3PLUS™

HYBRID

SMART WATCH
ACTIVITY TRACKER

OWNER'S MANUAL

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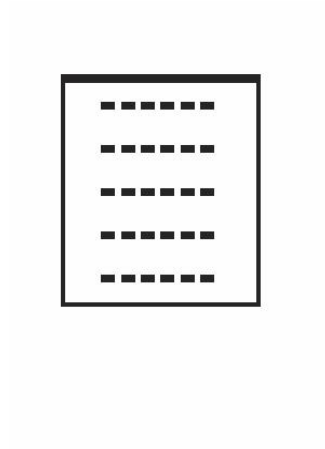
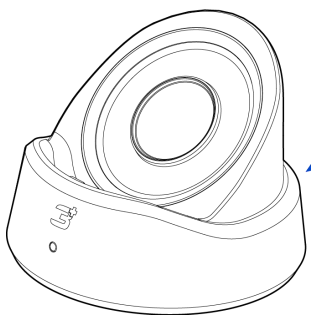
1. Articles in the box

A

B



D



E

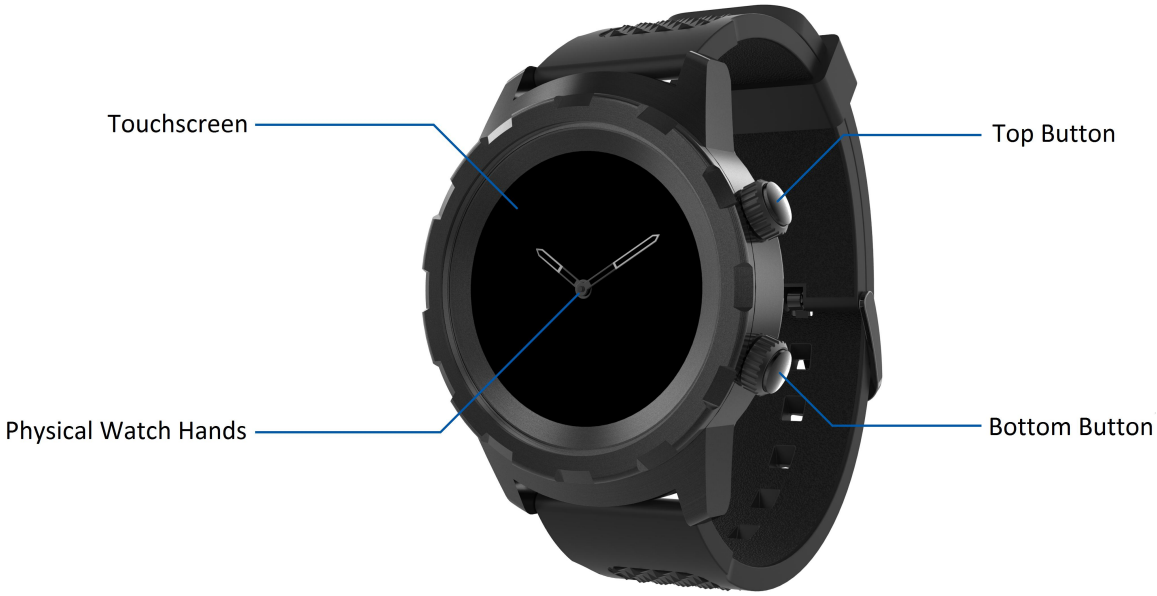
A：HYBRID Smartwatch

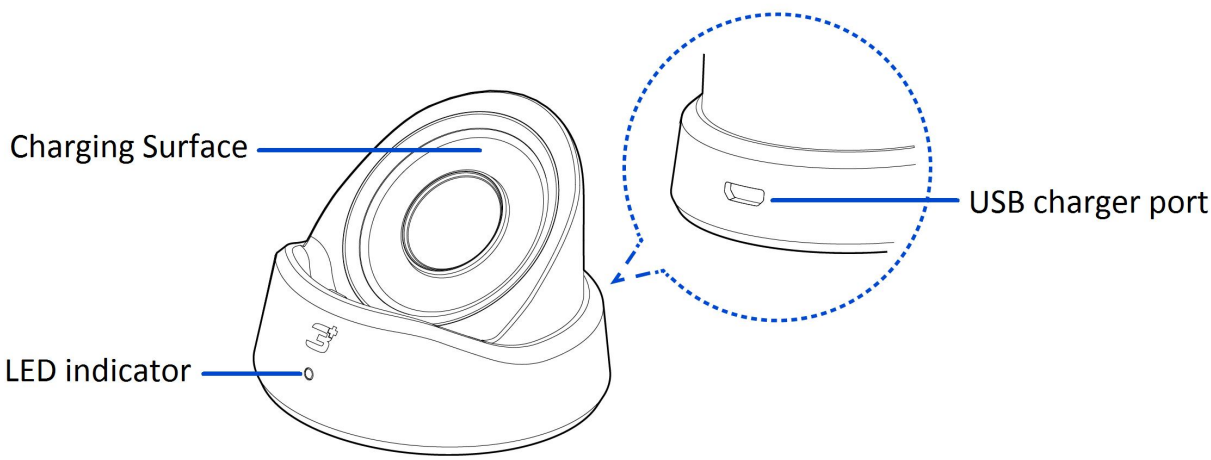
B：Quick Start Guide

C：Charging Dock

D：Micro-USB cable

2. Device Info





3. Operating Conditions

Operating temperature

-13°F to 131°F (-25°C to 55°C)

Water resistance

The Hybrid watch is water resistant up to 3 ATM. This means that the watch is suitable for everyday use. It is protected against splashes, rain and water exposure during hand washing and so on. We do not recommend wearing the watch in the shower or swimming with it.

