iTOUCH GO
ACITIVITY TRACKER

(US)

USER MANUAL VERSION 1.0

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iTouch Go Activity Tracker USER GUIDE:

Everything you need to know about the ITouch Go Activity Tracker.

What's in the box?

Your ITouch Go Activity Tracker box includes:

- ITouch Go Activity Tracker (Color and material vary)
- Clamp Charging Cable
- Additional Strap

The interchangeable straps on the ITouch Go Activity Tracker come in a variety of colors and materials, sold separately.

## Setting up your iTouch Go Activity Tracker

For the best experience, use the ITouch Go app for iPhones and Android phones. A smartphone is required for call, text and smartphone app notifications.

Charge Your Activity Tracker

A fully charged ITouch Go Activity Tracker has an extended battery life of up to 30 days (standby time). ***Battery life and charge cycles vary based on usage, screen display brightness and etc.***

1. Plug the charging cable into the USB port on your computer or a UL-certified USB wall charger. We recommend using the USB port on your computer.
2. Insert the watch into the charging cable clamp. The pins on the charging base must lock securely with the Activity Tracker. A battery icon appears on the screen to indicate your Activity Tracker is charging.

***Note***: Charging fully takes about 1-2 full hours.

Low battery   Charging   Finished
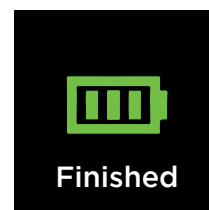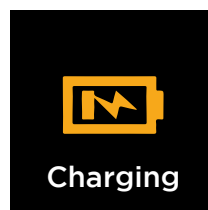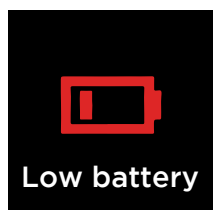
Set Up with Your Smartphone

The free iTouch Go app is compatible with most iPhones and Android Phones.

To get started:

1. Find the iTouch Go app in one of the
locations below, depending on your smart device
- Apple App Store for iPhones
- Google Play Store for Android Phones

2. Download and install the ITouch Go App
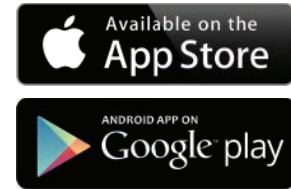
iTouch Go

YOUR ITouch Go Activity Tracker WILL ONLY WORK WITH THE ITouch Go APP SHOWN ABOVE.

This watch only functions with this app and there will be connectivity issues if the incorrect app is used. For more information and links to the apps, go to: www.ITouch GoWearables.com

The app will ask for permissions once installed. We highly encourage the user to allow all notifications & pairing access to their smartphones for complete functionality. For Android users, you will also have to allow the ITouch Go app to access notifications in your phone's native settings.

3. When the app is installed, open it to be guided through a series of questions that help you create a profile. Continue to follow the on-screen instructions to connect your ITouch Go Activity Tracker to your smartphone. (Again, we highly encourage the user to allow all notifications, enable location services & pairing access to their smartphones.)

4. To connect & sync your Activity Tracker to your device, tap **Add A Device** to search for your ITouch Go Activity Tracker.

You can also connect & sync your Activity Tracker from the device page in your app. Tap the "Device" icon from the navigation bar, then, tap **ADD A DEVICE.**

ADD A DEVICE

Search and select ITouch Go Activity Tracker to pair: From the clock face on your Activity tracker, tap the Home button until you reach the Turn Off screen. Wait for 3 seconds and the tracker will display the the **MAC ADDRESS** of your iTouch GO Activity Tracker. When pairing your activity tracker with the app, make sure that the MAC ADDRESS displayed on your Activity tracker matches the MAC ADDRESS of the iTouch GO Activity Tracker on your app. Once your iTouch GO Activity Tracker is connected, it will say **Connected** on the top of the device page and display the current battery life of your Activity tracker. To ensure complete connectivity, you will see a Bluetooth icon 🔗 on your iTOUCH GO Activity Tracker when it is paired with your smartphone.

