FILA

Smart Watch F36

CONNECTED

Datos de salud · Notificaciones · Distancias · Ciclos mujer · Calorías · Pasos · Asistente de voz · Sueño · Llamada directa desde el reloj · No sumergible

USER MANUAL
MANUAL DE USUARIO
MANUAL DO USUÁRIO
MANUEL DE L'UTILISATEUR
MANUALE DELL'UTENTE
BENUTZERHANDBUCH
GEBRUIKERSHANDLEIDING

SW/36

Descarga la APP en: App Store · Google play

ENGLISH

Thank you for using our smart watch.
Important! The data provided by the smart watch, such as heart rate, blood oxygen and blood pressure, are merely indicative, it is not an exact medical measuring device.
Even if you are well, go to all the appointments scheduled by your doctor.

Recommendations for people with sensitive skin during use of electronic wrist devices, Smartwatch and Smartband.
The materials used for our Smartwatches and Smartbands are selected following a rigorous control of hypoallergenic measures, as well as guaranteeing that all materials comply with current regulations for materials in contact with the skin.
A small number of people, however, may experience some type of skin reaction.
If you suspect, or know, that you are allergic or have an above average sensitive skin type, you should monitor the use of these devices for any type of reaction due to said allergies, environmental factors or prolonged exposure to irritants, like soap, sweat, or other causes.
Smartwatches and Smartbands may contain materials such as nickel and acrylates which, even though they are within the permitted amounts in the manufacturing process, may cause skin to react if you are sensitive to them.
If you use these devices for a prolonged period of time, you may be more susceptible to developing skin sensitivities. To avoid possible skin irritations we recommend you do not expose the device to chemicals or use it if your skin has, or has been recently applied with, any of the products listed below:
- Insect repellents
- Moisturizing creams and lotions
- Oils
- Perfumes
- Antiseptic gels
- Soaps
- Sun protection creams

It is recommended that the devices are used when the skin is completely dry and free of any of the aforementioned products to avoid having charging contacts and measurement sensors in contact with wet skin. They are not submersible or waterproof.
Clean the device thoroughly to remove sweat after training and allow it to dry. Prolonged exposure to moisture can cause skin irritation.
It is also advisable not to wear these devices too tight or too loose. If the strap is too tight, it may cause skin irritation. If the strap is too loose, chafing may occur.
The watch strap should be left so that it can move slightly back and forth on the wrist.
If you wear the device for prolonged periods of time, remove it to give your skin a rest. To avoid irritation, swap the device to your other wrist.
If you notice redness, swelling, itching or any other irritation, remove the Smartwatch immediately and consult your physician before using the device again.

Special attention must be paid to the use of these devices in places with relatively low humidity conditions.
When using the Smartwatch/Smartband in places with low relative humidity (dry/poorly ventilated places, low humidity atmospheric conditions, dry indoors, if heating or air conditioning is always on, etc.), as with any other electronic device, it may be affected by charges of static electricity on rare but certain occasions. This may cause damage to the device and also to the person wearing it at that time. Static electricity is everywhere.
It surrounds us without us perceiving it.
An effective trick to avoid a high percentage of static electricity at home:
- Use a humidifier. Humidity is a good conductor of electricity therefore, by maintaining an acceptable percentage of it, we will avoid static in areas of the home where we metal objects may be found. Small containers of water on top of radiators is another alternative solution.

The use of the devices in bed, whilst sleeping, is especially discouraged for children and the elderly due to the fact that repeated movements during the night may cause, through friction with sheets, blankets, etc. a swap the device to your other wrist.
If you notice redness, swelling, itching or any other irritation, remove the Smartwatch immediately and consult your physician before using the device again.
charge of static electricity. This may result in a sudden discharge of the watch's battery and/or heating of same as the human body is a conductive element and can cause a reaction to people with sensitive skin, redness, irritation, etc.
If you notice redness, swelling, itching, or any other form of irritation, remove the Smartwatch immediately and consult your physician before using the device again in case you are suffering from any type of reaction, allergic or otherwise.

Welcome to use our high-performance wrist smart watch which creates thoughtful and health experience for you

Device maintenance
Please remember the following tips when you maintain your smart watch:
- Clean the smart watch regularly, especially its inner side, and keep it dry.
- Adjust the smart watch tightness to ensure air circulation.
- Excessive skincare product should not be used for the wrist wearing the smart watch.
- Please cease wearing the smart watch in case of skin allergy or any discomfort.

Getting started Charging the battery
The SW/36 is equipped with a rechargeable Lithium-Polymer battery. Fully charger the SW/36 prior to putting the device into operation for the first time. To charge, place the fitness watch with the charging contacts on the charging unit so that the pins of both units are magnetically attracted and have contact.
The charging unit can be connected with any USB-A port of a computer.
Connect the USB cable to a USB power source, the battery symbol will show up and the battery will be charged. The usualcharging time is 2.5 hours. The display will indicate, one the battery is fully charged.

