



# USER MANUAL



Please refer to this manual before using the smartwatch

## 1. CHARGING AND ACTIVATION

Thank you for purchasing this product. Please make sure the battery is fully charged before your first use.

## 2. DOWNLOAD THE APP

Scan the QR code to download and install the APP. Compatible with iOS 9.0 & above and Android 4.4 & above



If the watch's firmware or the APP is not the latest version, it may affect the usage of the watch or the APP. Please update the watch's firmware and the APP to the latest version.  
**Smartwatch Firmware Upgrade:** CoolWear App >> Device >> Firmware upgrade >> upgrades.  
**APP Upgrade:** CoolWear App >> Profile >> About >> update.

## 3. PAIRING AND CONNECTION

- Turn on the Bluetooth and GPS on your phone. Ensure that the watch is not paired with another phone.
- Open the CoolWear App to set up your profile.
- Go to "Device" and click on "Add a Device".
- Choose your device from the list that appears.
- Your device is now successfully paired.

**Note:** Please fill in the real information for the first use, the data will be more accurate.

## 4. MOBILE PHONE SETTING

Ensure the Notifications Permission is turned ON on the APP. Mobile Phone >> Settings >> Notifications >> Permissions >> CoolWear App >> Turn ON all the permissions.

- **Note 1:** For Apple phones with an operating system above iOS 12, follow these steps: Settings >> Bluetooth >> Device Name >> Share system notifications >> Ensure it's ON.
- **Note 2:** If you open an application (WeChat/Skype/WhatsApp, etc.) both on your computer and mobile phone, then no notification message will be displayed on the watch.

## 5. PHONE CALL

**Note:** Android phone will automatically clean up infrequently used APP, causing APP to be closed in the background. Please turn on the relevant permissions to ensure normal use.

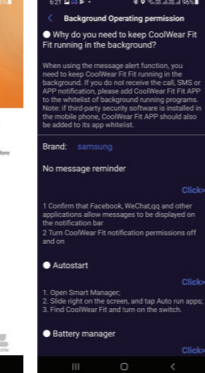
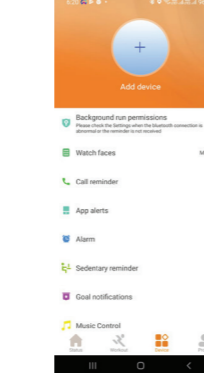


Image no. 1

Image no. 2

## 6. OPERATIONS

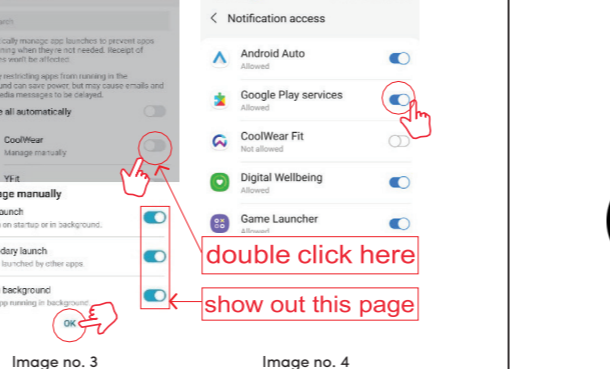
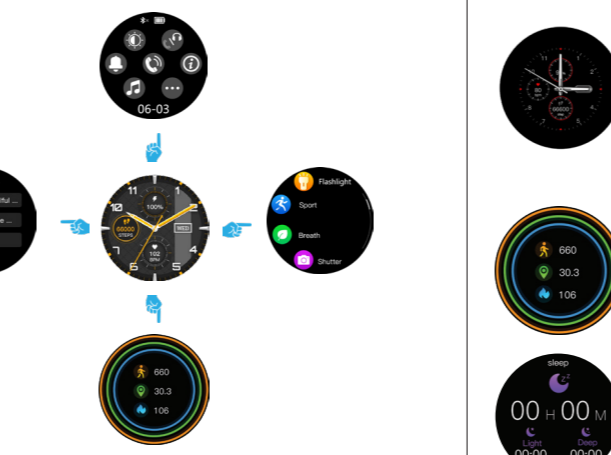


Image no. 3

Image no. 4

After connecting the smartwatch to your phone, you can use the watch dial feature to make and answer calls. You can also access your call history on the watch.

