iTOUCH

FITNESS TRACKER

08:23
0808 MON

90808

(US)

USER MANUAL VERSION 1.0

TABLE OF CONTENTS

iTouch Fitness Tracker USER GUIDE:

Everything you need to know about the iTouch Fitness Tracker.

What's in the box?

Your iTouch Fitness Tracker box includes:

- iTouch Fitness Tracker
  (Color and material vary)
- Clamp Charging Cable
- Additional Strap

The interchangeable straps on the iTOUCH Fitness Tracker come in a variety of colors and materials. One additional strap comes with your iTOUCH Fitness Tracker while others are sold separately.

Setting up your iTouch Fitness Tracker

Charge Your Fitness Tracker

A fully charged iTouch Fitness Tracker has an extended battery life of up to 15 days (standby time). ***Battery life and charge cycles vary based on usage.***

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 fitness tracker. A battery icon appears on the screen to indicate that your fitness tracker is charging.

   Note: Charging fully takes about 2 full hours.

Set Up with Your Smartphone

The free iTOUCH Wearables app is compatible with most iPhones and Android Phones. A smartphone is required for call, text, and smartphone app notifications.

To get started:

1. Find the iTOUCH Wearables 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 Wearables App

iTouch Wearables

YOUR iTOUCH Fitness Tracker WILL ONLY WORK WITH THE iTOUCH Wearables 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.iTouchwearables.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 Wearables app to access notifications in your phone's native settings.

3. Once the app is installed, open it to create a profile. For accurate results, please enter correct information here. Then, tap the 'X' button at the top of the screen to begin setting up your iTouch Fitness Tracker. (We highly encourage the user to allow all notifications & pairing access to their smartphones.)

4. To connect & sync your fitness tracker to your device, tap **ADD** from the Home page to search for your iTouch Fitness Tracker.

Tap to pair your iTouch Wearables device

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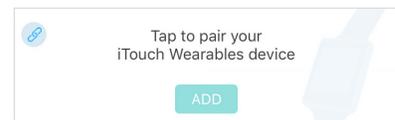
You can also connect & sync your fitness tracker from the device page in your app. Tap the "Device" icon from the navigation bar, then, tap **ADD A DEVICE.**

ADD A DEVICE

Search and select iTouch Fitness Tracker to pair: From the clock face on your fitness tracker, hold the Home button for 3 seconds and the tracker will display the MAC ADDRESS of your iTOUCH Fitness Tracker. When pairing your fitness tracker with the app, make sure that the MAC ADDRESS displayed on your tracker matches the MAC ADDRESS of the iTOUCH Fitness Tracker on your app.

iTouch Fitness
Connected
C0:9A:BA:92:F3:6D ⟵ **MAC**
79%

Once your iTouch Fitness Tracker is connected, it will say **Connected** on the top of the device page and display the current battery life of your fitness tracker. To ensure complete connectivity, you will see a Bluetooth icon on your iTOUCH Fitness Tracker when it is paired with your smartphone.

iTouch Fitness
Connected
C0:9A:BA:92:F3:6D
79%
Remove Device
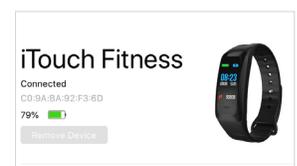
Please read through the guide to learn more about your new fitness tracker and then explore the iTOUCH Wearables app.

BASICS
Learn how to best navigate your iTouch Fitness Tracker.

Navigate iTOUCH Fitness Tracker
Use the one-touch, raised Home button to navigate through the features on your iTOUCH Fitness Tracker. **The Home button is located on the screen of your fitness tracker on the same end as the charging input.**

Power On & Off

Tap and hold the Home button for 5 seconds until you see the iTOUCH Wearables logo appear on the watch screen, indicating that your watch has powered on.

Tap the Home button on your iTOUCH Fitness Tracker until you reach the Power 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 the "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 Fitness Tracker with our built-in watch face designs.

Change your watch face from the iTOUCH Wearables app:
1. With your fitness tracker nearby, tap the device icon from the navigation bar in the app.
2. Tap **Watch Faces** to navigate to a selection of watch faces and select your preferred watch face. Once selected, your fitness tracker will automatically update the clock face.

To change the time format on your fitness tracker, tap on your app and go to Additional Features. Tap Time Formats to select between 12 and 24 hour format.

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 Wearables app. Tap 📱 and go to **Alarms**.

NOTIFICATIONS & MESSAGING

iTOUCH Fitness Tracker can display call, text, social media, and app notifications from your smartphone to keep you informed. The fitness 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 Wearables app navigation bar, tap 📱 then, go to **Notifications**.
2. From **Notifications**, you may select the notifications you wish to receive on your fitness 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 Fitness Tracker and smartphone are within range, notifications cause the fitness tracker to vibrate and display on the screen.

