

NoiseFit Halo Plus UM - 84 x 84 mm

<div>NoiseFit Halo Plus ELITE EDITION</div> <div>Please refer to this manual before using the product</div>	<div>TABLE OF CONTENT</div> <div><div><div>• What's in the box</div><div>• Watch overview</div><div>• Charge the watch</div><div>• Turn the watch On and Off</div><div>• Watch navigation</div><div>• Side button navigation</div><div>• Home screen navigation</div><div>• Set-up</div><div>• App set-up</div><div>• Pair the watch</div><div>• Watch features</div><div>• General device information and tips</div><div>• Regulatory information</div><div>• Disposal and recycling information</div><div>• Maintenance instructions</div><div>• Safety instructions</div><div>• Customer support</div></div><div><div>01</div><div>02</div><div>03</div><div>04</div><div>05</div><div>06-11</div><div>12-13</div><div>14</div><div>14</div><div>16</div><div>17</div><div>17</div></div></div> <div>User Manual for NoiseFit Halo Plus</div>	<div>WATCH OVERVIEW</div> <div><div><div>• Activity</div><div>• Workouts</div><div>• SpO2</div><div>• Heart Rate</div><div>• Sleep</div><div>• Breathe</div><div>• Contacts</div><div>• Call History</div><div>• Dial Pad</div><div>• Weather</div><div>• Music</div><div>• Reminders</div><div>• Stopwatch</div><div>• Alarm</div><div>• Timer</div><div>• Watchy Faces</div><div>• Stress</div></div><div><div>• Flashlight</div><div>• Settings</div><div>• Cycle Tracker</div></div></div> <div>WHAT'S IN THE BOX</div> <div><div><div>NoiseFit Halo Plus Smartwatch x 1</div><div>Charging Cable x 1</div><div>User Manual x 1</div><div>Warranty Card x 1</div></div></div> <div>User Manual for NoiseFit Halo Plus</div>	<div>USING THE NOISEFIT HALO PLUS SMARTWATCH</div> <div>Before using your NoiseFit Halo Plus 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 Halo Plus can last up to 7 days.</div> <div>Note: The battery life and time to fully charge your device may vary as per usage and other factors.</div> <div>CHARGING THE NOISEFIT HALO PLUS SMARTWATCH</div> <div><div>• Plug the USB cable into a power adaptor.</div><div>• Plug the power adaptor into an electrical socket. (Power adaptor not included).</div><div>• Place the magnetic charger on the magnetic charging points of the watch.</div><div>• Once the battery is fully charged, remove the charger.</div></div> <div>User Manual for NoiseFit Halo Plus</div>	<div>POWER ON</div> <div><div>• Press and hold the side button for a few seconds to turn on the watch.</div></div> <div>POWER OFF</div> <div><div>• Long Press the side button for a few seconds.</div><div>• Select 'Shutdown' and confirm to power off.</div></div> <div>WAKING UP THE WATCH</div> <div><div>To preserve battery, the watch screen turns off when not in use. You can wake up the watch by:</div><div>• Pressing the side button</div><div>• Turning on the wrist sense</div></div> <div>User Manual for NoiseFit Halo Plus</div>	<div>WATCH NAVIGATION</div> <div>The NoiseFit Halo Plus smartwatch has a 1.46" AMOLED touchscreen. Navigate the watch by tapping on the screen, swiping side to side, swiping up and down, and pressing the side button.</div> <div>SIDE BUTTON NAVIGATION</div> <div><div>• Press the side button to turn on the watch display.</div><div>• Press the side button again to go to the main menu.</div></div> <div>HOME SCREEN NAVIGATION</div> <div><div>The home screen is the watch face. From the home screen:</div><div>• Swipe left to access widgets and shortcuts.</div><div>• Swipe up to go to quick settings menu.</div><div>• Swipe down to check your message notifications.</div></div> <div>User Manual for NoiseFit Halo Plus</div>	<div>APP SET-UP</div> <div>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 length, distance covered, calorie burn rate and metabolic rate. When you set up your account, your name and profile picture will be visible to other users.</div> <div><div>• Turn on the Bluetooth and location on your mobile device.</div><div>• On your smartphone, download the NoiseFit app from the Play Store or the App Store and install it.</div><div>• Create an account or login using an existing account.</div></div> <div>Note: Ensure that your smartphone is running on Android 9 + or iOS 11 + and is connected to mobile data or a Wi-Fi network.</div> <div>PAIR THE WATCH</div> <div><div>• Open the NoiseFit app and allow the Bluetooth and GPS positioning to be turned on.</div><div>• Feed in your personal information and health goals in the app.</div><div>• Go to the 'Pair Device' section in the app, tap on 'Add Device' then 'Search'. Select NoiseFit Halo Plus and link the watch and MAC address and link the smartwatch. Or you can follow these steps: Turn on the watch • Scan the QR code from the NoiseFit app on your phone. • Select Pair with device and wait for it to pair.</div></div> <div>User Manual for NoiseFit Halo Plus</div>	<div>ACTIVITY</div> <div>You can check you daily activity progress in terms of steps taken, distance covered , calories burned and activity time.</div> <div>HEART RATE</div> <div>NoiseFit Halo Plus supports 24/7 heart rate tracking. You can select the measurement frequency in app settings. To measure your heart rate go to 'Heart rate monitor' Ensure that there is no gap between the back panel of the watch and the wrist. Hold still while it measures your heart rate.</div> <div>SLEEP</div> <div>Tap on 'Sleep' to view your previous sleep records. You can view your most recent sleep records and sleep quality in various sleep stages on the NoiseFit app.