Ssmart Watch
Model: SE900/RA900
USER MANUAL

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INTRODUCTION

Thank you for selecting the Oregon Scientific ™ Ssmart Watch as your sport mate that can be a great motivational tool compatible with downloaded application from your mobile device, such as Smartphone or tablet PC. This multi-functional watch can help you systematically achieve and maintain your optimum exercise. Share your exercise benefits with your friends and family!

Device with this logo Bluetooth SMART READY is compatible with the watch to achieve reliable transmission linkage.

You can purchase our accessories separately, such as Bluetooth Smart Fabric Chest Belt (SZ999) and Bluetooth Smart Bike Pod (AD262) to maximize the performance of your watch.

IMPORTANT This watch is for sport purposes only and is not meant to replace any medical device.

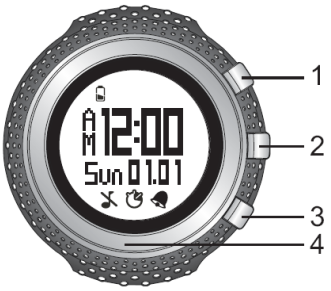
Patent Notice: This product is applying US & European patent.

PACKAGE ITEMS

The package should include the following items:

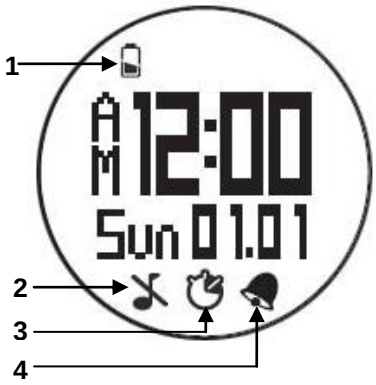
1 x SE900 or RA900 watch
1 x CR2032 3V lithium battery (already installed in watch)
1 x Oregon Scientific ™ warranty card
1 x Quick Start Guide

CONTROL BUTTONS



1. Top (**1**) button: Start / stop stopwatch; increase value of the setting; enter profile settings
2. Middle (**2**) button: Toggle between profiles / displays; toggle through data; confirm setting
3. Bottom (**3**) button: Decrease value of the setting; enter memory to view records; enter set-up; record a lap while stopwatch is running; exit current display and return to previous screen
4. Tap on lens to activate backlight

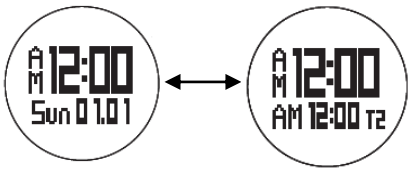
SCREEN DISPLAY



1. :Indicates battery status is low or nearly empty
2. :Indicates beep tone is off
3. :Indicates exercise timer is activated; flashes when counting
4. :Indicates alarm is on

START YOUR WATCH (FIRST TIME)

After removing the watch from the package box, press and hold top (**1**) button to activate it until the screen has time display.



Press top (**1**) button to switch the displays between default time (**Time 1**) and **Time 2** (page X). Press middle (**2**) button to continue set time profile (page X).

SET UP YOUR WATCH

IMPORTANT

- To ensure accurate calculations with your exercise, you are strongly recommended to set the watch and user profiles before exercising.
- Remember to set the profiles after every battery replacement or reset.

EXIT TO DEFAULT TIME SCREEN

You could press and hold middle (**2**) button to exit from any display and directly go back to the default time screen displays at any time.

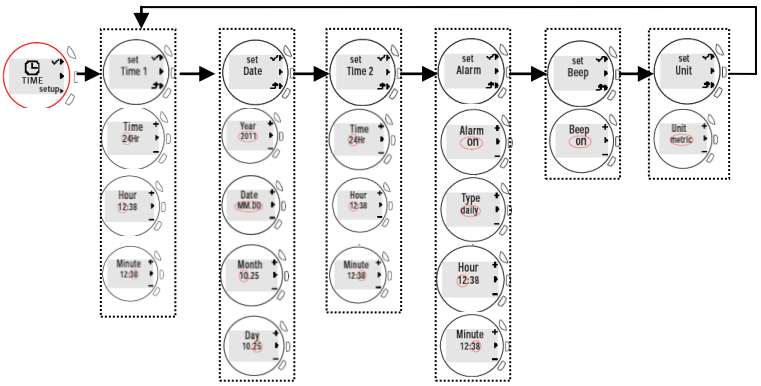
SET TIME PROFILE

After starting the watch for the first time, you can enter **TIME setup** mode by pressing middle (**2**) button.

1. Press bottom (**3**) button to start setting in order.
2. Toggle middle (**2**) button to select the option to set, they are **Time 1**, **Date**, **Time 2**, **Alarm**, **Beep** and measurement **Unit**.

After select an option, press the following buttons to edit settings:

1. Press top (**1**) button to start a particular setting display.
2. Press top (**1**) button to increase value or select option; press bottom (**3**) button to decrease value or select option.
3. Press middle (**2**) button to save setting and automatically move to another setting display (if applicable).



NOTE If you want to get back to the real-time display, return to the **TIME setup** mode and then press top (**1**) button.

NOTE If the alarm is turned on, displays on the screen until you set the alarm setting to be off.

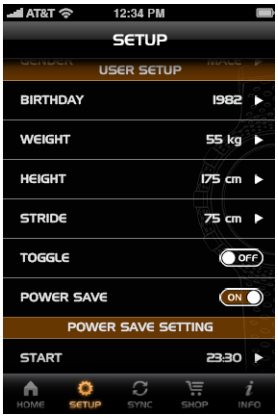
NOTE You can independently set **daily** / **weekday** / **weekend** alarm.

NOTE If your watch is low battery, the beep is automatically turned off without displays.

SET USER PROFILE

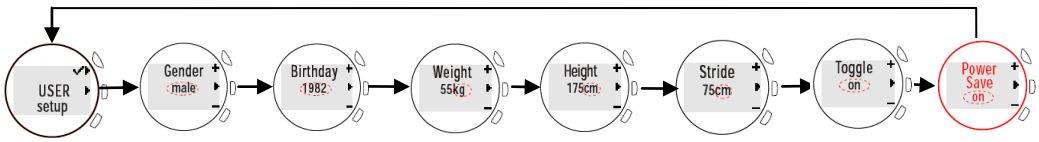
You can choose to set user profile or downloading exercise applications (page X) after setting the time profile, but we highly suggest that you could set up the user profile before exercising.

You can set the user profile through application on your mobile device, and update the profile to the watch. For detail, please refer to page X.



In **USER setup** mode, press top (**1**) button and continue to set your user profile according to the following order: **Gender**, **Birthday**, **Weight** (and measurement unit), **Height** (and measurement unit), **Stride** (and measurement unit), **Toggle** and **Power Save**, by pressing the following buttons:

1. Press top (**1**) button to increase value or select option; press bottom (**3**) button to decrease value or select option.
2. Press middle (**2**) button to save setting and automatically move to another setting display.



NOTE During exercise, if you want the watch to automatically toggle the exercise data, turn on **Toggle** setting.

NOTE If the **Power Save** is set to **on**, the watch will go to sleep mode without any button being pressed during 11pm to 6am. Tap the lens to display the screen again. You can set desired time duration in **POWER SAVE SETTING** of the application

IMPORTANT Reset the user profile if the watch will be used by another person.

NOTE You need to measure the stride, which is the maximum distance between your feet while attempting to walk.

OREGON SCIENTIFIC APPLICATION

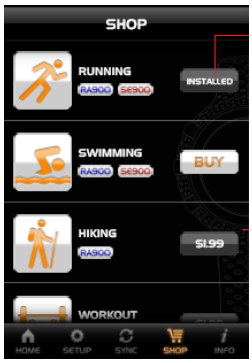
Download the Oregon Scientific application from your mobile device. It is available in Apple App Store (iOS version) or Google Play Store (android version, coming soon). Different exercise profiles can be downloaded for free or purchased directly from the application.

TIP For fast searching the application, type 'Ssmart Watch' as the keyword in the search engine.

PURCHASE A PROFILE

In **SHOP** mode, profiles are listed on the screen. If any profile has been installed onto your watch, INSTALLED is labeled besides that profile icon.

If you want to purchase a profile, tap on the price icon $1.99 and then BUY displays. To confirm the purchase, tap BUY again. You will see the profile details and continue your payment procedure.