Turn off Notifications: Turn off all or certain notifications with the iTOUCH Wearables 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.

ACTIVITY TRACKING

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

See your stats: Core stats: See your step count directly on your watch. Find your complete history, such as calories burned, distance covered, active minutes and sleep data, in the iTOUCH Wearables app.

Track a daily step goal: iTouch Fitness Tracker tracks your progress towards a daily step goal.

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. You can choose to change your target goal via the iTOUCH Wearables app under the 👤 page. Tap **Step Goal** to begin setting.

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.**

Apps and Features

Heart rate: To measure and see your real-time heart rate, navigate to the heart rate feature on your fitness 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.

Measure your heart rate from the iTOUCH Wearables app. Go to the **Heart Rate** tab from the Home page of your app. Tap Measure at the bottom of the page to begin measuring your heart rate on your iTouch Fitness Tracker.

Heart rate: Keep track of your recent heart rate measurements using the iTOUCH Wearables app. Go to the **Heart Rate** tab on the Home page. Learn more about heart rate data analysis and what your movement state can tell you about your fitness intensity. View and compare your recent heart rate trends from this page, or click on 目 for individualized stats. Make sure your fitness 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.

FITNESS AND EXERCISE

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 Wearables app. **Note: The Connected GPS feature on the iTouch Fitness Tracker 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 steps, pace, 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.

Apps and Features

FITNESS TRACKER FEATURES

CAMERA REMOTE: For Android users, with the app open, open the Camera feature. To snap photos using your iTOUCH Fitness Tracker, tap the Home button and navigate to the Camera Remote feature on your tracker. Hold the Home button again, or turn on the activate display after wrist rotation feature in the app under **Additional Features** and rotate your wrist to snap a photo.

For iOS users, open up your phone's camera function. Please then tap the home button until you get to the camera function on your fitness tracker. You will then be able to take pictures with your tracker by holding the home button on your tracker for 3 seconds. You can also turn on the activate display after wrist rotation feature in the app under **Additional Features** and rotate your wrist to snap a photo.

MUSIC REMOTE: Tap the home button to cycle through functions, until you reach the music screen. Once there, tap and hold the Home button to open the music remote function. Once open, tap to cycle through options and hold Home button to activate. The music remote allows you to play/pause, skip forward, or skip to previous music from your music apps. Make sure that your music is already playing in order to utilize this function. Your Fitness Tracker is compatible with various applications such as Apple Music, Spotify, and Pandora. However, it may not support other third party applications.

WEATHER: Once your tracker is fully paired to the app, the Weather feature will show on your Fitness Tracker. From the Weather feature on your tracker, hold the home button to view tomorrow's weather. Your weather will update hourly. To change from Fahrenheit to Celsius, navigate to Settings in the iTOUCH Wearables app and go to the Weather section. This will display the weather on your watch for your current location.

ADDITIONAL FEATURES: Navigate to the device page in your app. Tap on **Additional Features** to view more features for your Fitness Tracker. Learn more below.

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

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

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

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

UPDATE, RESTART, AND ERASE

Update Fitness Tracker Firmware If there is a new firmware update available for your iTouch Fitness Tracker, you will receive a pop-up notification to download it within the iTOUCH Wearables 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 Fitness Tracker. Be sure that your fitness tracker remains within Bluetooth range of your phone while updating. Once your update is completed, your watch will automatically reset.

Restart Your Fitness Tracker If you can't sync your iTOUCH Fitness Tracker, or if you have trouble with connected GPS or tracking your stats, you can restart your tracker from your wrist. From your fitness tracker, navigate to the **Power 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.

Reset Your Fitness Tracker To reset all functions on your fitness tracker, please tap and hold the home button on the clock face for your tracker. You will see the MAC address. Please then tap and hold 3 seconds, and you will be provided to option to reset. Tap the home button until the word 'Reset' is highlighted. Tap and hold again the complete the reset of your fitness tracker.

WEAR AND CARE

All iTOUCH 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: Although iTOUCH Fitness Tracker is IP67 water resistant, it is not IP68 waterproof which means you should not submerge your watch in water deeper than one meter for longer than 30 minutes. We advise not to swim with your smartwatch. However, your iTOUCH Fitness Tracker can withstand many splashes, rain, and daily activities such as washing dishes. If your smartwatch gets wet, we advise you to remove it until dry. It is not good for your skin to wear a wet band for long periods of time.

To change the bands on your iTOUCH Fitness Tracker, just follow these simple instructions:

1. Grasp either end of the capsule.

2. Pull down the other end of the strap until the capsule separates from the strap.

3. Then pull the capsule up and out of the strap until fully removed.

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-9128N02