

## User's Guide



**Model: SW-450**

# Contents

Feature .....	3
Overview .....	4
Charging .....	5
How to use .....	5
Main menu .....	6
Pair with smart phone.....	7
Pair with iPhone .....	7
Pair with Android Phone .....	8
Function .....	9
Watch face .....	9
Shortcut.....	9
Sport mode .....	11
Heart rate .....	14
Pedometer .....	14
Goals .....	15
Notification .....	15
Sedentary reminder .....	16
Sleep monitor.....	16
Reminder.....	17
Voice.....	18
Weather .....	18
Remote capture .....	19
Dialer.....	19
SMS .....	19
BT music .....	20
Settings.....	20

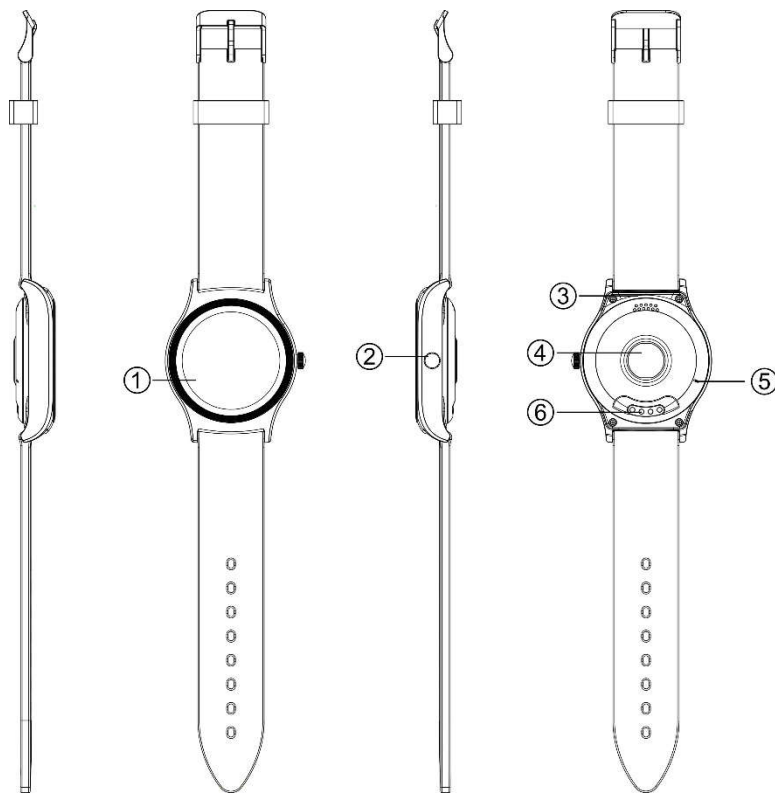
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## Feature

- 1.3-inch IPS full screen display
- Multi-Sport Mode (Running, Walking, Indoor Run & Trail Run)
- Track your sport performance
- Built-in HR sensor, monitor your heart rate and set your heart rate zone
- Monitor your daily activity and sleep
- Built-in sedentary reminder
- Synchronize phonebook, answer or reject calls from your wrist
- Display SMS, emails, calendar events and social media activity
- Smart wake-up, raise or shake your arm to wake up the device
- Remote control music playback, remote capture photo on your Smartphone
- Built-in loudspeaker and Microphone
- Built-in 200 mAh Li-poly battery, up to 5 days standby time
- Fully compatible with iOS 7 or above and Android 4.3 or above
- Different design styles for your different occasions and preferences

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## Overview



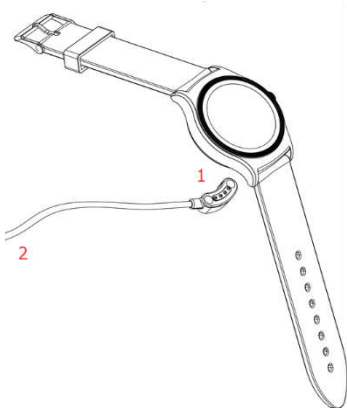
### Smart Watch

1. Touch screen
2. Power button
3. Speaker
4. Heart rate sensor
5. MIC
6. POGO-Pin Charging terminals

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## Charging

- If you use a Power Adaptor (Not included), Power Adaptor current is: 5V, 500mA.
- It takes 2-hours to fully charge the smart watch, please follow steps below to charge.



