



# **PULSE+ LITE SMART WATCH**

KAPSLTWT CBA, KAPSLTWT CMA, KAPSLTWT CPA & KAPSLTWT CGA



# SAFETY & WARNINGS

## Battery warning

Do not disassemble, pierce or damage the battery. Do not use sharp objects to remove the battery.

## Health warning

If you are wearing a pacemaker or other implanted electronic devices, please consult your doctor before using the heart rate monitoring strap.

The watch's optical heart rate sensor glows green and flashes. If you suffer from epilepsy or are sensitive to blinking light sources, please consult your physician before wearing this product.

The device tracks your daily activities through sensors. These data are intended to tell you about your daily activities, such as steps, sleep, distance, heart rate and calories, but may not be completely accurate.

The device, accessories, heart rate sensors and other relevant data are designed for entertainment and fitness, not for medical purposes. They do not apply to the diagnosis, monitoring, treatment or prevention of any diseases or symptoms. The heart rate data is for reference only. It is not responsible for any consequences caused by any data deviation.

## Notes:

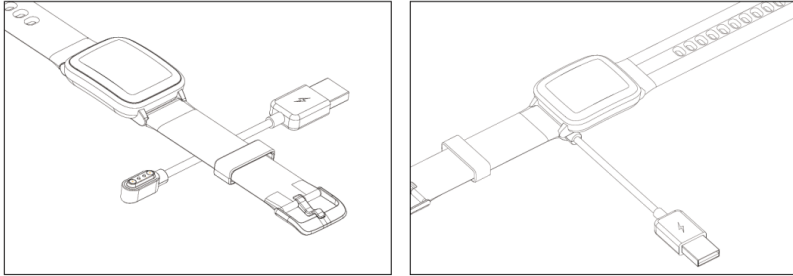
- Device data should be synchronized once every seven days to avoid data loss.
- The device has no waterproof effect on seawater, acidic and alkaline solutions, chemical reagents and other corrosive liquids. The damage or defect caused by misuse or improper use is beyond the warranty scope.
- The device may be used under cold showers or when swimming (excluding diving).
- In daily use, avoid wearing the strap too tightly and keep the parts of the device that contact the skin dry.
- During heart rate detection, the arm the device is worn on must be kept still.

**WARNING:** Risk of explosion if the battery is replaced with an incorrect type. Always dispose of used batteries according to the instructions.

# OVERVIEW


## 1. Power on

- The device will turn on automatically after charging.





Note: The device must be charged and activated before the first use. Always use the original power adapter to charge the device.

## 2. Download and install VeryFitPro

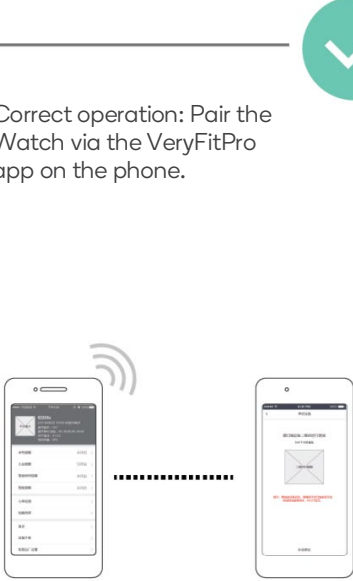
	<p>You can directly scan the QR code to download VeryFitPro or search "VeryFitPro" in the App Store/Play Store to download and install.</p>
--	---

Hardware requirements by platform are shown below:

		
iOS 8.0 and above	Android 4.4 and above	Bluetooth 4.2

### 3. Connect via Bluetooth

Correct operation: Pair the Watch via the VeryFitPro app on the phone.

