MAREA SMART

B57009

User manual

Please read this manual before using the product to fully understand its use and operation.

CAUTION

- The company reserves the right to modify the contents of this manual without any further notification. Some functions may vary in certain versions of software.
- Please charge this product with the charger provided for no less than 2 hours before using it for the first time.
- Use only the charger that is included with the product. Make sure that the charger and the smart watch are properly connected while charging. Do not charge if the watch has water (or sweat) to avoid short circuits and damaging the product.
- The two contacts of the charging cable cannot be in contact with a conductor material at the same time, it will cause a short circuit and burn.
- Avoid hitting the smart watch, it could break the glass.
- The waterproof rank is IP67, therefore the smart watch can be used for daily life. But the smart watch cannot be used for diving or be under water for a long time. Furthermore, the smart watch cannot be used in showers / baths with hot water (the water steam can damage it) or in salt water (if it entered the smart watch, it would corrode the internal parts).

- Clean the smartwatch regularly, especially its inner side, and keep it dry. Skincare product should not be used on the wrist that wears the smartwatch.

- Don't look steadily at the green light of the sensor on the back of the smartwatch, it may cause eye irritation.

System Requirements:

Android: Android 4.4 or above

iPhone: iOS 8.2 or above

Download and install the application

1. Go to our website www.mareasmart.com and find your smart watch model. The model number is found on the back of the smart watch (it starts with "B" and is followed by five digits).

2. Download and install on your phone the official app that corresponds with your smart watch model.

3. Open the app and enable all the permissions that the app requests.

4. Turn on Bluetooth on your phone.

5. Make sure that the smart watch has not been linked directly through Bluetooth to your phone. If so, unlink it.

6. Bind your Marea Smart watch through the app.

Notes on linking:

- Only one smart watch pairing application should be installed on the phone to ensure that the connection with the smart watch is normal. If several applications are connected, they can affect the connection between the watch and the phone.

- Some Android phones will prompt you that they cannot install the app. Please go to 'settings' of the phone and authorize the 'Unknown source'.

- When the mobile phone requests permissions, click "Allow". On the contrary, you may not receive notifications, scan QR codes, open the remote camera or use other functions. These permissions do not affect the flow of the phone or other information on the phone.

- Some Android phones may accidentally close the app when cleaning the applications. Please keep the app running in the background. To turn on this function on your phone: open the phone settings - application management - official application - rights management - backstage management - select background running. The setting method may be different due to different mobile phone versions and models.

- For iPhone: if the phone is in standby or hibernation mode for a long time (for example, the phone has not been in use for 2 hours or more and the screen is off), the application will be closed by the iOS system , so the application and the watch will be disconnected and the application functions will not be available. Re-activate the phone and it will automatically reconnect.

Smart watch operation

Turn on/off

Press and hold the side button for 3 seconds to turn on the smart watch; short press the side button to activate the watch when in standbymode.

Press and hold the side button for 3 seconds to turn off the smart watch.

Button and screen operation

From the home screen on the smart watch:

- Swipe down to see the status bar. It shows the connection status, date and battery, and includes quick access to some functions: flashlight, turn on/off vibration (bell icon), do not disturb mode (moon icon), brightness control, settings, and block device).

- Swipe up to enter the main menu.
- Swipe right to enter the message interface.
- Swipe left to to enter the shortcut menu. It includes exercise data, heart rate monitor, sleep monitor, music remote control, and weather.

Return

From any function, swipe right to return to the previous menu or short press the side button to return to the home screen.

Home screen selection

Long press the home screen to enter the selection interface, swipe right / left to see all available options. Click on the desired screen to make it your home screen. On the app you can download other predesigned home screens as well as select an image saved on the phone to set as your home screen.

Main functions in Smart watch

The main menu includes the following functions:

Sport data

Shows the steps taken, the distance traveled and the

calories consumed on the current day.

Messages

Shows the last 7 messages / notifications. The phone and the watch must be linked and within the Bluetooth range. Press and hold for 2 seconds on a message to delete it or slide to the bottom and press the delete icon to clear all message records. The last notification received will replace the oldest one. On the app you can select what type of notifications you want to receive on the smart watch.

Sleep Monitor

If you have worn the watch during the previous night, it shows the total sleep time of last night, as well as light and deep sleep times. You can check the historical data on the app.

Sports

Includes different sport modes: basketball, football, badminton, walking, running, cycling and rope skipping. Click on the corresponding exercise mode to begin the recording. Slide right to end the exercise and save the

data. On the app you can check the historical data.

Health

- **Heart Rate**

Upon entering the function, the heart rate measurement will start automatically. Wait about 30-60 seconds for the measurement to finish and the result will be displayed. On the app you can check the historical data.