1. Make sure the POGO-pins on the Charging Cable fit correctly onto the charging terminals on the back of smart watch.
2. Plug the big end of the USB cable to a power source

Charging when power off



Charging when power on



## How to use

- **Turn on:** Hold press power button in 3 seconds
- **Go to main menu:** Swipe from right to left on watch face interface
- **Switch main menu:** Swipe up/ down
- **Confirm:** Tap the icon
- **Exit:** Swipe from left to right
- **Return to watch face interface:** Short press power button on any interfaces
- **Check notifications:** Swipe from left to right on watch face interface
- **Switch submenu/ shortcuts:** Swipe up/ down
- **Turn off:** Hold press power button in 3 seconds



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## Main menu

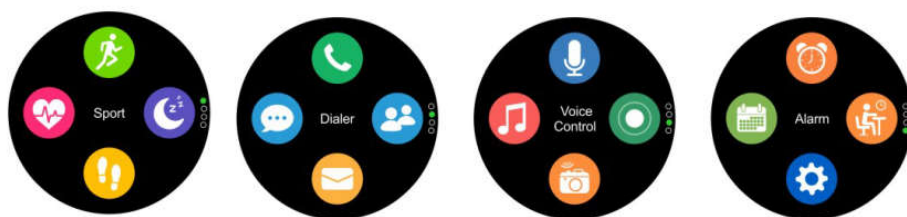


When turning on smart watch, you will see the watch face.

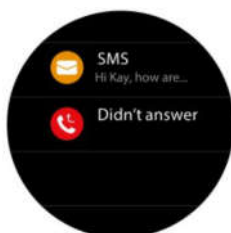


From watch face:

1. Go to Main Menu
  - a. Slide from right to left to enter into main menu.
  - b. Swipe up and down to switch the main menu.
  - c. Click the icon to enter the corresponding menu. Slide from left to right to return to the previous menu.



2. Go to Notification shortcut page  
Slide from left to right



3. Go to other shortcuts page  
Swipe up and down.

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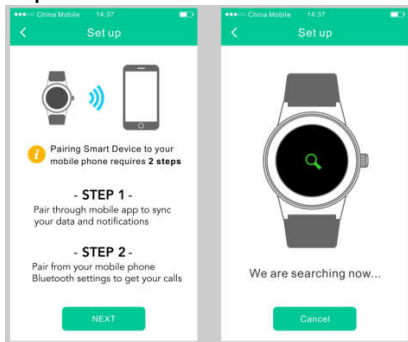
## Pair with smart phone

Search and download “Denver SW-450” app from App store or the Google Play Store on your smart phone.

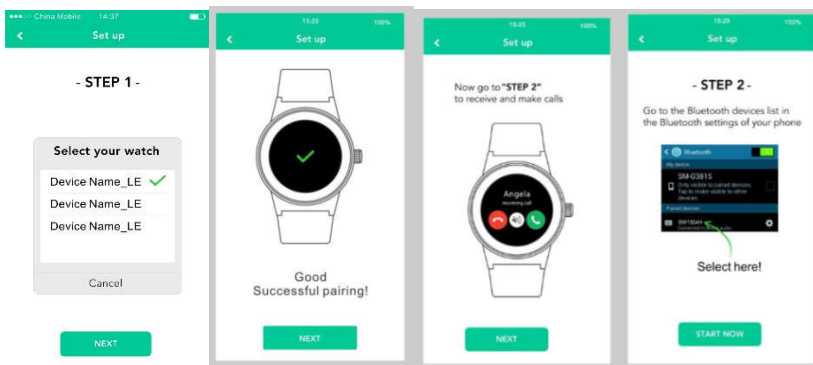
### Pair with iPhone

Pairing through the application “Denver SW-450” (Bluetooth Low Energy - BLE) to sync activity data and notifications etc..

1. Search “Denver SW-450” on App Store, download and install “Denver SW-450”.
2. Enable Bluetooth on your iPhone.
3. Open “Denver SW-450” App on your iPhone, set your profile on Settings.
4. Tap “Connect Smart Watch” on Settings.



5. Select “Device Name\_LE” in the list of devices, tap “Next” to pair with your smart watch.



Pairing through Settings of iPhone to make and receive calls with watch

Option 1: Go to iPhone “Settings”→”Bluetooth” and select “Device Name” in the list of devices for connection.