Downloading and binding of smart watch APP
Note: your mobile phone must support Android 4.4, iOS 8.0 or above, and Bluetooth 5.1
1. Download from Apple Store or Google play and install APP or scan QR code with mobile phone to download APP.

APP / APK: FILA S-WATCH

2. Pairing smart watch with APP: Please do not pair the watch directly to your phone's Bluetooth.
If you have already performed this operation, please remove it from the list of paired devices as it will prevent the connection to the APP.
If you have already performed this operation, please remove it from the list of paired devices as it will prevent the connection to the APP.
2.1. Open the APP
2.2. Update your personal details (gender, birth year, etc.) and press the check mark.
Once done, grant all permissions requested by the APP.
2.3. To link the watch to your phone press "To Add".
2.4. The phone will search, and display, SW-36
Select it to pair the watch to your phone.
Once synchronization is complete your watch will display local date and time.
2.5. When you press the watch icon (bottom middle) you will see the following screen:

Here you can set up notifications, alarms and the background image (can be personalized).
In "Others" you can establish time format (12/24 hours), reminders, etc.

2.6. The last icon, on the lower right, will show "My" screen. Here you can complete the details of your profile and establish your objectives.

Notes:
- Only connect the device via APP and not via the Bluetooth setting of the smartphone.
- The personal data is used to calculate the calorie consumption and distance correctly.
- You can only connect one watch via APP. The use of multiple watches with one smartphone at the same time is not supported.
- After successful connection, the data, time and weather data are transferred from the smartphone to the watch.
- Time / date cannot be set manually.

Mobile phone connection (For calls)
If you did a correct connexion with the APP, a pop up show in the screen that you have to confirm for connect the the smart watch to the Phone so you can make and reject calls, answer calls and Speak from the watch.

Introduction to the call function
When your watch is connected to your phone, you can use your watch to dial-control your phone to make calls, or you can answer calls from your phone on your watch.
You can also view your watch's call history.
When using the call function, you need to make sure that your watch is connected to your phone in a visible state.
For doing call from watch, from the main screen of the watch scroll the screen to the up and select the "TELEPHONE" option, then you can use this function.

Voice assistant
For use the voice assistant, from the main screen of the watch, scroll the screen to the up and select the AI VOICE option, then you have to press the screen so you can talk and start to use this function.

Heart rate
For doing heart rate measurement, sure that you have put the smart watch in your wrist, then from the main screen of the watch, open the APP in your SmartPhone and select "HEART RATE", then in the following screen press "MEASUREMENT"

Blood pressure
For doing blood pressure measurement, sure that you have put the smart watch in your wrist, then from the main screen of the watch, open the APP in your SmartPhone and select "BLOOD PRESSURE", then in the following screen press "MEASUREMENT"

Oxygen saturation
For doing oxygen saturation measurement, sure that you have put the smart watch in your wrist, then from the main screen of the watch, open the APP in your SmartPhone and select "OXYGEN SATURATION", then in the following screen press "MEASUREMENT"

Sleep monitoring
Your watch can record and show the total length of your sleep last night and the length of you deep, and light sleep. More detailed analysis and data records can be viewed in the client.

Weather information
The weather page shows the current weather, air quality information, and tomorrow's conditions. Weather information needs to be connected to the client before data can be obtained and weather information cannot be updated if disconnected for a long time

Change the dial
Hold press the main screen for selecting the dial that you want

Voice record
You can record your voice in this option

Exercise
Several sport modes to choose from including. More detailed analysis and data records can be viewed in this option.

Camera control
When the phone is connected, the watch can be used as a remote control for the phone's camera. When you turn on the camera on your phone, you can trigger the phone's camera door by tapping on the watch camera control page.

Other features
Other functions of the watch include flashlight, stopwatch, alarms clock, timer, brightness adjustment, vibration switch, do not disturb mode, theater mode, factory resumption, shutdown, about.

Specifications
Step / Distance / Calories / Exercise mode / Notifications / Health data / Sleep monitoring / Stopwatch / Camera control / Music control / 1.7 inch screen / Full-screen touch / BT call / BT 5.1 / Lithium battery 230 mAh / No waterproof / Watch face selection / Alarms / Weather / BT frequency band: 2.4 GHz / Maximum emitted RF power < 100 mW

Precaution
- The watch is not waterproof
- Do not expose the watch at extreme temperatures, the batteries could exploit.

