GARETT
ELECTRONICS

EN

www.garett.eu

# Garett Wave RT

User manual



Thank you for purchasing the Garett Wave RT

## SAFETY ISSUES

**Before use, read this user manual carefully and keep it for further reference.** The manufacturer shall bear no liability for any damage/injuries caused by improper use. Depending on the smartwatch batch, certain functions may differ from the functions described in this user manual.

- Using this device in the vicinity of medical devices may disrupt their operation. Users should pay special attention when using the smartwatch in the vicinity of medical devices such as pacemakers, hearing aids and other electronic medical devices.
- Do not dispose of the device in fire. There is a risk of battery explosion and resulting threat to life and health.
- Protect the device from heat sources and direct sunlight.
- Do not store the device in damp places or high temperatures, because it may cause electric shock or fire.
- Do not immerse the device in hot water.
- Do not dive while wearing the device.
- In case of failure/damage, please stop using the product and contact the Garett service centre. Any attempts to make your own repairs may damage the device and result in invalidation of the warranty.
- The device should only be cleaned with a soft, slightly damp cloth. Do not use strong detergents or any other stimulants to clean the product.

**ⓘ Garett Wave RT is not a medical device. The smartwatch and the FitCloudPro app are not designed for medical diagnosis, treatment or as a preventive measure against illness or disease. You should seek medical advice first before changing your sleep and physical activity habits.**



## PRODUCT DESCRIPTION

1. Touchscreen display
2. Rotary function button (on/off/back/wake/lock screen/menu navigation/face change)
3. Set of sensors
4. Magnetic charging port
5. Interchangeable strap

## INSTALLATION

Put the watch on your wrist and adjust the strap length so as to ensure the device strap is not too loose.



## OPERATION

### Turning on/off

To start the device, press and hold the **function button(2)** for **approx. 5 seconds**. Repeat the action to turn it off.
**ⓘIf the smartwatch does not start, try charging it.**

### After starting

The smartwatch is operated using the **touchscreen** and the **rotary function button**.

### Changing the watch face

**Touch and hold** the home screen to display the smartwatch **face change menu**. **Swipe right/left** to select the face, and then **click** anywhere on the screen to confirm your selection.
You can also make the changes using the **rotary function button**. **Turn up/down** while on the main screen to select the watch face; it will change **automatically**.
**ⓘMore watch faces are available in the FitCloudPro app.**

### Navigation

**Swipe right** on the home screen to access the **main menu**. Touch the screen to enter the selected function. After entering the function, swiping right allows you to return to the previous screen, while pressing the **function button(2)** takes you to the home screen.

**Swipe left** on the home screen to access the **quick menu**, i.e.: daily activity summary, heart rate, sleep recording and weather information.



**Swipe down** on the home screen to access the **settings bar**. This allows you to quickly change selected functions

**Swipe up** on the home screen to access the **recent notifications**. This allows you to display/delete notifications.

## CHARGING

**1.** The smartwatch is charged using the **magnetic cable** supplied with the device.
**2.** Attach the end of the magnetic cable so **that the contacts of the watch touch the contacts of the charging cable**. Then connect the other end of the cable to the USB port of a computer or a USB power adapter. **When it is connected properly, the charging animation will appear on the watch screen.**

**ⓘIf there is no animation, make sure the watch is properly connected. When the battery has completely run out, the animation may take 10 - 20 minutes to appear. It is recommended to charge your smartwatch for approx. 2 hours before turning it on for the first time.**

**The charging voltage should not exceed 5V.**
**The recommended maximum charging current is 1A.**



## INSTALLING THE FITCLOUDPRO APP

The smartwatch works with your smartphone using the **FitCloudPro** app. Before use, you must first download the app from the Google Play Store or the AppStore and install it on your phone. You can search for the app by entering **'FitCloudPro'** in the store search engine or by scanning the relevant QR code provided below.

Android

iOS

**Garett Wave RT** smartwatch does not require a permanent smartphone connection, but in order to fully enjoy the functions of the watch you need to pair it with the app.

