



B57010

User manual



Please read this manual before using the product to fully understand its use and operation.

## CAUTION

- The company reserves the right to modify the contents of this manual without any further notification. Some functions may vary in certain versions of software.
- Please charge this product with the charger provided for no less than 2 hours before using it for the first time.
- Use only the charger that is included with the product. Make sure that the charger and the smartwatch are properly connected while charging. Do not charge if the watch has water (or sweat) to avoid short circuits and damaging the product.
- The two contacts of the charging cable cannot be in contact with a conductor material at the same time, it will cause a short circuit and burn.
- Avoid hitting the smartwatch, it could break the glass.
- The smartwatch cannot be used in showers / baths with hot water (the water steam can damage it) or in salt water (if it entered the smartwatch, it would corrode the internal parts).
- Clean the smartwatch regularly, especially its inner side, and keep it dry. Skincare product should not be used on the wrist that wears the smartwatch.

- Don't look steadily at the green light of the sensor on the back of the smartwatch, it may cause eye irritation.

### **System Requirements:**

Android: Android 4.4 or above

iPhone: iOS 8.0 or above

### **Download and install the application**

1. Go to our website [www.mareasmart.com](http://www.mareasmart.com) and find your smartwatch model. The model number is found on the back of the smartwatch (it starts with "B" and is followed by five digits).
2. Download and install on your phone the official app that corresponds with your smartwatch model.
3. Open the app and enable all the permissions that the app requests.
4. Turn on Bluetooth on your phone.
5. Make sure that the smartwatch has not been linked directly through Bluetooth to your phone. If so, unlink it.
6. Bind your Marea Smartwatch through the app.

### **Notes on linking:**

- Only one smartwatch pairing application should be installed on the phone to ensure that the connection

with the smartwatch is normal. If several applications are connected, they can affect the connection between the watch and the phone.

- Some Android phones will prompt you that they cannot install the app. Please go to 'settings' of the phone and authorize the 'Unknown source' .
- When the mobile phone requests permissions, click "Allow". On the contrary, you may not receive notifications, scan QR codes, open the remote camera or use other functions. These permissions do not affect the flow of the phone or other information on the phone.
- Some Android phones may accidentally close the app when cleaning the running applications. Please keep the app running in the background. To turn on this function on your phone: open phone settings - application management - official application - rights management - backstage management - select background running. The setting method may be different due to different mobile phone versions and models.
- For iPhone: if the phone is in standby or hibernation mode for a long time (for example, the phone has not

been in use for 2 hours or more and the screen is off), the application will be closed by the iOS system , so the application and the watch will be disconnected and the application functions will not be available. Re-activate the phone and it will automatically reconnect.

## Smartwatch operation

### Turn on/off

Press and hold the side button for 3 seconds to turn on the smartwatch; short press the side button to activate the watch when in standby mode.

Press and hold the side button for 3 seconds to turn off the smartwatch.

### Button and screen operation

From the home screen on the smartwatch:

- Swipe down to see the status bar. It shows the connection status and battery, and includes quick access to some functions (vibration on/off, flashlight, theater mode, weather, brightness control and settings).
- Swipe up to enter to enter the main menu.
- Swipe right to enter the message interface.

- Swipe left to enter the shortcut menu. It includes exercise data, sleep monitor, heart rate monitor, workout mode, weather, camera remote control and music remote control.

## **Return**

From any function, swipe right to return to the previous menu or short press the side button to return to the home screen.

## **Home screen selection**

Long press the home screen to enter the selection interface, swipe right / left to see all available options. Click on the desired screen to make it your home screen. You can also turn the side button to change the home screen.

On the app you can download other predesigned home screens.

## Main functions in Smartwatch

The main menu includes the following functions:

### Messages

Shows the last 8 messages / notifications. The phone and the watch must be linked and within the Bluetooth range. Slide to the bottom and press the delete icon to clear all message records. The last notification received will replace the oldest one. On the app you can select what type of notifications you want to receive on the smartwatch.

### Sport data

Shows the steps taken, the distance traveled and the calories consumed on the current day. Slide up to see a graph with the steps taken by hour.

### Sleep Monitor

If you have worn the watch during the previous night, it shows the total sleep time of last night, as well as light and deep sleep times. Slide up to see a graph with the sleep time of the last seven days.

You can check the historical data on the app.

## **Exercise mode**

You can check the data from the last exercise as well as start a new one. Includes different sport modes: walking, running, cycling, rope skipping, badminton, basketball and football.

Click on the corresponding exercise mode to begin the recording. Slide left twice to end the exercise and save the data. On the app you can check the historical data.

## **Heart Rate**

Upon entering the function, the heart rate measurement will start automatically. Wait about 30-60 seconds for the measurement to finish and the result will be displayed.

Slide up to see more info of the heart rate tests results of the current day. On the app you can check the historical data.

## **Blood Pressure**

Upon entering the function, the blood pressure measurement will start automatically. Wait about 30-60 seconds for the measurement to finish and the result will be displayed. Slide up to see info of the last 7 blood



pressure tests results. On the app you can check the historical data.

