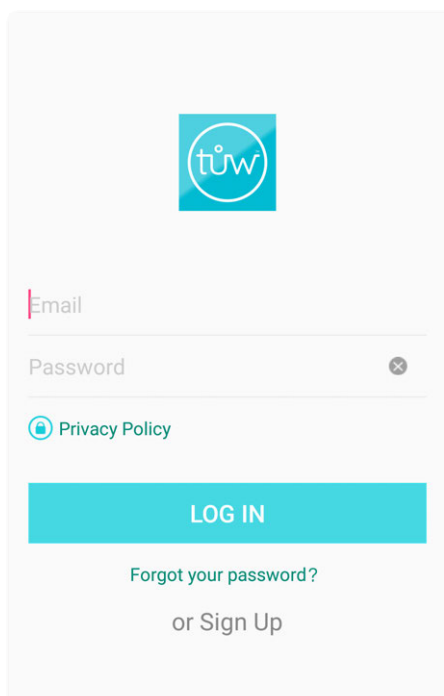
Create Your Account

You need to create an account to begin monitoring your wellness journey on a daily basis.

Open App > tap “Or Sign Up” > input your email address > create a valid password containing 6 to 20 characters.

The prompt will ask you to confirm whether you have carefully read and acknowledge the privacy policy, once you tap “YES”, your account will be created and will be logged in successfully.

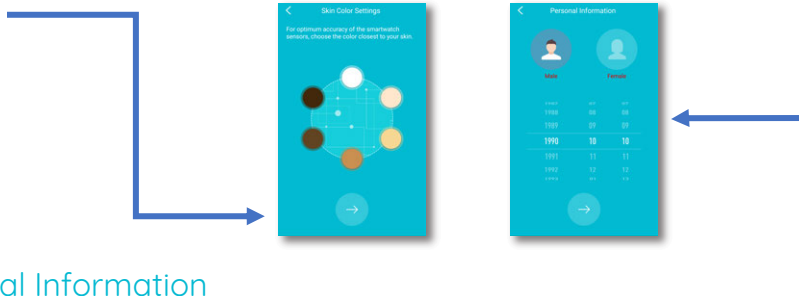
- To link your **tūw™ Smartwatch** App with your ByDzyne™ account enter the same email address associated with your account.
- If you already have an account tap “Log In” and enter your valid 6 to 20 character password.



Creating Your Account

Skin Color Settings

In order for the smartwatch to be able to monitor your wellness effectively, you will be asked to choose a color that is close to your skin tone. Tap the color circle that matches your skin best and then press the arrow at the bottom of the screen.



Personal Information

Your personal information is important for the smartwatch algorithm to use to help you reach your goals.

1. Identify if you are male or female by tapping on the icon that applies at the top of the screen
2. Then select the year, month, and day of birthday
3. When complete press the arrow button at the bottom of screen

Input Your Personal Data

1. Scroll through numbers in each section to select your weight and height
2. Then press the arrow button at the bottom of screen



Input Your Goals

According to your personal information the App will calculate a recommendation of steps and sleep hours per day. You are able to customize these goals to align closely with your lifestyle.

1. To customize your steps goal scroll and choose a number
2. To customize your sleep hours tap the “-” or “+” signs
3. When selections are complete, press the check button at bottom of screen

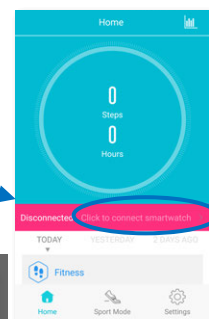
Pairing the App to Your Smartwatch

You must now pair/connect your Smartwatch to the App. Pairing your mobile device will make sure the App and smartwatch can communicate with one another, syncing data back and forth using Bluetooth. Make sure your phone's Bluetooth connection is switched on at all times to enable syncing.

**Some mobile phones will require that the Location is turned on in order for the smartwatch to be detected via the App.*

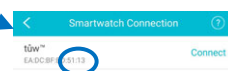
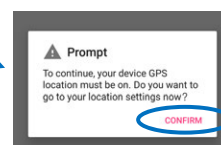
1. Pair The App To Your Smartwatch:

Open App > home dashboard > tap "Click to connect smartwatch" (right hand side of pink bar)*
You will be prompted to turn on your GPS location as well.
Click "Confirm"



2. Activate The Tūw™ Smartwatch Connection:

Tap on "Connect" beside your **tūw™** device.
To confirm which smartwatch is yours, press the screen on the smartwatch for about 4 seconds.
The MAC number is your unique **tūw™** smartwatch ID.



3. To Disconnect The Smartwatch:

Open App > tap "Settings" icon > tap "My Smartwatch Settings" > tap off "Pair device" button

** The smartwatch can store the data up to 7 days without being paired to the phone.*

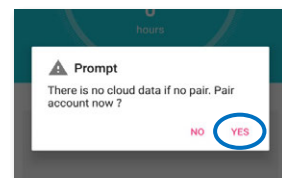
** Your phone must be set to receive notifications (often can be found under phone Settings > Apps > tūw Smartwatch > Permissions > Location)*

Syncing your App to the Cloud

After you connect the smartwatch and the App, a prompt will ask you to sync the app to the cloud so that your data can be stored. If you are not logged into your account, the App data will be stored locally on your mobile phone and once you log back into your account, the data will then be uploaded to the cloud.