SET EXERCISE PROFILES

There are different exercise profiles in Oregon Scientific application for downloading as shown below,

- Running
- Cycling
- Swimming
- Workout
- Activity
- Fishing

Except the above profiles, RA900 model can be exclusively installed with below profiles.

- Hiking
- Weather

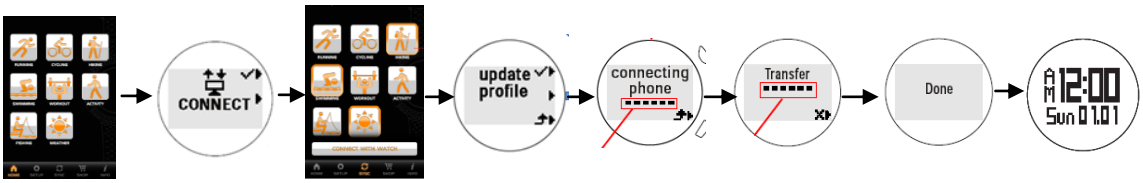
CONNECT TO PHONE

DOWNLOAD PROFILES ONTO WATCH

You can download desired exercise profiles from the application onto your watch. Select up to 3 profiles and be changed at any time.

1. In HOME mode, tap and select desired exercised profiles on the mobile device and then tap SYNC.

2. Press and toggle middle (**2**) button on the watch to enter **CONNECT** mode. Press top (**1**) button to enter.
3. Tap **CONNECT WITH WATCH** on the mobile device to initiate synchronization while pressing top (**1**) button again on the watch. **Done** displays on the watch until successfully connect and download.



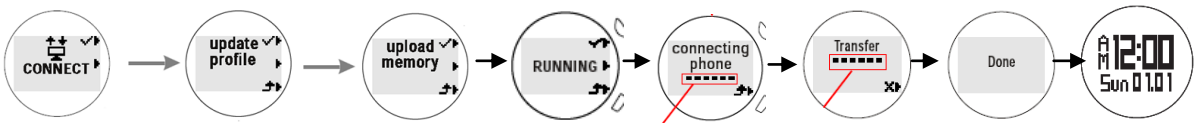
Icon	Meaning
SEARCHING	The mobile device is searching for the watch for connection.
	After connecting successfully, the downloading starts.

NOTE If your battery is low, **pls change batt.for update** displays and you cannot continue entering other screens. Please replace battery following the instructions, see page X

UPLOAD DATA ONTO MOBILE DEVICE

You could upload data from the watch onto the application.

1. In **CONNECT** mode, press top (**1**) button to enter and toggle middle (**2**) button to enter **upload memory** display.
2. Press top (**1**) button to enter for selecting an exercise profile, toggle middle (**2**) button to select your desired profile, then press top (**1**) button to start uploading.
3. Tap **CONNECT WITH WATCH** on the mobile device to initiate synchronization while pressing top (**1**) button again on the watch. **Done** displays on the watch until successfully connect and upload.



NOTE If the connection is failed, the watch automatically attempts to synchronize again.

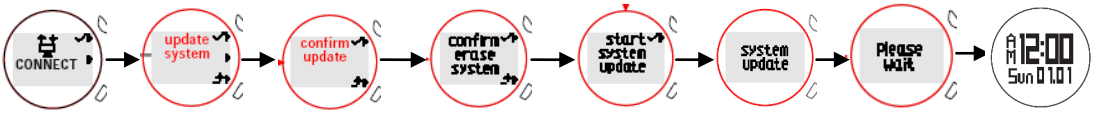
SCREEN MESSAGE

Transfer	Synchronization in progress
Done	Synchronization successful
Failed	Synchronization failed. Watch attempts to synchronize again.
no memory	There is no data in the watch.
pls change batt.for update	The watch battery is low and needs to be replaced.

UPDATE SYSTEM

You could update the watch to an advanced system that Oregon Scientific offers in the future through the application, if applicable. The information should be directed to our website at www.oregonscientific.com.

1. In **CONNECT** mode, press top (**1**) button to enter and toggle middle (**2**) button to enter **update system** display.
2. Toggle top (**1**) button to enter below screens in order. The current watch system will be erased after your confirmation.



NOTE If the system updating fails, **Failed** displays, and the screen goes back to **start system update** for your next trial.

SENSOR SETUP

With different sensor devices paired with the watch, the watch can be maximized to the highest performance for your exercise target, including chest belt and bike pod (purchased separately). You can add a sensor before or after downloading exercise profiles.

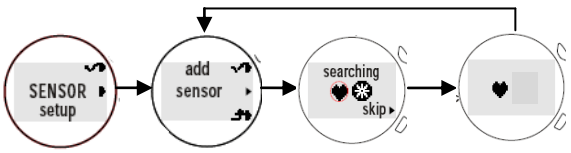
IMPORTANT To ensure accurate calculations with your exercise, we highly recommend you to pair the watch with Oregon Scientific Bluetooth Smart Fabric Chest Belt (model SZ999). To order an accessory, visit our website www.oregonscientific.com or contact your local retailer.

ADD A SENSOR DEVICE

Please prepare your sensor without packaging and locate it close to the watch.

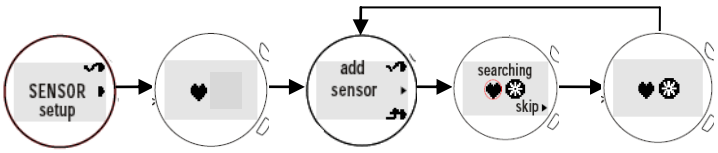
For the first time use, there is no sensor added, following the steps below.

1. In **SENSOR setup** mode, press top (**1**) button to enter, **add sensor** displays on the screen.
2. Press top (**1**) button again to start pairing sensor. flash during pairing and only the icon of the paired sensor displays on the screen once the pairing is complete.
3. After 3 seconds, **add sensor** displays again on the watch.



If the watch has added chest belt sensor, following the steps below.

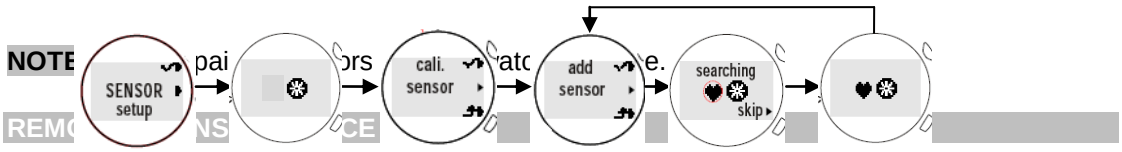
1. In **SENSOR setup** mode, press top (**1**) button to enter, paired sensor icon displays on the screen.
2. After 3 seconds, **add sensor** displays on the screen.
3. Follow step 2 in the above section.



If the watch has added bike pod sensor, following the steps below.

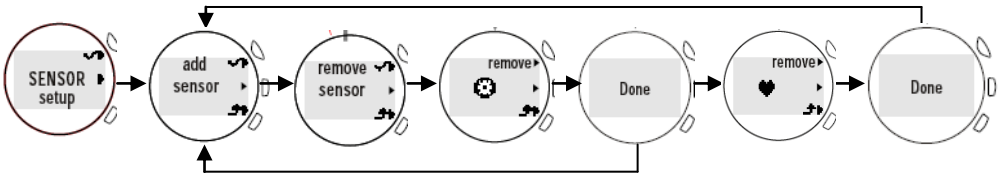
1. In **SENSOR setup** mode, press top (**1**) button to enter, paired sensor icon displays on the screen.

2. After 3 seconds, **cali sensor** displays, then press middle (**2**) button, **add sensor** displays on the screen.
3. Follow step 2 in the top section.



You can remove the sensor from the watch. Remove one sensor at a time.

1. In **SENSOR setup** mode, press top (1) button to enter. When you see **add sensor** display, press middle (**2**) button, **remove sensor** displays.
2. Press top (**1**) button to enter.
3. Toggle middle (**2**) button to select the sensor you want to remove.
4. Press top (**1**) button again to confirm the deletion and **Done** displays on the screen.
5. After 3 seconds, the screen automatically displays other paired sensor icon.
6. Follow step 3 in this section, or press bottom (**3**) button to exit.



