

What's in the box

NoiseFit Twist Smartwatch x

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Before using your NoiseFit Twist for the first time. charge the battery to its full capacity. Use the charging cable provided with the watch to charge. On a full charge, NoiseFit Twist can last up to 7 Note: The battery life and time to fully charge

your device may vary as per usage and other

Charging the NoiseFit Twist Smart Watch

To charge NoiseFit Twist

charger.

· Plug the USB cable into a power adaptor. Plug the power adaptor into an electrical socket (Power adaptor not included). Place the magnetic charger on the magnetic

charging points of the watch.

 While your watch is charging, the screen will show its progress. • Once the battery is fully charged, remove the

Press and hold the side button for a few seconds to turn on the watch.

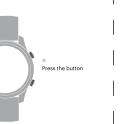
Press and hold the side button for a few seconds, select Shut down and confirm to power off.

Waking Up the Watch

To preserve battery, the watch screen turns off when not in use. To turn the screen back on, you can wake up the watch by:

Pressing the side button

Turning on the Wrist sense



Press & hold

Watch Navigation

The NoiseFit Twist smartwatch has a TFT colour touch screen. Navigate the watch by tapping on the screen swiping side to side, up and down and pressing the upper and lower side button.

Home Screen Navigation The home screen is the watch face.

From the home screen:

· Swipe left or right to access widget and shortcut.

Swipe up to go to quick settings menu.

Swipe down to check your message

Button Navigation

 Press the side button to turn on the watch display. • Press the side button again to go to the

main menu.

Before pairing, make sure that your smartphone and smartwatch are next to each other. The app will ask for personal information such as height, weight and sex to calculate your stride ength, distance covered, calorie burn rate. Turn on Bluetooth and the location on your mobile

• In your smartphone, download the NoiseFit app from the Play store or the App store and install it. · Create an account or login using an existing account. Note: Ensure that your smartphone is running on Android 4.4+ or iOS 9+ and is connected to mobile data or a Wi-Fi network.

Pair the Watch

- · Open the NoiseFit app and allow the Bluetooth and GPS positioning to be turned
- · Feed in your personal information and health goals in the app. · Go to 'Pair Device' page in the app, select the
- watch name and MAC address and link the Or you can follow these steps: Turn on the watch.
- · Scan the QR code from the NoiseFit app on Select Pair with device and wait for it to pair.

Watch Face

You can switch between different watch faces in the watch, choose and download cloud-based, animated watch faces or create your own watch faces in the NoiseFit

Changing the Watch Face Give your screen a personalised style by

changing or customising the watch face from the NoiseFit app or the watch.

On the Watch Touch and hold the home screen. Swipe and

Watch Features

choose from watch faces.

In the App

Go to watch faces, select the watch face of your choice and tap save to change the watch face.

The Pomodoro feature allows you to focus on the You can turn on the Pomodoro feature and set

You will find all the information related to the

things at hand without any distraction from your . • Vibration Set the vibration level as per your preference.

the time. You can also pause it between sessions and choose to start again.

Menu view

device here, including device name, Bluetooth

Brightness

Set the brightness level as per your preference.

Turn on the wrist awake and set the auto screen off as per your preference.

You can choose to turn on the DND.

You can choose the way you want to see the watch features as per your preference.

Scan the QR code to connect with the app.

name and version.



In some cases, prolonged use of products

in some users. To reduce the possibility of

irritation, keep the watch and watch band

clean and dry. Don't wear it too tight and

soreness, tingling, numbness, burning or

stiffness in your hands or wrists while or

discontinue use.

give your wrist a rest by removing the watch

after wearing the watch, please immediately

after an extended period of wear. If you feel

may cause skin irritation. Prolonged contact

may contribute to skin irritation or allergies

Go to Reboot to restart your watch.

You can choose to reset. Do note if you choose to reset, all your data and settings will be erased.

Please note that some of the features might

change after the OTA upgrade.



Charging cable x 1

You can check your daily activity progress in terms of the steps taken, distance covered, calories burned and active time.

WATCH FEATURES

Heart Rate

tracking. You can select the measurement frequency in the app settings. To measure your heart rate in real time, go to the Heart Rate monitor. You can view the all-day data on the watch and app. Note: Make sure your arms and wrists are still and there is no space between your watch and the wrist.



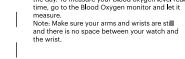
NoiseFit Twist supports 24/7 heart rate



and sleep quality in various sleep stages in the NoiseFit app. The feature will measure the device records of the user's sleep cycle. sleep states (light sleep and deep sleep) wake time and REM.

You can view your most recent sleep record

NoiseFit Twist supports viewing of the highest and lowest values of Blood Oxygen level of the day and the measurement data throughout the day. To measure your blood oxygen level real



Stopwatch

A stopwatch can be set on the watch. You can also set lap times in the stopwatch.





The Breathe feature helps you adjust your breathing rhythm as per your convenience.



measurement and viewing of all-day measurement data.



You can choose from 3 speeds (fast moderate and slow) to adjust your breathing duration. After the session, you can also see the change in the beats per minute. Go to the Breathe feature, choose the time duration and speed and tap on start to enter the cycles of breathing and inhalation. Note: During this period, if you swipe righ or press a button, breathing is interrupted and you can choose to practice again or complete the cycle.

