

XMOVE

Activity Tracker

User Manual

Please refer to this manual before using the product

Please read before using

1. The company reserves the right to modify the contents of this manual without any further notification. It is normal that some functions may vary in certain versions of software.
2. Please charge the XMOVE with the charger provided for no less than 2 hours before using it for the first time.
3. In the Xplora APP, set personal information to sync time before using the Activity Tracker. Please refer to the instructions about synchronization for details.
4. The XMOVE has IP68 waterproof rating. It cannot be used in corrosive liquids or hot water, tea, etc. It is not compatible with deep sea diving of more than 3 meters. All the above situations will cause damage to the Activity Tracker and such damage will not be covered by the warranty.

1. Product overview



The Activity Tracker can be paired with:

- Android phone: supports OS 5.0 and above
- iPhone : supports OS 9.0 and above

2. Xplora APP download and connection

2.1 Please scan the QR code below to download Xplora APP

Xplora APP is available to download on the App Store and on the Google Play Store. Please give the corresponding permissions to the APP and make sure to have your phone Bluetooth turned on for your XMOVE Activity Tracker to connect with the Xplora APP.

The APP name is "Xplora".



QR code to download Xplora App for Android devices



QR code to download Xplora App for Apple devices

Notes:


After installing Xplora APP on your phone, please allow all the permissions to get a better experience with your XMOVE Activity Tracker and the APP.

For Apple phone users: If your phone is in standby or hibernation state for a long time (for example, for 2 hours or more, the phone has not been used and it is in a black screen state), Xplora APP will be cleaned up by the iOS system, so the APP and the watch will disconnect and the functions on the APP will not be available. Please re-open your phone and they will automatically reconnect.

2.2 Link Xplora APP and XMOVE watch

2.2.1 Open Xplora APP, if you are new user for Xplora APP, please choose "Start" then fill in

email address, password and phone number for registration. If you are existing Xplora APP user, please choose "Already have an account?" then enter phone number and password to log in your current account.

2.2.2 For new user, please click on "Add Device" on the APP. For existing Xplora APP user, please click on  at the right top corner of the APP page. Please allow Bluetooth, pictures and video record permission on your smartphone.

2.2.3 Click on "QR-code" menu on your XMOVE watch, and point your phone camera on the QR code to scan then connect the watch with Xplora APP. Confirm all permission requests that appear automatically to ensure that all functions work correctly.

2.2.4 Please fill in device and user profile, then press "Start", and XMOVE is ready for you.

2.3 APP settings (functions are available only if watch and phone have been paired successfully)

- **Call notification:** Tap to turn on/off this function. If turned on, you can hang up the incoming call on your watch.
- **Social Media notifications:** Tap to turn on/off and choose which APPs' notifications you want to receive on your watch.
- **Alarm clock** (up to 5 alarms)
- **Sedentary reminder:** Tap to turn on/off. Set starting time, end time, interval and threshold.
- **Drink water reminder:** Tap to turn on/off. Set starting time, end time, interval and threshold.
- **DND mode (Do not disturb mode):** Tap to turn on/off. Set start time and end time. Note: when turned on, the watch will not receive notifications.
- **Turn on screen when turning wrist:** Tap to turn on/off.
- **Heart Rate monitoring:** Tap to turn on/off. Set starting time, end time, and interval. If turned on, the watch will automatically monitor heart rate, and sync data to APP.
- **Remote camera control** (on some phones it may be necessary to turn on the camera manually on the phone)
- **Find device:** Upon tap, watch will pop up a watch icon and vibrate.
- **Firmware update** (make sure there is at least 50% battery before updating, keep your Activity Tracker near to your phone during the update)
- **Device version:** To check firmware version of the watch.
- **Unbound** (iPhone users must enter phone settings, enter Bluetooth settings and ignore

the device to make sure the device is completely disconnected)

3. Main functions

3.1 Basic Operation

3.1.1 **Power on:** Long press the button for 3 seconds to turn on the watch, short press the button to light up the watch if it is in standby mode.

3.1.2 **Power off:** if the screen is on, long press the button for 3 seconds to turn the watch off.