START EXERCISING

With your desired profile downloaded onto the watch, you can start exercising and review exercise data records on the watch or uploading them to the application, which can systematically manage and analyze your records.

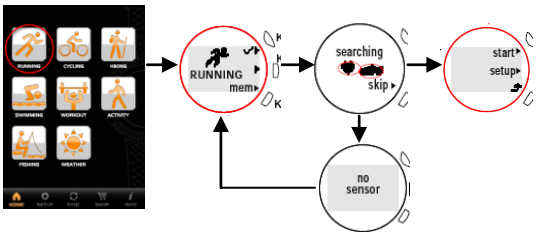
IMPORTANT You need to pair sensor with the watch if necessary before starting exercising, such as paring a bike pod for cycling. If without pairing, the exercise profile does not work to collect data.

RUNNING PROFILE

SETUP

You can do running setup on the watch. In **RUNNING** mode, press top (**1**) button to enter, and the paired sensor icons display on the screen. Press bottom (**3**) button to skip and then press middle (**2**) button to enter **setup** mode. The setup mainly includes the following parts:

- Lap (page)
- Interval (page)
- Rest (page)
- HR Zone (page)



NOTE If there is no sensor being paired, **no sensor** displays on the screen.

NOTE Before you start exercise, allow the watch a few seconds to search for sensor(s) first. This is to ensure you can receive comprehensive calculations (such as your lap, calorie, heart rate and speed) during exercise. But if you start exercise without sensor(s) search, you will only receive heart rate readings.

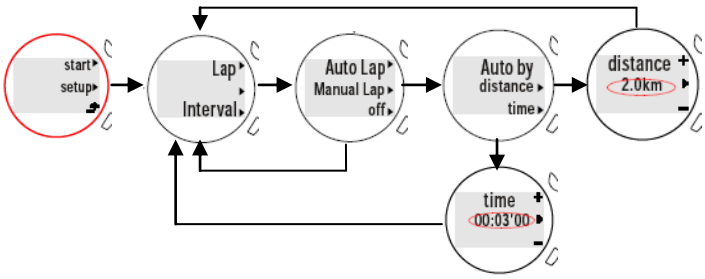
If you find that the sensor icons are flashing, please wait until the icons stop flashing and display on the screen.

Lap setup

1. After entering **setup** screen, press middle (**2**) button to enter **Lap** setup.
2. Press top (**1**) button. If you want to setup for **Auto Lap**, press top (**1**) button again, or press middle (**2**) button to turn on **Manual Lap**.
3. Press middle (**2**) button to count by distance or press bottom (**3**) button to count by time. To adjust the distance or time by pressing the following buttons:
   - Top (**1**) button to increase value
   - Bottom (**3**) button to decrease value

   NOTE Long press to fast increase or decrease the value.

4. Press middle (**2**) button to confirm selection.

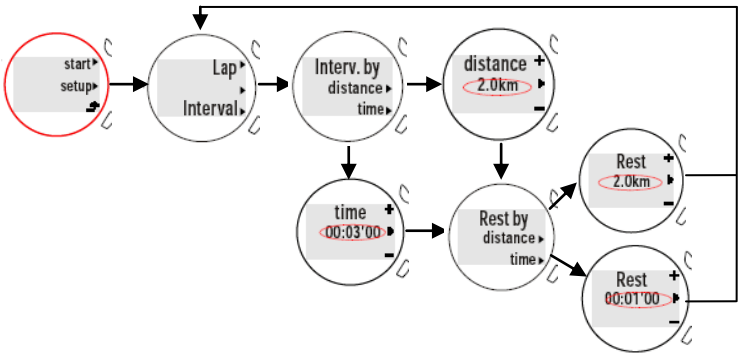


Interval setup

1. After entering **setup** screen, press bottom (**3**) button to enter **Interval** setup.
2. If you want to setup for **Interv.by distance** (counted by distance), press middle (**2**) button, or press bottom (**3**) button for **Interv.by time** (counted by time).
3. Press middle (**2**) button to count by distance or press bottom (**3**) button to count by time. To adjust the distance or time by pressing the following buttons:
   - Top (**1**) button to increase value
   - Bottom (**3**) button to decrease value

   NOTE Long press to fast increase or decrease the value.

4. Press middle (**2**) button to confirm selection and enter to **Rest by distance/time** screen.
5. Press middle (**2**) button to count by distance or press bottom (**3**) button to count by time. To adjust the distance or time by pressing the following buttons:
   - Top (**1**) button to increase value
   - Bottom (**3**) button to decrease value



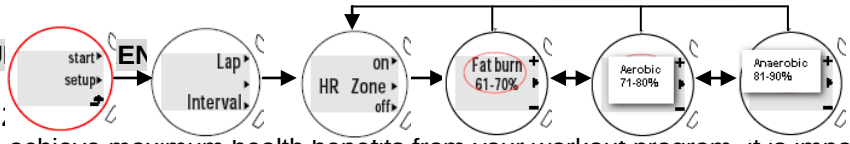
6. Press middle (**2**) button to confirm selection.

HR Zone setup

1. After entering **setup** screen, toggle middle (**2**) button to enter **HR Zone** setup.
2. Press top (**1**) button to turn on **HR Zone**.

3. Press top (**1**) button or press bottom (**3**) button to select from **Fat burn 61-70%**, **Aerobic 71-80%** or **Anaerobic 81-90%**.
4. Press middle (**2**) button to confirm selection.

USEFU



EN

Target

To help achieve maximum health benefits from your workout program, it is important to know your health index as shown below:

- Maximum Heart Rate (MHR)
- Upper heart rate limit
- Lower heart rate limit

MHR is expressed in beats per minute. You can get your MHR from an MHR test, or you can estimate it by using the following formula:

220-age=MHR

The watch is pre-programmed with three target zone options, each with its lower and upper heart rate limit, as listed in the table below.

ZONE NAME	LOWER LIMIT	UPPER LIMIT
Fat burn	61% x MHR	70% x MHR
Aerobic	71% x MHR	80% x MHR
Anaerobic	81% x MHR	90% x MHR

The zone range from 61% to 80% of your maximum heart rate is where you achieve cardiovascular benefits, burn fat and become fitter.

There are three categories of training as described in the table below.

TRAINING CATEGORY	MHR%	DESCRIPTION
Fat burn	61-70%	This is the lowest training intensity level. It is good for beginners and those who want to strengthen their cardiovascular systems and burn some fat.
Aerobic	71-80%	Increases strength and endurance. It works within the body's oxygen intake capability, burns more calories and can be maintained for a long period of time.
Anaerobic	81-90%	Generates speed and power. It works at or above the body's oxygen intake capability, builds muscle and cannot be maintained for a long period of time.

The upper and lower heart rate limits are calculated by multiplying your MHR by the percentages of the selected training category.

For example:
A 40-year-old training for fat burn purpose:

His upper heart rate limit [220-40(age)] x 70%
His lower heart rate limit [220-40(age)] x 61%

NOTE Always warm up before exercise and select the training category that best suits your physique. Exercise regularly, 20 to 30 minutes per session, three to four times a week for a healthier cardiovascular system.

WARNING Determining your individual training category is a critical step in the process towards an efficient and safe training program. Please consult your doctor or health

professional to help you determine exercise frequency and duration appropriate for your age, condition and specific goals.

VIEW EXERCISE RECORD DURING RUNNING

You could start running by following the below steps, and if you set up the interval, the distance or timer will count down.

NOTE Make sure the watch has enough memory, otherwise **no memory** displays when you press button after **RUNNING** mode.

<u>To view running records:</u>

1. In **RUNNING** mode, press top (**1**) button to enter the sensor searching mode, or press bottom (**3**) button to skip the mode if you know the sensor is paired.
2. Press top (**1**) button to enter **start** mode. Counting starts while flashes. Heart rate reading with icon ( ) and exercise time counting (**00'00'00**) display.
3. Toggle middle (**2**) button. Total distance (**km**)/speed (**km/h**), calories counting (**Cal**)/current exercise time (**00'00'00**), and time screen display.
   - If **Auto lap** is set, the lap and time counting data automatically display on the screen when they reach the setting.

   OR
   - If **Manual lap** is set, press bottom (**3**) button to manually set for a lap.