Battery Life

The Hybrid watch uses a single battery that powers the touch screen and the analogue movement.

On a full charge, the Hybrid watch can be used up to 3 days with all functions and features. This means tracking your daily activity, alerting you of incoming calls or notifications and etc.

As soon as a minimum battery level is reached, the Hybrid watch will automatically turn off the smartwatch features to ensure the watch tells time for an additional 30 days.

**Note* The 3 days of smartwatch function is an estimate based on the average use of the watch. Many features and functions consume more battery life, so your actual battery life results may vary.*

4. Charging

1. Connect the USB cable to a USB power adaptor. Connect the other end of the USB cable to the charging dock. Plug the USB power adaptor into an electric socket. Place the Hybrid Watch into the charging dock.

2. Place the Hybrid watch into the charging dock. You will see the charging screen on the watch when it is placed correctly.

3. When you connect the Hybrid watch to the charging dock, the charging dock's LED indicator will change to certain color to indicate its function.

The Blue LED display lets you know that the charging dock is securely connected to a USB power source and the dock is ready to be used. When the watch is not on the charger, the LED display will be blue all the time.

When the watch is on the charging dock, the Red LED display lets you know that the watch is securely in the dock and the watch is currently charging.

The Green LED display will appear when the watch is on the charging dock and is completely charged.

Tips:

- Completely charge the watch before first use. A full charge takes about two hours. (depending on the power source)
- Using a power source such as a computer, may result in slower charging speeds due to the electrical current.
- If there are any obstructions between the watch and the charging doc, the watch may not charge properly. Make sure the watch is charging properly after placing the watch on the charging dock.

5. App Setup

To set up your watch with a mobile device, you must first download and install the 3PLUS HYBRID APP from the Apple App store or Google Play store.

Pairing to the App

1. Turn on the Bluetooth on your mobile device (if not already on).
2. Open the 3PLUS HYBRID APP on your mobile device.

a. If you are a new member, you will need to create a new account. Create a new account by signing up or by singing up via your existing Facebook, Twitter or Gmail account.

b. If you are an existing member, you can enter your login email address and password.

3. After logging in, follow the instructions to start the pairing process.
4. Select the detected HYBRID # code. This should be the same code that shows up on your HYBRID watch's screen.

Note: The watch must be near your mobile phone during the pairing process.

5. A pairing request will appear on the watch. Tap on the green check mark or press the top button to confirm the Bluetooth pairing.

6. When the tracker is connected successfully, the watch and your mobile device will alert you when the pairing is complete.

If the pairing failed, the watch and your mobile device will alert you. Please repeat the same steps to pair the watch again.

Note The Bluetooth pairing is a one-time process. If you want to connect the watch with a different account, you must un-pair the existing connection first through the App's settings.

Setting the Time

After the pairing process is complete, follow the instructions to calibrate the watch hands on the Hybrid watch to make sure the watch is showing the correct time. A brief video will appear on the app to show you how this works.

1) Tap on the “Start” bar to begin
2) Turn the scale or tap on the + / - to align the hours hand to the 12 o’clock position. Tap on “Next” when the hours hand is aligned.
3) Turn the scale or tap on the + / - to align the minutes hand to the 12 o’clock position. Tap on “Next when the minutes hand is aligned.
4) Make sure both hands are aligned and tap the “Done” button when the hands are set correctly.
5) The watch hands should automatically move to the correct time. Tap on the Home button to go to your dashboard.

Note If the time is not right, you can calibrate the watch hands again by going into the settings and selecting “Time Calibration”.

6. Wearing the Device

1. Wrap the watch around your wrist and pull the band through the hole in the buckle.
2. Pull the band until the device feels slightly tight on your wrist but it should be able to slide slightly back and forth on your wrist.
3. Insert the buckle pin through one of the band's holes to secure the band in place.
4. You may use the clamp to further secure the bands together.

7. Cleaning the Device

Make sure to clean regularly

It is strongly recommended to regularly clean your watch’s band after workouts or prolonged use. Moisture from sweat and dirt from other means can build up underneath the band and can cause skin irritation.

Use water or rubbing alcohol

DO NOT use soaps, sanitizers, or household cleaners to clean the band.

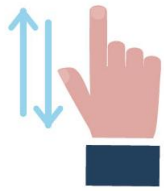
Dry the band before use

Make sure to clean and dry the band well before putting it back on.

8. Screen Operation

You can use several basic gestures and the two buttons to interact with the Hybrid watch.

