VIRMEE SUPPORT

North America	:	support@virmee.com
United Kingdom	:	support.uk@virmee.com
Deutschland	:	support.de@virmee.com
France	:	support.fr@virmee.com
Italia	:	support.it@virmee.com
España	:	support.es@virmee.com
日本	:	support.jp@virmee.com

@Virmee

www.virmee.com

VIRMEE

VT3

Smart Fitness Watch

USER MANUAL

Please read the user manual carefully and keep it for future reference.

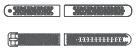
Tempo

V1. 02

WHAT'S INCLUDED

VT3

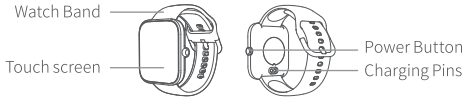
Charging Cable



Spare Watch Bands

User Manual

PRODUCT OVERVIEW

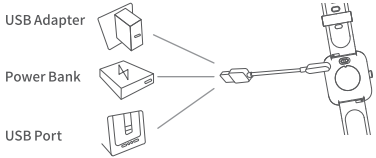


GETTING STARTED

❶ Charge Your Watch

Step 1: Insert the USB end of the **Charging Cable** into a USB adapter, power bank, or a USB port.

Step 2: Hold the other end of the **Charging Cable** to approach the **Charging Pins** on the back of the watch until they attach magnetically.



Note:

If the **Charging Cable** can not magnetically attach on the **Charging Pins** of the watch, please change the direction of it.

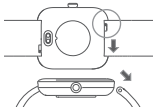
❷ Wear Your Watch

- To make the data tracking more accurate, we recommend that you wear the watch with one finger's width below your wrist bone.
- Please make sure the watch fits snugly against your skin and will not move upward or downward during exercise.

❸ Change the Watch Bands

Step 1:

Turn over your watch, then press the quick-release lever inward and gently pull the original watch band away.



Step 2:

Get another band, slide the pin into the notch on the watch, then press the quick-release lever inward and slide the other end of the watch band into place.

Step 3:

Release the quick-release lever when the pins on both ends are securely inserted into the notch.

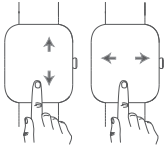
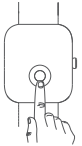
❹ Power On/Off

Long press the **Power Button** for 3-4 seconds to power on the watch, then select your language. To power it off, long press the **Power Button** for 2-3 seconds and tap **Shutdown** on the screen.

• Functions of the Power Button

Long Press	Short Press
Power On/Off	Screen on when the display is off
Pause the current exercise	Return to the previous interface
End the exercise (In Pool Swim and Open Water mode)	Resume the exercise (except Pool Swim and Open Water)
	Switch the display interface

❺ Touch Navigation

Tap	Swipe/Slide	Tap and Hold
		
Tap the screen to select or confirm the option.	Swipe vertically or slide horizontally to view all the panels.	Tap and hold on the home screen to start changing the **Watch Face.**

OPERATION BASICS

1. Function Overview on the Watch

- Swipe up from the bottom of the home screen to switch the interfaces among **Calories**, **Stand**, **Steps** and **Reading**.
- Swipe left/right on the home screen to check the applications and 18 available exercises on your watch.

HR

Perform a heart rate test to monitor your heart rate.

Heart Health

Test the health of your heart. Please check the data monitored on the app.

Stress

Follow the tips on the watch to test your stress.

SpO2

Test the amount of oxygen being carried by red blood cells. A normal reading is 90%-100%.

Scientific Sleep

Track your sleep quality from 8:00PM to 9:00AM.

Message

Display message when you receive a new message with Bluetooth connected.

Alarm

Screen on and vibrate to notify you if an alarm is set on the app.

Stopwatch

Measure the amount of time, and tap **Lap** to track the number of laps when needed.

Timer

Select a time interval or custom new time interval(s), then count down from that time interval.

Compass

Hold the watch horizontally to identify the direction.

Settings

Tap to change the watch face, adjust the brightness, check the Bluetooth name, the version of your watch and reset the watch.

Available Sports	Operation
Run, Fast Walk, Climb, Cycle, Aerobics, Basketball, Badminton, Soccer, Dance, Yoga, Rope-jump, Sit-ups, Volleyball, Tennis, Table Tennis, Ice-skating	**Step 1:** Select the sport you prefer and tap **Start**. **Step 2:** Long press the **Power Button** to pause; tap ▶ to resume. **Step 3:** Slide left to bring up the menu of **End this exercise?** and select **End.** **Step 4:** Swipe up the screen to check the data monitored. **Step 5:** Slide left to return to the home screen.

Pool Swim, Open Water	**Step 1:** Select the sport and tap **Start**(for **Pool Swim**, input the **Pool Length** first). **Step 2:** Long press the **Power Button** to pause; short press to resume; long press to quit and check the data monitored. **Step 3:** Slide left to return to the home screen.

2. Operate via VIRMEE App

We'll update the user manual according to the latest app version of **VIRMEE,** please visit **www.virmee.com** to get the latest instructions.

❶ Download and Install the App

Search and download VIRMEE App from **APP Store/Google Play** or scan the QR code directly.

Download on the App Store

iOS 10.0 or later

Download on the Google Play

Android 5.0 or later

❷ Pair the Watch with Your Mobile Device

Step 1: Turn on your watch, slide left/right to select **Settings**, then tap **About** to check the Bluetooth name of the watch.

Step 2: Enable Bluetooth on your mobile device.

Step 3: Launch **VIRMEE** on your mobile device and register an account.

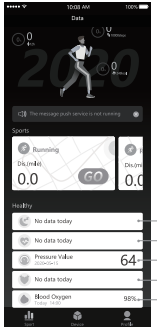
Step 4: Follow the in-app instructions to create your profile.