Option 2: Swipe down from watch face interface to go to Shortcut interface to open Bluetooth, tap “Search new device” to find the name of your phone in the list and tap it for connection.

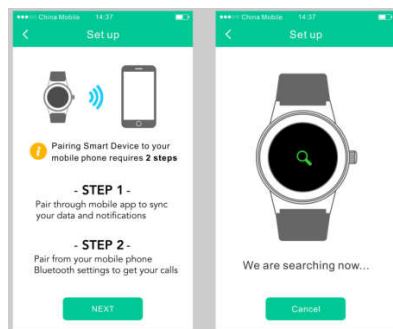
#### Remark:

- If the connection is successful, a check mark will appear next to the name of your phone

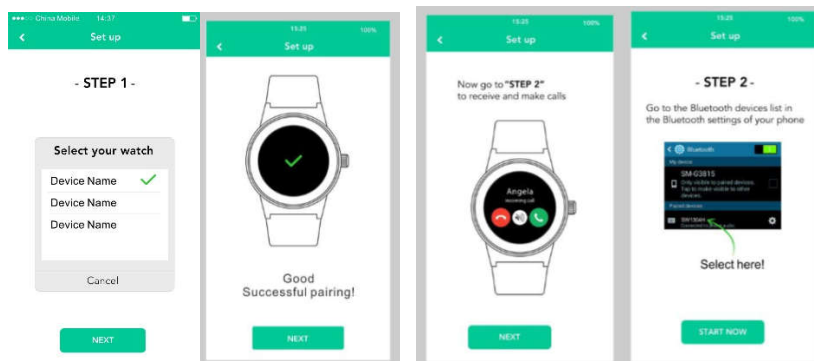
- Make sure your smart phone is set to be “Visible to all nearby Bluetooth device”.
- The smart watch will automatically pair with your smartphone after the initial pairing is successful.
- The smart watch will auto-sync the date and time with your smartphone.

## Pair with Android Phone

1. Search “Denver SW-450” on the Google Play Store, download and install “Denver SW-450”.
2. Enable Bluetooth on your phone.
3. Open “Denver SW-450” App on your phone, set your profile on Settings.
4. Tap “Connect Smart Watch” on Settings.



5. Select “Device Name” in the list of devices, tap “Next” to pair with your smart watch.



Then you can start with your smart watch.



# Function

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## Watch face



You can press the power button to go to the watch face interface quickly.

If you want to change the watch face of your smart watch, press the current watch face for 3 seconds, swipe left or right to go through the different watch faces and tap on the one you want to select and use.

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## Shortcut




### 1. Bluetooth

Meaning the status of Bluetooth, when you click the icon, you can search and connect with your smart phone via Bluetooth.

	Means Bluetooth disconnected
	Means Bluetooth 3.0 connected (for making and receiving calls with SW-450)
	Means Bluetooth 4.0 connected (for activity data and notifications synchronization)
	Means Bluetooth 3.0 & 4.0 connected




## 2. Activate on wrist flick

Meaning the status of "Activate on wrist flick", you can click the icon to switch on/ off the "Activate on wrist flick".

	Means "Activate on wrist flick" is off;
	Means "Activate on wrist flick" is on;





## 3. Sound mode

Meaning the status of Sound mode, you can click the icon to ring, vibration or mute mode;

	Means ring mode
	Means vibration mode
	Means mute mode


## 4. Scene mode

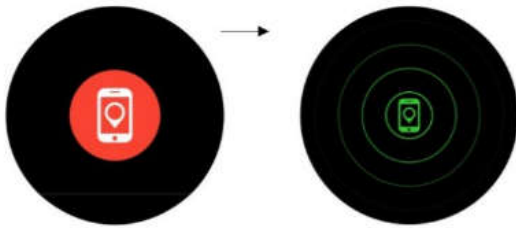
Showing the current scene mode, you can click the icon to switch different scene mode.

	General mode: smart watch will automatically set up mid-brightness and ring mode.
	Meeting mode: smart watch will automatically turn on Bluetooth, set up mid-brightness and vibration mode.
	Airplane mode: smart watch will automatically turn off Bluetooth, set up mid-brightness and ring mode.
	Power saving mode: smart watch will automatically turn off Bluetooth, set up low-brightness and mute mode.

## 5. Find me






When the icon  turn red, means the smart watch well connected with “Denver SW-450” App. Tap the icon, your phone will ring and vibrate to find where your phone is.