OR

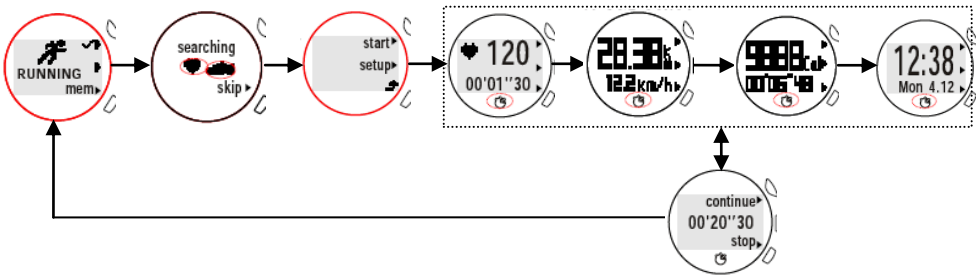
While viewing this screen and pressing top (**1**) button to pause the counting, stops flashing, then press top (**1**) button to select **continue** or press bottom (**3**) button to select **stop** running. If you press bottom (**3**) button to stop counting, the **RUNNING** mode displays on the screen.

NOTE If you set the watch to automatically toggle screens, the last four screens automatically toggle to display every 5 seconds. Please see **SET USER PROFILE** for turning on the toggle feature, page X).

NOTE If you turn on **HR zone**, the watch displays **Above Zone** for 3 seconds when your particular heart rate is above the zone; or displays **Below Zone** for 3 seconds when your particular heart rate is below the zone.

NOTE If the total number of laps and records reaches the 100th or the total hours of the exercise reaches 80 hours, **memory full** displays on the screen with a long beep. You need to clear the memory for further exercise purpose. (Please refer to page X for details.)

NOTE **HR belt low batt.** displays on the screen if the watch evaluates the chest belt is low battery.



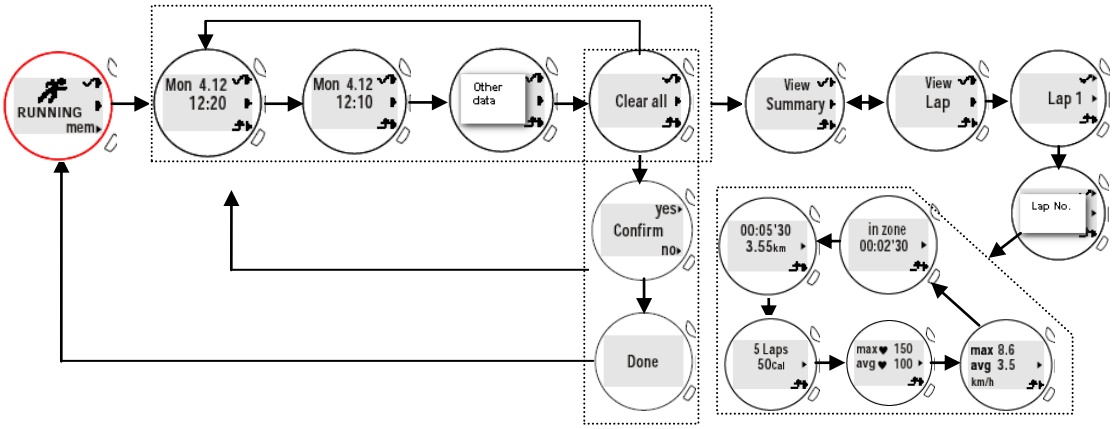
VIEW EXERCISE RECORD AFTER RUNNING

You could view records after running on the watch by following the below steps.

To view exercise records:

1. In **RUNNING** mode, press bottom (**3**) button to enter running memory (**mem**). The screen displays the latest exercise date and time. Toggle middle (**2**) button to select the desired one, then press top (**1**) button to enter.

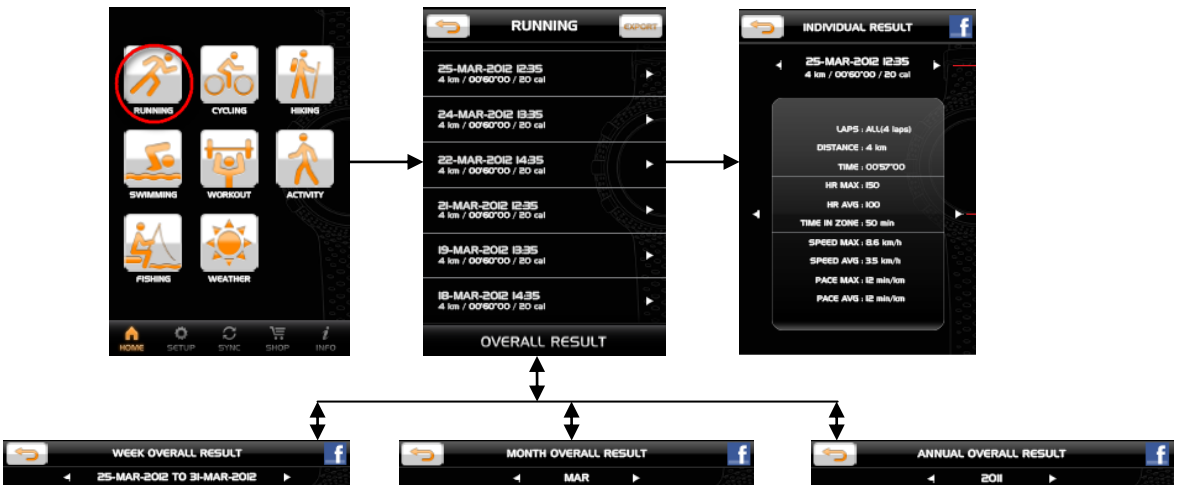
   NOTE If you want to clear all the memory, toggle middle (**2**) button until **Clear all** displays. Press top (**1**) button to enter, then press top (**1**) button again to select **yes** to confirm deletion of the memory; or press bottom (**3**) button to select **no** to go back to the record screen.
2. Press top (**1**) button to enter **View Summary** screen. Press top (**1**) button again to start viewing, then toggle middle (**2**) button to view the records.
   OR
   Press bottom (**3**) button to exit.
3. Press middle (**2**) button to enter **View Lap** screen. Press top (**1**) button to start viewing or toggle middle (**2**) button to view your desired lap.
4. Press top (**1**) button again to start viewing, then toggle middle (**2**) button to view the records.
   OR
   Press bottom (**3**) button to exit.



VIEW EXERCISE RECORD IN APPLICATION

You could upload the memory to your application and view the running records on the mobile device.

1. Enter the profiles page in your application. Tap **RUNNING** profile icon.
2. Running records are listed by date and time. Please follow the below steps.
   - Tap the desired one you want to view or tap EXPORT to transmit the data by email.
   - Swipe the screen to left or right to view other set of records. Tap icon to share the data on facebook.com.
3. Tap **OVERALL RESULT** to enter. Then you can tap **WEEK**, **MONTH** and **ANNUAL** to view each overall result chart. Swipe the screen to left or right to view chart by each time unit. Tap each bar of the chart, the particular data pops up, tap again to make it disappeared. Tap icon to share the data on facebook.com.
4. Tap on the screen to exit.



CYCLING PROFILE

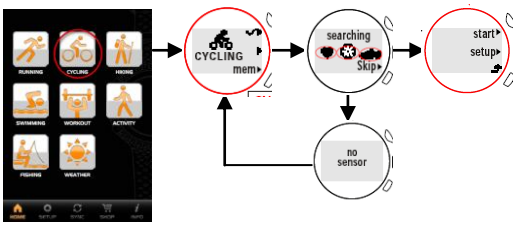
SETUP

Except wheel size setting, you could set up all for cycling profile following by the **SETUP** section in **RUNNING PROFILE**, see page X.

NOTE Make sure bike pod sensor is paired with the watch before cycling.