Swipe Left or Right

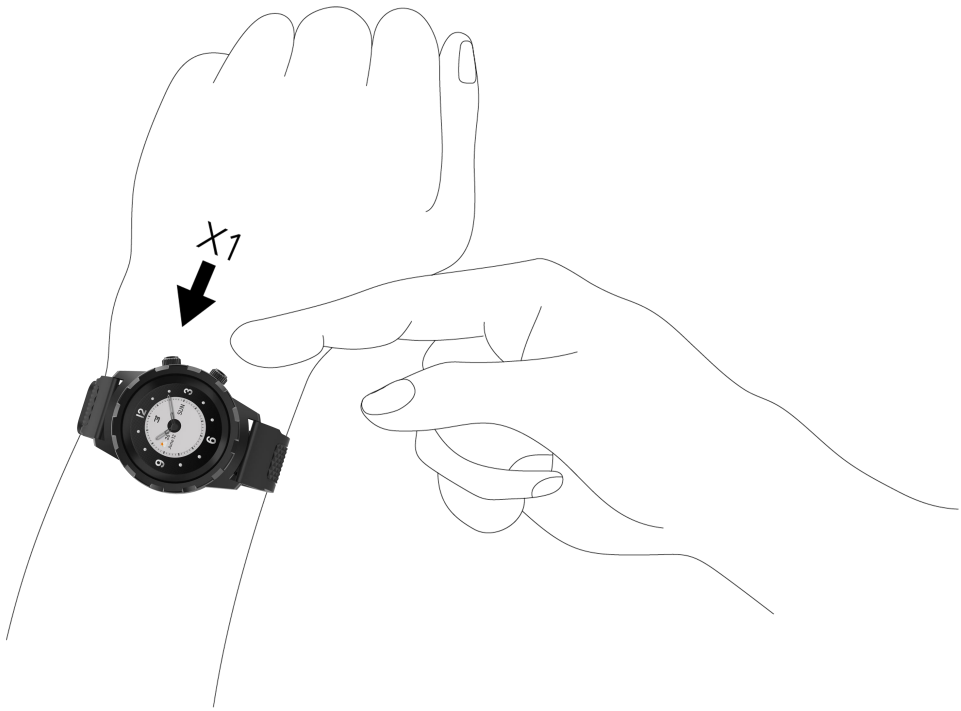


Swipe Up or Down

Press Button

Tap

Turn on the watch by pressing the top button once. The screen will turn off, by default, after 10 seconds of inactivity.



Hold down the top button for 3 seconds to turn on/off the watch.

9. Device Operation

Overview

Long press to change your watch face.

Swipe left to access the activity menu

Swipe right to access the APPs menu

Swipe up to access the quick settings menu

Swipe down to access the notification center

Button Navigation

Press the top button to turn on the screen, return to the main page from any screen or put the watch in standby mode. Press and hold the top button to power ON/OFF.

Press the bottom button to light up the screen, go one step back in the watch and exit a menu.

Quick Settings

This is the quick settings menu. There are 4 icons, a day/date display and a battery icon meter. The icons are brightness, airplane mode, do not disturb mode and settings.

Brightness

Adjust the brightness of the watch by tapping the icon and selecting the desired level of screen brightness.

Airplane Mode

Airplane mode turns off the all Bluetooth connectivity to your mobile device. When the icon is grey, this feature is OFF. When the icon is white, this feature is ON.

Do not Disturb Mode (DND)

DND mode mutes all notifications and vibrations on your watch. When the icon is grey, this feature is OFF. When the icon is white, this feature is ON.

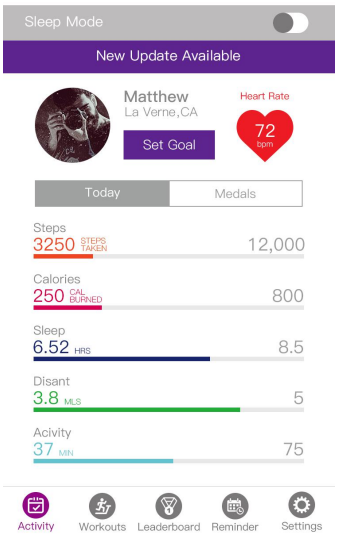
Settings

Tap on the gear icon to access the watch’s settings. You can adjust settings like quick view, vibration and backlight time on the watch. You can also reset or restart the watch from this menu.

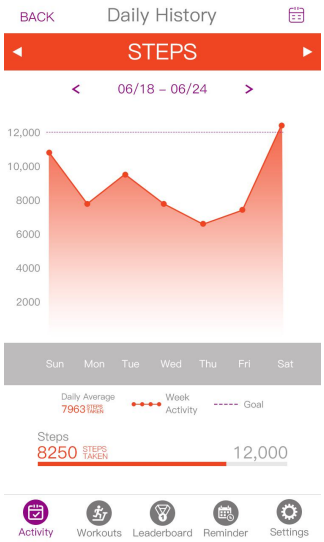
Activity

You can check your daily steps, distance travelled, calories burned, and active minutes from the watch. Swipe to the activity center and select the icon of the activity you want to see. You can also sync the data to the 3Plus HYBRID App and check your daily activity data and historical data from your phone.

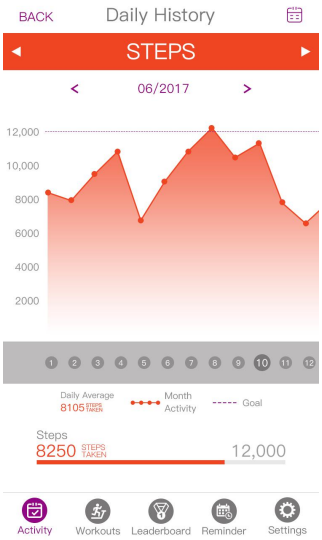
**Note* The watch's activity tracking will reset to 0 on the watch every night at midnight.*



Homepage



Weekly Timeline



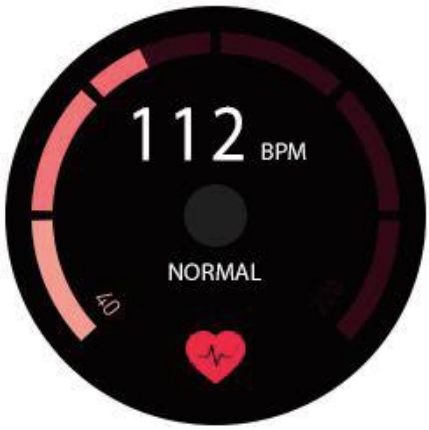
Monthly Timeline

You can check your daily goal completion through the 3Plus HYBRID App's activity dashboard to see a detailed overview of your daily, weekly, and monthly performance by tapping on each activity row.