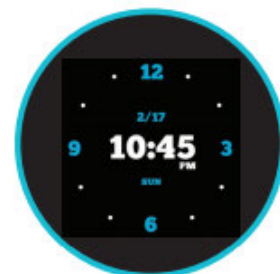
To Disable Syncing:

Open App > tap "Settings" icon > tap "tūw" under My Smartwatch Settings" > tap the "Sync to cloud" button



Clock

Your **tūw™ Smartwatch** clock face is your home screen. Swipe your finger up or down across the display screen to change the look of the home screen. To navigate through your **tūw™ Smartwatch** features, swipe your finger left to right (or right to left) across the display screen. Pressing the home screen for 1 second will show you the smartwatch MAC number and version.



Once the smartwatch is paired to a mobile phone via the **tūw™ Smartwatch App, the clock's time zone will be updated to the same time zone & settings as the mobile phone.*

Home Dashboard

Your **tūw™ Smartwatch** Home Dashboard is your personal wellness assistant. This feature provides an overall snapshot of your daily progress as you strive to achieve your fitness and wellness goals. You can identify trends and analyze data to help you target specific wellness areas.

Section 1: Step Count And Time Summary

You will be able to see the accumulated Step count and duration hours by tapping the words “TODAY”, “YESTERDAY”, “2 DAYS AGO”.

Section 2: Fitness

The Fitness section shows your maximum steps for the day with a graph highlighting your fitness peaks. Tap this section to enter the Sport dashboard screen which lists all data pertaining to your daily steps, the distance traveled, and calories burned.

Section 3: Sleep

The diagram in the Sleep section is a snap shot of your sleep pattern. Tap this section to enter the Sleep Data Monitor screen which shows a detailed description of your sleep cycle.

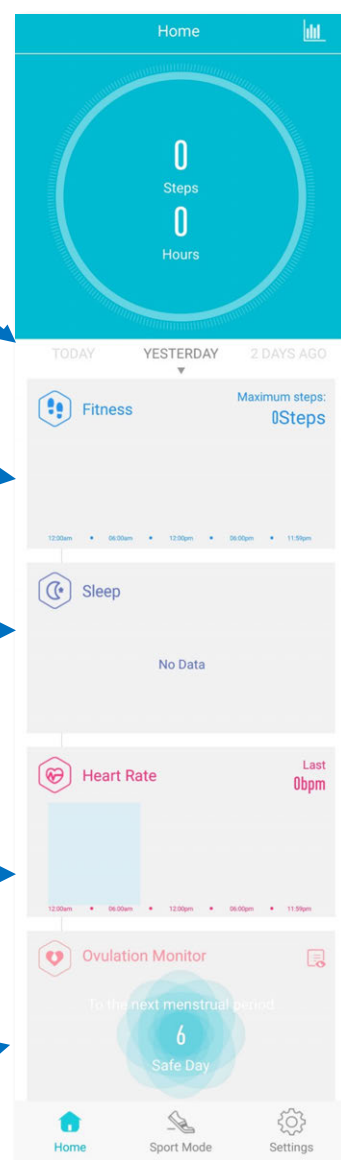
Section 4: Heart Rate

The Heart Rate section is where you can view the last heart rate reading and time it was taken. The graph displays the heart rate readings taken throughout the day. Tap this section to enter the Heart Rate Monitor for more detailed heart rate measurements. Tap the pink heart icon to take a manual Heart Rate measurement.

Section 5: Ovulation Monitor

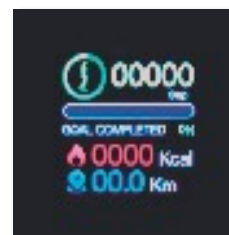
The Ovulation Monitor summarizes your menstrual cycle by predicting your period and indicating daily pregnancy probability statistics. Tap this section to view your ovulation tracking details and input details like menstruation cycle and pregnancy status.

**Note: The Ovulation Monitor is only available for Females.*



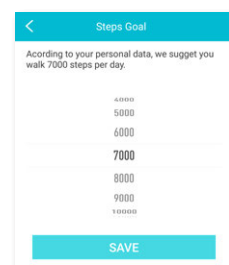
Fitness Dashboard

The Fitness Dashboard tracks and monitors your daily fitness goals via your smartwatch and saves that data in the App. The smartwatch allows you to view the total amount of your current daily steps, calories burned, and your distance traveled. When you achieve your step goal, the smartwatch will vibrate and display the sport goal animation. The default goal is set to 9,000 steps and you are able to easily change the goal using the App. The Fitness dashboard screen in the App takes a reading every 30 minutes then lists your daily steps, the calories you burned, and the distance traveled. It also calculates and tells you the amount of steps you need to achieve your goal.