Each time the smartwatch is turned on and paired with the app, the data synchronise automatically. The smartwatch measures and analyses certain user data in standby mode. **Garett Wave RT** has a set of sensors that monitor movement and the measurements taken in order to determine the details of sleep and physical activity.



## PAIRING

### The pairing process

**1.** Turn on Bluetooth on your phone.
**2.** Make sure that the smartwatch is on.
**3.** Open the **FitCloudPro** app, grant it all permissions and enter the data of the smartwatch user.
**4.** Go to **Device**, click the **+Add Device** option, then select the device named **HM08-XXX (XXX** - the 3 last digits of the MAC address of the watch).
**5.** When pairing, place the phone and the smartwatch close to each other.
**6.** After successful pairing, the data will be fully synchronised.

The **Garett Wave RT** smartwatch works with smartphones that support **Bluetooth 5.0**. It is also compatible with **Android 4.4 (and higher)**, as well as **iOS 10.0 (and higher)**.

**ⓘ Remember to grant the app the required consents and permissions before pairing so that it works properly. If you refuse, selected functions may not work properly or will be unavailable.**

## MAIN MENU

- **Data:** Daily activity summary (number of steps, calories burned, distance covered).
- **Sleep:** Information about your last sleep.
- **Workout:** Sport modes. To start recording an activity, select it from the list; recording of the exercise will start automatically. After finishing the training, swipe right or press the **function button(2)** and press **End** to save the result. The data will be saved and will be available in the **FitCloudPro** app.
- **HR:** Heart rate monitor function. The measurement starts **automatically** after entering the function. **Swipe up** to access **measurement statistics**.



- **BP:** Blood pressure monitor function. The measurement starts **automatically** after entering the function.
- **SpO2:** Pulse oximeter function. The measurement starts **automatically** after entering the function.
- **Female:** Menstrual calendar. Displays information about the menstrual cycle.
**ⓘTo activate the function, enter the full user data in the FitCloudPro app (required gender: Female).**
- **Weather:** Current weather information downloaded from the **FitCloudPro** app.
- **Music:** Function for controlling the music on your phone.
- **Messages:** Recent notifications from the phone.
- **Stopwatch:** Stopwatch function.
- **Find phone:** Function for finding your smartphone. It triggers an audible signal on the phone.
- **Settings:**
  - **Language:** The ability to change the language of the smartwatch.
  - **Display:** Display settings (change the watch face, brightness, screen sleep and wake).
  - **Vibration intensity:** Configure the level of vibration intensity.
  - **Menu style:** The ability to change the main menu style.
  - **QR code:** Displays the QR code for the dedicated app.
  - **Battery:** Information about the battery (current battery level and the ability to turn on Battery saving mode).
  - **System:** System information (data about the device, the ability to restore factory settings and turn off the smartwatch).

## TAKING MEASUREMENTS

Before you start the measurement, make sure that the **sensor is touching the skin**. The measurement area should be **kept clean**; dirt may adversely affect the result.

To start, go to the desired function in the smartwatch (**Heart rate, BP** or **Blood oxygen**). The measurement starts **automatically** and should take about **1 minute** to get the best result.

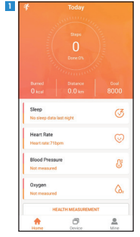
Keep your **body relaxed and still** during tests. Hold the device **at the same height as your heart; do not speak during the test**.

# FITCLOUDPRO APP

## 1 Home

Displays the most important information about your activity and your health data from the current day.

- **Sleep:** Data about your last sleep.
- **Heart Rate:** Data about the recent heart rate measurements. The **START** button begins remote measurement.
- **Blood pressure:** Data about recent blood pressure measurements. The **START** button begins remote measurement.
- **Oxygen:** Data about recent blood oxygen saturation measurements. The **START** button begins remote measurement.






## 2 Activity

The ability to remotely start recording of your chosen exercise.

To go to the **Activity** tab, press the icon on the main app screen. The next step is to select one of the available sport modes and **automatically** start recording the previously selected activity.