## **Blood Oxygen**

Upon entering the function, the blood oxygen measurement will start automatically. Wait about 30-60 seconds for the measurement to finish and the result will be displayed. Slide up to see info of the last 7 blood oxygen tests results. On the app you can check the historical data.

### **Notes on health functions:**

- The heart rate, blood pressure, and blood oxygen functions require the watch and arm to be in contact, and the watch should not be too tight or too loose. The test can be inaccurate if it is too tight because it will affect blood flow, and if it is too loose because it will affect the monitoring of the heart rate sensor.
- Be sure that there the heart rate sensor on the back of the smartwatch is clean. Skin color, hair density, tattoos and scars may affect the accuracy of the measuring results.

- The results of the smartwatch measurements are only indicative and cannot substitute in any case for any medical test. Please follow your doctor's instructions and do not rely solely on these results for an evaluation.

## **Weather**

Displays the current weather and temperature. Slide down to see the forecast for the next 6 days. The phone and the watch must be linked so the watch can receive the weather info from the phone.

## **Camera remote control**

Click on the camera icon and the camera on the phone will open. Shake the smartwatch or press the screen and the phone will take a photo. The photo will be saved in the phone's gallery.

Note: When the camera usage request appears, select "Allow" .

## **Music remote control**

Displays buttons to play / pause and to skip to previous or next song, to remotely control the music playing on the

paired phone. The phone and the watch must be linked and within the Bluetooth range.

## Breathing guide

Click on the icon to start the breathing guide.

## Flashlight

The screen will shine so it can be used as a flashlight.

## Settings

- **Stopwatch:** Click on the start icon to start the count. Click on the pin button to save a lap time (you can save up to 3 lap times). When the time is paused, click the reset icon to reset to 0.
- **Alarm clock:** You can check and turn on/off the alarms set on the app. When the time has come for it to go off, the smartwatch will vibrate and turn on the screen to show the alarm clock icon.
- **Countdown:** Select one of the preset times. Click on the start icon to start the countdown. Click the X icon to exit.

- **Brightness:** You can increase or decrease the brightness of the screen. The brighter it shines, the more battery it will use.
- **Vibration:** You can turn on/off the vibration of the smartwatch.
- **Theater mode:** You can turn on/off the theater mode. When on, the vibration is off and the brightness of the screen is at its minimum.
- **Reset:** Resets the smartwatch to factory settings (click "√" to confirm or "×" to exit). This function will erase all the data saved on the smartwatch.
- **Power off:** Turns off the smartwatch (click "√" to confirm or "×" to exit).
- **About:** It shows the Bluetooth name, MAC address, software version and UI version.
- **QR code:** Shows a QR code to scan with your phone in order to download the app.

**Main functions on the app** (they can only be used if the smartwatch is linked)

## **Remove**

Click to unpair the smartwatch from the paired mobile phone. For IOS system, after unlinking the watch, you need to go to the settings of the phone to ignore the Bluetooth device.

## **Watch Faces**

It includes a wide gallery of home screens that can be downloaded to the smartwatch. The phone and the watch must be linked and within the Bluetooth range. Neither break the connection between smartwatch and phone or exit the app for the duration of the download.

## **Notifications**

Activate notifications for each of the apps you want to receive notifications from on your watch. When the phone receives incoming calls, text messages or new notifications from the activated apps, these notifications are received on the smartwatch as well. The last 8

messages / notifications can be viewed in the message interface on the smartwatch.

## **Alarm clock**

You can set up to 3 alarms. When the time has come for it to go off, the smartwatch will vibrate and turn on the screen to show the alarm clock icon.

## **Camera remote control**

The camera on the phone will open. Shake the smartwatch or press the screen and the phone will take a photo. The photo will be saved in the phone's gallery.

Note: When the camera usage request appears, select "Allow" .

## **Other**

- **Find device:** The smartwatch will vibrate so you can find it. The phone and the watch must be linked and within the Bluetooth range.
- **Do not disturb:** You can set a time interval in which the smartwatch will not receive notifications.

- **Sedentary reminder:** If this function is activated, when you have been in the same position for a long time, the smartwatch will vibrate and show the sedentary icon to remind you to get up and move.
- **Continuous Heart Rate Detection:** If this function is activated, the smartwatch will automatically take heart rate measurements.
- **Language:** You can select the language for your smartwatch.
- **Auto-lock:** Select the seconds it will take for the screen to turn off when not in use. The longer the screen is on, the more battery it will use.
- **Reset:** Resets the smartwatch to factory settings. This function will erase all the data saved on the smartwatch.
- **Quick View:** If this function is activated, the smartwatch's screen will turn on when you lift your wrist.

- **Drink water reminder:** If this function is activated, the smartwatch will vibrate and show the water reminder icon to remind you to drink water throughout the day.
- **Physiological cycle reminder:** You can check the status of women's menstrual period. Once you set the latest month end time, the menstrual period length, and the number of days between menstrual periods, you can receive reminders on your smartwatch with the state of the menstrual period.

## Upgrade

If there is a new version of the smartwatch's firmware, you can update to the latest version.