The watch will store your activity data for up to 7 days, so remember to synchronize the watch to the App regularly to record your daily activity. We recommend syncing the watch’s data to the APP daily.

Heart rate

Heart rate (OFF)



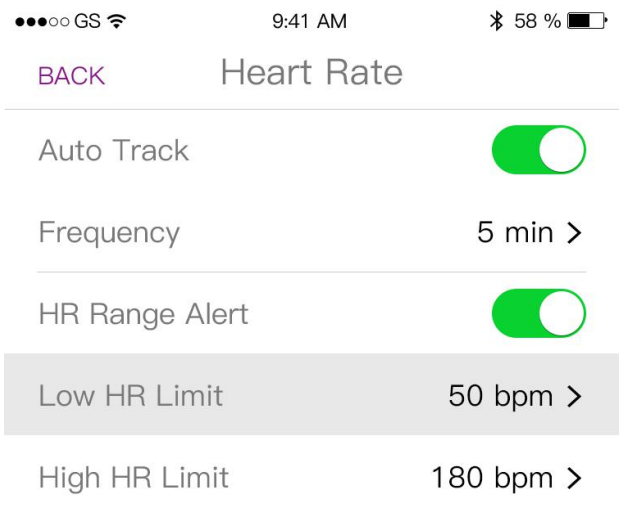
Heart rate (ON)

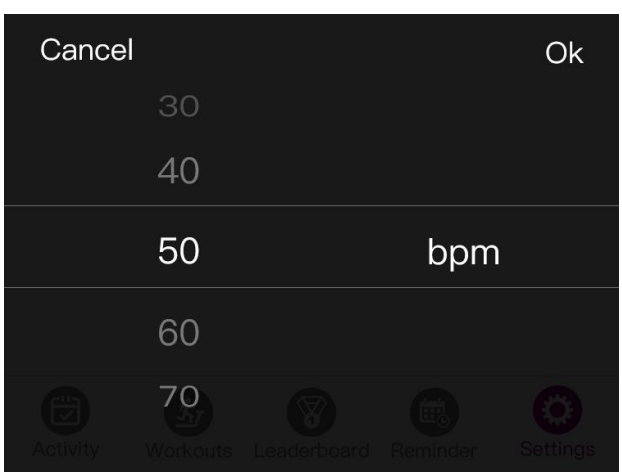
To turn on the heart rate monitor, swipe to the heart rate interface and tap the heart on the screen. It will activate automatically and will begin to continuously record your heart rate.

To turn off the heart rate monitor, simply tap the heart icon on the heart rate screen.

Note *The continuous heart rate monitor uses a significant amount of battery. Leaving the heart rate monitor on all day is not advised and recommended only during workout periods.*

For all day heart rate monitoring, use the Heart Rate “Auto Track” setting in the 3Plus HYBRID App. Set the frequency of when you want your heart rate to be checked. You can also set High/Low HR limit alerts to let you know if your working too hard or not enough during workouts.





Heart rate alert:

You can select your heart-rate alert zone in the “Settings” section of the HYBRID App.

This is typically helpful during exercises and workouts to make sure you stay within your target zone.