Dzięki aplikacji uzyskasz dostęp do With the app, you gain access to a screen with a preview of the currently recorded activity and the distance covered. There is the ability to open a **map** that will show you your current location and the route covered.

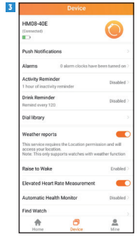
To finish recording the activity, press and hold **Stop** and then click **Finish**.

The result will be saved and available in the measurement history.

## 3 Device

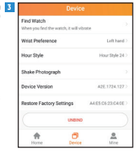
The settings apply to the smartwatch and its functionalities.

- **Push Notifications:** Select the notifications displayed on the watch.
- **Alarms:** Turn on/off and configure the alarms activated on the watch.
- **Activity Reminder:** The ability to turn on/off and configure inactivity notifications.
- **Drink Reminder:** Hydration notification settings.
- **Dial library:** The ability to change the appearance of the watch face.
- **Weather reports:** Turn on/off the function of sending weather information to the smartwatch.
- **Raise to Wake:** Settings for the function to wake the screen by raising your wrist.
- **Elevated Heart Rate Measurement:** Increase the accuracy of the measuring sensor.
- **Automatic Health Monitor:** Turn on/off the constant pulse monitoring function.






- **Find Watch:** Function for finding the watch. Turning on this option will display a message and activate vibration on the smartwatch.
- **Wrist Preference:** Select the hand on which the watch is worn.
- **Hour Style:** The ability to changethe time format to 12/24-hour.
- **Shake Photograph:** Take photos by shaking the wrist on which you are wearing the watch.
- **Device version:** Smartwatch software version.
- **Restore factory settings:** The ability to reset the watch to factory settings.

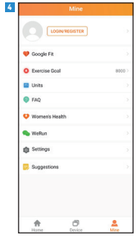





## 4 Mine

The ability to configure and view personal data and settings related to the smartwatch user profile.

- **Google Fit:** The ability to connect with Google Fit.
- **Exercise Goal:** Define the daily goal for steps and calories burned.
- **Units:** Configure the units of length, weight and temperature.
- **FAQ:** Technical support.
- **Women's Health:** Configurementstrual cycle reminders (available after entering the full user data (required gender: Female).
- **Settings:** App login settings and the ability to update the smartwatch.
- **Suggestions**: The ability to send suggestions about the app.






# TECHNICAL SPECIFICATIONS

**Bluetooth:** 5.0

**Processor:** Realtek 8762DK

**Battery:** 140 mAh

**Weight:** max. 35 g

**Display:** TFT 1,47"

**Face dimensions:** 44 x 28 x 12 mm

**Interchangeable strap**

**Waterproof:** 5 Bar

**Dedicated app:** FitCloudPro

**Warranty:** 24 months

**More information about this device is available at www.garett.pl. Visit our website to see more products and accessories.**



# WARRANTY/CLAIMS

The product is covered by a 24-month manufacturer's warranty. The warranty does not cover: defects and damage caused by the user or as a result of improper use (misuse), mechanical damage and damage resulting from using accessories and/or consumables other than those provided with the device. When lodging a complaint, fill in the warranty card supplied with the device and send the device accompanied with proof of purchase to the address of the service centre provided on the warranty card.

Contact details are available on the website:
**www.garett.eu**

**Manufacturer:**
GARETT sp. z o.o.
Targowa 18/7403
25 - 520 Kielce
**www.garett.eu**

Proper disposal of the product (waste electric and electronic equipment)

As indicated by the marking on the product or in the related content, the device should not be disposed of with other household waste after the end of its service life. To avoid harm to the environment and human health as a result of uncontrolled waste disposal, please separate the product from other types of waste and recycle responsibly in order to promote reuse of material resources as a regular practice. For information about where and how to recycle this product in a way that is safe for the environment, household users should contact the retail outlet at which they purchased the product, or local authorities. Business users should contact their supplier and check the terms of the purchase agreement. Do not dispose of the product with other commercial waste.



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