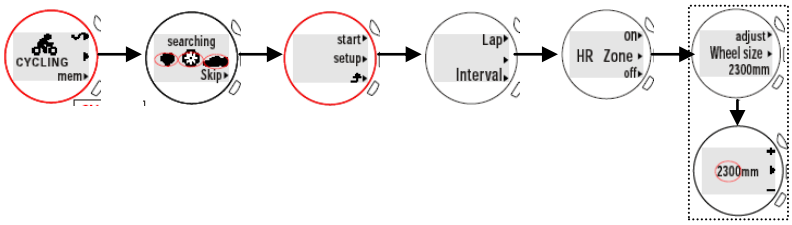
The setup mainly includes the following parts:

- Lap (page)
- Interval (page)
- Rest (page)
- HR Zone (page)
- Wheel size (page)



Wheel size setup

1. In **CYCLING** mode, press top (**1**) button to enter, and the paired sensor icons display on the screen. Press bottom (**3**) button to skip if the sensor is added.
2. Press middle (**2**) button to enter **setup** mode.
3. Toggle middle (**2**) button until **adjust Wheel size** displays.
4. Press top (**1**) button to enter.
5. Press top (**1**) button again to increase the value or press bottom (**3**) button to decrease the value.
6. Press middle (**2**) button to confirm selection.



USEFUL REFERENCE

About Bike Wheel Size

Match the ETRTO or wheel size diameter printed on the wheel with the wheel size setting at the right hand column of the table below. Input the relevant wheel size setting number after bike pod is paired.

ETRTO	Wheel size diameter (inches)	Wheel size setting (mm)
25-559	26 x 1.0	1884

23-571	650 x 23C	1909
35-559	26 x 1.50	1947
37-622	700 x 35C	1958
47-559	26 x 1.95	2022
20-622	700 x 20C	2051
52-559	26 x 2.0	2054
23-622	700 x 23C	2070
25-622	700 x 25C	2080
28-622	700 x 28	2101
32-622	700 x 32C	2126
42-622	700 x 40C	2189
47-622	700 x 47C	2220

NOTE Wheel sizes on the above table are for reference only as wheel size depends on the wheel type and air pressure.

VIEW EXERCISE RECORD DURING CYCLING

You could start cycling by following the steps below, and if you set up the **Interval** (page X), the distance or timer will count down.

NOTE Make sure the watch has enough memory, otherwise **no memory** displays when you press button after **CYCLING** mode.

<u>To view cycling records:</u>

1. In **CYCLING** mode, press top (**1**) button to enter, and the paired sensor icons display on the screen. Press bottom (**3**) button to skip the searching mode if the sensor is added.
2. Press top (**1**) button to enter **start** mode. Counting starts while flashes. Heart rate reading with icon (♥) and exercise time counting (**00'00'00**) display.
3. Press middle (**2**) button. You can see total distance (**km**) /speed (**km/h**), cadence counting (**rpm**), calories counting (**Cal**) and time screen display.
   - If **Auto lap** is set, the lap and time counting data automatically display on the screen when they reach the setting.

   OR
   - If **Manual lap** is set, press bottom (**3**) button to manually set for a lap.

OR

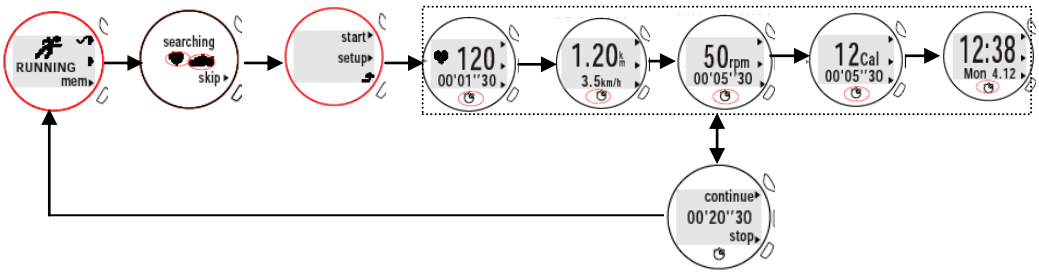
While viewing the screen and pressing top (**1**) button to pause the counting, stops flashing, then press top (**1**) button to select **continue** counting or press bottom (**3**) button to **stop** counting. If you press bottom (**3**) button to stop counting, the **CYCLING** mode screen displays.

NOTE If you set the watch to automatically toggle screens, the last five screens automatically toggle to display every 5 seconds. Please see **SET USER PROFILE** for turning on the toggle feature, page X).

NOTE If you turn on HR zone, the watch displays **Above Zone** for 3 seconds when your particular heart rate is above the zone; or displays **Below Zone** for 3 seconds when your particular heart rate is below the zone.

NOTE If the total number of laps and records reaches the 100th or the total hours of the exercise reaches 80 hours, **memory full** displays on the screen with a long beep. You need to clear the memory for further exercise purpose. (Please refer to page X for details.)

NOTE **Bike pod low batt.** displays on the screen if the watch estimates the bike pod is low battery.



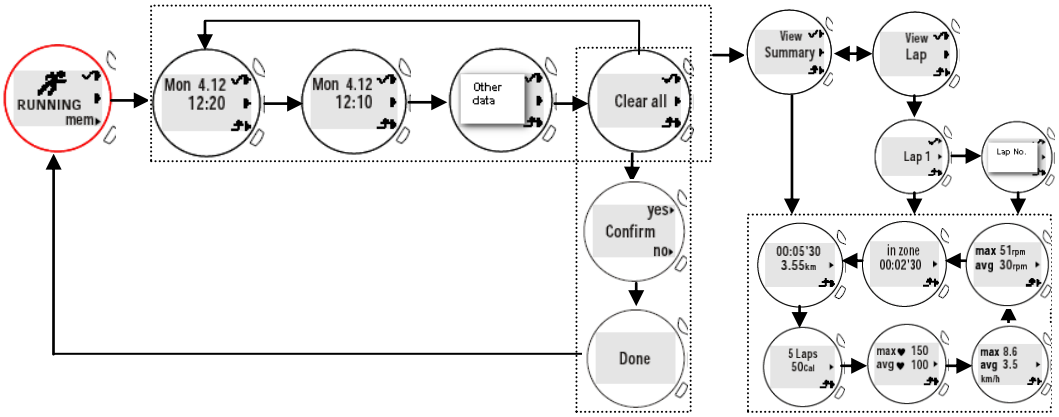
VIEW EXERCISE RECORD AFTER CYCLING

You could view record after cycling on the watch by following the below steps.

<u>To view exercise records:</u>

1. In **CYCLING** mode, press bottom (**3**) button to enter cycling memory (**mem**). The screen displays the latest exercise date and time. Toggle middle (**2**) button to select the desired one, then press top (**1**) button to enter.

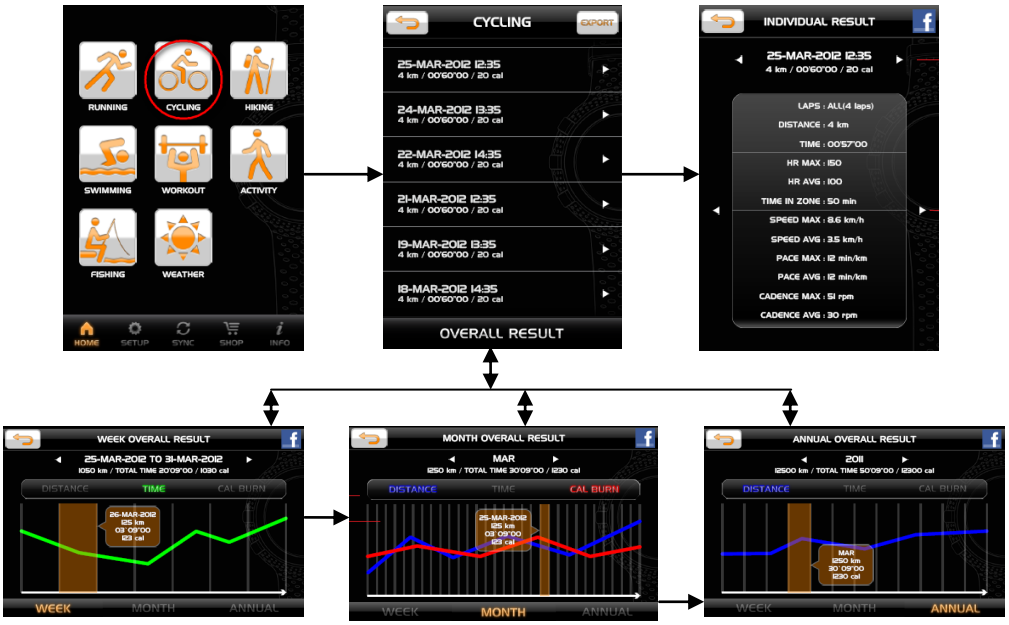
   NOTE If you want to clear all the memory, toggle middle (**2**) button until **Clear all** displays. Press top (**1**) button to enter, then press top (**1**) button again to select **yes** to confirm deletion of the memory; or press bottom (**3**) button to select **no** to go back to the record screen.
2. Press top (**1**) button to enter **View Summary** screen. Press top (**1**) button again to start viewing, then toggle middle (**2**) button to view the records.
   OR
   Press bottom (**3**) button to exit.
3. Press middle (**2**) button to enter **View Lap** screen. Press top (**1**) button to view **Lap 1**.
4. Press top (**1**) button again to start viewing, then toggle middle (**2**) button to view the records.
5. Toggle middle (**2**) button to view your desired lap. Follow the above step 4.
   OR
   Press bottom (**3**) button to exit.