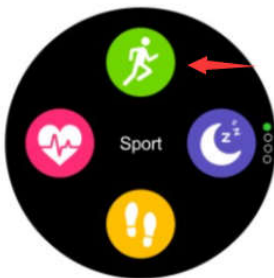
### 6. Brightness

You can click the icon to adjust the display brightness.

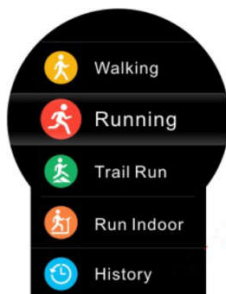
	Means high-Brightness
	Means mid-Brightness
	Means low-Brightness

## Sport mode

1. You can tap below icon on main menu to enter sport mode.



2. Multi-Sport mode: with 4 sport mode as below.  
Slide up/ down to select the sport mode you want to start.



3. Activity goal  
You can set up the following goals before going to activity.

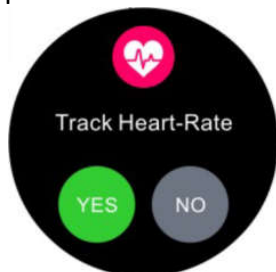
Distance
Calories
Duration
Pace
Free Style

**Remark:** The watch will pop up a reminder once you achieve the goal (Pace and Free Style without reminder).

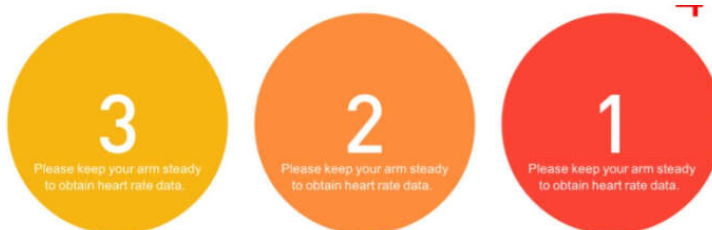


#### 4. Dynamic Heart Rate Tracking

The watch will remind you if you want to track the heart rate or not before starting sport.



If you select yes, the watch will track your real-time heart rate and show the heart rate zone.



**Remarks:** The watch will remind you to wait a few seconds to obtain the first heart rate data before starting sports for better activity experience.

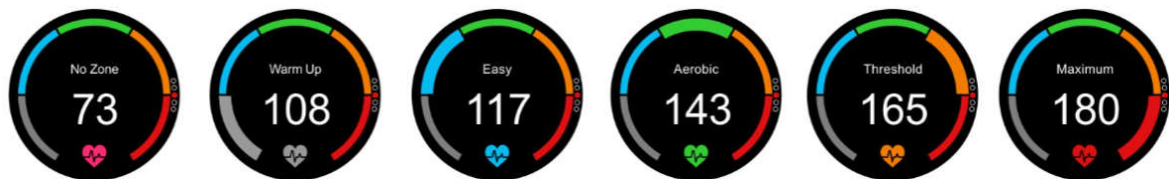
#### 5. Sports tracking



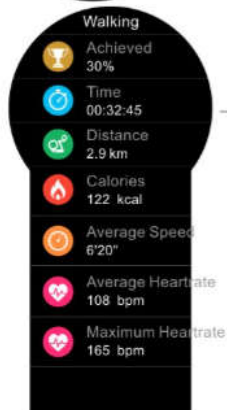
1. Distance	2. Duration	3. Pace	4. Calories
5. Dynamic heart rate value	6. Target progress status	7. Current time	8. Heart rate zone

Heart rate range: the watch will automatically calculate your heart rate interval according to your age.

- **Warm up**- Help to warm up or help restore, improve metabolism
- **Easy**- Increase metabolism, fat metabolism ... weight control
- **Aerobic** - Medium intensity training to improve aerobic capacity. Help to strengthen the heart and lung and blood vessels
- **Threshold** - Improve lactic acid tolerance, enhance high-speed exercise strength and endurance
- **Maximum** - Show breathing and muscle strength treatment of anaerobic state. It is recommended to reduce heart rate



PS: You can choose to save the sport data or choose to discard to delete the sport data after clicking "STOP".

