



PULSE+ BODY TEMPERATURE THERMOMETER SMART WATCH

KAPPTMWTCGA, KAPPTMWTCRA, KAPPTMWTCBA & KAPPTMWTCPA

SAFETY & WARNINGS

Thank you for buying this Kogan product. Please read all safety instructions before using your smart watch.

WARNING:


- Contact your physician before beginning any exercise regime, especially if you have any blood disease or circulation disorder. The measurement results of this product are for reference only and are not intended for any medical use or basis.
- 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 if you can wear this smartwatch.
- The device tracks your daily activities through sensors. This data is 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 are not applicable to the diagnosis, monitoring, treatment or prevention of any diseases or symptoms. The heart rate data is for reference only. The manufacturer is not responsible for any consequences caused by any data deviation.

The contents of this guide are accurate at the date of printing. Any future changes to functions, design, watch firmware or app software cannot be reflected in this guide. For the most recent version of this guide, please head online to kogan.com

OPERATION

- The watch should be charging for at least 2 hours before use.



1. **Power on:** When the watch is in the off state, press and hold the touch screen for three seconds to turn it on. The home screen of the watch will be displayed after booting.
2. **Touch screen operation:** From the home screen, swipe to the right to the menu screen, then tap the function icon to enter the corresponding sub-menu.
3. **Screen brightness:** When the watch is in the state of interest screen, you can touch the screen brightness option. If the turn button is turned on in the app, the user can also achieve the bright screen by turning the wrist.
4. **Shutdown:** Click the Setting icon, click System - Shut down, click  to shut down.

Home page navigation

Long press the main interface to enter the home page thumbnail. You can view it left and right, click touch to switch the home page.

Slide to the right: Display function list. Swipe up and down to navigate the list, and tap a function to select.

- Daily activity
- Temperature
- Heart rate
- Message
- Sports
- Sleep
- Weather
- Music
- Relax
- Timer
- Find phone
- Settings

Sliding down:

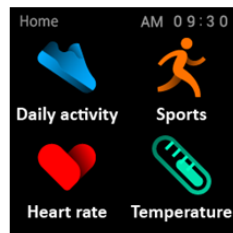
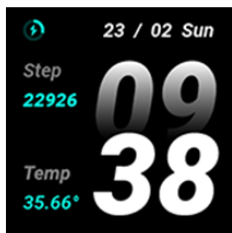
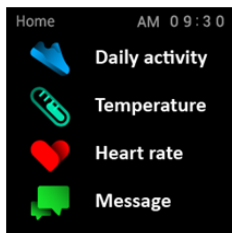
- Date
- Bluetooth
- Timer
- Brightness
- Settings
- Do Not Disturb mode

Slide up:

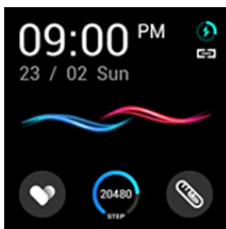
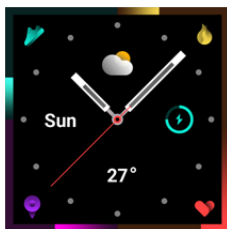
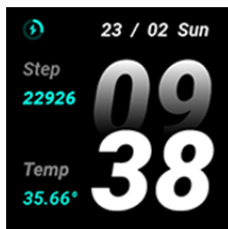
- Storage information
- Heart Rate Monitoring
- Daily activity

Slide to the left:

- Static icon list. Click to enter the corresponding function, right stroke to return to the previous level.



Clock Display



Setting method

Power on. When the watch in clock mode, please long press middle screen and set different clock interfaces if you like.