VIEW EXERCISE RECORD IN APPLICATION

You could upload the memory to your application and view the cycling records on the mobile device.

1. Enter the profiles page in your application. Tap **CYCLING** profile icon.
2. Cycling records are listed by date and time. Please follow the below steps.
   - Tap the desired one you want to view or tap EXPORT to transmit the data by email.
   - Swipe the screen to left or right to view other set of records. Tap icon to share the data on facebook.com.
3. Tap **OVERALL RESULT** to enter. Then you can tap **WEEK**, **MONTH** and **ANNUAL** to view each overall result chart. Swipe the screen to left or right to view chart by each time unit. Tap each bar of the chart, the particular data pops up, tap again to make it disappeared. Tap icon to share the data on facebook.com.
4. Tap on the screen to exit.

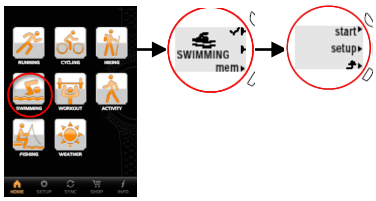


SWIMMING PROFILE

SETUP

You can do swimming setup on the watch. In **SWIMMING** mode, press top (**1**) button to enter **setup** mode. The setup mainly includes the following parts:

- Swim type (page)
- Pool size (page)
- Calibration (page)



Swim type setup

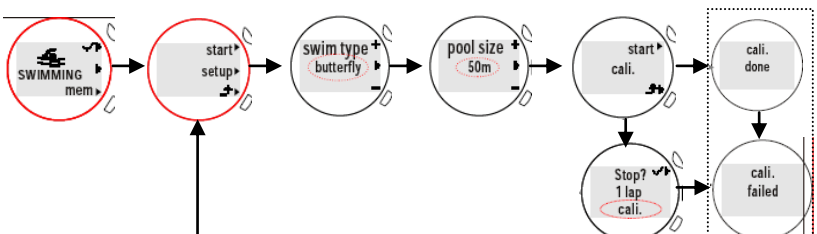
1. In **SWIMMING** mode, press top (**1**) button to enter **setup** mode.
2. Press middle (**2**) button to enter **swim type** mode, then press top (**1**) button or press bottom (**3**) button to select from **ft.crawl** (front crawl), **backstr** (backstroke), **breastsr** (breaststroke) and **butterfly**.
3. Press middle (2) button again to confirm selection.

Pool size setup

1. In **SWIMMING** mode, press top (**1**) button to enter **setup** mode.
2. Toggle middle (**2**) button to enter pool size mode, then press top (**1**) button or press bottom (**3**) button to select from **50m** (meters) and **25m** (meters).
3. Press middle (**2**) button again to confirm selection.

Calibration

1. In **SWIMMING** mode, press top (**1**) button to enter **setup** mode.
2. Toggle middle (**2**) button until **start cali.** displays.
3. Press top (**1**) button to start calibration.
   OR
   Press bottom (**3**) button to exit.
4. Lap counting data displays. Once you successfully complete the calibration, **cali.done** displays then after 2 seconds the screen goes back to **setup** screen.
   OR
   If you want to stop the calibration, press top (**1**) button then **cali.failed** displays.



VIEW EXERCISE RECORD DURING SWIMMING

You could start swimming by following the below steps.

NOTE Make sure the watch has enough memory, otherwise **no memory** displays when you press button after **SWIMMING** mode.

<u>To view swimming records:</u>

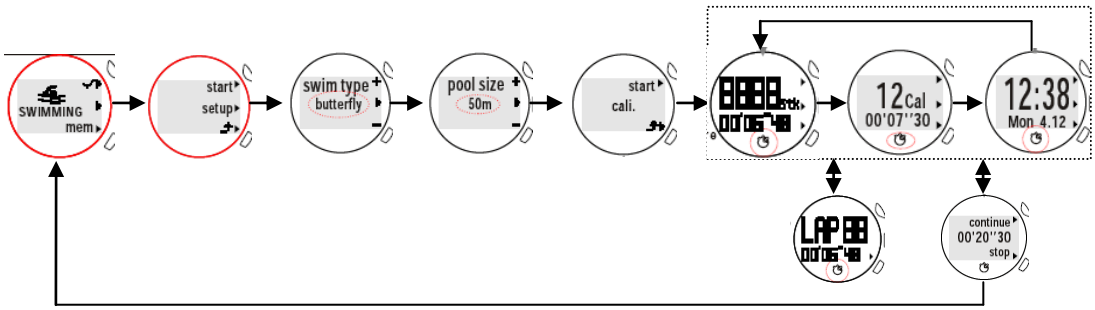
1. In **SWIMMING** mode, press top (**1**) button to enter **start** mode.
2. Toggle middle (**2**) button to select **swim type** and **pool size** (see above sections).
3. The watch starts counting.
   If **Auto lap** is set, the stroke (**stk**), time (**00'00'00**) and calories (**Cal**) counting data automatically display on the screen. Lap counting data displays when it reaches the setting.
   OR
   If **Manual lap** is set, press bottom (**3**) button to set for a lap during swimming. (See **page** X for details.)

OR

While viewing the screen and pressing top (**1**) button to pause the counting, stops flashing, then select **continue** or **stop**. If you press bottom (**3**) button to stop counting, the **SWIMMING** mode screen displays. Go directly to above step 1 for counting again.

NOTE If you set the watch to automatically toggle screens, the last three screens automatically toggle to display every 5 seconds. Please see **SET USER PROFILE** for turning on the toggle feature, page X).

NOTE If the lap counting reaches the 100th or the total hours of the exercise reaches 80 hours, **memory full** displays on the screen with a long beep. You need to clear the memory for further exercise purpose. (Please refer to page X for details.)



VIEW EXERCISE RECORD AFTER SWIMMING

You could view records after swimming on the watch by following the below steps.

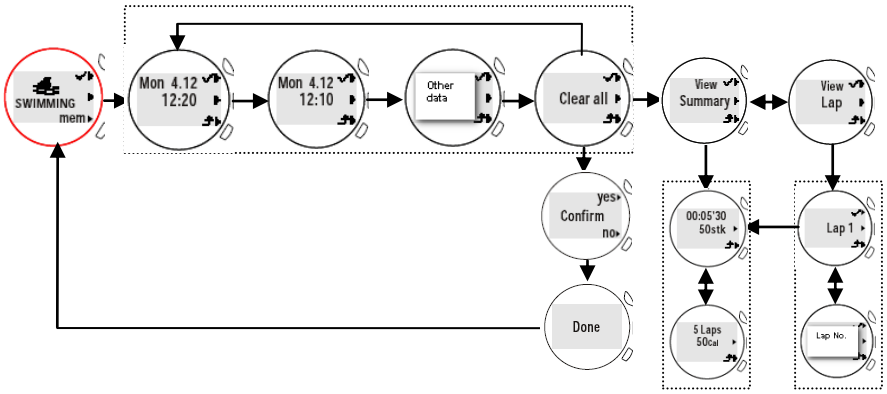
<u>To view exercise records:</u>

1. In **SWIMMING** mode, press bottom (**3**) button to enter. The screen displays the latest exercise date and time. Toggle middle (**2**) button to select the desired one, then press top

(**1**) button to enter.

NOTE If you want to clear all the memory, toggle middle (**2**) button until **Clear all** displays. Press top (**1**) button to enter, then press top (**1**) button again to select **yes** to confirm deletion of the memory; or press bottom (**3**) button to select **no** to go back to the record screen.