To Change Step Goals:

Open App > tap “Settings” icon > tap “step goal” > scroll to select your desired step goal > “SAVE”

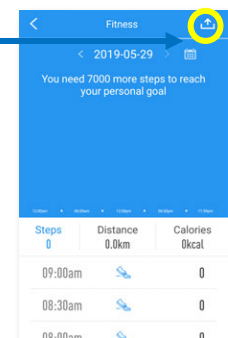


To View Recorded Daily Readings Data:

Open App > Home Dashboard screen > tap “Fitness” section > tap on the words “Steps”, “Distance” or “Calorie”

To See Your Fitness Data History:

Open App > the Home Dashboard screen > tap “Fitness” section > input desired date from the Calendar icon on the top right corner > “Confirm”



Sleep Data Monitor

The Sleep Data Monitor helps you improve the consistency of your sleep cycle by logging your overall sleeping patterns and trends. This feature detects when you begin to go to sleep and when you wake up. It automatically and accurately records and displays total sleep duration (including deep and light sleep) over a 24-hour period, through a sensor inside the smartwatch that detects vibrations. The smartwatch will display your sleep time and quality of sleep from the last recorded night. The sleep data screen in the app enables you to view your daily sleeping patterns and your historical data.



**The sleep data activates regardless of the time of day.*

To See Your Sleep Data On The Smartwatch:

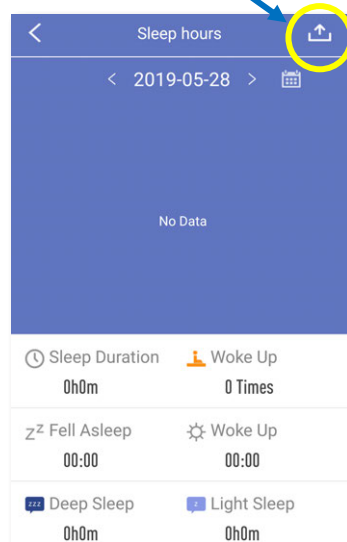
Swipe left or right to view the sleep feature. After no activity for 3 seconds, the screen will automatically enter in standby mode

To Change Your Sleep Goal:

Open App > tap “Settings” icon > tap “Sleep” arrow > scroll and select “Sleep duration” > “SAVE”

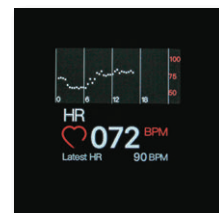
To See Your Sleep Data History:

Open App > tap the “Sleep” section > tap on date or calendar icon at top of screen > input desired date > “Confirm”



Heart Rate Monitor

This intuitive Heart Rate Monitor allows you to easily view your heart beats per minute in real-time and see a graph of your average heart rates during the day. Swipe left or right to access the screen on the smartwatch and the measurement will begin. After a few seconds, the results will be displayed and continue to take measurements in real-time. After approximately 60 seconds, the screen will automatically go to sleep.

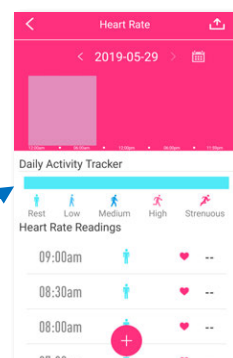


When you activate the automatic heart rate monitoring in the App, it will automatically begin to record the data at 30 minute intervals.

In the App you are also able to turn on the heart rate alert, customize other heart rate features, and see your entire heart rate measurement history.

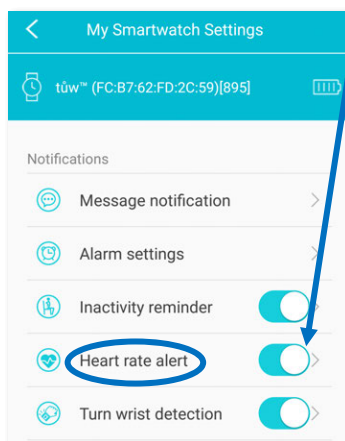
Additional Heart Rate App Functions:

On the Heart Rate dashboard you are able to view the heart rate zone which tracks your training intensity and the hours of the day that you were stationary verses active.



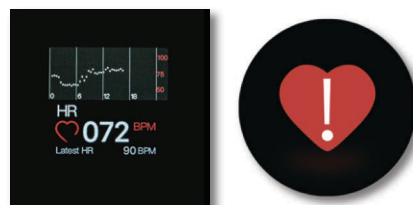
To Turn On / Off Heart Rate Automatic Monitoring:

Open App > tap "Settings" icon > tap "My Smartwatch Settings" > "Switch settings" arrow > tap "Heart rate alert" button to switch it on or off.



Heart Rate Monitor

When the Heart Rate automatic monitoring is on, you are able to set the Heart Rate alert on the app and set the abnormal heart rate value. When your heart rate reaches the abnormal value, the smartwatch will vibrate and display the heart rate alert.