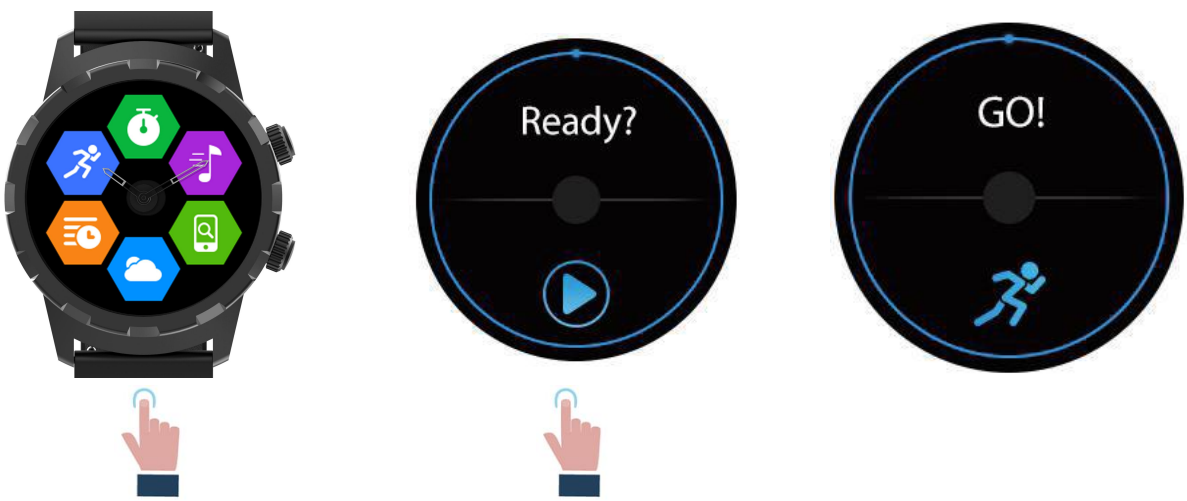
Heart rate too high

Heart rate low

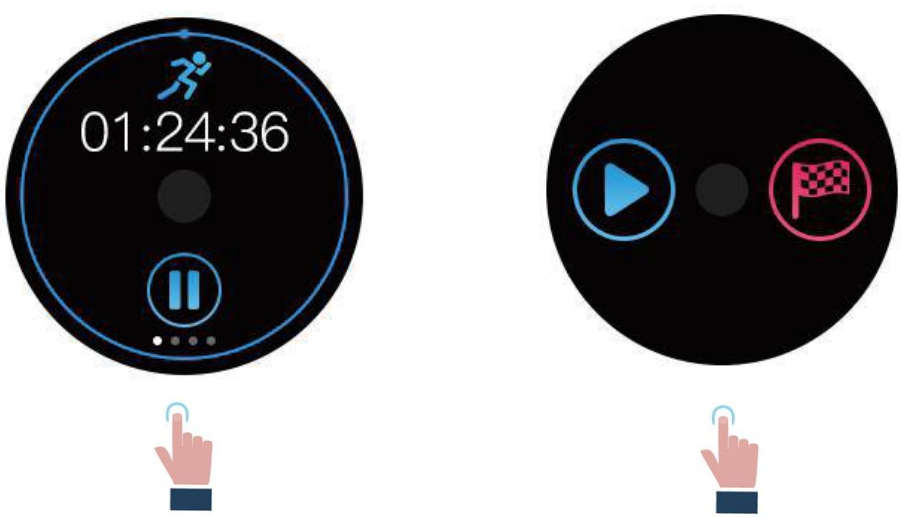
Record Workout

The Hybrid Watch can record your workout data so you can monitor your hard work and progress.

When you’re ready to record your workout, select the “Record Workouts” icon (the sprinting man icon) from the Apps interface. Then press the “Play” button begin recording.



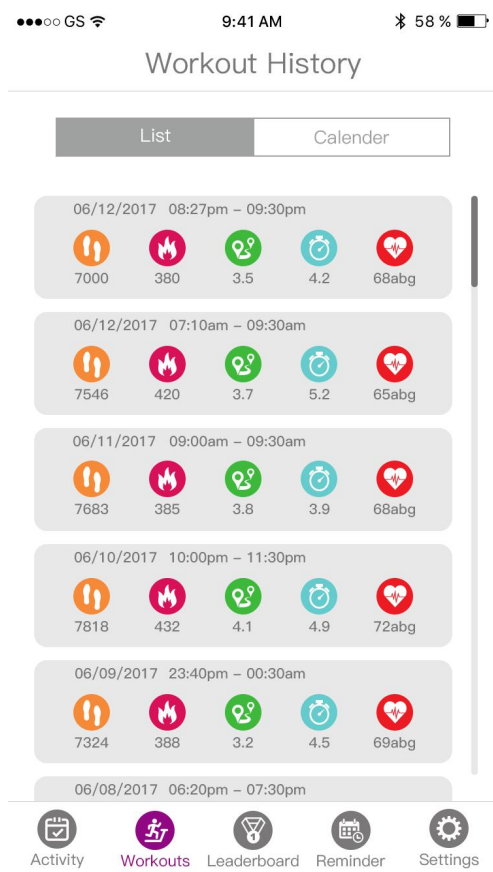
You can pause or end your current workout at any time. To finish recording, tap the Flag icon to end the workout.



Workout results will be displayed once the recording is completed: Time of workout, steps, distance, calories burned and average heart rate.

You can view your entire workout history from the 3Plus HYBRID App. Track your progress to see how much you improve from every workout!

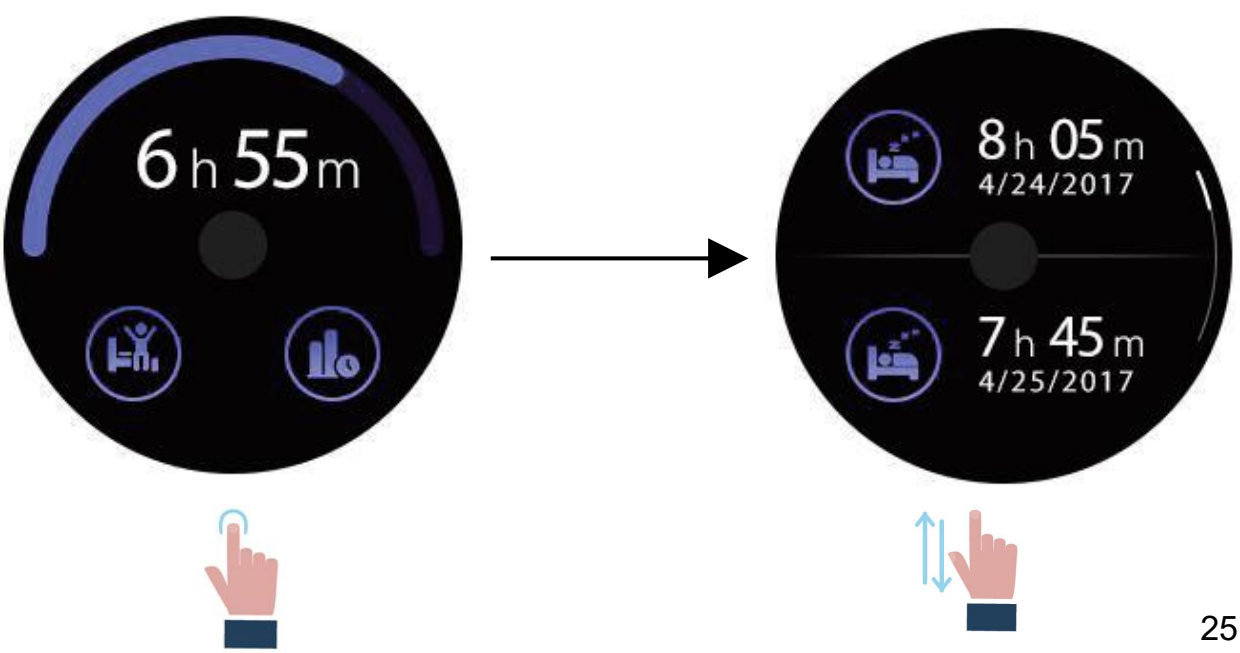
Check the Calendar to get a different perspective of your workout progress.