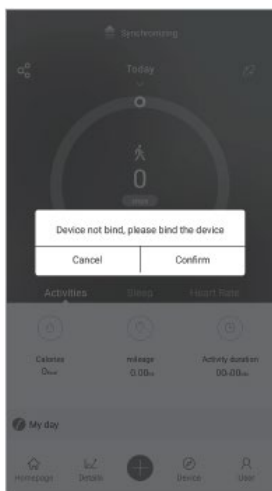


Incorrect operation: Pair the Watch directly via Bluetooth in the phone's settings menu.



### 4. Device Pairing

Drop down on the app's home screen to show the pairing request. Select the product model and tap "Confirm Binding" to pair.



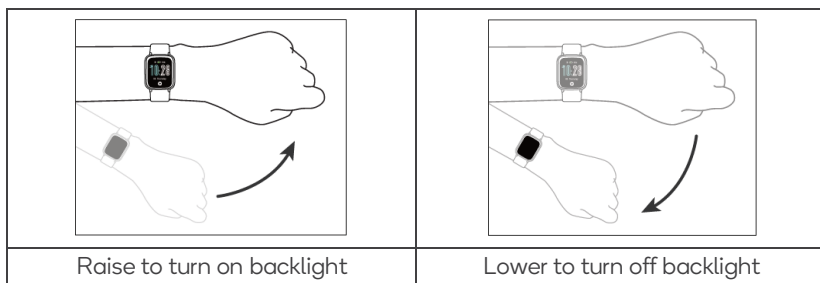
# OPERATION



## 1. Button operation

Home button	Press	Wake the screen display
		Switch interface display
	Press and hold	Access to apps
		Quit from apps

## 2. Gesture operation



**Note:**

The gesture function can be turned on or off from the mobile app.

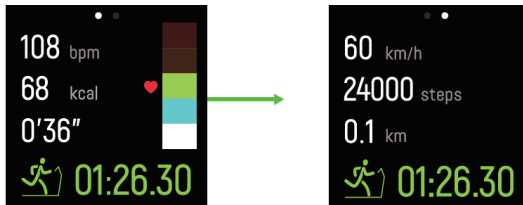
### 3. Sports Functions

1. Activate Sports

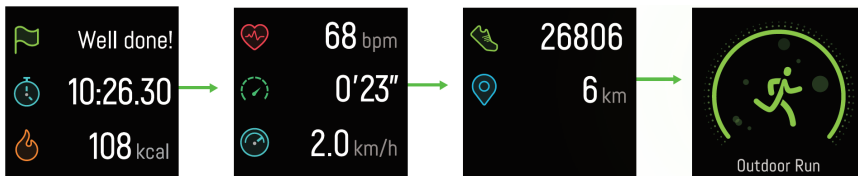


Press and hold the Home key on Sports to access the Sports interface.

2. Operations during Sports



During sports, press the Home key to switch between the indicated data.

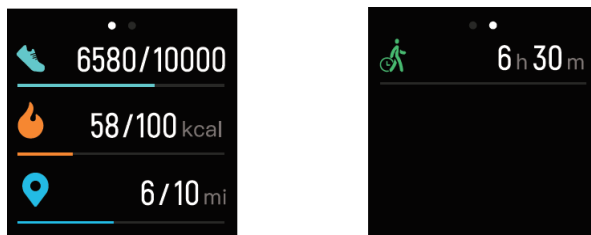


Press and hold the Home key to access to sports accumulation interface. No data is displayed for activities of less than one minute. Tap continuously on the accumulation interface to go back to the sports type.

### 3. Other functions

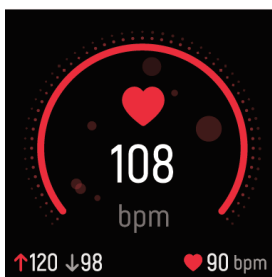
#### 3.1. Health Data

Access the Health Data interface to view the accumulated steps, calories and distances when wearing the device that day. Tap to switch data.