3.1.3 Watch interface shift process:

1. Slide from top to bottom on the main screen dial to see the status bar, which includes DND mode, brightness level, settings, connection icon, and battery.
2. Slide from right to left on the main screen to enter the menu.
3. Slide from left to right on the main screen to see the health and sleep data.
4. Slide from bottom to top on the main screen to see the messages received.



3.2 Main screen selection

Long press the screen for 3 seconds to display all the options to choose from, slide left and right to choose the preferred main screen. Single touch to set it as default main screen.

3.3 Pedometer

The watch automatically records steps, distance and calories whenever the Activity Tracker is on. To see the data from the pedometer: swipe right from the tracker's main screen or swipe left from the main screen to access the menu.

3.4 Sport mode

3.4.1 Sport mode includes outdoor walking, indoor walking, outdoor running, indoor running, cycling, hiking and swimming. This Activity Tracker is not equipped with GPS, therefore the results of some sport modes that require A-GPS support may vary with different phones.

3.4.2 Click the icon to enter the corresponding sport mode and customize the goal of the day (distance, time or calories) or set no goals. The Activity Tracker will automatically save the setting, and will apply it the next time that sport mode is used.

3.4.3 Historical data: It saves the last 8 records. The records will be displayed in chronological order and can be viewed by sliding up and down.

Note: The data will only be saved when the exercise time is more than 5 minutes or more than 200 steps. Either one of these conditions will activate the recording function, otherwise the recording function will not start due to insufficient data.

3.4.4 When you start recording the data, the tracker screen will display the following content: type of sport and start time. You can swipe up and down to see the detailed records. The data will vary according to the type of sport.

3.4.5 Goal completion: The Activity Tracker will display 'Goal completed' when the pre-set goal is accomplished. Moreover, the record function will keep recording if the exercise continues.

3.5 Sleep Monitor

The default sleep monitor starts at 21:00 pm and ends at 7:30 am the next day. If the tracker is worn while sleeping, you can check the sleep time on the watch in the following morning. If the Activity Tracker is paired with the phone, the sleep data will be synchronized automatically (or manually) with the Xplora APP.

Note: The Activity Tracker is able to automatically identify if you are asleep. There may be differences between the detected data and the actual data because the watch may still be under the detection process. The watch will display the detected result of the whole night, which will be identical with the actual sleep data, once it finishes the monitoring. There may be some deviation with the actual sleeping status due to the change in different sleep modes.

3.6 Health

3.6.1 **Heart rate:** The display will show "--Bpm". Two seconds later the heart rate test begins. The data will be displayed on the tracker screen when the heart rate data is detected and the detection will be carried out continuously. If you want to stop the detection, swipe right to exit and return to the previous screen. In the APP, you can check the

historical data, including the highest and average data from the last test.

3.6.2 Blood pressure: The display will show "--mmHg". Two seconds later the blood pressure test begins. The data will be displayed on the tracker screen when the blood pressure data is detected and the detection will be performed continuously. If you want to stop the detection, swipe right to exit and return to the previous screen.

Note: All heart rate and blood pressure test will take about 10-30 seconds to generate data.

3.7 Notifications (messages)

After you have successfully paired your phone and activated the notifications in the APP, the messages received on the phone will be synchronized with the tracker. The tracker saves the last 8 messages and they can be deleted by sliding up and clicking on the trash can icon.

Note: the received messages can be read on the Activity Tracker, but they cannot be answered from the tracker and audio messages cannot be played.

3.8 Alarm clock (only set via APP)

The application supports setting a maximum of 5 alarms.

3.9 Remote music player

3.9.1 If the tracker has not been paired with your phone, an 'unconnected' message will pop up when you click the 'Music' icon, and it will automatically exit without any actions after 2 seconds.

3.9.2 After pairing the tracker with your phone, you can enter the music player function of the tracker to control the phone's music player. There may be some compatibility problems due to the variety of music players. Usually the tracker can control your phone's music player directly, but some players may need to be opened manually before being remotely controlled by the watch.

3.9.3 The watch can pause, play and switch to the previous or next song, but it does not show the name of the song and cannot adjust the volume.