Sleep tracker

The Hybrid watch can monitor your sleep quality and record your sleep patterns.

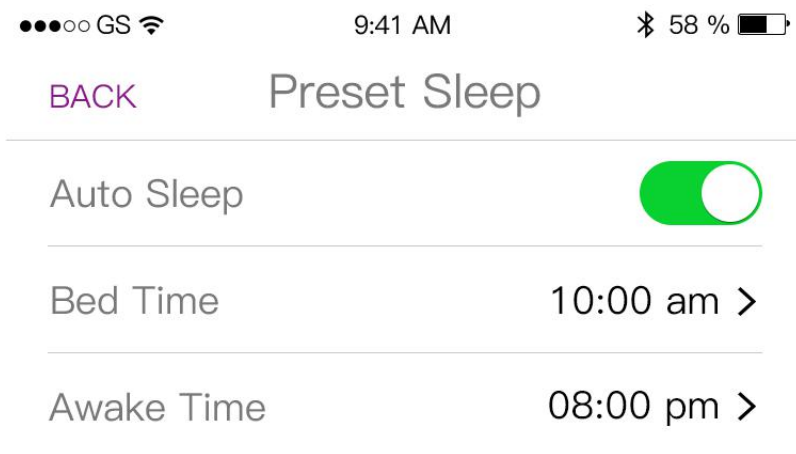
Press the icon on the left to turn the sleep tracking mode on. Press the chart icon on the right to view your previous sleep history.



Preset Sleep:

You can also set a preset sleep schedule to program the watch to automatically track your sleep during a specific time frame.

Go to the 3Plus HYBRID App's menu, select settings, then select "Preset Sleep".

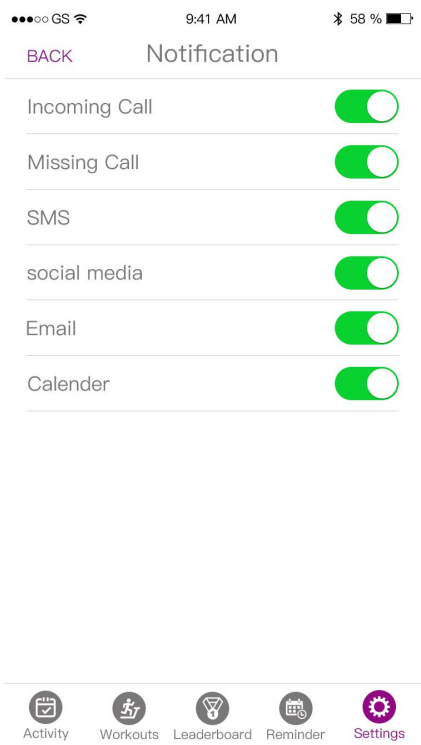


In this setting screen, turn the "Auto Sleep" switch on and adjust your "Bed time" and "Awake time" accordingly.

Notifications

Read and receive your smartphone notifications directly on your HYBRID watch.

To turn on notifications, open the 3Plus HYBRID App, select settings, and then select notifications.
Once you’re on this screen you can select specific notifications you want to receive on your Hybrid watch or you can select “All Notifications” to receive all the alerts that are listed.



Note: Notifications will only work if the Hybrid watch is paired to your smartphone device via Bluetooth.

Incoming / Missed Calls

Check who's calling directly from your wrist. You can also view previously missed calls in your notification history.

Text Messages (SMS)

Get alerts when you receive a new incoming text message. You may read the text message(s) directly from the Hybrid's screen by tapping on the text notification.

Calendar

Stay on top of your busy schedule and check your calendar events directly from your watch.
(Only compatible with your smartphone's default calendar app.)

Social Media

Stay connected with your favorite social media and view the notification details directly from the screen.
(Not compatible with all apps. Facebook, Twitter, WeChat, Snapchat, Instagram, Line, WhatsApp, QQ apps are compatible. Others may also apply.)

Email

Check and read your new incoming email messages right from your watch.
(Only compatible with the smartphone's default email app.)

Goals:

With the 3Plus HYBRID App, you can set up custom activity goals for each daily activity. Select the “Set Goal” option on the dashboard and set up your daily goals for steps, distance, calories burned, and hours slept. Tap the save button each time to save your changes.

When your goal is reached, your band will vibrate and display the “Goal achieved” icon.

Medals:

Prestigious medals can be earned once a day you’ve reached certain step count in one day.

