

FITNESS TRACKER WITH SLEEP TRACKING

USER GUIDE

CE220799-F
03/25

SAFETY WARNINGS

The device contains electrical equipment that may cause injury if not used properly. For example, prolonged contact may contribute to skin allergies for some users. To reduce irritation, please read the safety guidelines on the following pages to ensure proper use and care.

- Only use attachments/accessories specified by the manufacturer
- Do not expose your device to liquid, moisture, humidity or rain while charging; do not charge your device when it is wet, as it may result in electric shock and injury.
- Keep your device clean and dry. Do not use abrasive cleaners to clean your device.
- Consult your doctor before use if you have any preexisting conditions that might be affected by using this device.
- Do not wear it too tight. If your device feels hot or warm, or if it causes any skin irritation or discomfort, please discontinue using your device and consult your doctor.
- Do not expose your fitness tracker to extremely high or low temperatures.
- Do not leave your fitness tracker near open flames such as cooking stoves, candles, or fireplaces.
- This product is NOT a toy – never allow children or pet to play with this product. Always store the product out of reach from children. The devices themselves or the many small parts they contain may cause choking if ingested.
- Never try to abuse, crush, open, repair or disassemble this device. Doing so will void the warranty and can result in a safety hazard.
- If any parts of your product require replacement for any reason, including normal wear and tear or breakage, please contact us.
- Do not use your device in a sauna or steam room.
- Do not bring your device into contact with any sharp objects, as this could cause scratches and damages.
- For light colored arm bands, minimize direct contact with dark-colored clothing, as color transfer could occur.
- Dispose of this device, the device's battery and its package in accordance with local regulations.
- Do not check any notifications, GPS, or any information on your device's display while driving or in other situations where distractions could cause injury or hazardous. Always be aware of your surroundings while exercising.
- If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.
- The device, accessories, heart rate monitor, and related data are intended to be used only for recreational purposes and not for medical purposes, and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.
- While the optical wrist heart rate monitor technology typically provides the best estimate of a user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.
- The activity tracker relies on sensors that track your movement and other metrics. The data and information provided by these devices is intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate, including step, sleep, distance, heart rate, and calorie data.
- If you have eczema, allergies or asthma, you may be more likely to experience a skin irritation or allergy from a wearable device.
- Whether you have the conditions above or not, if you start to experience any discomfort or skin irritation on your wrist, remove your device. If symptoms persist longer than 2-3 days of not using your device, contact your doctor.
- If you sweat for more than two hours while wearing your fitness tracker, be sure to clean and dry your band and your wrist to avoid skin irritation.

• Prolonged rubbing and pressure may irritate the skin, so give your wrist a break by removing the band for an hour after extended wear.

Not for medical use

- This product is not a medical device, and is not intended to diagnose, treat, cure, or prevent any disease. The accuracy of our devices is not intended to match medical devices or scientific measurement devices, but is intended to give you the best information available in a wearable activity tracker.
- The heart rate readings are for reference only, and no responsibility is accepted for the consequences of any erroneous readings.

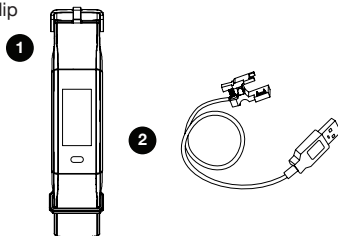
CAUTION: Risk of explosion:

- If the battery is replaced by an incorrect type.
- If the battery is subjected to high or low extreme temperatures that a battery can be subjected to during use, storage or transportation.
- If the battery is subjected to low air pressure at high altitude.
- Replacement of a battery with an incorrect type that can defeat a safeguard (for example, in the case of some lithium battery types).
- Disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can result in an explosion.
- Leaving a battery in an extremely high temperature surrounding environment that can result in an explosion or the leakage of flammable liquid or gas.
- A battery subjected to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas.
- Do not dispose of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can result in an explosion.
- Do not leave a battery in an extremely high temperature surrounding environment that can result in an explosion or the leakage of flammable liquid or gas.
- Do not expose the battery to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas.

IN THE BOX

1. Fitness Tracker
2. USB charging cable with clip
3. User guide*
4. Warranty card*

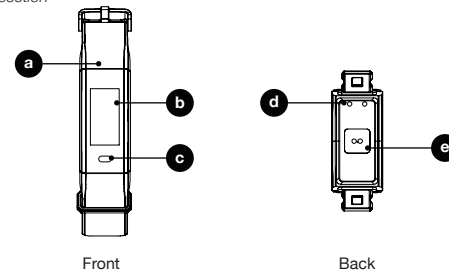
*Not pictured



FUNCTIONS

- a. Strap
- b. Display
- c. Touch button
- d. Charging contacts
- e. Monitoring sensor

Note: Product rating label is on the back of the Fitness Tracker Watch face and in the About section

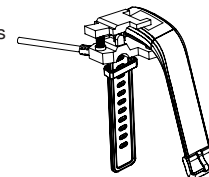


TECH SPECS

Screen Resolution:	0.96" TFT, 80px X 160px
Bluetooth Version:	5.4
Battery:	90mAh
Power Input:	DC 5V 500mA
Water Resistant:	IP67
Operation frequency band:	2402MHz-2480 MHz
Maximum radio-frequency power transmitted:	Less than 20dBm
Operating ambient temperature:	0- 45°C
Storage and transportation ambient temperature:	0-45°C
Altitude not higher than 2000m (air pressure not less than 80kPa)	

CHARGING

1. When charging first turn over your watch, squeeze the clip and align the charging contacts before releasing to clamp
2. Once clamped securely plug the USB end into a suitable USB charging point such as a computer or wall adapter (not included). The watch can be fully charged in around 60 minutes.

