

Prowatch
BY LAVA

VN

The background of the cover is a solid teal color. It features three large, overlapping circles. One circle is yellow and is positioned in the upper left and center. Another yellow circle is on the right side, partially overlapping the teal background. A third teal circle is on the left side, overlapping the yellow circle. The text 'USER MANUAL' is centered within the yellow circle on the right.

**USER
MANUAL**

PLEASE READ THE INSTRUCTIONS BEFORE USE

- The company reserves the right to modify the contents of this user manual without notice.
- The product should be charged for 2 hours before use, but charging for a long time in unmanned environment should be avoided.
- Please place the magnetic charging cable so that it automatically gets attached to the charging port.
- Please use the input voltage: 5V/1A or 5V/2A charging head and use the original charging cable provided by the manufacturer.
- Before using the product, user should download the login application in their mobile phones
- Do not use charging slot in vehicles (the car voltage is unstable when the car ignitions).

APP DOWNLOAD LOGIN

- App Name: "Prospot":
 1. Download the app from playstore onto your Smartphones.
 2. Or scan the QR code in the watch (compatible: android10 or more).

- Once the app is installed, register and log in according to the interface prompt while turning on the Bluetooth.
- In the device interface, select the Bluetooth name Prowatch VN for binding.

METHOD OF OPERATION

- In the dial interface, swipe from top to bottom, to enter the shortcut interface.
- In the dial interface, swipe from bottom to top, to enter the notifications interface.
- In the dial interface, swipe from left to right, to enter the menu list.
- In the dial interface, swipe from right to left, to enter the interface of Call, Activity, Sleep, Voice Assistant, Heart Rate and other interfaces.

BUTTON FUNCTIONS:

Button: Screen On and Off on pressing, rotating the key clockwise or anticlockwise will the scroll the screen up and down, also will switch the watchfaces when in home screen.

MORE FUNCTION INTRODUCTION:



Favorite contacts

After the watch is connected to the mobile phone app, find the commonly used contact in the settings, and add a contact person according to the requirements.



Phone Call

After connecting the APP and watch via Bluetooth, use the dial pad in watch to dial the desired number to make a call directly from the watch.



Exercise Records

Swipe the touch screen from the right to the left, enter the interface, and check the data of the day: the number of steps, distance, calories.



Notifications

After the watch is connected to the mobile app and notification enabled on app, the newly popped notifications of the mobile phone will be pushed to the watch end simultaneously. The watch will store multiple types of notifications.



Quick Reply

The watch call reject SMS is turned on by default. When there is an incoming call, there will be a quick reply function on the watch interface. Click on any text message to hang up the call and send a message to the other party.



Voice Assistance

After the watch is connected to the mobile APP, tap the icon to wake up the voice assistant.

MORE FUNCTION INTRODUCTION:



Stress

The green light on the bottom starts measuring. At this time, the measured value is measured based on PPG technology.



Weather

After the watch is connected to the mobile APP, the weather will be automatically synchronized to the watch.



Find Phone

After the watch is connected to the APP, click on the function to search for the phone, and the phone will ring and vibrate.



Camera Control

After the watch is connected to the APP, open the camera, click to take a photo, and the photo will be saved in the phone.



Game

After entering the game interface, there are 2 games in the list: 2048 and Young Bird. You can start the game by tapping the screen.



Calculator

Open the calculator to make arithmetic calculations such as addition, subtraction, multiplication and division.

MORE FUNCTION INTRODUCTION:



Menu Style

Adjust the style mode selection in the watch settings. The style mode supports list view, Honeycomb, Parallel, Grid View, Crescent and Helm mode. Settings > Display > Menu View.



Brightness

Brightness setting can adjust the brightness of the screen by just sliding up and down through the bar



Always on Display

You can choose amongst the Analog and Digital AOD display options available in Settings.



Vibration & Ring

You can select the desired mode and also adjust the intensity of vibration



Media Audio

Turn on this function to play the media audio on watch which is being played on phone.



Low Power Mode

Turning on this mode, automatically switches off the vibration, raise to wake and turns down the brightness.

MORE FUNCTION INTRODUCTION:



QR Code

You can scan the QR code to download the APP and perform binding and pairing.



Flashlight

The torch function can be used by clicking on the torch icon in the menu list.



Weather

After the watch is connected to the mobile app, the weather data on phone will automatically synchronize to the watch end.



Heart rate

Heart rate measurement: Once the heart rate function is pushed, the green light from the back case starts to measure, and the measurement is completed in about 30 to 60 seconds. The device uses accurate PPG technology for the measurement.



SpO₂

Blood oxygen measurement: Once the blood oxygen function is pushed, the red light from the back case starts to measure. The device uses accurate PPG technology for the measurement.



Sleep

Displays the sleep monitoring status of the day, the data is updated every day, the watch needs to be worn while sleeping and the specific data can be used to the APP to view.

MORE FUNCTION INTRODUCTION:



Exercise

Enter the interface to perform various sports mode like walking, running, climbing, cycling, etc.



Alarm

Find the alarm function in the list and add alarm clock according to the corresponding settings.



Relaxation

Choose the corresponding time, follow the interface provision to inhale and exhale to achieve the purpose of practice.



Music Control

Remote control music: After connecting the app, you can control the music playback of the phone, the user can play, pause and move to next or previous in music list.



Stopwatch

Kindly click on the red triangular button to start the stopwatch and press again to pause. Press the left button to reset the stopwatch



Dial switch

On long pressing the dial the user can select amongst the inbuilt dial faces.

MORE FUNCTION INTRODUCTION:



Timer

The timer function - After selecting the corresponding time, open the timer.



About

View information about the Bluetooth name, MAC address, firmware version number and other information of the watch.



Power Off

Press the top button for 3 seconds to turn on. The watch will automatically turn on when charging. Click the shutdown icon to shut down.



Reset

It is confirmed that the restoration of the factory setting will clear all personal data.



Restart

Click Restart and the watch will shut down and then restart.

PRODUCT PARAMETERS

Please read this manual first to ensure safety and correct use:

- The data of this product is for health management reference only. Please do not serve as medical data. If you find abnormal physical data, you should immediately consult a doctor.
- The waterproof level of the watch is IP67. You can use it normally in life scenarios such as hand washing and rain. Do not place your watch in hot water. Do not perform underwater swims or deep dives. The waterproof function is not permanent and effective, and the protection function may decrease due to daily wear.