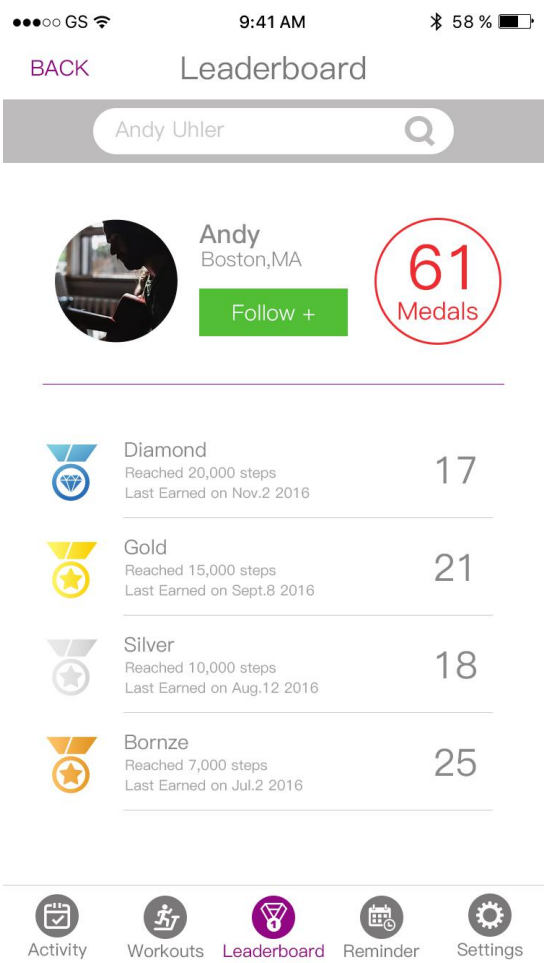
Diamond
Reach 20,000 Steps

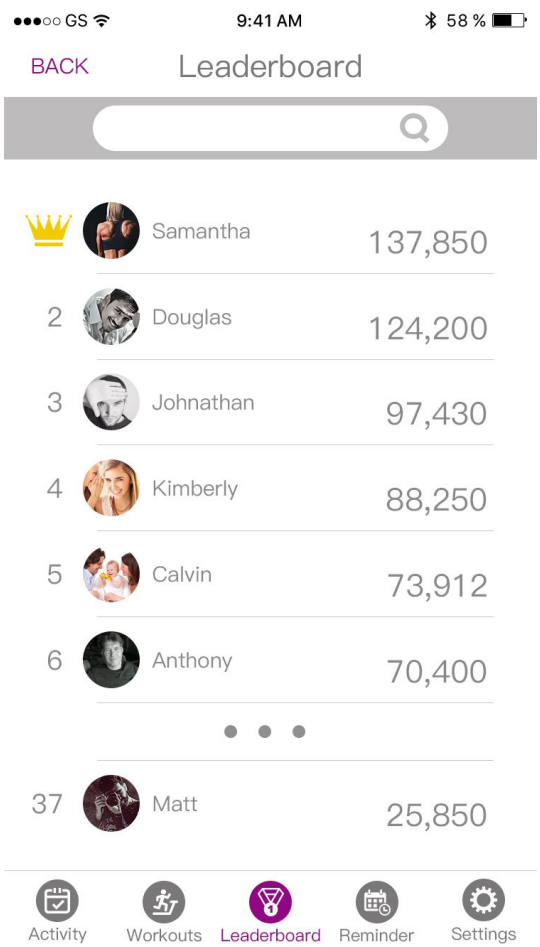
Gold
Reach 15,000 Steps

Silver
Reach 10,000 Steps

Bronze
Reach 7,000 Steps

You can also view the total amount of medal's you've earned on the 3Plus HYBRID App. Go to the Activity dashboard and select "Medals" to see a breakdown of your latest achievements! Compare your success with your friends by viewing their medal count in their leaderboard profile.





APPS

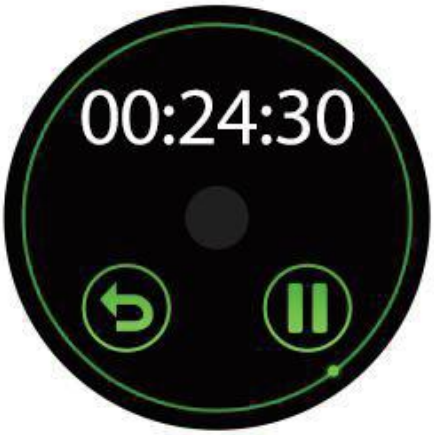
The APPS section in the Hybrid watch packs a variety of useful features to help make your busy schedule easier.

Music

Control your music directly from your screen. With easy to use controls, you're able to skip, replay, play, pause, and control the volume of your music app.
(Only compatible with your smartphone's default music app (Google Play Music / Apple Music.)

Timer

The timer can help you keep track of the time. Set timers up to 24 hours.



Stopwatch

Time yourself to record the amount of time it takes to complete an activity or exercise.

Find My Phone

If you misplace your phone, the Hybrid watch can help you find it. Tap on the icon and the watch will send a signal to your smartphone to vibrate and play the default alarm tone. *(Must be in Bluetooth range to activate this feature.)*

Reminders

Stay on top of your day by setting reminders from the 3Plus HYBRID App. To remind yourself of your upcoming reminders, view your list of reminders on the Hybrid watch.

Weather

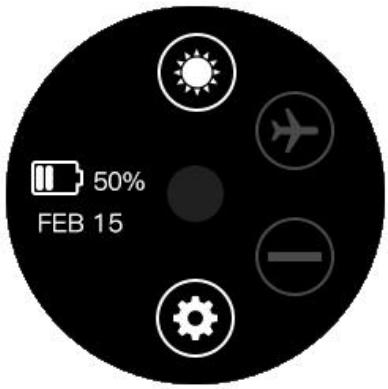
You can check the weather forecast of your specified location on the Hybrid watch. You can pick between a daily view or a 5 day forecast to help you plan your schedule.