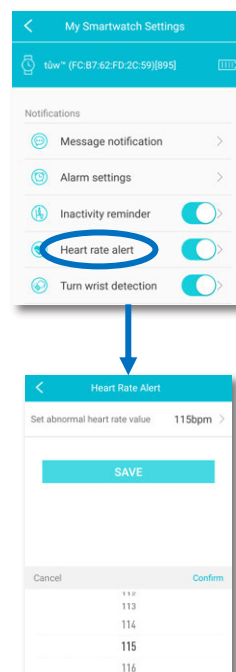


To Turn On / Off Heart Rate Alert:

Open App > tap “Settings” icon > tap “My Smartwatch Settings” > tap “Heart rate alert” button

To Activate The Abnormal Heart Rate Value:

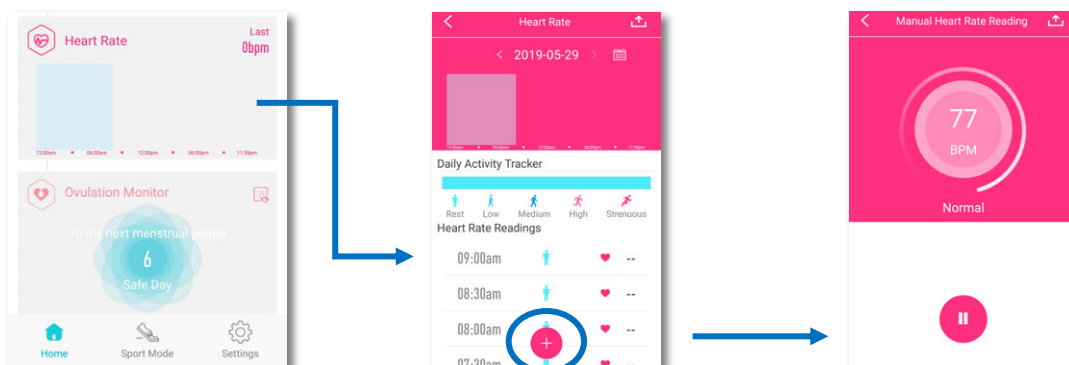
Open App > tap “Settings” icon > tap “My Smartwatch Settings” > tap “Heart rate alert” arrow > tap “abnormal heart rate value” arrow > set the BPM number “CONFIRM” > “SAVE”



Manual Heart Rate Reading

To Conduct A Manual Heart Rate Reading:

Open App > “Home” > tap the “Heart Rate” section (bottom of the screen) > press “+” > press “Play/Pause button” icon



Ovulation Monitor

The Ovulation Monitor* helps you map out your fertility cycle and enables you to stay updated with data-driven notifications on the **tūw™ Smartwatch**. By utilizing your specific cycle data, this feature records, analyzes and monitors your ovulation. Follow your cycle closer with fertility predictions and calendars for tracking periods and ovulation. You can set the Ovulation Monitor section on the Home Dashboard to the discreet mode by tapping the small box icon in the upper right corner.

**When you download the app to your phone, hit 'Yes' when prompt asks if you would like to set up the ovulation monitor.*

*** The Ovulation Monitor will only work for Female users.*

To Begin Ovulation Tracking

Record Menstruation

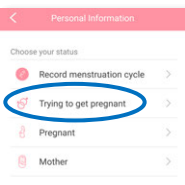
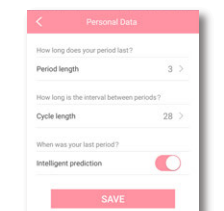
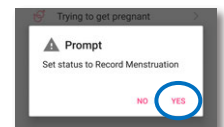
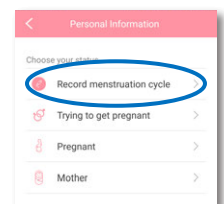
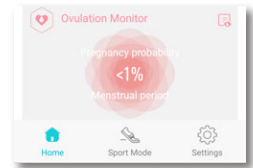
Open App > tap "Ovulation Monitor" section > "Personal Information" > tap "Record menstruation cycle" > "CONFIRM".

A prompt will ask you to "Set status to Record Menstruation?" select "Yes".

Input Personal Data:

- Period length > tap arrow > select number > "CONFIRM"
- Cycle length > tap arrow > select days > "CONFIRM" > "SAVE"
- Tap "Intelligent prediction" button for prediction date of menstrual period.

Ovulation Monitor on the Home Dashboard will display daily pregnancy probability statistics.



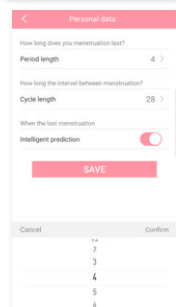
Trying To Get Pregnant

Open App > tap "Ovulation Monitor" section > "Personal Information" > tap "Trying to get pregnant" >

A prompt will ask you to "Set status to Record Menstruation?" select "Yes".

Input Personal Data:

Period length > tap arrow > select number > "CONFIRM" > "SAVE"
 Cycle length > tap arrow > select days > "CONFIRM" > "SAVE"
 Tap on "Intelligent prediction" button for prediction date of menstrual period.



Ovulation Monitor

Pregnant:

Open App > tap “Ovulation Monitor” section > “Personal Information” > tap “Pregnant” > A prompt will ask you to “Set status to Pregnant?” hit “Yes”
 > Click “Expected date of childbirth” to input the date.

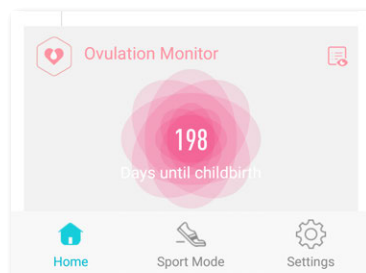
Input Personal Data:

Expected date of childbirth > tap arrow > enter date > “CONFIRM” > “SAVE”

For intelligent prediction calculation of expected date of childbirth:
 Start date of last period > tap arrow > select date > “CONFIRM” > “SAVE”



Ovulation Monitor on the Home Dashboard will display your daily countdown to childbirth.