Please read through the guide to learn more about your new Activity Tracker and then explore the ITouch Go App. See your data in the ITouch Go app. Sync ITouch Go Activity Tracker to transfer your data to the app. In the app, you can view your steps, miles, calories burned and activity duration. You can also track your sleep data (restful, light, awake) and more! We recommend syncing your Activity Tracker to the app at least once a day.
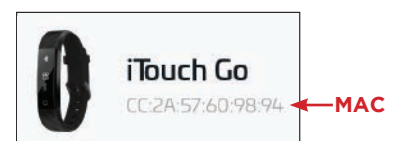
Each time you open the ITouch Go app, your Activity Tracker will sync automatically when it's nearby.

BASICS

Learn how to best navigate your iTouch Go Activity Tracker.

Use the one-touch, LED Home button to navigate through the features on your iTOUCH Go. The Home button is located on the screen of your activity tracker on the same end as the charging input.

Power ON: Tap and hold the Home button for 5 seconds until you see the iTOUCH Go Activity Tracker logo appear on the watch screen, indicating that your watch has powered on.

Power OFF: Tap the Home button on your iTOUCH Go Activity Tracker until you reach the Turn Off screen. Then, press and hold the home button for 3 seconds until the tracker shuts off completely.

Motion Gesture

Allows you to rotate your wrist to turn on your watch screen. Tap "Device" icon and go to **Additional Features** to enable the **Activate Display After Wrist Rotation** function. By clicking on Active Time, you can control the time in which this feature is active throughout the day. If you want this feature to always be on, set the time constraints to be 12:00AM to 12:00AM. **Using this feature will consume more battery.**

Changing Watch Faces

Personalize your iTouch Go Activity Tracker with our built-in watch faces to showcase your favorite ITouch Go time-keeping features. The ITouch Go app comes with three interchangeable watch faces:

Change your watch face from the iTouch Go Activity tracker:

iTouch Go comes with three interchangeable watch faces. From the clock face screen on your activity tracker, hold the Home button for 3 seconds to switch the clock face. Your tracker will vibrate once the clock face has changed.

Change your watch face from the iTOUCH Go app:

1. With your activity tracker nearby, tap the menu icon in the top left corner of the home page.

2. Once menu opens, tap settings

3. Tap **Watch Faces** to navigate to a selection of watch faces.

4. Browse the available styles and select your preferred watch face. Once selected, your smartwatch will automatically update the clock face.

Apps and Features

TIMEKEEPING

Alarms vibrate to alert you at a time you have set. Set up to three alarms to occur once or on multiple days of the week via the ITouch Go app. Once on the Home page, tap ⬜ on the device icon on the navigation bar. Then, go to **Alarms** to set an alarm.

You can also time events with the stopwatch feature on your iTOUCH GO. Tap the Home button and navigate to the stopwatch feature. Once you're on the stopwatch screen, hold the Home button to open the stopwatch feature and tap the Home button to start timing. Tap again to pause. To exit the stopwatch function, simply hold the Home button for 3 seconds.

NOTIFICATIONS & MESSAGING

ITouch Go Activity Tracker can display call, text, social media, and app notifications from your smartphone to keep you informed. The Activity Tracker and phone device must be within Bluetooth range of each other to receive such notifications.

Set Up Notifications: Check that the Bluetooth on your phone is on and that your phone can receive notifications (often under **Settings > Notifications**). Then set up notifications:

1. From the ITouch Go Activity Tracker app dashboard, tap ⬜ then, go to **Notifications**.
2. From **Notifications**, you may select the notifications you wish to receive on your Activity Tracker.
Note: Notification permissions differ between iOS and Android users.
Go to **Set up with your smartphone** in the manual for more information.

Viewing Incoming Notifications: When your ITouch Go Activity Tracker and smartphone are within range, notifications cause the Activity Tracker to vibrate. If you don't read the notification when it arrives, you can check it later by navigating to **Notifications** on your Activity Tracker.

To view unopened messages and notifications on your iTOUCH GO Activity Tracker, tap the Home button and navigate to the **Messages** screen. Hold the Home button again for 3 seconds until your watch vibrates to view notifications. Continue tapping the Home button to see more notifications. View all notifications to exit the messages feature, or hold the Home button for 3 seconds to exit.

Manage Notifications: ITouch Go Activity Tracker stores up to 5 notifications, after which the oldest are replaced as you receive new ones.

Turn off Notifications: Turn off all or certain notifications with the iTOUCH GO app from **Notifications** in the device settings. You can also mute all notifications by turning on **Do Not Disturb** mode. Learn more about the Do Not Disturb function in the **Additional Features** section of the manual.

