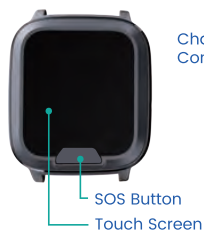


Features

Front



Back



Side



Included



Charging your Watch

- Connect the USB cable from charging base to the AC adaptor.
- Place the watch into the charging base correctly, you will hear spoken confirmation "your watch is charging".
- Please fully charge the battery daily for around 2 hours or when battery is low.



The watch battery is not removable.

After a long period of inactivity, the watch may not be turned on due to low battery. please charge it every day to ensure that the watch can work normally.

Power On

- Press and hold the SOS button for 5~10 seconds to turn on the device until the watch face appears on the screen.



To power on the watch press and hold the SOS button for at least 5~10 seconds until the watch face appears on screen.

Power Off

- Enter the Settings menu, tap on the Power Off button, and wait until the screen turns off.



Functions and Basic Settings

When the watch is turned on, you can swipe left or right to view all available functions, such as contacts, watch faces, heart rate, blood oxygen, step tracking, alarm, settings, and more.

On the watch face home screen, you can see the time, date, and battery information.



Making a phone call

- Slide rightwards to enter the interface of Contact, select the contact person, and make a call.



Steps

- Keep sliding right to enter the interface of Steps, step counting is enabled by default and opened all day. You can also view distance and consumed calories.



Heart Rate Measurement

Wear the watch on the left hand and click heart rate, after several seconds checking, the screen will display your heart rate BPM.



Blood oxygen monitoring

After the watch is worn steadily, click on the "Blood Oxygen" icon. After a few seconds, the screen will display your blood oxygen saturation percentage.



Activating an SOS Alarm

Press and hold the button for 3 seconds, the device will vibrate and display the SOS alarm status on the screen.



- After SOS alarm is activated, you will hear a voice prompt confirming the activation of the SOS alert and allowing you approximately 10 seconds to cancel the alarm. If the SOS is not cancelled in time an SOS alert text message is immediately sent to the emergency contact numbers followed by the outgoing calls.

- If the watch fails to connect to the first number, it will call the second number after delay of 10 seconds. In case the second number fails to be connected as well, the system will connect to the third number etc.

- Between each call, it will have 10 seconds delay, during this time, user can stop call sequence or prevent a possible false alarm by pressing SOS button.

SIM Activation



Ness SIM is pre-fitted.
Easy activation on a
competitive Ness SIM Plan.



activate.ness.com.au

www.ness.com.au

National Customer Service Centre
Ph: 1300 551 991
techsupport@ness.com.au

Notes on Voicemail

We advise emergency contacts to switch off any voice mail facility on their phone to prevent delay in reaching help. However, the following safe-guards are used if a voicemail is reached:

- The wearer can end the current call by clicking the SOS button and the calling sequence to continue if the voice mail does not automatically disconnect.
- An emergency contact can call back to the watch if they are disconnected. Remember that the watch maybe already calling the next contact unless the calling sequence has been stopped.



Getting a GPS fix

To get an initial GPS fix, go outdoors or near a window so the watch can get a fix on the satellites. This could take few minutes depending on your environment. GPS functionality may be unavailable or inaccurate in some locations (for example, availability or accuracy of GPS may be impacted inside buildings or near tall buildings or underground).

⚠ If a GPS signal is unavailable, the watch will attempt to approximate its location from WiFi and cellular signals with reduced accuracy.

Fall Alarm

The watch can automatically detect a fall. When this occurs the watch will give a warning message to the user.



- some daily activities like sports or even sitting down abruptly can trigger the fall alarm.
- The wearer has a short time to cancel a fall alarm by clicking the Cancel on the watch. If the alarm is not cancelled, emergency contacts will be called.

⚠ It is possible that the watch will not detect every real fall. We strongly advise the wearer to press the SOS button in any emergency situation, if they are able.

Set contact number via text message

You can set up to **10 contacts**. These are programmed by sending text commands to your alarm.

SMS command format:	A<Contact No.>,<Send text message yes/no>,<Call yes/no>,<Phone number>
Format Description:	Contact No. Value: 1-10
	Text: 0 - Do not receive SMS when there is an alarm 1 - Receive SMS when there is an alarm
	Call: 0 - Do not receive Call when there is an alarm 1 - Receive Call when there is an alarm
Example:	A1,1,1,012345678
Example Description:	I want to call SOS to number "012345678" in an emergency and send him/her an emergency message.

⚠ Please make sure there are no spaces anywhere in your text message.

Setting the fall detection sensitivity

The device offers 1 to 9 sensitivity levels, with higher numbers indicating greater sensitivity. The default level is set to 5. When the device detects a fall, it will automatically call and send a text message to the contacts.

SMS command format:	FL<ON/OFF>,<Sensitivity level>,<Call Yes/No>
Format Description:	ON/OFF: 0 - Fall down alarm off 1 - Fall down alarm on
	Sensitivity Level: 1-9 1 - least sensitive 9 - most sensitive
	Call Yes/No 0 - Do not receive a call when there is an alarm 1 - Receive call when there is an alarm
Example:	FL1,6,1
Example Description:	Turn on fall detection, with a detection sensitivity of level 6. When the device detects a user falling, it will call the SOS contact.

⚠ Please make sure there are no spaces anywhere in your text message.

Acquiring Location

To obtain an initial location for the device's features, use it outdoors or near a window with a clear view of the sky. This will help the device connect to the satellites and acquire a location fix. Please note that this may take a few minutes, as environmental factors such as weather, obstructions, or signal interference can affect the connection.

SMS command format:	loc
Description Reply	After send LOC, device will be looking for the signal of Bluetooth, WIFI and GPS, if Bluetooth location is fixed, device will stop searching WIFI and GPS signal.
	GPS Loc! Now: Loc Time:01/09/2021 13:59:54 Speed:0km/h Altitude:86.6 Battery:17% www.google.com/- maps?q=22.6537246,114.0005838

⚠ Please make sure there are no spaces anywhere in your text message.

General Specifications

- Part No. 106-356
- Dimension: 46.9mm*41.7mm*15.4mm
- Weight: 38g
- Battery: Rechargeable, 3.8V,600mAh.
- Charging voltage: 5V/DC 1.0A.
- Waterproof: IP67.
- 4 locating technologies: GPS, Beacon, Wi-Fi, LBS.

- ⚠ Please comply with the instructions to extend the watch life:
- Don't use & store the watch in dusty, hot, cold, electric, chemical, areas. Please always keep the watch and accessories dry.
 - Don't drop, shake or knock the watch, Rough handling can break it.
 - Clean the watch with a piece of dry cloth. Don't clean in chemicals, detergent.
 - Don't disassemble or refit the watch as it will void your warranty.
 - Using other batteries will cause unwanted situation.
 - To avoid accident, never play the watch while driving.
 - Please turn off the watch in aircraft and follow any restrictions. Wireless devices can cause interference in aircraft.



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SAFETY
WATCH