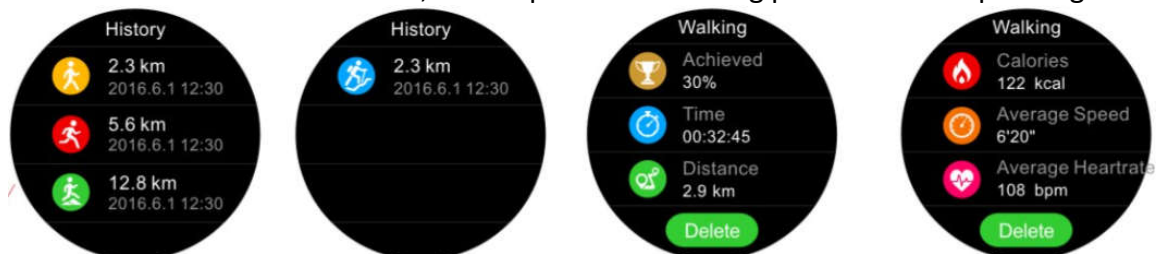


## 6. History



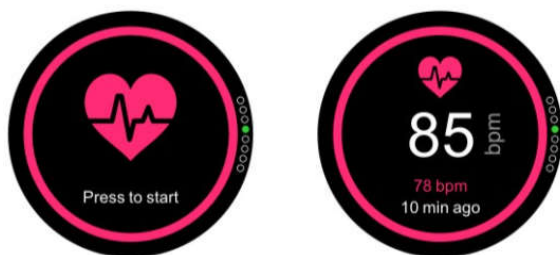
You can check your sport records at the bottom of the sport mode. Including the percentage of goals, exercise time, movement distance, calories, the average pace, average heart rate value.

Delete record: Check the record, then tap "Delete" or long press the corresponding data.



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## Heart rate

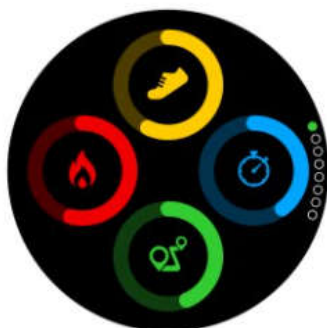


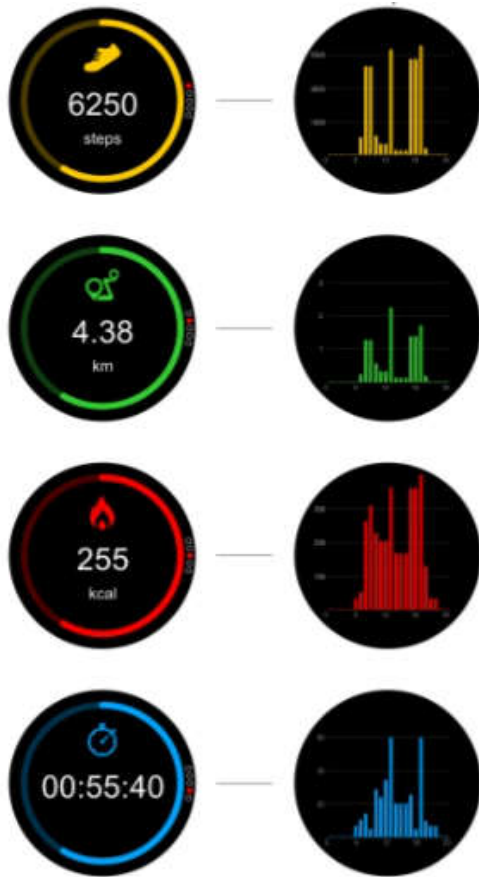
Fasten the watch, make sure it fits closely on your wrist when measuring your heart rate.

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## Pedometer

The watch will automatically record your daily number of steps, movement distance, calories and exercise duration. Select the corresponding icon, slide from right to left to check the detailed histogram report of per hour.





## Goals

Set daily pedometer goals, including steps, distance, calories, exercise duration.



If you achieve the goal you set up, the watch will pop up a reminder.



## Notification

See app notifications from a connected smart phone, including notifications of incoming and missed calls, SMS, email, social media activity, etc..





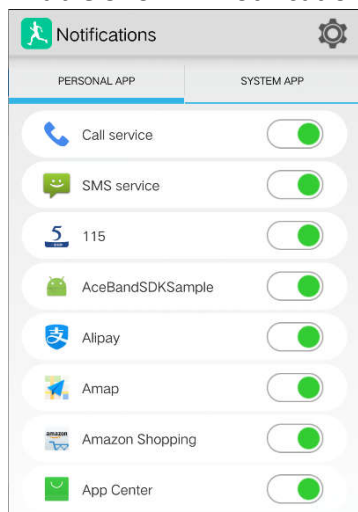
## SETTING UP NOTIFICATIONS FOR ANDROID USERS

Go to the Settings of your Android device:

Tap Notifications in Settings.