Apps and Features

ACTIVITY & SLEEP

iTouch Go Activity Tracker continuously tracks a variety of stats whenever you wear it. The information is then transferred to the ITouch Go app every time you sync your Activity Tracker. We recommend syncing your Activity Tracker to the app at least once a day.

See your stats: Core stats: steps taken, calories burned, distance covered, and active minutes. Find your complete history and other information automatically detected by your Activity Tracker, such as sleep data, in the ITouch Go app.

Track Daily Goals: ITouch Go tracks your progress towards a daily step and sleep goal of your choice. When you reach your goal, the Activity Tracker vibrates and shows a celebratory badge.

Set a goal to help you get started on your health & fitness journey. To begin, your recommended goal is set to take 8,000 steps per day and 8 hours of sleep per day. You can choose to change your target goals via the ITouch Go app under the "goals" tab on the navigation bar. Tap **Set Goals**, and then tap on **Steps** or **Sleep** to begin setting your targets.

Turn on reminders to move in the app to set a sedentary reminder alert.
The sedentary reminder can be enabled in **Additional Features**. This feature is active during the hours of **10:00 AM - 6:00 PM.**

Track Your Sleep: Your ITouch Go Activity Tracker will automatically track your time asleep and sleep stages (restful sleep, light sleep and time spent awake). To see your sleep quality score and stats, sync your Activity Tracker when you wake up and check the app.

Learn about your sleep habits: ITouch Go Activity Tracker tracks several sleep metrics including the amount of sleep you get and provides you with an overall sleep score number for that night. It will track your wake time and your light sleep time, along with deep sleep.

Heart rate: The ITouch Go tracks your heart rate throughout the day. To measure and see your real-time heart rate, navigate to the heart rate feature on your Activity Tracker. Tap the Home button on your watch until you reach the Heart Rate screen. Then, hold the Home button until your watch vibrates to start measuring your heart rate. Once completed, your watch will vibrate again and display your heart rate measurement.   102 BPM
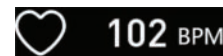
Keep track of your recent heart rate measurements using the ITouch Go app. Go to the Heart Rate tab on the Home page. Learn more about heart rate data analysis and what your heart rate zone can tell you about your fitness intensity. View and compare your recent heart rate trends from this page, or click on   for individualized stats. Make sure your Activity Tracker is connected to your device to view this data.

The heart rate monitor is not for medical use. If you're having issues with your heart rate measurements, please consult a doctor immediately.

BLOOD OXYGEN MONITOR

Measure your blood oxygen saturation (SpO2 %) with your iTouch Go Activity Tracker. Learn more about blood oxygen in the iTOUCH Go app.

To measure your blood oxygen saturation from your activity tracker, tap the Home button and navigate to the Blood Oxygen screen that says, "SpO2". Then, hold the Home button until your watch vibrates to start measuring your blood oxygen. When finished, your watch will vibrate again and display your blood oxygen measurement.

This data will automatically sync to your app when your iTouch GO Activity Tracker is within Bluetooth range of your smartphone. View and compare your recent blood oxygen measurements from the **Blood Oxygen** page, or click [calendar icon] for individualized stats.

The blood oxygen monitor is not for medical use. If you're having issues with your blood oxygen levels, please consult a doctor immediately.

FITNESS & EXERCISE (MULTI-SPORTS MODE):

Track specific exercises, such as running, swimming, football, basketball, soccer, tennis, cycling, and hiking, with your iTouch GO Activity Tracker. See real-time stats, including heart-rate data, calories burned, and elapsed time all in the app.

Swimming: **Note: Your iTOUCH GO Activity Tracker is IP68 waterproof. While swimming, your Activity tracker can withstand water up to 30 feet (10 meters) deep for up to 30 minutes. These measurements are dependent on personal body metrics.**

Connected GPS

For complete workout stats, recap, route and pace information, make sure to use your smartphone's connected GPS. Review your exercise history via the iTOUCH GO app. **Note: The Connected GPS feature on the iTouch GO works with the GPS sensors on your nearby smartphone.**

To use Connected GPS from the Home page of the app, scroll down and hit **Running Mode**. A new screen will appear with a start button. Tap **Start** to begin tracking. Connected GPS mode will be enabled until you pause or completely stop it. This screen will showcase your heart rate and calories burned. You will have an option to toggle between this screen and an actual live map of your route. Once completed, you can view your distance traveled.