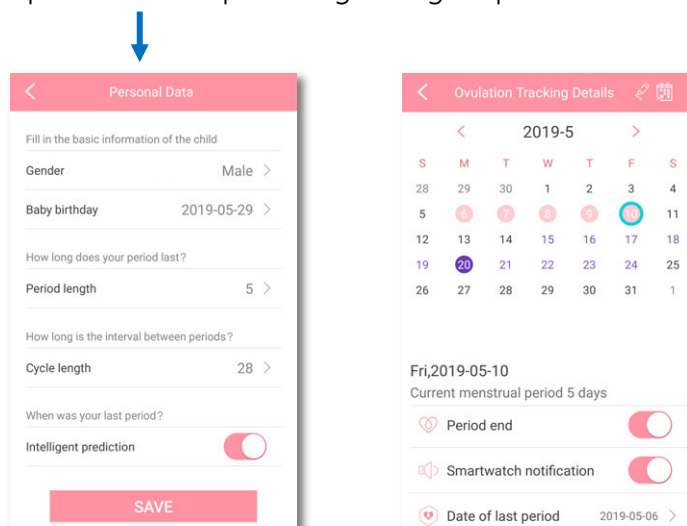
Ovulation Monitor

Mother

Open App > tap “Ovulation Monitor” section > “Personal Information” > tap “Mother” > A prompt will ask you to set status to Mother, tap “Yes”

Input Personal Data:

- Enter gender of baby > tap arrow > “CONFIRM” > “SAVE”
- Enter expected date of birth > tap arrow > “CONFIRM” > “SAVE”
- Period length > tap arrow > select number > “CONFIRM” > “SAVE”
- Cycle length > tap arrow > select days > “CONFIRM” > “SAVE”
- Tap Intelligent prediction to predict your cycle period



The image shows two screenshots from the Ovulation Monitor app. The left screenshot is titled "Personal Data" and contains the following fields: "Gender" (Male), "Baby birthday" (2019-05-29), "How long does your period last?" (Period length: 5), "How long is the interval between periods?" (Cycle length: 28), and "When was your last period?" (Intelligent prediction toggle). A "SAVE" button is at the bottom. The right screenshot is titled "Ovulation Tracking Details" and shows a calendar for May 2019. The current menstrual period is 5 days, starting on Friday, 2019-05-10. There are toggles for "Period end", "Smartwatch notification", and "Date of last period" (2019-05-06).

Ovulation Calendar :

Log your period in the App’s calendar and track your cycle with the ovulation calculator.

Review past period and ovulation calendar dates for best ovulation tracking.

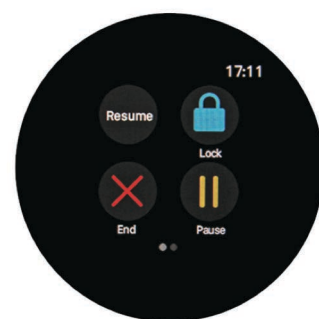
There are monthly fertility calendar views indicating fertile window, ovulation day, and specifying the day with highest chances to conceive.

Sport Mode Feature

Start the Sport Mode when you begin your workout to track your activity time, calories burned, real-time heart rate, and steps taken per work out session. Swipe left or right on the smartwatch screen to locate the sport mode. Press screen once to start this feature. The smartwatch will now track elapsed time, calories (kcal), heart rate (bpm), and steps. If there is no activity after approximately 3 seconds, the screen will automatically go into sleep mode. To lock, pause, or exit sport mode on the smartwatch, swipe your finger once from left to right, then click the appropriate icon. The data captured for each session will be stored in the App.

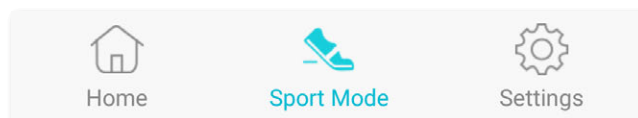


- The lock/unlock button can be used to prevent accidental touch
- The pause button allows you to pause and resume recording during your exercise routines
- The smartwatch is intuitive and knows if you are currently in motion during exercising. If the smartwatch determines you are not in motion it will automatically exit sport mode.



To access the App Sport Mode Dashboard:

Open App > tap “Sport Mode” icon at bottom of the App screen



The App Sport Mode Dashboard has 2 modes:

1. Smartwatch Movement - tracks your current and historical records of calories burned and you are able to start the Sport Mode on the smartwatch.
2. GPS Movement - tracks your real-time location and route you have walked/ran via your mobile phone.

Sport Mode Feature

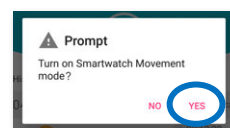
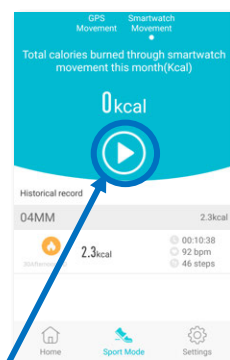
Smartwatch Movement

The Smartwatch Movement screen shows the historical record of your calories burned daily. The data is broken down by time of day (morning, afternoon and night), the activity duration, readings of the average heart rate, and recorded steps.