Customer service
Only in English, Spanish and Portuguese
Servicio de atención al cliente / Customer Service / Serviço de apoio ao cliente (Español / English / Português): +34 91 713 94 98
Horario de atención al cliente:
De lun. a Jue. de 08:00 a 14:00 y de 15:30 a 17:30 y los Vier. de 09:00 a 14:00
Working hours: Mon to Thu from 08:00 to 14:00 and from 15:30 to 17:30 and Fri. from 09:00 to 14:00
Horário de funcionamento de apoio ao cliente:
De 2ª a 5ª feira das 08:00H às 14:00H e das 15:30H às 17:30H
6ª feira das 09:00H às 14:00H
sac@innovacelular.com

Declaration of conformity
Hereby INNOVA CELULAR declares that the Smart Watch F36 (SW/36 (Y20)) complies with the essential requirements and any other applicable or enforceable provisions of Directives CE 2014/30/EU, 2014/53/EU and RoHS 2011/65/EU Annex II (EU) 2015/863.
To see the complete declaration of conformity you can access through the following link:
http://www.innovacelular.com/images/web/descargas/descargas/declaracion/declaracion_sw-36.pdf

Guarantee
NOTE: The Smart Smart Watch F36 (SW/36 (Y20) has a 3-year warranty from the date of purchase. Special importance in the durability of the products have the elements that compose it and that suffer from degradation and loss of capacities due to their use, being understood as normal wear that they lose capacity, especially in the case of rechargeable batteries, depending largely on infinity of external factors (hours of use, charge and discharge cycles, use of inappropriate chargers, temperatures of use, not respecting the recommended charging times, etc...)
For the guarantee of wear and tear parts, it must be taken into account that the loss of autonomy of the battery as a result of its aging does not imply a manufacturing defect, so it is considered normal that after 6 months have a loss of 10%, at 15 months 20% - 30% at 24 months 45%, all corresponding to proper use of the battery and the charge and discharge cycles carried out.
Any battery that presents symptoms other than those listed in this manual, will be inspected by the technical service and assessed for its affectation to guarantee. If after 24 months from its purchase the battery presents symptoms different from those detailed, it will be understood to be exempt from guarantee for the reasons stated above and will be left out of the inspection process, becoming the customer who, if they so wish, must reliably demonstrate that the battery presented defects other than those detailed in this manual before those 24 months.

GUARANTEE

DEVICE
ITEM: ____________
Serial number: ____________
ESTABLISHMENT
Purchase date: ____________

FILA
+34 91 713 94 98
INNOVA CELULAR SL
C/ Severo Ochoa Nº 9 nave 8B
28521 Rivas-Vaciamadrid
Madrid

Establishment signature

Safety warnings
Important Safety Information: Handle the Smart Watch with care.
They contain sensitive electronic components, including batteries, and may malfunction, affect performance, or cause damage if dropped, burned, punctured, crushed, disassembled, or exposed to excessive heat, liquid, or high-pressure environments. concentrations of industrial chemicals, including nearly evaporated liquefied gases such as helium.
Do not use the Smart Band if it is damaged.
Batteries: Do not try to replace the battery of the Smart Watch by yourself, as you could damage the Smart Watch and cause overheating and injury.
Charge: Charge the Smart Watch with the charging cable and a power adapter or a computer, charge the device only with an adapter that meets relevant national, international and regional safety standards. Other adapters may not meet applicable safety standards and their use to charge the Smart Watch may present the risk of injury or death.
Using damaged cables or chargers, or charging the device if they are wet, may cause fire, electric shock, injury, or damage to the case or other belongings.
Prolonged exposure to heat: Avoid prolonged skin contact with the device, power adapter, charging cable and its connector, or the wireless charger when connected to a power source, as this may cause discomfort or injury.
Choking hazard: The Smart Watch and the small parts included may present a choking hazard to small children or cause other injuries.
Always keep them out of the reach of children.
Interference with medical devices: The Smart Watch and charger contain components and radios that emit electromagnetic fields.
These electromagnetic fields and magnets that the device may contain may interfere with the operation of pacemakers, defibrillators, or other medical devices.
Keep a safe distance between the medical device and the Smart Watch.
Request specific information about the medical device from the manufacturer and your doctor. Stop using the Smart Watch if you suspect it is interfering with your pacemaker, defibrillator, or other medical device.
Skin irritations: The Smart Watch can cause skin irritation if not cleaned properly.
Regularly clean the Smart Watch with a soft, lint-free cloth.
In the event of any type of skin reaction, stop using the Smart Watch.
If the problem persists, see your doctor.
Electrostatic discharges: When using the Smart Watch in areas where the air is very dry, it is easy to accumulate static electricity, so you may feel a small electrostatic discharge from the Smart Band on your wrist.
To minimize this risk, avoid using the Smart Band in extremely dry environments, or touch a grounded, unpainted metal object before putting on the Smart Watch.
Important Driving Information: Discoloration of the connector and the bottom of the Smart Watch after continued use is considered normal.
Dirt, debris, and exposure to moisture could cause discoloration.