

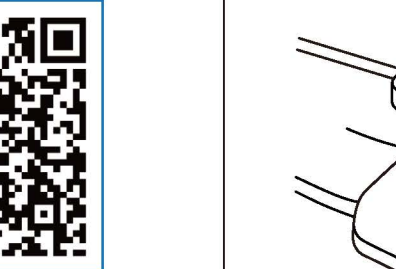
**SPIRIT 360°**



**User Manual**

## Downloading the App

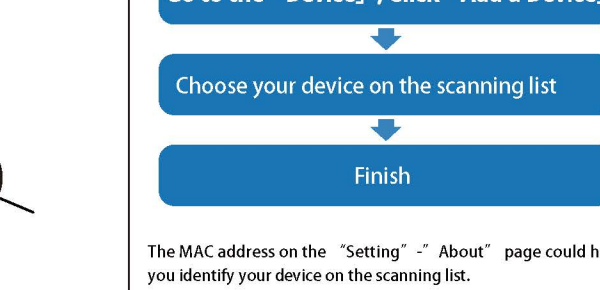
Scan the following QR code, download and install the App.



Scan QR Code and Download

## Charging and Active

**Charging the device to active before the first time using:**  
To charge your device, plug the charging cable into the adapter or USB port on your computer.



## Pairing

Open the App and set up your profile

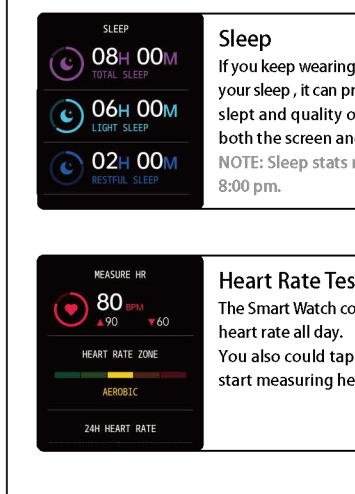
Go to the 「Device」, Click 「Add a Device」

Choose your device on the scanning list

Finish

The MAC address on the "Setting" - "About" page could help you identify your device on the scanning list.

## Use the Touch Screen



## Smart Watch Features

**Sleep**  
If you keep wearing Smart Watch in your sleep, it can provide the hours slept and quality of sleep stats on both the screen and the APP.  
NOTE: Sleep stats reset to zero at 8:00 pm.

**Heart Rate Test**  
The Smart Watch could record your heart rate all day.  
You also could tap on the page to start measuring heart rate.

## Smart Watch Features

**Sports**  
Smart Watch automatically tracks Steps taken on the screen.  
NOTE: Your movement stats reset to zero at midnight.

**Training**  
Tap the training icon on the menu to start a new training measure recording, there are 8 sport modes to be chosen.  
The last training recording will be shown on the training page.

## Smart Watch Features

**Blood Pressure Test**  
Tap on the blood pressure page to start measuring your blood pressure.  
On the blood pressure page, It can show the blood pressure measured data of the last times.

**SpO2 Test**  
Tap the SpO2 page to start measuring your SpO2.  
On the SpO2 page, It can show the SpO2 measured data of the last times.

## Smart Watch Features

**Weather**  
It could show the weather info of current and tomorrow on the weather page.  
Weather info is synced after connecting with the APP, it will not be updated after a long disconnected.

**Messages Reminder**  
The device can sync incoming notifications from Twitter, Facebook, Whatsapp, Instagram etc.  
Recently 5 messages can be stored.  
Note: You can switch on/off the incoming notification in the APP.

## Smart Watch Features

**Remote Shutter**  
After connecting the device, you can remote control the camera on your phone.

**Player Shutter**  
After connecting the device, you can remote control the music player on your phone.

## Smart Watch Features

**Other Features**  
Other features include stopwatch, alarm, timer, brightness, mute on/off, theater mode, factory reset, power off and about.

**Stop Watch**  
Tap the start button on stopwatch page to start timing, and tap the stop button to stop timing.

## Smart Watch Features

**Silent Alarms**  
Set up the alarm on the APP, the device will vibrate to remind on time.

**Theater Mode**  
The device will turn off the vibration and turn down the brightness when the theater mode is turned on.  
Note: You can turn on/off the theater mode in the control center.

## Smart Watch Features

**Remind to Move**  
The device will vibrate to remind you to make a relax after 1 hour sitting.  
Note: You can switch on/off the feature in the APP.

**Remind to Drink**  
The smart watch will remind you "Time to Drink Some Water" at the planned drinking time.  
Note: You can set the feature in the APP.

## Getting to Know Your Device

**1. Using in Wet Conditions**  
Your device is water-resistant, which means it is rain-proof and splash-proof and can stand up to even the sweatiest workout.  
NOTE: Do not swim with your Smart Watch. We also don't recommend showering with your watch; though the water won't hurt the device, wearing it 24/7 does not give your skin a chance to breathe. Whenever you get your watch wet, dry it thoroughly before putting it back on.

**2. Using Quick View**  
With Quick View you can check the time or the message from your phone on your Smart Watch without tapping. Just turn your wrist towards you and the time screen will appear for a few seconds.

## General Info & Specifications

**1. Environmental Conditions**  
Operating temperature: 14°F to 122°F (-10°C to 50°C)  
Non-operating temperature: -4°F to 140°F (-20°C to 60°C)

**2. Size**  
Fits a wrist between 5.5 and 7.7 inches in circumference.

## General Info & Specifications

**3. Disposal and Recycling**  
Please kindly be aware that it is the consumer's responsibility to properly dispose and recycle Smart Watch and accompanying components. Do not dispose of Smart Watch with common household waste, the Smart Watch unit is considered electronic waste and should be disposed of at your local electronic equipment collection facility.  
For more information, please contact your local electronic equipment waste management authority or the retailer where you bought the product.

P A U Z E

[www.pauze.in](http://www.pauze.in)

FOR SUPPORT

visit : [www.pauze.in](http://www.pauze.in)

email : [info@pauze.in](mailto:info@pauze.in)

Contact No: +91 94097 00003



## **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.

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.

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