</div> <div>BLOOD OXYGEN</div> <div>NoiseFit Halo Plus supports viewing the highest and lowest values of blood oxygen levels throughout the day. Ensure that there is no gap between the back panel of the watch and the wrist. Tap on 'Blood oxygen' to track. Hold still while it measures your blood oxygen level.</div> <div>User Manual for NoiseFit Halo Plus</div>	<div>STOPWATCH</div> <div>A stopwatch can be set on the smartwatch. You can also set lap times in the stopwatch.</div> <div>STRESS</div> <div>NoiseFit Halo Plus supports 24-hour stress level measurement and viewing of all-day measurement data. To measure stress levels in real time, go the 'Stresslevel' feature and wait for it to measure. Make sure your arms and wrists are still and there is no space between your watch and the wrist.</div> <div>BREATHE</div> <div>The breathe feature helps you adjust your breathing rhythm as per your convenience. 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 beats per minute. Go to the 'Breathe' feature choose the time duration and speed. Tap on 'start' to enter the cycles of breathing and inhalation. During this period, if you swipe right or press a button, breathing is interrupted. You can choose to practice again or complete the cycle.</div> <div>User Manual for NoiseFit Halo Plus</div>	<div>NOISE BUZZ</div> <div>NoiseFit Halo Plus supports Bluetooth Calls. You can dial, answer, silence and reject calls from the smartwatch as long as the watch's Bluetooth is connected with the smartphone and is within Bluetooth range.</div> <div>CONTACTS</div> <div>You can choose to sync 10 contacts from your phone into the NoiseFit App which will be reflected on your watch. Choose from the list of saved contacts in your smartwatch and call.</div> <div>CALL HISTORY</div> <div>Choose from the call logs to call any of the previously contacted numbers.</div> <div>FLASHLIGHT</div> <div>You can use this feature to turn on the screen brightness and see your surroundings better. Go to Flashlight. Tap to turn on.</div> <div>User Manual for NoiseFit Halo Plus</div>
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<div>TIMER</div> <div>You can set a countdown with a pre-set duration on the watch or set your own timer. The watch will remind you when the time is up. Go to 'Clock', select 'Timer' and set it as per your requirement.</div> <div>ALARM CLOCK</div> <div>You can set alarms from the NoiseFit app and it will sync with the watch.</div> <div>WATCH FACE</div> <div>You can switch between different watch faces in the watch. Choose and download cloud-based watch faces to create your own watch face in the NoiseFit app.</div> <div>Changing the Watch Face</div> <div>Give your screen a personalised style by changing or customising the watch face from the NoiseFit app or the watch.</div> <div>On the Watch</div> <div>Touch and hold the home screen. Swipe and choose from watch faces.</div> <div>In the App</div> <div>Go to 'Watch faces', select the watch face of your choice and tap save to change the watch face.</div> <div>User Manual for NoiseFit Halo Plus</div>	<div>ALWAYS ON DISPLAY</div> <div>You can turn on the 'Always on Display' feature and choose the watch display between pointer and digital.</div> <div>SETTINGS</div> <div><div>• Brightness Set the brightness level as per your preference.</div><div>• Vibration Set the vibration level as per your preference.</div><div>• Wrist awake Turn on wrist awake and set the auto screen off as per your preference.</div><div>• DND You can choose to turn on the DND.</div><div>• Menu View You can choose the way you want to see the watch features as per your preference</div><div>• QR Code Scan the QR code to connect to the app.</div><div>• Device Info You will find all the information related to the device here, including device name and Bluetooth name and version.</div></div> <div>User Manual for NoiseFit Halo Plus</div>	<div>• Reboot Go to 'Reboot' and restart your smartwatch.</div> <div>• Power off Go to 'Power off' to turn your smartwatch off.</div> <div>• Reset You can choose to reset your smartwatch. If you</div> <div>User Manual for NoiseFit Halo Plus</div>	<div>DEVICE INFORMATION AND TIPS</div> <div>DEVICE INFORMATION</div> <div>The NoiseFit Halo Plus smartwatch contains the following:</div> <div><div>• 1.46" AMOLED touch screen</div><div>• Blood oxygen monitor</div><div>• Stress monitor</div><div>• IP68 Waterproof</div><div>• 100 Sports modes</div><div>• 22mm Quick change pins</div></div> <div>The NoiseFit Halo Plus smartwatch stores your activity data for up to 7 days in between the time you sync your watch to the NoiseFit app. Activity data includes your steps, distance, calories, active minutes, heart rate, sleep duration and workout data. We recommend syncing the watch to the app daily.</div> <div>TIPS</div> <div>How do I update my NoiseFit Halo Plus?</div> <div>You can update your NoiseFit Halo Plus via the NoiseFit app. In the app, select 'Me', go to 'Settings' & check for version updates.</div> <div>User Manual for NoiseFit Halo Plus</div>	<div>How do I find my watch's current firmware version?</div> <div>You can find the watch's current firmware on the watch. Go to 'Settings', tap on 'System' then 'System Info' to view the current firmware version. On the NoiseFit app, tap on 'Device' and choose 'Device Version' to know your current firmware version.</div> <div>How does the watch estimate how many calories have been burned?