Follow the steps below to set your desired location

1. Open the Hybrid App and go the Settings
2. Tap on Weather and Add a new location
3. Search by typing in the name of a city and select your desired location.
4. You can adjust the temperature measurement, daily or 5 day forecast and the icon size.

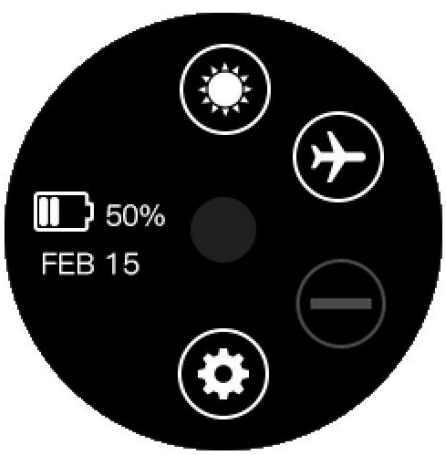
Quick Setting Menu

The Quick setting menu section of the Hybrid watch allows you to easily access certain shortcuts. Swipe up on the main screen to access this menu.



Settings

Access the Hybrid watch settings by tapping on the gear icon in the quick settings menu. You can check your battery's percentage, adjust the screen timeout time and more in the settings section.

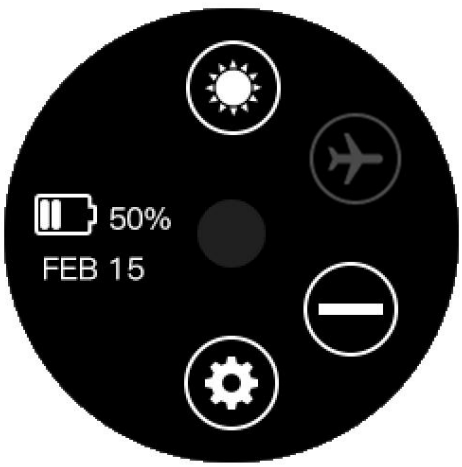


Airplane Mode

Turning on Airplane Mode turns off Bluetooth on the Watch. Tap on the plane icon to turn this mode on. When the icon is white the airplane mode is ON. When the icon is grey airplane mode is OFF.

Brightness

Set the Hybrid watch's screen brightness by tapping on the different sections to increase or decrease the brightness.



Do not Disturb Mode

Silence all your notifications and features that use vibrations. When the icon is white, this mode is ON. When the icon is grey, this mode is OFF.

10. Customer support

3Plus customer support is ready to help. You can find helpful FAQs, how-to videos, and troubleshoots on our support site.

Web support: http://support.3plususa.com

Email support: service@3plususa.com

11. Troubleshooting

What do I do if the app fails to pair with the watch?

1. Check if your phone network and Bluetooth settings are turned on.

2. Check if the watch is near your phone. The connection distance must be within 5 meters.

3. Make sure that the watch is not connected to another account or smartphone.

4. Make sure your smartphone’s OS is using either Android 5.0 or higher or iOS 8.0 or higher.

What do I do if the app fails to sync my data?

1. Check if your phone network and Bluetooth settings are turned on. Both the phone network and Bluetooth must be turned on at the same time for data to sync to from the watch the app.

2. Check if your watch is near your phone. The connection distance is within 5 meters.

3. Make sure the watch is paired with your phone and to the 3PLUS HYBRID App.

Why am I not receiving notifications?

1. Make sure the notifications settings are turned on.
2. Your smartphone must be within Bluetooth range of your 3Plus Hybrid watch.

How do I Reset or restart my watch?

1. To reset your watch, swipe up to access the quick settings menu and tap on the settings icon. Swipe down until you find the reset option. Tap the icon and tap on the green checkmark to confirm. ****Note**** if you reset the Hybrid watch, it will revert the watch back to its factory settings.
2. To restart your device, swipe up to access the quick settings menu and tap on the settings icon. Swipe down until you find the restart option. Tap on the icon and tap on the green checkmark to confirm. ****Note**** if you restart the watch, the activity data will not be deleted.

Why is my watch not charging?

1. Make sure the connected power source is working.
2. Make sure the Micro-USB is firmly connected to the charging dock.
3. Make sure the watch is correctly placed onto the charging dock. The watch face will change to show the watch is charging. You can also tell the watch is charging by looking at the LED display on the charging dock.

Please visit our website and read our FAQs or contact customer support if you're still having issues.

12. Supported devices

iOS

iPhones using iOS 8.0 and above

Android

Android phones using Android 5.0 and above

13. Product specifications

Display：1.22” TFT 240*240

Processor：Apollo 2

Optical heart rate monitor: Silicon

Battery Capacity: 200mAh Lithium-polymer

Bluetooth: BLE 4.2

Waterproof classification：3 ATM.

Weight： Approximately 0.18lbs (79g)

14. Remarks

Please charge the watch when it has low power.

Please use our standard charging dock to charge the watch.

Do not leave the watch in a damp environment or expose it to liquid when charging.

Please do not expose the watch to extreme temperatures.

Please do not place the device near a fire and avoid contact between the watch and any sharp objects.

Please do not misuse the watch, including but not limited to, dropping, dismantling, dissembling, puncturing, baking, burning, etc.

Please do not clean the watch with an abrasive cleaner.

Please keep it out of reach of infants as small parts may cause choking.

For the latest up-to-date manual version, please visit our website at http://support.3plususa.com.

15. FCC STATEMENT

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.

Warning: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: 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:

Reorient or relocate the receiving antenna.

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.

RF warning statement:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.