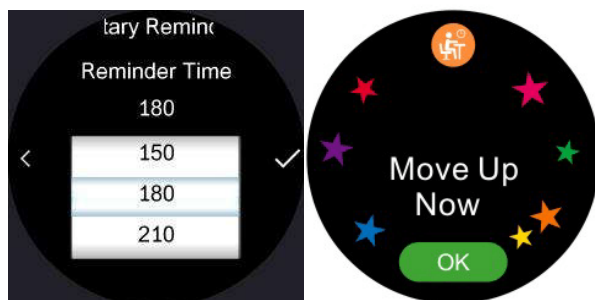
Select which type of notifications you want to receive on Smart Watch

Enable Show in Notifications to receive the notification on Smart Watch



## Sedentary reminder

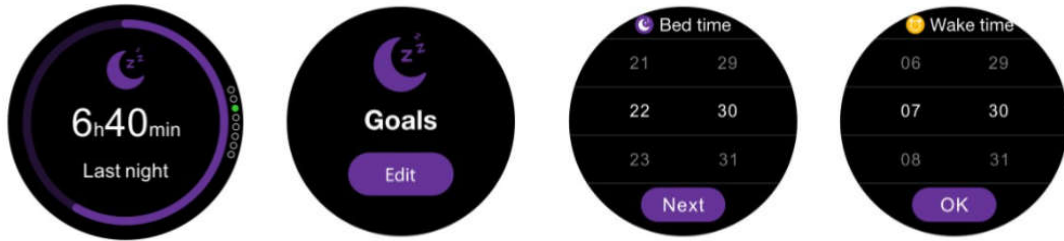
When you set up the sedentary reminder, the watch will automatically detect whether you are sedentary and pop up “Move up now” with ring and vibration if yes.



## Sleep monitor

Slide from right to left to set up the bed time and wake time. The watch will automatically monitor your sleep quality (light sleep and deep sleep) during the period which you set up.





You can click on the sleep interface to view the last night of sleep data.

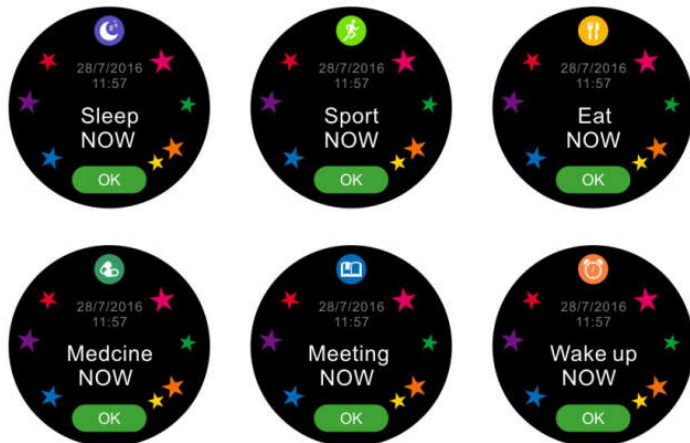


## Reminder

Support multiple reminders.



With 6 different interfaces to remind you.



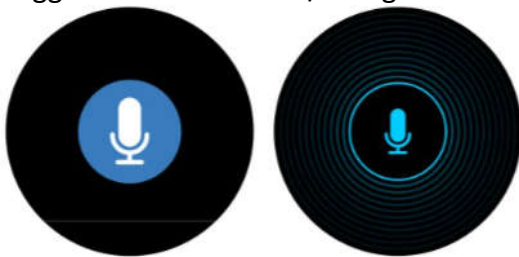
You can check and turn on/ off your next reminder on shortcut menu (from watch face interface, slide from down to up).



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## Voice

Trigger the Siri assistant/ Google Talk when connected to your iPhone/ Android phone.



*Examples of what you can ask or do:*

Call (name of your contact)

Send a SMS to (name of your contact)

What's the weather like?

Set an alarm for tomorrow 5 am

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## Weather

When you paring the watch with your smart phone in the case of your phone have Internet, the watch will sync your local weather forecast (Max/ Min temperature of the day) as below.

