

Q7

smartwatch



(US)

USER MANUAL VERSION 1.0

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Q7 Smartwatch USER GUIDE:

Everything you need to know about the Q7 Smartwatch.

What's in the box?

Your Q7 Smartwatch box includes:

- Q7 Smartwatch
(Color and material vary)
- Magnetic Charging Cable

The interchangeable straps on the Q7 Smartwatch come in a variety of colors and materials, sold separately.



Setting up your Q7 Smartwatch

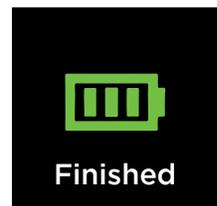
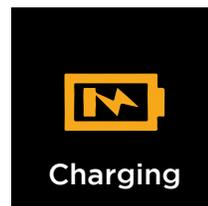
For the best experience, use the Q7 Wearables app for iPhones and Android phones. A smartphone is required for call, text and smartphone app notifications.

Charge Your Smartwatch

A fully charged Q7 Smartwatch 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 smartwatch. A battery icon appears on the screen to indicate your smartwatch is charging.

Note: Take off the plastic protector film from the case-back of your smartwatch before charging. Charging fully takes about 1-2 full hours.



Set Up with Your Smartphone

The free Q7 Wearables app is compatible with most iPhones and Android Phones.

To get started:

1. Find the Q7 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 Q7 Wearables App



YOUR Q7 Smartwatch WILL ONLY WORK WITH THE Q7 Wearables APP SHOWN ABOVE.

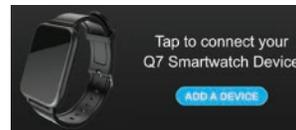


This watch only functions with this app and there will be connectivity issues if the incorrect app is used. For more information and links to the apps, go to: www.Q7Wearables.com

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 Q7 Wearables 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 Q7 Smartwatch 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 smartwatch to your device, tap **Add A Device** to search for your Q7 Smartwatch.



You can also connect & sync your smartwatch 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 Q7 Smartwatch to pair: From the settings section on your smartwatch, navigate to **About** icon  and tap on it. This will display the **MAC ADDRESS** of your Q7 Smartwatch. When pairing your smartwatch with the app, make sure that the MAC ADDRESS displayed on your smartwatch matches the MAC ADDRESS of the Q7 Smartwatch on your app. Once your Q7 Smartwatch is connected, it will say **Connected** on the top of the device page and display the current battery life of your smartwatch. To ensure complete connectivity, navigate to the **About** icon again on your your smartwatch. You will see a Bluetooth icon on the bottom right-hand side of your Q7 Smartwatch when it is paired with your smartphone. You can view the battery life of your smartwatch on this screen as well.

Please read through the guide to learn more about your new smartwatch and then explore the Q7 Wearables App. See your data in the Q7 Wearables app. Sync Q7 Smartwatch 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 smartwatch to the app at least once a day.



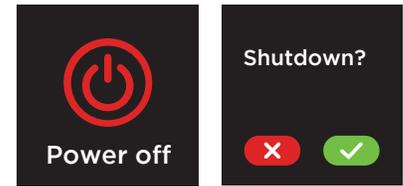
Each time you open the Q7 Wearables app, your smartwatch will sync automatically when it's nearby.

BASICS

Learn how to best navigate your Q7 Smartwatch.

Power On/Off Your Smartwatch: Tap and hold the center of your Q7 Smartwatch for 3-5 seconds and the watch will vibrate, indicating it has powered on.

To power off your smartwatch, navigate to settings. Then cycle through until you see the power off icon. Tap on the icon, and then you will be prompted to confirm power off.



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.**

Brightness



Control the Brightness on your Smartwatch. From the Settings menu on your Q7 Smartwatch, tap the brightness icon. Then tap again to begin adjusting the brightness. Once satisfied with your brightness, please swipe to the right to confirm.

Changing Watch Faces

Personalize your Q7 Smartwatch with our built-in watch faces to showcase your favorite Q7 time-keeping features. The Q7 Wearables app comes with three interchangeable watch faces:

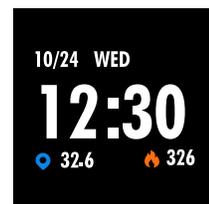
Change your watch face from the Q7 Wearables app:

1. With your smartwatch nearby, tap the device icon  from the navigation bar in the app.
2. Tap **Watch Faces** to navigate to a selection of watch faces.
3. Browse available and select your preferred watch face.



Change your watch face from the Q7 Smartwatch:

1. Tap and hold on the main clock face for 3-5 seconds.
2. The watch will vibrate and you will see 3 dots at the bottom of the screen (signaling to swipe through watch face options)
3. Swipe to the left to cycle through all available watch faces
4. Once you have found your desired watch face, tap on the watch face and that will confirm your choice.



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 Q7 Wearables 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 found in the **Settings** menu on your Q7 Smartwatch. Tap the stopwatch icon to start, and then tap the stopwatch icon again to pause. To exit the stopwatch function, simply tap and hold the stopwatch icon for 3 - 5 seconds.

NOTIFICATIONS & MESSAGING



Q7 Smartwatch can display call, text, social media, and app notifications from your smartphone to keep you informed. The smartwatch 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 Q7 Smartwatch app dashboard, tap  then, go to **Notifications**.
2. From **Notifications**, you may select the notifications you wish to receive on your smartwatch.