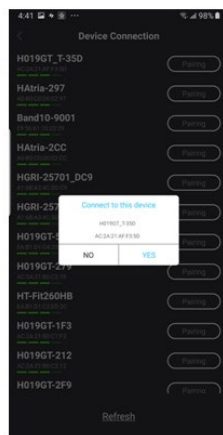
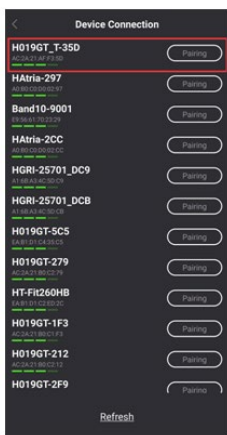
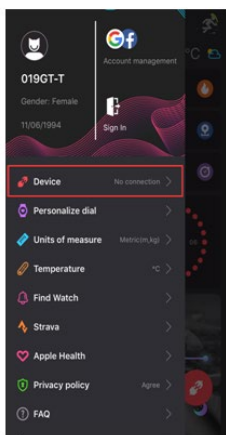
Setting up phone app

Download and install the "HitFit Pro" App from App Store (Apple) or Google Play Store (Android).



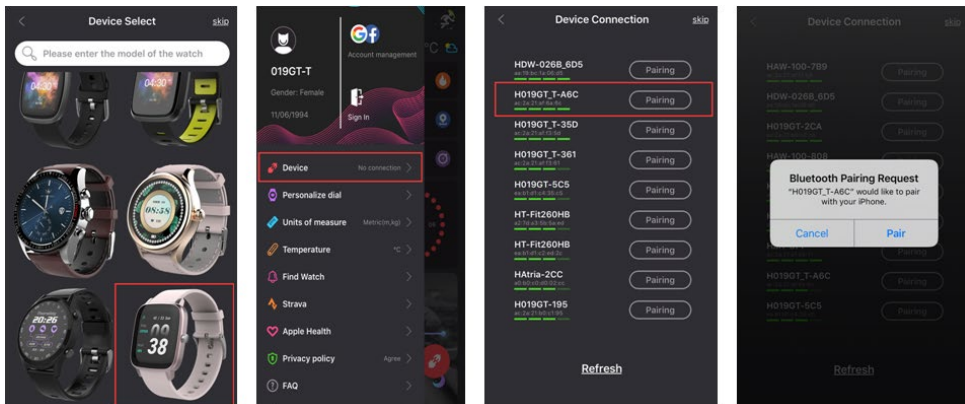
Connecting Android:

Open HitFit Pro. Select the model watch, then click "Device" from the menu. The Device Connection screen will scan for available Bluetooth connections. Select the watch from the list. Click OK, then Pair to bind watch as below.

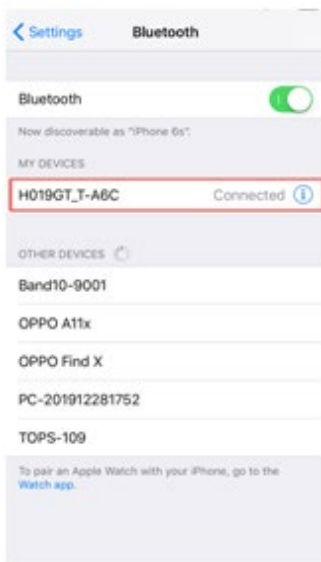


Connecting iOS:

Open “HitFit Pro” app, “Add device” on “Me” screen to search Bluetooth devices nearby, find watch name DW-019GT_T and pair it in app. Once DW-019GT_T connected, it will be shown in the phone’s Bluetooth menu screen as below pictures.



Now the Bluetooth menu interface displays DW-019GT_T connected successfully as below picture shows.



Synchronising data

Once paired with the app, press "" to sync data. Your watch data will be shown on the app accordingly.



Note:

Do not close the Bluetooth notification when you are clearing apps by background or closing background application software. It will affect the sync function between watch and phone if stopped.

Basic functions



Daily activity

Function introduction: The watch will display the user's total number of steps on the day, walking distance, calories burned on the same day and the data will be cleared at 0 o'clock (midnight) every day.

Operation instructions: The main interface slides left and right and clicks the motion data to switch to the step counter interface. After no operation for 3 seconds, the screen is automatically turned off.