Remark: it's better to turn on your smart phone GPS function when pushing weather forecast.

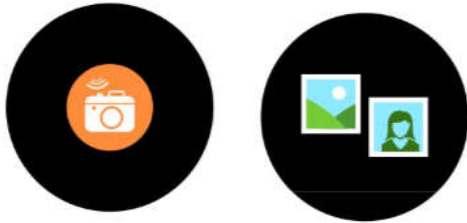
(**Shortcuts:** from watch face interface, slide from up to down)



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## Remote capture




To enjoy this feature, make sure the camera of your smart phone is on. Enabling Remote capture function will let you take pictures remotely from your Smart Watch.



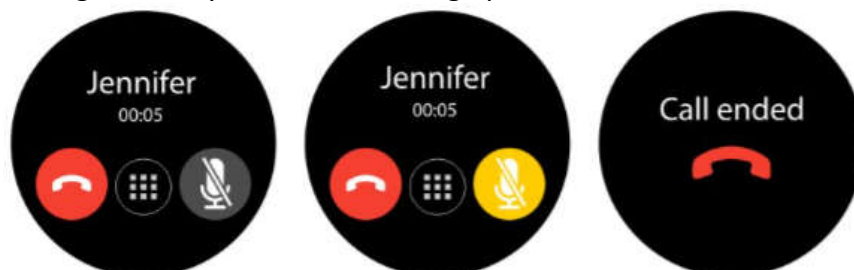
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## Dialer

The watch allows you to make and receive calls in case of connected smart watch with your phone via Bluetooth)

<p><b>Making a call</b> <b>FROM THE PHONE MENU</b> Go to the Phone menu, enter a number with the dialer pad and tap </p> <p><b>INCOMING CALL OPTIONS</b></p>  <p>1. REJECT</p>	<p><b>Receive call</b> When your phone receive a call, the watch will pop up.</p> <p><b>INCOMING-CALL OPTIONS</b></p>  <p>1. ANSWER 2. REJECT 3. MUTE</p>
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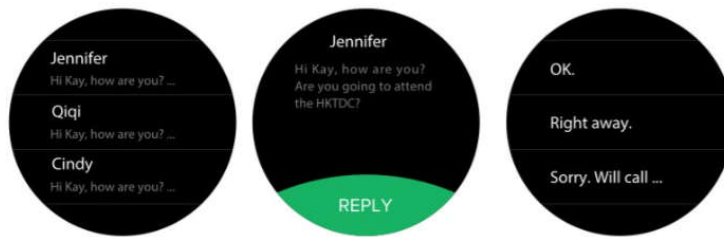
During the call, you can select hang up, mute and enter the dial.



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## SMS

View SMS messages from a connected smart phone.



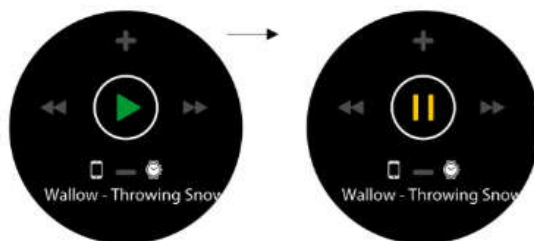
## QUICK REPLY

You can reply through the SMS template (Android only)

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## BT music

Control the music player app of a connected smart phone.



## Settings

Use the Settings panel to configure the settings of your Smart Watch

I Profile : Set up Gender, Height, Weight, Birthday

I Bluetooth : Turn Bluetooth on/off and visibility on/off

I Time and date : Set up the clock type on the display screen and set the time

I Units : Set units of measurement to metric or imperial

I Sleep Monitor : You can turn on / off sleep monitor and set up the time of monitor sleep.

I Heart rate: Set the time for automatic heart rate test

I Activate on wrist flick : Turn on/ off the function of “lifting your arm to wake up the Smart Watch display”

I Sound : Set up the ringtones and sound mode, as well as the volume level

I Display : Set up the brightness of the screen and the standby time

I Watch info : Displays the provider, device name, model, and firmware version

I Language : Multi-languages: English (default), Chinese, Spanish, Portuguese, Italian, French, German, Dutch, Polish, Russian, Thai, Traditional Chinese  
(You can turn “Auto sync” off to select the languages you need)

I Power display : Displays the current power status

I Restore to Factory : Reset to factory default