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 Q7 Smartwatch and smartphone are within range, notifications cause the smartwatch to vibrate. If you don't read the notification when it arrives, you can check it later by navigating to **Notifications** on your smartwatch.

To view unopened messages and notifications on your Q7 Smartwatch, swipe to the **Notifications** screen and tap to open. Swipe from right to left on your watch screen to view more notifications.

Shortcut: Swipe down on the main clock face screen to view notifications.

Manage Notifications: Q7 Smartwatch stores up to 3 notifications, after which the oldest are replaced as you receive new ones.

Turn off Notifications: Turn off all or certain notifications with the Q7 Wearables app from **Notifications** in the device settings. You can 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. You can also mute all notifications right from your smartwatch. Go to the Settings menu and locate the Do Not Disturb function. Tap on it to mute notifications and tap on it again to turn the mute feature off.

Apps and Features

ACTIVITY & SLEEP



Q7 Smartwatch continuously tracks a variety of stats whenever you wear it. The information is then transferred to the Q7 Wearables app every time you sync your smartwatch. We recommend syncing your smartwatch 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 smartwatch, such as sleep data, in the Q7 Wearables app.

Track Daily Goals: Q7 Smartwatch tracks your progress towards a daily step and sleep goal of your choice. When you reach your goal, the smartwatch 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 Q7 Wearables app under the  “my profile” 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 Q7 Smartwatch 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 smartwatch when you wake up and check the app.

Learn about your sleep habits: Q7 Smartwatch 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 Q7 Smartwatch tracks your heart rate throughout the day. To measure and see your real-time heart rate, navigate to the heart rate feature on your smartwatch. Tap the heart rate icon to start measuring your heart rate. The watch will vibrate once it begins measuring. Once completed, your watch will vibrate again and display your heart rate measurement.

Keep track of your recent heart rate measurements using the Q7 Wearables 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 smartwatch 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



Track your steps, calories and distance directly from your smartwatch. You can see this information by navigating to your pedometer. Tapping this icon, will display more information.



For complete workout stats, recap and route information make sure to use your smartphone's connected GPS. Review your exercise history via the Q7 Wearables app.

Note: The Connected GPS feature on the Q7 Smartwatch works with the GPS sensors on your nearby phone.

Connected GPS

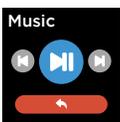


From the dashboard of the app, scroll down and hit **Running Mode**. A new screen will appear that will say **Start**. Tap Start. A countdown will appear and once complete, connected GPS mode will be enabled until you pause or completely stop it. This screen will showcase your steps and calories burned. You will have an option to toggle between this screen or an actual live map of your route. Once completed, you can view your route, total distance, steps and calories burnt.

SMARTWATCH REMOTE FEATURES



MUSIC REMOTE: To remotely control your music from your smartwatch, navigate to the music remote function. The music remote allows you to Play/Pause, Skip Forward, or Skip to previous music from your music apps. Your Q7 Smartwatch is compatible with various applications such as Apple Music, Spotify, and Pandora. However, it may not support other third party applications. **Please note: For best results, please ensure that the music app you wish to control is open before use.**



CAMERA REMOTE: To snap photos using your Q7 Smartwatch, navigate to the Camera Remote feature on your smartwatch (If you are using an iOS device, you will also need to open the camera app on your smartphone). Tap the Camera Remote feature on your smartwatch, or turn on the activate display after wrist rotation feature in the app and rotate your wrist to snap a pic.

ADDITIONAL FEATURES: On the Q7 Wearables app, navigate to the device page in your app. Tap on **Additional Features** to view more features for your smartwatch. Learn more below.

WEATHER: Once your smartwatch is fully paired to the app, the Weather feature will show on your Q7 smartwatch. From the Weather feature on your smartwatch, you can tap the screen to view more weather data. Your smartwatch shows the weather forecast for the current day and the next day, it also updates hourly. To change from Fahrenheit to Celsius, navigate to **Additional Features** on the Q7 Wearables app and go to the Weather section. From there you can input the city you would like to see the weather for.

FIND DEVICE: Tap **Find Device** under Additional Features to vibrate your Q7 Smartwatch when paired with the app.

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

DO NOT DISTURB: Tap **Do Not Disturb** and set a time period to prevent your smartwatch 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 smartwatch and in your app. Choose between the metric and imperial systems of measurement.

ACTIVATE DISPLAY AFTER WRIST ROTATION: Once your smartwatch 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 Smartwatch Firmware If there is a new firmware update available for your Q7 Smartwatch, you will receive a pop-up notification to download it within the Q7 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 Q7 Smartwatch. Be sure that your smartwatch remains within Bluetooth range of your phone while updating. Once your update is completed, your watch will automatically reset.

Restart Your Smartwatch If you can't sync your Q7 Smartwatch, or if you have trouble with connected GPS or tracking your stats, you can restart your tracker from your wrist. From your smartwatch, navigate to Settings, then tap on the Power Off button . After this a screen will appear asking you to confirm your selection. Once your watch has fully powered off, tap and hold the screen to turn on your smartwatch.

Reset Your Smartwatch If restarting the smartwatch doesn't address the issue, tap Reset  in **Settings** to reset your Q7 Smartwatch and clear all data.

WEAR AND CARE

All Q7 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 the Q7 Smartwatch 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 Q7 Smartwatch 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.

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-900006