3.10 Pairing with QR code

The "connection" icon in the watch's drop-down menu will appear blue if the watch is connected. Each watch can only be connected with one phone at a time.

3.11 Timer

Set the length of the timer, then click the start icon. The message "timed out" will pop up

on the screen and the tracker will vibrate when the end of the timer is reached.

3.12 Stopwatch

Click start icon to start counting. Click the pause icon to stop, click the clock icon to set a lap time. If counting is stopped, the clock icon will change to two arrows, if it is clicked again, the counting will stop and all records will be cleared. The tracker keeps a record of up to 20 lap times.

3.13 Find phone

If the tracker is paired with the phone, when you click "Find phone" on the tracker, the phone will vibrate and ring.

3.14 Settings

Screen brightness setting: there are 5 levels of brightness, click the screen to adjust it.

Remote camera control: if the tracker is paired with the phone, when you click on the camera function on the tracker, a camera icon will appear on the tracker and the phone's camera will open. If you click on the camera icon on the tracker, it will take a photo on the phone and be automatically saved in the phone's photo album. On some phones, it will be necessary to open the camera manually before using this function.

Reset: tap the left icon to exit, and tap right icon to reset. Then all data of the watch would be cleared. Note: the data of the paired phone will not be cleared unless the phone is also reset.

About: you can see the Mac address of the device, the Bluetooth name, and the firmware version.

4. Precautions

4.1 Only one wearables APP should be installed on the phone to ensure that the connection with the Activity Tracker is normal. If several APPs are connected, they can affect the connection between the Activity Tracker and the phone.

Note: Some Android phones will prompt you that you cannot install them. Please go to 'settings' of the phone and authorize the 'Unknown source'.

4.2 When the mobile phone requests permissions, click "Allow". If you do not, 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.

4.3 Some Android phones may accidentally close the APP when cleaning the APP. Please keep the APP running in the background.

Android phone settings (background running method): Open the phone Settings > Apps and notifications > Special app access > Battery Optimization > When the app list appears, search 'Xplora App' > Select 'Don't Optimize' > Click Done. (The setting method may be slightly different due to different mobile phone versions and models).

4.4 Heart rate monitoring requires that the tracker and arm are in contact, and the tracker should not be too tight or too loose. The test may be inaccurate if it is too tight because it will affect blood flow, and if it is too loose because it will affect heart rate sensor monitoring.

4.5 Avoid hitting the Activity Tracker it could break the glass.

4.6 Use 5V, 1A for charging. Only use the charger supplied with the tracker. This product does not support fast charging. Do not charge if the watch has water (or sweat) to avoid short circuits and damaging the product.

4.7 This product is an electronic monitoring product, it is not to be used for medical reference.

5. Troubleshooting

If there is a problem when using the Activity Tracker, please solve it accordingly to the following steps. If the problem is not solved, please contact the company you bought it from.

5.1 The Activity Tracker cannot be turned on:

5.1.1 Press the display touch area for over 3 seconds.

5.1.2 Make sure there is enough battery. Battery power may be too low, please charge it.

5.1.3 If the Activity Tracker has not been used for a long time and the normal charger does not work, please try charging it with an output power of 5V/1A.

5.2 It shuts down automatically:

5.2.1 Battery power may be too low, please charge it.

5.3 Short battery life:

5.3.1 It may occur when the battery has not been fully charged, please ensure the battery is charged for at least 2 hours.

5.3.2 Charger or data cable may not work properly, please change to new ones.

5.3.3 Please check the port of the data cable and try again to ensure a proper connection.

5.4 Bluetooth disconnects or is unable to connect:

5.4.1 Please restart it.

5.4.2 Please turn off Bluetooth of mobile phone and open it to reconnect.

5.5 Inaccurate sleep data:

The sleep monitor is designed to mimic the natural pattern of falling asleep and waking up. Please use the Activity Tracker during the day, otherwise a deviation may occur if you go to bed late or only use it while you sleep. Sleep data may not be generated if you go to bed during the day, since the default sleep time is set between 9:00 p.m. and 7:30 a.m.