NoiseFit Twist supports 24-hour stress level

To measure the stress levels real time, go to the Stress Level feature and wait for it to measure. Note: Make sure your arms and wrists are still and here is no space between your watch and the wrist.

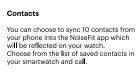
Noise Buzz

You can dial, answer, silent and reject calls from the smartwatch as long as the watch's Bluetooth is connected with the smartphone



NoiseFit Twist supports Bluetooth calls.

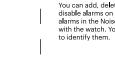
and is within Bluetooth range. Go to Noise Buzz. Connect your phone's Bluetooth with the NoiseFit Twist's Bluetooth to use the calling



Choose from the call logs to call any of

the previous contacted number.





You can set a timer with a pre-set duration on the watch and the timer will remind you when Go to Clock. Choose Timer and set it as per your requirement.

You can use this feature to turn on the screen brightness and see your surroundings better.

You can add, delete, and enable/ disable alarms on the watch. You can set alarms in the NoiseFit app and it will syn-



Go to the Flashlight. Tap to turn on.

with the watch. You can also label alarms

Device Information

→ Shortcuts

Reminders

Tap to turn on

Quick settings menu

The NoiseFit Twist Smart Watch contains the following:

- 1.38"TFT Screen Touch Screen Blood Oxygen Monitor Stress Monitor
- 100 Sports Modes • 22mm Quick Change Pins The NoiseFit Twist smartwatch stores

active minutes, heart rate, sleep duration and workout data. We recommend syncing the watch to the app daily.

How do I update my NoiseFit Twist? You can update your NoiseFit Twist via the

is available.

Twist battery. your activity data for up to 4 days in between the time you sync your watch to the NoiseFit app. Activity data includes your steps, distance, calories,

Device Information and Tips

IP68 Waterproof

Check for updates.

NoiseFit app. Go to My Profile and select

How do I find my watch's current firmware

You can find the watch's current firmware on the watch. Go to Settings on the NoiseFit app. Select Device information, choose Check for updates and update if any update

How do I save battery?

· Minimise the screen brightness · Limit the notification you receive from the NoiseFit app.

calories you've burned based on the physical data you entered when you set up

to My Profile. Go to Setup and select My

can update the weight later via NoiseFit app.

Go to My Profile, select Personal Information

How do I log my weight? You can log in your weight the first time you setup your NoiseFit app. However, you

and change or update your weight. You can

Electrical and electronic devices may not he disposed of with domestic waste Consumers are obliged by law to return the electrical and electronic device at the

NoiseFit Twist estimates how many

Objectives. Change your goals and confirm.

Follow these simple steps to save NoiseFit Disposal and Recycling Information

How does the watch estimate how many calories have been burned?

end of their service lives to the public collecting points set up for this purpose or point of sale. Details to this are defined by the national law of the respective country. By recycling, reusing the materials or other forms of utilising old devices, you are making an important contribution to protecting our

You can do it through the NoiseFit app. Go

two conditions:

update birthday, height, country and email

to operate the equipment. Note: This equipment has been tested and found to comply with the limits for a Class B

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.

How do I change my activity goals? Regulatory and Safety Information

This device complies with Part 15 of the FCC

cause undesired operation.

This device may cause harmful interference. and this device must accept any interference

Warning: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority

received, including interference that may

digital device, pursuant to part 15 of the ECC

If this 76 equipment does cause harmful interference to radio or television reception, USA: Federal Communications Commission 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 rules. Operation is subject to the following following measures:

receiver is connected.

Increase the senaration between the equipment and receiver. · Connect the equipment into an outlet on

· Reorient or relocate the receiving antenna.

a circuit different from that to which the · Consult the dealer or an experienced radio/TV technician for help.

The NoiseFit Twist smartwatch is not a toy. The watch contains small components that could be a choking hazard and are not intended for use by small children or pets. Unless otherwise specified, devices and services are not a medical device and are not intended to diagnose, treat. cure or prevent any disease. We develop products and services to track daily activity and wellness information as accurately as possible. The accuracy of devices are not intended to be equivalent to medical devices or scientific measurement devices.

Do not disassemble the battery on

· Do not open, crush, bend, deform,

nuncture or shred secondary cells or

batteries. In the event of a battery

reach and in a safe place to prevent

· Do not short-circuit. Short-circuiting

circuiting can occur when a metallic

object, such as coins, causes the

direct connection of positive and

negative terminals of the battery.

· Do not place the batteries in the

may damage the battery. Short-

Safety Instructions

ventilated room.

seek medical help.

 Do not expose NoiseFit Twist to extremely high or low temperatures. may cause an explosion. Dispose of used Charge the battery in a cool,

> · Use only the charging cable supplied to charge the battery. Do not charge for more than 24

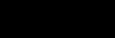
device failure should be referred to our after- Keep the batteries out of children's sales service personnel.

Customer Support

If you experience any problem with the watch. it may be fixed by restarting your watch. For any assistance, please reach out to us at support.gonoise.in

· To prevent device damage, accessory damage







 Do not use your product in a sauna or steam · Do not dispose of batteries in the fire as that

batteries in accordance with your local regulations. Do not dispose it as household

break or leak, prevent battery liquid contact with skin or eyes. If this · Do not attempt to repair or maintain the watch happens, immediately flush the areas yourself, service and maintenance should be with water (DO NOT RUB THE EYE) or performed by authorised technicians only. Any

and device failure, always protect the device against strong impact or shock.