</div> <div>NoiseFit Halo Plus estimates how many calories you've burned based on the physical activity data and your heart rate.</div> <div>How do I change my activity goals?</div> <div>You can do it through the NoiseFit app. In the app, select 'Me' and go to 'Exercise Goals' to change your goals.</div> <div>How do I log my weight?</div> <div>You can log in your weight the first time you set up your NoiseFit app. However, you can update the weight later via the NoiseFit app. Go to 'Me', and tap on the section with your name on it to update your weight. You can update your nickname, birthday, sex and height as well.</div> <div>User Manual for NoiseFit Halo Plus</div>	<div>DISPOSAL AND RECYCLING INFORMATION</div> <div>Electrical and electronic devices may not be disposed off with domestic waste. Consumers are obliged by law to return the electrical and electronic devices at the 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 environment.</div> <div>REGULATORY INFORMATION</div> <div>USA: Federal Communications Commission (FCC) Statement This device complies with Part 15 of the FCC rules. Operation is subject to the following two conditions: • This device may cause harmful interference, and this device must accept any interference received, including interference that may cause undesired operation. Warning: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. Note: 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.</div> <div>User Manual for NoiseFit Halo Plus</div>	<div>If this 76 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:</div> <div><div>• Reorient or relocate the receiving antenna.</div><div>• Increase the separation between the equipment and receiver.</div><div>• Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.</div><div>• Consult the dealer or an experienced radio/TV technician for help.</div></div> <div>The NoiseFit Halo Plus Watch 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 is not intended to be equivalent to medical devices or scientific measurement devices.</div> <div>In some cases, prolonged use of products may cause skin irritation. Prolonged contact may contribute to skin irritation or allergies 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 give your wrist a rest by removing the watch after an extended period of wear. If you feel soreness, tingling, numbness, burning or stiffness in your hands or wrists while or after wearing the watch, please immediately discontinue use.</div> <div>User Manual for NoiseFit Halo Plus</div>	<div>MAINTENANCE INSTRUCTIONS</div> <div><div>• Keep the device dry and clean regularly and especially after prolonged use as moisture and dirt can build up underneath the band and can cause skin irritation.</div><div>• Do not wear the device too tight but make sure that the bottom sensor is lightly in contact with your skin and there is a gap of about one finger's width between the wrist strap and your wrist.</div><div>• Do not use household cleaners to clean the device. Use soap-free cleaners instead.</div><div>• For stains that are difficult to remove, it is recommended to scrub with alcohol.</div><div>• The device is not suitable for diving, swimming in the sea or sauna; it is suitable for swimming pool, shower (cold water) and swimming in shallows.</div><div>• Keep it away direct sunlight, high temperatures or humid conditions as it may damage the band over time.</div></div> <div>SAFETY INSTRUCTIONS</div> <div><div>• Do not disassemble the battery on your own.</div><div>• Do not expose NoiseFit Halo Plus to extremely high or low temperatures. The excessive temperature during charging could cause heat, smoke, fire or deformation of the battery or even explosion.</div><div>• Charge the battery in a cool, ventilated room.</div><div>• Do not open, crush, bend, deform, puncture or shred secondary cells or batteries. In the event of a battery break or leak, prevent battery liquid contact with skin or eyes. If this happens, immediately flush the areas with water (DO NOT RUB THE EYE) or seek medical help.</div></div> <div>User Manual for NoiseFit Halo Plus</div>	<div>• Do not short-circuit. Short-circuiting may damage the battery. Short-circuiting can occur when a metallic object, such as a coin, causes the direct connection of positive and negative terminals of the battery.</div> <div>• Keep the batteries out of children's reach and in a safe place to prevent danger.</div> <div>• Do not place the batteries in the water.</div> <div>• Do not use your product in a sauna or steam room.</div> <div>• Do not dispose off batteries in the fire as that may cause an explosion. Dispose off used batteries in accordance with your local regulations. Do not dispose it as household waste.</div> <div>• Use only the charging cable supplied to charge the battery. Do not charge for more than 24 hours.</div> <div>• Do not attempt to repair or maintain the watch yourself, service and maintenance should be performed by authorised technicians only. Any device failure should be referred to our after-sales service personnel.</div> <div>• To prevent device damage, accessory damage and device failure, always protect the device against strong impact or shock.</div> <div>User Manual for NoiseFit Halo Plus</div>	<div>NOISE</div> <div>CUSTOMER SUPPORT</div> <div>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.gonose.in</div> <div>User Manual for NoiseFit Halo Plus</div>
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