To get more data details tap on the “flame” icon to see recorded statistics including speed, aerobic exercise time, average heart rate, distance, and number of pauses. There are 3 graphs displaying heart rate readings, amount of exercise, and step count records.

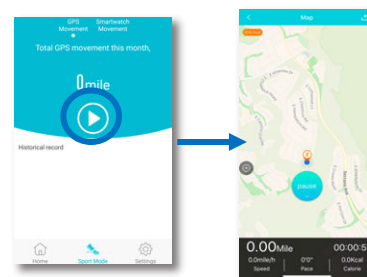
To Access Smartwatch Movement Mode & To Turn On Sport Mode On Smartwatch Via App

Open App > tap “Sport Mode” icon at bottom of screen > tap “Smartwatch Movement” at top of screen > tap “Play button” icon. It will prompt you to turn on the sport mode feature on the smartwatch.



GPS Movement

The GPS Movement screen has a map of your current location and exercise statistics such as how fast you are going, the pace of your activity, and the calories burned. The session will be recorded in the App.



To access GPS Movement mode:

Open App > tap “Sport Mode” icon at bottom of screen > tap “GPS Movement” at top of screen > tap “Play button” icon > tap the “start sport” circle.

You can pause the session by pressing and swiping down the “Pause” circle and to continue GPS tracking tap “CONTINUE”. To end session tap “DONE”, a prompt will ask if you want to stop session hit “YES”.

**GPS signal strength may decrease in locations where signal is obstructed such as poor weather conditions, in and between some buildings or in low lying areas.*

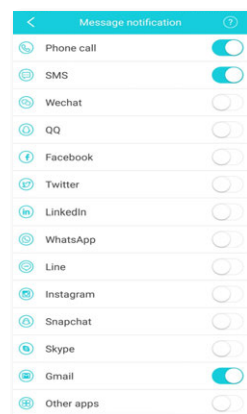
Message Notification

Receive instant notifications (phone calls, SMS, Facebook, and more) directly to your smartwatch by turning on individual notifications through the App. When notification messages are coming in, for example a SMS, the smartwatch will vibrate and display your message. If there is no activity after 3 seconds the screen will automatically turn off.

To activate Message notifications:

Open App > tap “Settings” icon > tap “My Smartwatch Settings” > tap “Message notification” arrow > select any combination of notifications apps by tapping button.*

**Your phone must be set to receive notifications (often can be found under phone Settings > Notifications) a prompt will appear for permission, select “allow”*



Alarm Feature

You can set up personal alarms through the App and your smartwatch will vibrate when the alarm goes off. After the smartwatch vibrates 10 times, it automatically shuts off. You can set multiple alarms and receive reminders at specific times, plus add label icons to customize alarm identification.

To Set The Alarm:

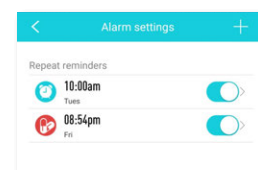
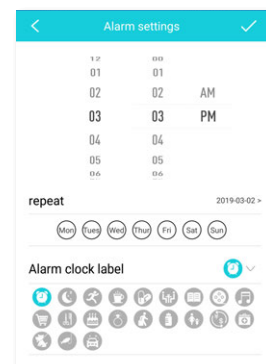
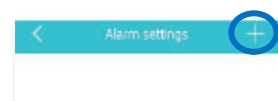
Open App > tap “Settings” icon > tap “My Smartwatch Settings” > tap “Alarm settings” arrow > tap “+” at top of screen in the upper right hand side > Set hours

To Set A Repeat Alarm:

Open App > tap “Settings” icon > tap “repeat” > select day > select time > tap “Confirm”

To Customize Your Alarm Clock Label:

Open App > tap on “Alarm Clock Label” > choose label icon and it will automatically be updated



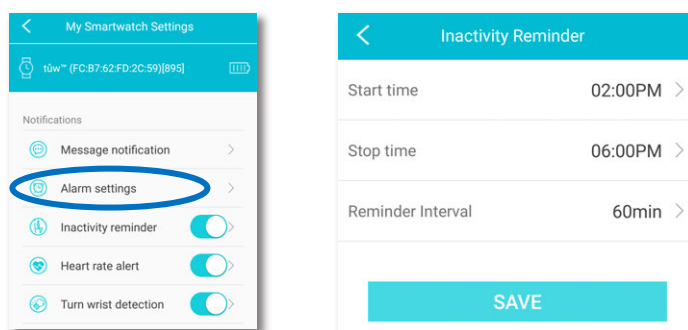
Inactivity Reminder

The Inactivity Reminder measures your non-movement and will alert you when you have been inactive for too long. If you are stationary longer than the time period you have set, the smartwatch will vibrate with a reminder to move around.



To Set Your Inactivity Reminder:

Open App > tap “Settings” icon > tap “My Smartwatch Settings” > tap “Inactivity Reminder” button > tap arrow to set Start time, Stop time, and reminder interval



Take A Photo

You can take pictures through your smartwatch once you turn on the “Take Photo” feature in the App.

Please note: The App cannot take pictures when the smartwatch is measuring the heart rate.