Sports

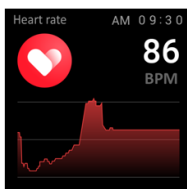
In sports mode: the single-point function icon allows you to enter sports modes such as walking, running, riding, climbing and basketball.



Heart rate

Function introduction: The watch will measure the user's heart rate under the heart rate measurement interface. After the test is completed, the vibration will display the result. After no operation, the screen will automatically go out.

Operating instructions: To the left on the main interface and click the heart rate static icon to switch to the heart rate measurement interface. Once the interface is entered, the measurement will start. During the measurement, the interface value will be zero. After the measurement is completed, the value will be displayed. If the result cannot be detected, it will always be displayed. The display value is zero until standby.

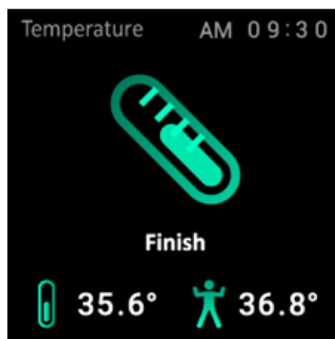
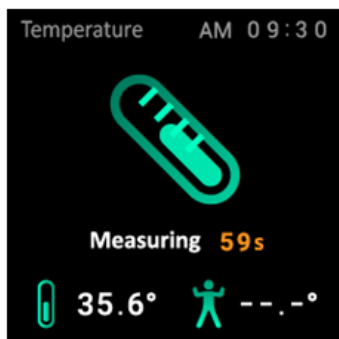


Temperature

Function introduction: The watch will measure the user's temperature under the temperature measurement interface. After the test is completed, the vibration will display the result. After no operation, the screen will automatically go out.

Operating instructions: Slide to the left on the main interface and click the temperature static icon to switch to the temperature measurement interface. Once the interface is entered, the measurement will start. The left data is for Body surface temperature, it is changed in real time. The right data is for Body temperature, measuring 60s to complete the measurement. During the measurement, the interface value will be shown "--.-". After the measurement is completed, the value will be displayed.

During testing body temperature, environment temperature requires within 18-30°C.

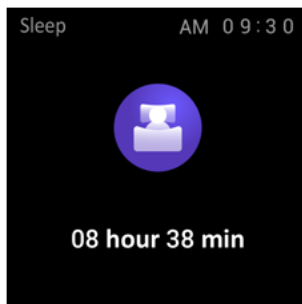




Sleep

Function introduction: The watch will display the user's sleep time the night before. (Sleep measurement time 21:30 - 12:00 next day)

Operation instructions: Slide the main interface left and right, click sleep to switch to the sleep interface, you can view the sleep time of the previous day.



Weather

After connected with HitFit Pro, the watch will show local weather.



Message

When connected to Bluetooth, notifications from your phone will be sent to your watch. (You need to open the push switch in the app in advance)



Music

After connected with the Bluetooth, you can manipulate Mobile to play music and adjust the volume, voice will come out from mobile phone.



Timer

Swipe left on the main page and click the stop icon static icon to switch to the stopwatch interface. Click to start timing. During the timing, you can pause/start switching with a single touch. Slide the stopwatch function to the right of the stopwatch interface and return to the static function page.



Find phone

When you connect your phone, the phone vibrates and rings when you click the Find Phone icon.







Relax

Adjust your breathing and relax.



Setting

-  Screen display: Including Change dial, Brightness, Screen time, Turn wrist wake setting.
-  Do not disturb: Set enter or exit do not disturb mode.
-  Vibration: Set vibration intensity.
-  System: Including System version, Shut down, Reset setting.

Device specifications

Model:	DW-019GT_T
CPU:	RTL8762C ARM Cortex-M0 53MHz
Memory:	RAM 128Kb+ ROM 64Mb
Capacitive touch screen:	1.4" 240*240 pixel IPS
Bluetooth version:	5.0
Battery:	Lithium-ion 3.7V/160mAh

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**

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