## 7. SMARTWATCH FEATURES



## Change Watch Face

**Method 1:** Go to Watch face >> Change the dial  
**Note:** In this mode, the watch screen remains switched on throughout which consumes more battery and affects the use time. Ensure you check the battery levels while switching it on.

**Method 2:** Customize the watch face and change the watch face via App's watch face store: CoolWear App >> Device >> Watch faces >> More >> Select picture >> Press ok to download and use it to change the watch face. (Do not close the download interface until the download is 100% completed)

**Steps**  
Activity data resets every day at 00:00. To delve into your activity, check the activity history in the App.

**Sleep**  
This smartwatch records data while you sleep. You can check your data history in the App. (Default sleep monitoring period: 20:00 - 10:00)

## Weather

To get the weather information of your location, connect the watch to the CoolWear App. Go to CoolWear App >> Profile >> Unit settings >> Temperature to switch between °C to °F.

**Note:** Please keep in mind that the weather data displayed on the smartwatch is obtained from a third-party weather service provider. If your phone or smart watch gets data from a different service provider, the weather information may vary.

**Smart Notifications**  
The smartwatch will notify you of the latest 5 messages received.

**SpO2 Monitor**  
The smartwatch keeps a track of your oxygen saturation in the blood. To measure your results, go to the App's blood oxygen interface.

## Heart Rate Monitor

The smartwatch measures your heart rate data. To measure your heart rate, turn on the heart rate monitoring function and wait for 2 seconds for it to start measuring your heart rate. Wait for about 15 to 25 seconds till the measurement is completed. If you want to turn on the 24Hr automatic heart rate monitor, go to the APP: CoolWear App >> Device >> Turn on Automatic heart rate detection

- Notes:**
- (1) Ensure that the sensor at the back of the watch touches the skin and that the wristband is not too tight or loose.
  - (2) To measure the heart rate while exercising, turn on the exercise mode.

**Multiple Sports Mode**  
Data collected while exercising will be automatically synchronized with the App, when connected. You can check the detailed records under the sports mode in the App.

**Note:**  
The watch does not have inbuilt GPS system however GPS tracking can be used in the Sports mode of the App.



Thank you for choosing

SENS Smartwatch



www.sensworldwide.com  
Customer Care Number: 1860-419-4111  
Customer Care Support: care@sensworldwide.com



**Breathing Exercise**  
Breathing exercise help relax a person's mood, reduce psychological stress and improve vital capacity. To perform a breathing exercise, follow the on-screen instructions to inhale and exhale.

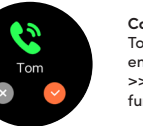


**Remote Shutter**  
**Method 1:** In the APP: Go to CoolWear App >> Device >> Easy camera >> click the shutter button to take a photo.  
**Method 2:** On the watch: Click the shutter button on the watch's interface to take a photo, or shake your arm to take a photo automatically.

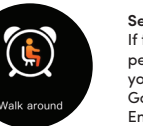


**Alarm**  
Go to CoolWear App >> Device >> Alarm >> set alarm accordings to your needs. You can set up to 5 alarms.  
**Note:** The alarm will give you a reminder only if the set time is for more than 2 minutes.

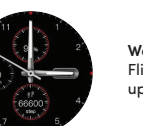
09



**Call Reminder**  
To notify you of the incoming calls on your phone, enable the call reminder function. Go to CoolWear App >> Device >> Call Reminder >> Enable/disable this function.

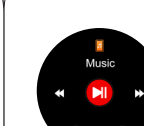


**Sedentary Alerts**  
If the smartwatch detects no activity during a set time period, the sedentary reminder function will remind you to move every hour, on your screen.  
Go to CoolWear >> Device >> Sedentary Reminder >> Enable/disable this function.



**Wake Screen**  
Flip your arm, and the screen will automatically light up.

10



**Music Player**  
1. Smartphone Music Control: The watch controls the music functions such as next/last song, volume +/-, display song name and image. Ensure that the watch is connected with the phone in this mode.  
2. BT Device Music Play: The watch will start searching for external BT devices such as speakers or TWS earbuds once you click the BT Audio equipment option. Click to connect and enjoy music from phone via external BT devices.