To Enable The “Take Photo” Feature:

Open App > tap “Settings” icon > tap “My Smartwatch Settings” > tap “Take Photo” arrow

This immediately opens the camera mode on your mobile phone, and the photo capture screen on the smartwatch. Click the white icon on the screen or shake the smartwatch to take the photo. Press the white icon for a few seconds to exit the photo function.



Screen On Time

You can customize the length of time your smartwatch screen stays on through the App.

Open App > tap “Settings” icon > tap “My Smartwatch Settings” > “Screen-On Time” tap arrow > tap “Screen-On Time” arrow > select new time duration > “Confirm” > “SAVE”



Countdown Timer

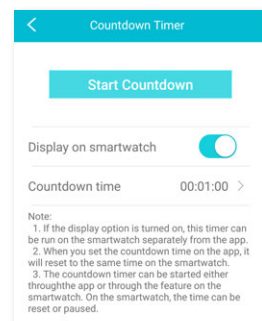
The Countdown Timer is great for interval training. You’re able to start, pause, and reset right from your **tūw™ Smartwatch** and set your desired countdown timer through the app. Swipe left or right on the smartwatch screen to locate countdown mode, press “START” and the timer will begin to countdown. Upon reaching zero the smartwatch will vibrate until you press “RESET.” You may also use the pause and resume buttons during an active countdown. The default setting for this feature is 1 minute and can be changed via the app. The countdown timer can be started either through the app or through the display screen on the smartwatch.



To Set Or Change The Countdown Timer:

Open App > tap “Settings” icon > tap “My Smartwatch Settings” > “Countdown timer” tap arrow > tap “Start Countdown” button > select the desired time > “Confirm”

If the display option is turned on, the timer can be run on the smartwatch separately from the app.



To Turn On The Display Option:

Open App > tap “Settings” icon > tap “My Smartwatch Settings” > “Countdown timer” tap arrow > tap “display on smartwatch” button

To Start The Timer In The App:

Open App > tap “Settings” icon > tap “My Smartwatch Settings” > tap “Countdown timer” arrow > tap “Start Countdown” button > select time duration > “Confirm”

To Program A Predetermined Recurring Countdown Time:

Open App > tap “Settings” icon > tap “My Smartwatch Settings” > tap “Countdown timer” arrow > “countdown time” press arrow > select your desired countdown time > “Confirm”. When you set the countdown time in the app, it will reset to the same time on the smartwatch and will maintain that countdown time until you change it again.

Find Phone

Find Phone feature will help you locate your misplaced phone. Press the “Find Phone” screen on the smartwatch and if you are connected through Bluetooth, your phone will ring for 1 minute or until you touch the smartwatch phone icon again to turn it off.

To turn on/off Find Phone:

Open App > tap “Settings” icon > tap “My Smartwatch Settings” > tap “Extra Features” arrow > tap “Find phone” button

**If the smartwatch and mobile phone are not connected via Bluetooth®, this feature will not work.*



Stopwatch

Use the built-in Stopwatch feature to time your fitness activities— start, pause and stop/reset easily with one touch. This feature is set to be displayed on your smartwatch by default and can be turned off via the App. On your smartwatch, touch the green icon on the bottom right to start the timer and the icon will turn red. To pause the timer, press the red button. To reset the time, touch the gray icon on the bottom left. After the stopwatch is running for 1 minute, the screen will automatically turn off. Touch the screen once and the stopwatch screen will reappear.

To Display the Stopwatch ON/Off:

Open App > tap “Settings” > tap “tūw” under “My smartwatch settings” > tap “Extra Features” arrow > “Stopwatch feature” button



Answer Call / Mute / Reject Call

Being connected to your phone via Bluetooth will allow you to utilize this function. The smartwatch vibrates when there is an incoming call and will display the caller's number. If the phone number is in your contact list, the caller's name will also appear. You are also able to mute or reject the incoming call.

To Turn On Answer Call In App:

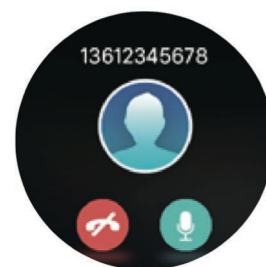
Open App > tap "Settings" icon > tap "message notification" arrow > tap "Phone Call" button

To Mute A Call On Smartwatch:

When there is an incoming call, the smartwatch will vibrate. Touch the green microphone icon at the bottom right to silence the call and stop the smartwatch from vibrating.

To Reject A Call On Smartwatch:

When there is an incoming call, the smartwatch will vibrate. Touch the red icon at the bottom left to reject the call. The smartwatch will indicate the call has been disconnected.

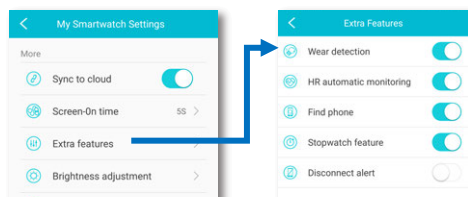


Wear detection

The Wear Detection feature is to make sure you are wearing your **tūw™ Smartwatch** in order to perform functions such as heart rate measurements. If the smartwatch is on your arm, a measurement will be taken. If the smartwatch detects it is not on your arm, the green sensor lights will flash and then the screen will switch into standby mode, thus any measurements will not be taken.