Activity Tracker Remote Features

CAMERA REMOTE: To snap photos using your iTOUCH GO Activity Tracker, tap the Home button and navi-gate to the Camera Remote feature on your tracker (insert in app image here). With the app open, hold the Home button on the Camera Remote feature to open the camera in the app. Hold the Home button again to snap a photo.

ADDITIONAL FEATURES: On the ITouch Go app, navigate to the device page in your app. Tap on **Additional Features** to view more features for your Activity Tracker. Learn more below.

FIND DEVICE: Tap **Find Device** under Additional Features to vibrate your ITouch Go Activity Tracker when paired with the app.

LANGUAGE: Tap **Language** to change the language on your Activity Tracker. Choose from a variety of languages.

DO NOT DISTURB: Tap **Do Not Disturb** and set a time period to prevent your Activity Tracker from receiving all notifications (other than alarms). Once active, it takes 3-5 minutes to begin working.

TIME FORMAT: Tap on **Time Formats** under Additional Features to select between 12 and 24 hour format.

UNIT FORMAT: Tap **Unit Format** to change the units of measurement reflected on your Activity Tracker and in your app. Choose between the metric and imperial systems of measurement.

ACTIVATE DISPLAY AFTER WRIST ROTATION: Once your Activity Tracker is fully paired to the app, this function allows you to flick your wrist to have the display turn on. Tap on Active Time to set the time you would like this feature to be active for. As mentioned earlier, to keep this feature active 'All Day', set the 'Start' and 'End' times as 12:00AM. You can also toggle this function on and off as you require.

UPDATE, RESTART, AND ERASE

Update Activity Tracker Firmware If there is a new firmware update available for your ITouch Go Activity Tracker, you will receive a pop-up notification to download it within the ITouch Go app.
If you do not receive said notification, tap the device icon ⌚ from the navigation bar.
Then go to **Update Firmware** where you will see a red dot on the Update Firmware tab, signifying that an update is available. Tap the Update button to begin updating your ITouch Go Activity Tracker. Be sure that your Activity Tracker remains within Bluetooth range of your phone while updating. Once your update is completed, your watch will automatically reset.

Restart Your Activity Tracker If you can't sync your iTOUCH GO Activity Tracker, or if you have trouble with connected GPS or tracking your stats, you can restart your tracker from your wrist. From your activity tracker, navigate to the Turn Off screen by tapping the Home button. Then, tap and hold the Home button to power off your tracker. Once your watch has fully powered off, hold the Home button for 3 seconds to turn on your fitness tracker.

WEAR AND CARE

All ITouch Go Wearable products are meant to be worn all day and night, so it's important to follow a few simple guidelines as you wear and care for your device.

To keep your band clean and your skin happy, we recommend the following tips:

- Clean your band and wrist regularly - especially after intense workouts or sweating.
- Rinse the band with water or wipe it with a small amount of rubbing alcohol. Do NOT use hand soap, dish soap, hand sanitizer, cleaning wipes or household cleaners, which could get trapped beneath the band and irritate your skin.
- Always pat dry the band before putting it back on

Note: Your iTOUCH GO Activity Tracker is IP68 waterproof. While swimming, your smart-watch can withstand water up to 30 feet (10 meters) deep for up to 30 minutes. It is not good for your skin to wear a wet band for long periods of time. Make sure to wear your band loosely enough that it can move back and forth on your wrist. Prolonged rubbing and pressure may irritate the skin, so give your wrists a break by removing the band for an hour or two after extended wear.

IMPORTANT TIPS:
If you have allergies, asthma, or eczema, you may be more likely to experience a skin irritation or allergy from a wearable device. If you start to experience skin irritation or redness on your wrist, remove your device. Contact a dermatologist if symptoms persist longer than 2-3 days of not using your wearable device.

REGULATORY & SAFETY NOTICES

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help. Caution: Any changes or modifications to this device not explicitly approved by the manufacturer could void your authority to operate this equipment. This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This device and its antenna must not be located or operated in conjunction with any other antenna or transmitter.

FCC ID: 2ARUI-7451