**Note:** The total available memory is 77.5MB in which one default music file is pre-existing.

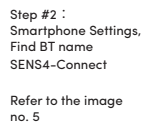
**Note:** Format function will erase all your music and other data stored in the watch. Click the 'Format' option to delete all music files and images. Use the charging cable to connect the watch and the computer to transfer files.

11

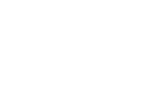
## 8. SHORTCUT KEYS



**Calling Function**  
Step # 1. Tap on the button (Grey to Green)  
**Note:** 5mins after a phone call, watch will automatically enter the "low power consumption mode", the button will show grey, when the incoming call notification permission in the APP is turned on, it will be automatically activated when there is an incoming call.



Step #2 : Smartphone Settings, Find BT name SENS4-Connect



Refer to the image no. 5

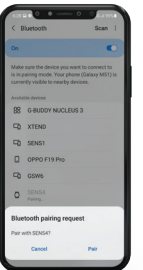
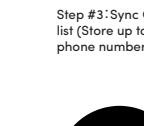


Image no. 5



Step #3: Sync Contact list (Store up to 1000 phone numbers)



Bluetooth pairing request  
Pair with SENS4?  
Cancel Pair

Image no. 5

12



Audio/Calling  
Call Mode  
Music Mode



**Audio/Calling Switch**  
1. Bluetooth/Audio mode: Connect Outer BT Speaker/TWS  
2. Bluetooth/call mode: Use watch to call in and out

## 9. PRECAUTIONS

1. Install and connect only one app on the mobile phone to ensure a steady connection before synchronising data. If there are several such connected applications, the connection between the watch and the phone may be disrupted.

**Note:** Some Android phones may not permit the installation of the app. In such case, open 'Location source' in the phone security settings to proceed with the installation.

13

2. When the phone requests for permission, tap 'Allow,' which may result in incoming notifications, QR code scanning with the phone's remote camera, and other features. This permission is normal and does not compromise the phone's information or performance. The permission is limited to the app's Bluetooth connection with the watch.

3. Some Android smartphones may accidentally close the app while cleaning the device. Please keep the mobile app running in the background. Steps to run the application in the background: Long press the app icon and go to app info > Click Battery Usage and allow background activity & auto-launch of the app. (The setting method may vary from different devices).

4. The watch must be properly wrapped around the wrist to measure heart rate. The test findings may be inaccurate if it is too tight or too loose. The watch's tightness will alter blood flow, and if it's too loose, it'll affect the heart rate sensor.

5. Please avoid the collision of the watch with any hard object as it may cause the glass to break.

6. Only use 5V, 1A charger as the product does not support fast charging. To avoid short circuits and product damage, do not charge the product near water (sweat).

7. This product is an electronic monitoring device to record day-to-day activities for personal usage. Do not use it for medical purposes.

14

## 10. ROHS DECLARATION

Declaration of Conformity with the requirements of the e-waste Management Rules, 2011 (adopted by Notification S.O.1035 (E) of the Ministry of Environment and Forests). The Product conforms to the requirements of Rule 13 of the e-waste Rule.

1. Lead (Pb) - not over 0.1% by weight;
2. Cadmium (Cd) - not over 0.01% by weight;
3. Mercury (Hg) - not over 0.1% by weight;
4. Hexavalent chromium (Cr6+) - not over 0.1% by weight;
5. Polybrominated biphenyls (PBBs) - not over 0.1% by weight;
6. Polybrominated diphenyl ethers (PBDEs) - not over 0.1% by weight.

15

## E-WASTE (MANAGEMENT & HANDLING)

According to Waste of Electrical & Electronics Equipment (WEEE) the directive, WEEE should be separately collected and treated. If, at any time in future, you need to dispose of this product, please DO NOT discard it with household waste. Please send this product to WEEE points near you. The ♻️ marking /symbol on the product or carton indicates that the product and its accessories/parts (e.g. battery travel charger, hands-free, etc.) should not be disposed of with other household waste at the end of its working life. Please separate these items from other types of waste and recycle them responsibly for the conservation of the environment and collective well-being.

**E-Waste Recycling Program:**  
We have tied up with government-approved recyclers for facilitating the collection of e-waste from our channel partners and customers for recycling. You are simply required to call our customer care number our representatives will direct you to your nearest authorized service centre. You can drop the device /accessories at the e-waste box after inspection by the concerned person.

16