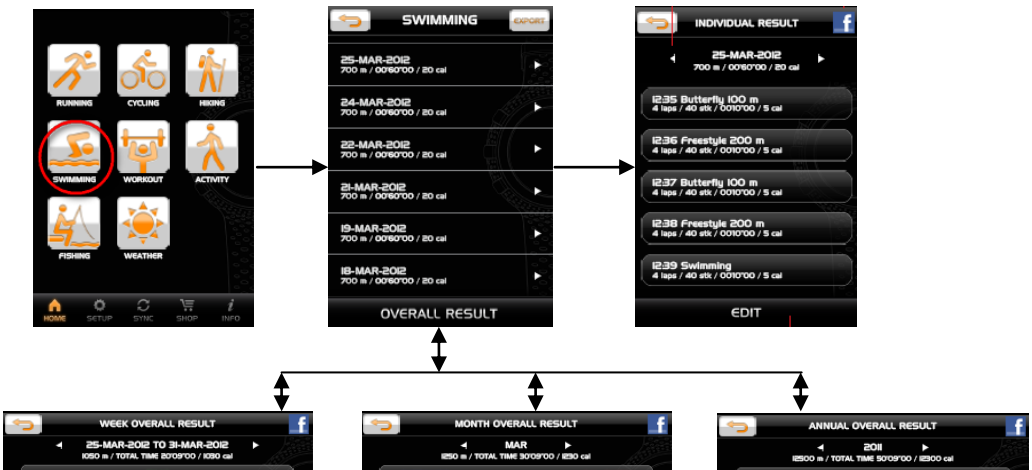
2. Press top (**1**) button to enter **View Summary** screen. Press top (**1**) button again to start viewing, then toggle middle (**2**) button to view the records.
   OR
   Press bottom (**3**) button to exit.
3. Press middle (**2**) button to enter **View Lap** screen. Press top (**1**) button to view **Lap 1**.
4. Press top (**1**) button again to start viewing, then toggle middle (**2**) button to view the records.
5. Toggle middle (**2**) button to view your desired lap. Follow the above step 4.
   OR
   Press bottom (**3**) button to exit.



VIEW EXERCISE RECORD IN APPLICATION

You could upload the memory to your application and view the swimming records on the mobile device.

1. Enter the profiles page in your application. Tap **RUNNING** profile icon.
2. Swimming records are listed by date and time. Please follow the below steps.
   - Tap the desired one you want to view or tap EXPORT to transmit the data by email.
   - Swipe the screen to left or right to view other set of records. Tap f icon to share the data on facebook.com.
3. Tap **OVERALL RESULT** to enter. Then you can tap **WEEK**, **MONTH** and **ANNUAL** to view each overall result chart. Swipe the screen to left or right to view chart by each time unit. Tap each bar of the chart, the particular data pops up, tap again to make it disappeared. Tap f icon to share the data on facebook.com.
4. Tap on the screen to exit.

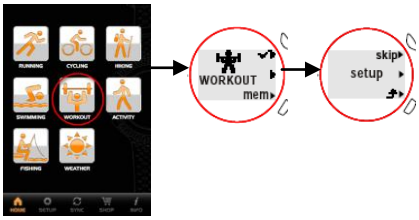


WORKOUT PROFILE

SETUP

Before doing strength training, you can do workout setup on the watch. In **WORKOUT** mode, press top (**1**) button to enter **setup** mode. The setup mainly includes the following parts:

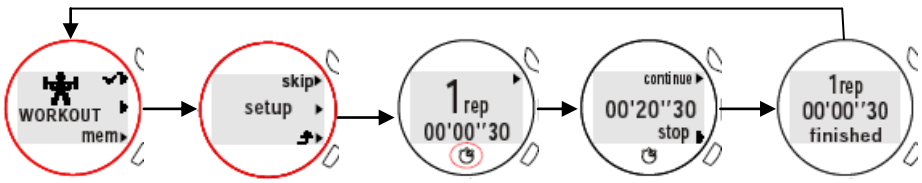
- Sets (page)
- Reputations (page)
- Rest time (page)
- Met



Or, you can skip setup by pressing **skip** in **setup** mode; the watch automatically counts the sets (default value=3 sets), reputations (default value=12 reputations), rest time (default value =15 seconds) and met (default value=3). However, we highly recommend you to do setup for the strength training.

- Press top (**1**) button to pause, then press again to continue, or press bottom (**3**) button to stop. Workout result displays on the screen.

NOTE The time counting will be reset to zero at 12am every midnight.



Exercise Set setup

1. In **WORKOUT** mode, press top (**1**) button to enter **setup** mode.
2. Press middle (**2**) button to enter **yes** in **setup** mode. Press top (**1**) button to enter **Sets** mode.
3. Press top (**1**) button to increase the value or press bottom (**3**) button to decrease the value.
4. Press middle (**2**) button to confirm selection.

NOTE Exercise set setup range is 1-9 set(s).

Reputation setup

1. In **WORKOUT** mode, press top (**1**) button to enter **setup** mode.
2. Press middle (**2**) button to enter **yes** in **setup** mode. Press top (**1**) button and then press middle (2) button to enter **Rep** mode.

3. Press top (**1**) button to increase the value or press bottom (**3**) button to decrease the value.
4. Press middle (**2**) button to confirm selection.

NOTE Reputation setup range is 1-99 reputation(s).

Rest time setup

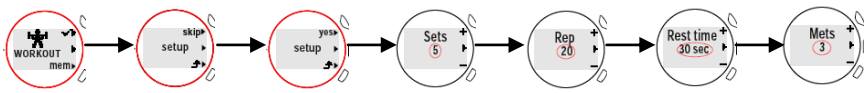
1. In **WORKOUT** mode, press top (**1**) button to enter **setup** mode.
2. Press middle (**2**) button to enter **yes** in **setup** mode. Press top (**1**) button and then toggle middle (2) button until **Rest time** mode displays.
3. Press top (**1**) button to increase the value or press bottom (**3**) button to decrease the value.
4. Press middle (**2**) button to confirm selection.

NOTE Rest time setup range is 15-30 seconds. The rest time counts down after start.

Mets setup

1. In **WORKOUT** mode, press top (**1**) button to enter **setup** mode.
2. Press middle (**2**) button to enter **yes in setup** mode. Press top (**1**) button and then toggle middle (**2**) button until **Mets** mode displays.
3. Press top (**1**) button to increase the value or press bottom (**3**) button to decrease the value.
4. Press middle (**2**) button to confirm selection. The counting automatically starts.

NOTE Mets setup range is 3-13.



USEFUL REFERENCE

MET (metabolic equivalent)
Physical activity has a large effect on total human energy expenditure, and contributes to the body's total energy output. The amount of energy expended for different activities will vary with the intensity and type of exercise.

One of the easiest methods for recording of the intensity of a physical activity is the Metabolic Equivalent Task (MET) method. The energy cost of many activities has been determined, usually by monitoring the oxygen consumption during the activity, to determine an average oxygen uptake per unit of time. This value is then compared to the resting oxygen uptake.

Here below lists some MET values relate to the workout types for your reference:

NOTE MET values for each activity are approximations; there may be considerable individual variation.

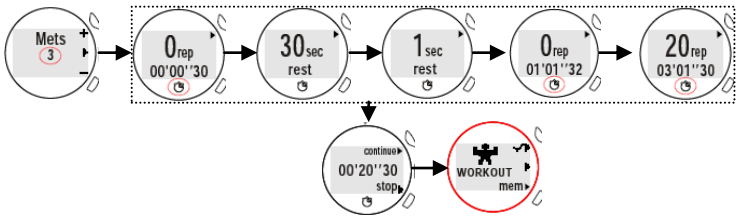
WORKOUT TYPE	MET value
Stretching or yoga	2.5
Weight lifting (light or moderate effort, light workout, general)	3.0
Water aerobics, water calisthenics	4.0
General health club exercise	5.5
Weight lifting (power lifting or body building, vigorous), jazzerciser	6.0
Ski machine	7.0
Stair-treadmill ergometer	9.0

VIEW EXERCISE RECORD DURING WORKOUT

After setup for the **MET** value (page X) on the watch, you can start the workout. The watch counts automatically. You can see the reputation and time counting, and the rest time counts down on the screen to remind you.