#### 3.2 Heart Rate

The device supports heart rate detection. Tap the Home key and enter the Heart Rate Detection interface. Hold the Home key for one second and the watch will automatically detect the wearer's heart rate. Stand still during detection so that the watch can detect heart rate data accurately. Maximum and minimum hear rate for the day, resting heart rate and real-time heart rate are displayed on the interface.



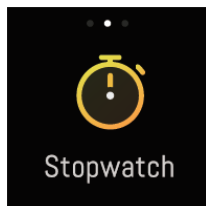
Note:

To improve the accuracy of heart rate detection, always wear the device correctly and keep the parts that contact the skin clean.



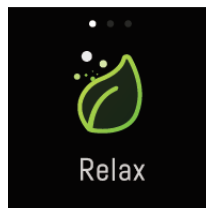
## 5. Additional Functions

### Stopwatch



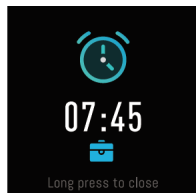
Provides stopwatch functionality with start and stop/pause.

### Respiration training



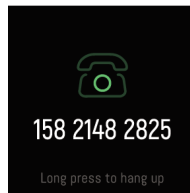
Breathing training for relaxation after fitness workouts or exercise.

### Alarm clock



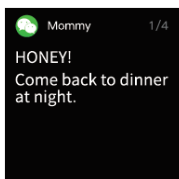
Set alarm clocks in the mobile app. When it is the set time, the watch will alert through vibration. Long press to close an alarm alert.

### Call reminder



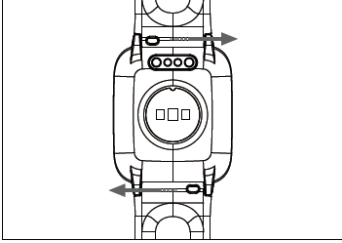
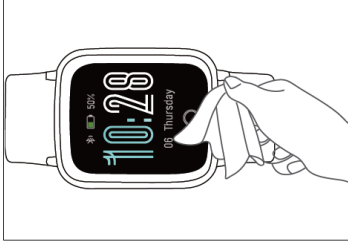
Call Reminder can be set in the mobile app. When there is an incoming call, the device will alert through vibration. Long press to reject a call.

### Message reminder



Turn on Smart Reminder in the mobile app, then select and enable the desired notification types to be reminded. When receiving a message, the device will alert through vibration. Messages can be directly deleted after viewing.

# CLEANING & CARE

	
<p>Replace watch strap</p>	<p>Use a soft brush or clean soft cloth to clean the watch.</p>


- Stop using the watch and disconnect all connections with other equipment before cleaning and maintenance.
- Keep the watch and its accessories dry. Do not dry them with external heating equipment such as a microwave oven or hairdryer.
- Do not place the watch and its accessories in an area where the temperature is too high or too low, as this may cause malfunction, fire or explosion.
- Avoid strong shock or vibration to prevent damage to the watch and its accessories.
- Do not disassemble or modify the watch and its accessories. In case of failure, contact [Kogan.com](http://Kogan.com)

# SPECIFICATIONS

Battery capacity	210mAh	Screen model	1.3"TFT-LCD
Charging time	<2.5hrs	Working voltage	3.8V
Waterproofing grade	IP68	Stand-by time	>7 days
Working temperature	-20 to 40°C	Bluetooth version	BLE4.2
Product weight	31g		

**Waterproofing:** Use of the watch during hand washing, raining and swimming in shallow water is supported. Use under hot showers, diving, underwater diving, surfing etc., is unsupported.

## Disposal

 A crossed-out wheeled bin with a recycling symbol inside, indicating that the product should not be disposed of as general household waste.	This marking indicates that this appliance should not be disposed with other household wastes. 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.
--	---

### **Need more information?**

We hope that this user guide has given you the assistance needed for a simple set-up. For the most up-to-date guide for your product, as well as any additional assistance you may require, head online to **[help.kogan.com](https://help.kogan.com)**

kogan