To Turn On Wear Detection:

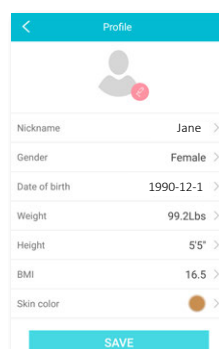
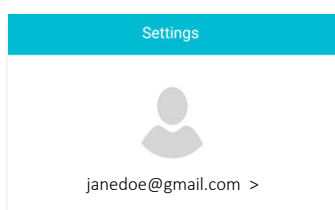
Open App > tap "Settings" icon > tap "My Smartwatch Settings" > tap "Switch settings" arrow > tap "Wear detection" button



Change Information On Your Profile

To Change Your Profile Information:

Open App > tap “Settings” icon > tap on your nickname under profile picture > tap information (Nickname, Gender, Date of Birth, Weight, Height, BMI, and Skin Color) you want to change > tap “Confirm” > “SAVE”

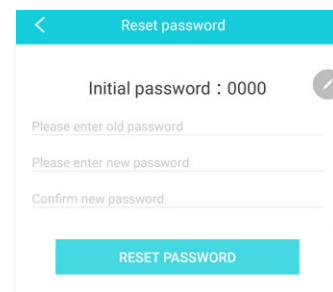


Reset Password

The App comes with a default password of 0000. If you would like to reset your password after you have already connected the smartwatch with your phone.

Open App > tap “Connect device” > tap “My Smartwatch Settings” > tap “Reset device password” arrow > enter old or new password > tap “Reset password”

If you forgot your password, touch the smartwatch screen and hold for 6 seconds. This will clear your password. When you select “Reset password”, your old password will become the default password of: 0000. Please follow these reset password instructions to create a new one.

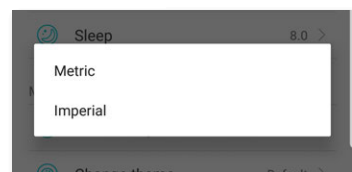


**You are able to connect the smartwatch to your mobile phone without a password.*

Customize Unit System Settings

To Change The Unit Of Measurement:

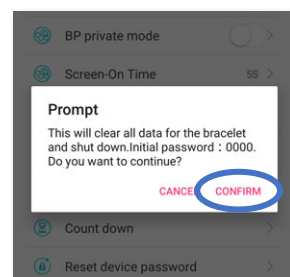
Open App > tap “Settings” icon > tap “Unit setting” > choose Metric or Imperial. The App will automatically save changes.



Clear Data

To Clear Smartwatch Data And Restore It To Factory Settings:


Open App > tap “Connect Device” > tap “My Smartwatch Settings” > tap the “Clear Data” arrow. After this feature is enabled the smartwatch will clear all data and set all function switches to its default value.



Care & Cleaning

Your **tūw™ Smartwatch** and band is designed to be worn day and night. It is important to keep the smartwatch’s sensor clean to ensure an accurate measurement. Wipe the smartwatch face, smartwatch back, and the band with a non-abrasive, lint-free cloth (if necessary, lightly dampen the cloth with fresh water). Dry all parts thoroughly with a non-abrasive, lint-free cloth. The additional Silver Fashion Band is a fashionable accessory. Though showering with it or daily use will not harm the metal, when exposed to harsh chemicals and continuous moist conditions such as high humidity, sweat, and contact with water, the band can potentially tarnish and affect the look of your silver band.

Specifications & Material

- Supports Android 5.1 or IOS 8.0 or Above
- Display: IPS 1.22" Color Touch Screen, 240*240
- Main Chip: NRF 52832
- Battery: 200mAH Li-Polymer
- IP67 Waterproof (1M)
- Smartwatch front: Tempered Glass
- Smartwatch back: Polycarbonate
- Bands: Stainless steel with N52 NdFeB Magnet (neodymium iron boron)
- Detachable Quick Release Band
-  Bluetooth® 5.0

Product Disclaimer

The **tūw™ Smartwatch** is a general wellness product intended to promote physical fitness by tracking exercise and aerobic activity. The **tūw™ Smartwatch** is not a medical device and is not intended to be used in the diagnosis, monitoring, prevention, or treatment of disease. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified healthcare provider. Prior to beginning any fitness program please be sure to consult with your doctor.

One-Year Warranty

ByDzyne™ warrants that during the warranty period of one year from the original date of purchase, the included hardware products and accessories will be free from defects in materials and workmanship. The one-year warranty does not warrant against normal wear and tear, nor damage caused by accident, improper use and storage, and unauthorized repair or modifications. To obtain more information regarding the warranty, please contact Customer Support through your back office Ticketing System, or email Support@ByDzyne.com. Valid proof of purchase must be submitted when making a claim under this warranty. If you submit a valid claim under the warranty, **ByDzyne™** will either repair or replace your **tūw™ Smartwatch** or its accessories at its own discretion.

FCC Compliance Statement

This device complies with part 15 of the FCC rules. Operation is subject to the following conditions: (a) this device may not cause harmful interference, and (b) this device must accept any interference received, including interference that may cause undesired operation.



ByDzyne.com/tuw