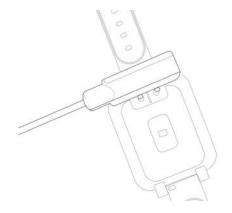**Quick Start Guide**

Model: Denver SW-160

Overview

1. Screen
2. Function Key
3. Heart rate sensor
4. Charging plate

Charge the product

1. Plug the supplied charging cable into the USB port on your computer or mains charger.
2. Then connect the supplied magnetic charging clip to the charging plate located on the back of the watch.

Turn on/off the watch

To turn on

1. Press and hold the function key to turn on the watch.
   - ■ The watch face is displayed.
   - ■ Time and date are automatically synchronized when the watch is connected to your mobile phone via the app ("Denver Life").

To turn off

1. Press and hold the function key again.

Wake up screen

To preserve battery, the display turns off when not in use. To turn on the display, turn your wrist towards you or press the function key.

Connect to mobile phone via the App

Through connection between the watch and your mobile phone via the app ("Denver Life"), you can synchronize data between the watch and your mobile phone, and enjoy additional features offered in the app.

What you need

■ Search and install "Denver Life" app from Google Play or App Store, or scan the QR code to install the app directly.

For Android   **For iOS**

1. Turn on the watch.
2. Activate Bluetooth on your smart phone.
3. Launch "Denver Life" app on your smart phone, and set your profile in the app Settings.
4. Tap "Connect device" in the Settings.
5. Select "SW-160 smart watch" to connect the watch to the mobile phone.
6. Follow on-screen instructions to complete connection.
    ■ After successful connection, the data between this product and the mobile phone is synchronized.

Use main features

All the measured values stored on the watch can be synchronized to "Denver Life" app when the watch is connected to your mobile phone.

Navigate the menus

1. Press repeatedly the function key to toggle through menu options.
2. To confirm a selection or activate a feature, press and hold the function key.
3. To exit a particular mode, press and hold the function key.

Change watch faces

With a watch face displayed, press and hold the function key to change a watch face.
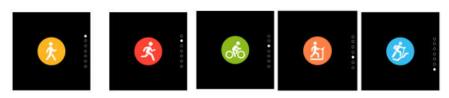

Record steps/calories/distance

Shows steps taken, calories burnt, and distance walked.

Track sports

You can access five sport modes: walking, running, cycling, indoor exercise and hiking.

- ■ To end a sport, press and hold the function key, then select .
- ■ If a sport activity lasts less than 1 minute, the data is not saved on the product.

Measure heart rate

Measure your current hear rate.

Monitor sleep

The watch monitors your sleep automatically. When you wake up, the watch shows your sleep report with total sleep time and sleep quality. The detailed report can be found in the app which is connected to the watch.

Alarm

If you set and activate alarm on the app, and the watch is connected to your mobile phone via the app, the watch shows the alarm icon, and vibrates when the alarm time is up.

■ To check the alarm time, in the alarm menu, press and hold the function key.

Message

Shows incoming call, and new message for SMS, WeChat, WhatsApp, Facebook and Twitter.

■ Press and hold the function key to view the notification contents.

Check weather

Check weather forecast if the watch is connected to your mobile phone via the app.

Other features

In this menu, you can access the following features: stopwatch, music control, sedentary

reminder, find phone, check the watch's SW version and turn off the watch.

- ■ Use the watch to control music play on your mobile phone. Make sure that the watch is connected to your mobile phone via the app. In the music control interface, press briefly the function key to select an control item (next/previous, play/pause), then press and hold the funtion key to confirm the selection.
- ■ In the sedentary mode, you may set more detailed settings in the app.

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CE

Electric and electronic equipment and included batteries contains materials, components and substances that can be hazardous to your health and the environment, if the waste material (discarded electric and electronic equipment and batteries) is not handled correctly.

Electric and electronic equipment and batteries is marked with the crossed out trash can symbol, seen below. This symbol signifies that electric and electronic equipment and batteries should not be disposed of with other household waste, but should be disposed of separately.

As the end user it is important that you submit your used batteries to the appropriate and designated facility. In this manner you make sure that the batteries are recycled in accordance with legislature and will not harm the environment.

All cities have established collection points, where electric and electronic equipment and batteries can either be submitted free of charge at recycling stations and other collection sites, or be collected from the households. Additional information is available at the technical department of your city.

Hereby, Inter Sales A/S declares that the radio equipment type SW-160 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address:
http://www.denver-electronics.com/denver-SW-160/
Operating Frequency Range:
Max Output Power:

Imported by:
DENVER ELECTRONICS A/S
Omega 5A, Soeften
DK-8382 Hinnerup
Denmark
www.facebook.com/denverelectronics