Step 5: Tap **Device** > **+** > **SEARCH AGAIN** on your mobile phone, then tap **VIRMEE_XXXX** to connect.

Notes:

- If you have an Android device, please permit the watch to access your location, otherwise the watch may not be searched.
- Please give full permissions to the watch to sync the information, otherwise the app may fail to display all the available options.
- The watch can only pair with one mobile device at a time.

❸ Function Overview on the App



❶ Sleep data monitored
❷ Heart rate data monitored
❸ Stress data monitored
❹ Heart health data monitored
❺ SpO2

Tap **Device** on your mobile device to know more functions of your watch.

Change Dial
Tap to custom and change your watch face.

Alarm
Tap to add/manage alarm clock(s).

Sedentary reminder
Tap to set a sedentary reminder when you sit for too long.

Smart reminder
Set to **On** to receive phone call/SMS notifications.

Easy camera
Enable it, then tap the watch to take a photo and save it to your device.

Time format
Switch time format between 12h and 24h.

Date format
Switch date format between Month/Day and Day/Month.

Unit of measurement
Set measurement unit when exercising(Run, Fast Walk, and Pool Swim).

Language switch
Change the language of your watch. Please tap **Save** on the top right corner if the language is selected.

Vibration remind
Set vibration reminder and cycles for call, alarm, sedentary, and more.

Palming gesture
After enabling this function, the watch will screen on when you flip your wrist at the set time period.

Bright screen time
Set a time period after which the watch will screen off.

Do not disturb
Select a time period during which the watch will mute sound and stop vibration.

Auto heart rate
After enabling this function, the watch will test your heart rate every 10 minutes.

Heart rate guidance
Set a remind zone for different categories, the watch will vibrate when your heart rate data is below or above the value you set.

Wearing manner

If you wear your watch on your right/left wrist, please select **Right/Left**; wrong selection will lead to wrong data.

Auto-recognition motion

After setting it to **ON**, the watch will automatically recognize the exercise you are doing and enter into the sport interface accordingly.

Firmware upgrade

Check the firmware version of your watch and update it when available

- Before you update the firmware version, please make sure the battery level is more than 50%.
- Please do not exit the update interface to avoid update failure.

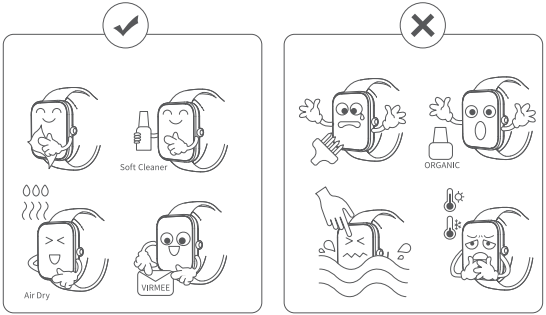
Unbind

Tap to unbind the watch and stop sync data with your mobile device.

SPECIFICATIONS

Model	VT3
Screen Size	1.3 inch
Resolution	240 x 240
Battery Type	170mAh Li-Polymer Battery
Input Voltage	DC 5V
Input Current	< 0.3A
BT Version	BT5.0
Working Temperature	0-40°C/32-104°F

MAINTENANCE AND CARE



FCC Caution

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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 Exposure Statement
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

ISEDC Warning

This device complies with Innovation, Science and Economic Development Canada License exempt RSS standard(s). 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 inter ference that may cause undesired operation of the device.

LeprésentappareilestconformeauxCNRd'Innovation,SciencesetDéveloppement économiqueCanadaapplicablesauxappareilsradioexemptsdelicence. L'exploitationestautoriséeauxdeuxconditionssuivantes:
❶ l'appareil nedoit pas produire de brouillage, et
❷ l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi,

même si le brouillage est susceptible d'en compromettre le fonctionnement.

The device is compliance with RF exposure guidelines, users can obtain Canadian information on RF exposure and compliance.

Le présent appareil est conforme
Après examen de ce matériel aux conformité ou aux limites d' intensité de champ RF, les utilisateurs peuvent sur l' exposition aux radiofréquences et compliance d' acquérir les informations correspondantes.

CE Caution

Use the product in the environment with the temperature between 0°C and 50 °C; Otherwise, it may damage your phone. It can be operated under 2000m. For the following equipment:
Product Name: Smart Watch

Model: VT3
Shenzhen VanTop Technology & Innovation Co., Ltd. hereby declares that this [Name: Smart Watch, Model: W100] is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU.

CAUTION:
RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.
Do not use other unauthorized chargers power supply for charging.
Do not use the product in environment below 0°C or above 50°C for charging.

CE

The symbol indicates DC voltage

RECYCLING

This product bears the selective sorting symbol for Waste electrical and electronic equipment (WEEE). This means that this product must be handled pursuant to European directive 2012/19/EU in order to be recycled or dismantled to minimize its impact on the environment. User has the choice to give his product to a competent recycling organization or to the retailer when he buys a new electrical or electronic equipment. This product can be used across EU member states.

Lithium ion Battery:

Model: 481525, 3.8V, 170mAh

DongGuan Golden CEL Battery Co., Ltd

Add: No.11, Yinhu Industrial Park, JiaoYiTang Management Zone, TangXia, DongGuan, GuangDong, China

Bluetooth	
Support Standard	802.15.1
Frequency Range	2402-2480MHz
Max. RF Output Power	-4.42dBm (EIRP)
Type of Modulation	GFSK
Data Rate	1Mbps
Quantity of Channels	40

FCC Warning Statement

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

The device has been evaluated to meet general RF exposure requirement.