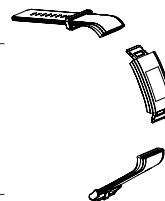


NOTE:

- Please use chargers that meet international safety standards for charging. Other chargers may cause problems such as slow charging and overheating. Please use them with caution.

CHANGING STRAPS

To remove the strap, pull it out at a 45° angle. Insert the new strap in the reverse direction.



TURNING ON/OFF

Turning on

Long press the touch button on the face of the watch to power on

Turning off

First navigate to the 'OFF' selection under the settings menu and hold the touch button until the watch powers off

PAIRING

Download the APP

- Download the "MTWEAR Pro" app to your phone using one of the following methods:
 - Scan the QR code using your phone's camera
 - Choose either Android or iOS, and follow the link to download the app.
- Alternatively, search for "MTWEAR Pro" on the Google Play Store (for Android) or the App Store (for iPhone) and download it directly.



NOTE: The app requires Android 5.1 or higher, or iOS 9.0 or higher. Be sure to grant all necessary permissions during installation to ensure full functionality.

Connecting your device

To pair your watch and phone:

- Open the app and navigate to the "Device" page.
- Search for your device in the app's list.
- Click the "Bind" button.
- Follow the steps shown on your device to pair with your watch

NOTE: Avoid system Bluetooth: Do not search for the watch directly in your phone's Bluetooth settings. If the device is already paired in system Bluetooth, remove the device before searching for it in the app.

NAVIGATING THE APP

The app is separated into 4 main sections:

- Home**
 - View the current days data including step count, sleep data, heart rate, blood pressure, blood oxygen, and exercise data
- Sports**
 - Track various exercise activities including running, walking, riding and more.
- Device**
 - View device information:** Check battery level, device name, and more.
 - Customize notifications:** Allow incoming call notifications, set message push notifications and alarms.
 - Access additional settings:** Adjust weather, language, drink water reminders, sedentary reminders, do not disturb mode, raise-to-wake, heart rate monitoring, and other options.
- My**
 - Personal info:** Update your details
 - Goals:** Set sleep and step targets
 - Units:** Choose your preferred units of measurement
 - Feedback:** Share your thoughts and get help

TOUCH CONTROL

All functions and settings are controlled via the touch button located at the base of the watch face

Touch button

- Short Press the touch button to switch between menu items, long press to enter the selected item

Exercise		<ul style="list-style-type: none"> Track your workouts with multiple sports modes like walking, running, cycling, basketball, badminton, and football. View your exercise summaries and results in the app on your phone.
Message		Read messages received from messaging applications directly on your watch. (Requires connection to the "MTWEAR Pro App" on your phone.)
Steps		Monitor your daily steps, calories burned, and distance traveled.
Sleep		<ul style="list-style-type: none"> Automatically track your sleep duration and quality from 9:00 PM to 9:00 AM. Use the data to improve your sleep schedule and get better rest.
Heart rate monitoring		<ul style="list-style-type: none"> The heart rate monitor will automatically measure your heart rate in about 20 seconds. Enable automatic heart rate monitoring in the app to track your heart rate at set intervals.
Blood pressure monitoring		Select to start measuring and your blood pressure reading will be generated in about 15 seconds.

Blood oxygen monitoring		<ul style="list-style-type: none"> Enter the blood oxygen screen and start the measurement. Your blood oxygen level will be generated in about 15 seconds.
Weather		When connected to your phone via the app you can see current weather conditions on your watch.
Stopwatch		Use the stopwatch function for single or multiple timing sessions.
Capture		Take a photo with your phone's camera remotely using your watch. (Your phone must be unlocked and the app must be connected.)
QR Code		<ul style="list-style-type: none"> Find your watch's model, QR code, software version, and MAC address. Scan the QR code with the app to connect your watch to your phone during set-up.
Find Phone		Use your watch to locate your phone. It will vibrate and sound an alert when connected.
Brightness		Adjust the screen brightness to your preference.
Reset		Tap "Factory Reset" to erase all data from your watch. (Use with caution as it is permanent!)
Reboot		Long press the touch button on the reboot screen to restart your watch.
Off		Long press the touch button to turn off your watch

AFTER SALES SUPPORT

If you experience any issues with this product or its performance is not what you had expected, please contact us at Balco Brands

It is likely that we can resolve any problems for you via phone or email

Phone: 0800 496 9698
 1800 816994

Email: UK-IRE@balcobrands.com

This product complies with EU WEEE Directive (2012/19/EU). This product bears a classification symbol for waste electrical and electronic equipment (WEEE). This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

Packaging materials of the product are manufactured from recyclable materials in accordance with our National Environment Regulations. Do not dispose of the packaging materials together with the domestic or other wastes. Take them to the packaging material collection points designated by the local authorities.

Hereby, Balco Brands declares that the radio equipment Premium Wireless Earbuds is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: <https://balcobrands.com/download/CE220799-F-ECDOC.PDF>