- **Blood Pressure**

Upon entering the function, the blood pressure measurement will start automatically. Wait about 30-60 seconds for the measurement to finish and the result will be displayed. The test should be done in a quiet environment and at proper temperature. Have a rest for at least 5 minutes before the test. Avoid nervous, anxious and exciting scenarios. For a more accurate result, take three measurements at an interval of 2 minutes and use the average value of the three test readings. On the app you can check the historical data.

- **Blood Oxygen**

Upon entering the function, the blood oxygen measurement will start automatically. Wait about 30-60 seconds for the measurement to finish and the result

will be displayed.

Notes on health functions:

- The heart rate, blood pressure, and blood oxygen functions require the watch and arm to be in contact, and the watch should not be too tight or too loose. The test can be inaccurate if it is too tight because it will affect blood flow, and if it is too loose because it will affect the monitoring of the heart rate sensor.

- Be sure that there the heart rate sensor on the back of the smartwatch is clean. Skin color, hair density, tattoos and scars may affect the accuracy of the measuring results.

- The results of the smart watch measurements are only indicative and cannot substitute in any case for any medical test. Please follow your doctor's instructions and do not rely solely on these results for an evaluation.

Weather

Displays the current weather, air purity and temperature. Slide up to check the weather and temperatures of the following days. The phone and the watch must be linked so the watch can receive the weather info from the phone.

Brightness

Click "+" to increase and click "-" to decrease the brightness of the screen. The brighter it shines, the more battery it will use.

Stopwatch

Click on the start icon to start the count. You can pause or stop to reset to 0.

Screen time

Select the seconds it will take for the screen to turn off when not in use. The longer the screen is on, the more battery it will use.

Settings

- **Language**

  You can select the language on your smartwatch or synch automatically with the language on the linked phone.

- **QR code**

  Shows a QR code to scan with your phone in order to download the app.

- **About**

  It shows the Bluetooth name, software version and MAC address.

- **Restore**

  Resets the smart watch to factory settings (click "√" to confirm or "✕" to exit). This function will erase all the data saved on the smart watch.

- **Restart**

  Restarts the smart watch (click "√" to confirm or "✕" to exit).

- **Shut down**

  Turns off the smart watch (click "√" to confirm or "✕" to exit).

Flashlight

The screen shines so you can use its light as a flashlight.

Find phone

Click on the radar icon and the paired phone will ring so you can find it. The phone and the watch must be linked and within the Bluetooth range.

Music remote control

Displays buttons to play / pause and skip to previous or next song, to remotely control the music playing on the paired phone. The phone and the watch must be linked and within the Bluetooth range.

Breathing guide

Press the start button to begin the breathing training.

Camera remote control

The camera on the phone will open. Shake the smart watch or press the side button and the phone will take a photo. The photo will be saved in the phone's gallery.
Note: When the camera usage request appears, select "Allow".

Menu style

You can choose between two different types of menu styles.

Main functions on the app (they can only be used if the smart watch is linked)

Historical data

You can check the historical exercise data, sports records and health test results.

Unlink

Click to unpair the smart watch from the paired mobile phone. For IOS system, after unlink the watch, you need to go to the settings of the phone to ignore the Bluetooth device.

Notifications

Activate notifications for each of the apps you want to receive notifications from on your watch. When the phone receives incoming calls, text messages or new notifications from the activated apps, these notifications are received on the smart watch as well. The last 7 messages / notifications can be viewed in the message interface on the smart watch.

Dial Setting

It includes a wide gallery of home screens that can be downloaded to the smart watch, as well as the possibility of customizing your own home screen using an image saved on the phone (or taking a photo with the phone's camera).

Alarm clock

You can set up to 5 alarms. When the time has come for it to go off, the smart watch will vibrate and turn on the screen to show the alarm clock icon.

Sedentary reminder

If this function is activated, when you have been in the same position for a long time, the smartwatch will vibrate and show the sedentary icon to remind you to get up and move.

Drink water reminder

If this function is activated, the smartwatch will vibrate and show the water reminder icon to remind you to drink water throughout the day.

Camera remote control

The camera on the phone will open. Shake the smart watch or press the side button and the phone will take a photo. The photo will be saved in the phone's gallery.

Note: When the camera usage request appears, select "Allow".

Find smart watch

The smart watch will vibrate so you can find it. The phone and the watch must be linked and within the Bluetooth range.

Restore

Resets the smart watch to factory settings. This function will erase all the data saved on the smart watch.

Do not disturb mode

You can set a time interval in which the smart watch will not receive notifications.

You can also turn on/off the vibration of the smartwatch.

Raise wrist to turn on screen

If this function is activated, the smart watch's screen will turn on when you lift your wrist.

Firmware update

If there is a new version of the smart watch's firmware, you can update to the latest version.

Health Monitor

If this function is activated, the smart watch will automatically take heart rate measurements during the hours selected.