You can press top (**1**) button to pause. If you decide to stop the workout, press bottom (**3**) button. Total calorie output and time display on the screen. The display goes back to **WORKOUT** mode after 3 seconds.

NOTE The reputation starts to be displayed when it counts to the 4th one.



VIEW EXERCISE RECORD AFTER WORKOUT

You could view records after workout on the watch by following the below steps.

<u>To view exercise records:</u>

1. In **WORKOUT** mode, press bottom (**3**) button to enter into the memory (**mem**).
2. The latest record displays first. Toggle middle (**2**) button to view other records by date and time. Press top (**1**) button to enter the specific record.

   - If the record you view is the one with setup, toggle middle (**2**) button to view calories, time, sets and reputations in total.

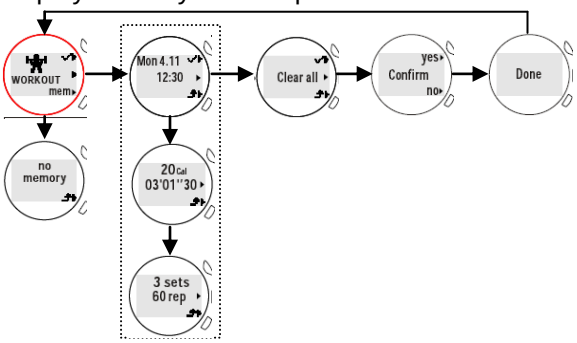
   OR

   - If the record you view is the one without setup, you can only view the reputations and time in total.

OR

If you want to clear all the memory, toggle middle (**2**) button until **Clear all** displays. Press top (**1**) button to select **yes** to do deletion, then **Done** displays on the screen, or press bottom (**3**) button to select **no** to cancel the deletion.

NOTE **No memory** displays when you attempt to view the record but there is no memory.



VIEW EXERCISE RECORD IN APPLICATION

You could upload the memory to your application and view the workout records on the mobile device.

1. Enter the profiles page in your application. Tap **WORKOUT** profile icon.
2. Workout records are listed by date and time.
   - Tap the desired one you want to view or tap EXPORT to transmit the data by email.
   - Swipe the screen to left or right to view other set of records. Tap f icon to share the data on facebook.com.

3. Tap **OVERALL RESULT** to enter. Then you can tap **WEEK**, **MONTH** and **ANNUAL** to view each overall result chart. Swipe the screen to left or right to view chart by each time unit. Tap each bar of the chart, the particular data pops up, tap again to make it disappeared. Tap icon to share the data on facebook.com.
4. Tap on the screen to exit.

ACTIVITY PROFILE

For achieving your daily and weekly physical activity volume according to the guideline of WHO (World Health Organization), you can download **ACITIVITY MONITOR** profile from your mobile device. This profile is suitable for monitoring moderate intensity physical activity.

This profile sets the daily activity volume to be 30 minutes and weekly activity volume to be 150 minutes.

Monitor your activity:

From the profile being downloaded onto the watch, your activity has been automatically monitored and counted. In **ACTIVITY** mode, press top (**1**) button.

- The screen displays **be active** and animation plays.
- If you meet the target, **target done!** displays.
- If you want to exit, press bottom (**3**) button.

NOTE Excepting the battery replacement, the watch automatically monitor and count your activity, even though you exit the profile.

USEFUL REFERENCE

Health Guidelines

<u>WHO-European Commission</u>
"For healthy adults aged 18 to 65 years, the goal recommended by the WHO is to achieve a minimum of 30 minutes of moderate-intensity physical activity 5 days a week."
"Activities to increase muscular strength and endurance should be added 2 to 3 days per week."

<u>U.S. Centers for Disease Control and Prevention:</u>

“Adults need at least 2 hours and 30 minutes (150 minutes) of moderate-intensity.” Aerobic activity (i.e. brisk walking) every week and muscle strengthening activities on 2 or more days a week that works a major muscle groups (legs, hips, back, abdomen, chest, should and arms).”

Level	Activity Intensity	Steps/Min	
		Male	Female
1	Rest	<60	<60
2	Light (<=2.99 METs)	60-96	60-107
3	Moderate (3.0-5.99 METs)	96-124	107-135
4	Hard (6.0-8.99 METs)	125-153	136-162
5	Very hard (>=9.0 METs)	>153	>162

VIEW RECORD AFTER ACTIVITY

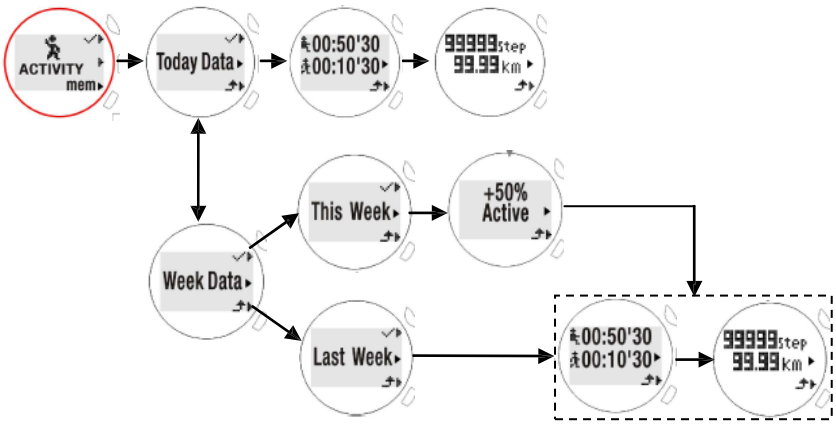
To view today’s data:

1. In **ACTIVITY** mode, press bottom (**3**) button to enter. **Today Data** screen displays.
2. Press top (**1**) button , then toggle middle (**2**) button to view different records, such as rest time volume (), activity time volume (), steps and distance.

To view weekly data:

1. In **ACTIVITY** mode, press bottom (**3**) button to enter. Toggle middle (**2**) button until Week Data screen displays.
2. Press top (**1**) button to enter. Then toggle middle (**2**) button to view the record of **This Week** or **Last Week**. Press top (**1**) button to enter.
3. Toggle middle (**2**) button to view different activity records, such as rest time volume (), activity time volume (), steps and distance. If you view the record of this week, the percentage of your activity achieved also displays.

NOTE **This Week** means from this Sunday to today; Last Week means last Sunday to last Saturday.



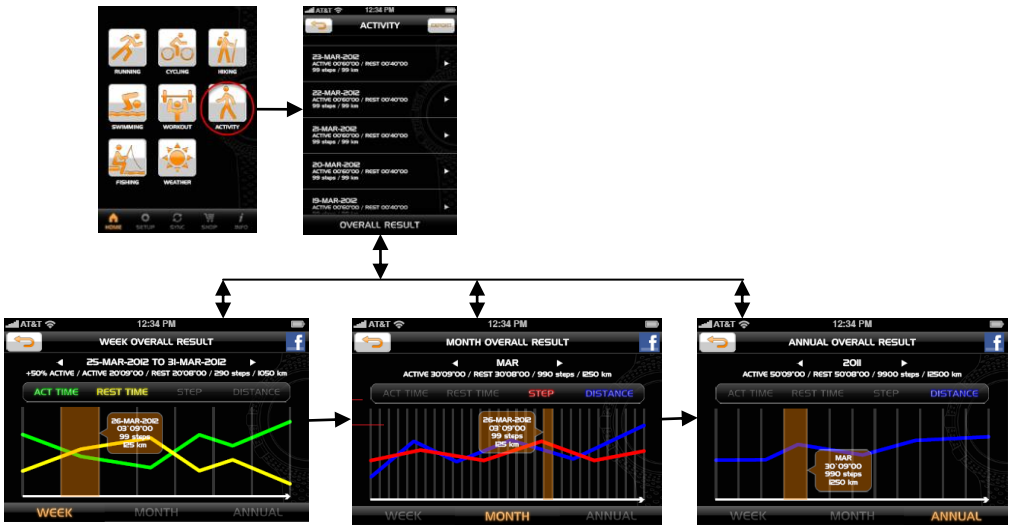
VIEW ACTIVITY RECORD IN APPLICATION

You could upload the memory to your application and view the activity records on the mobile device.

1. Enter the profiles page in your application. Tap **ACTIVITY** profile icon.
2. Activity records are listed by date and time. Please follow the below steps.
   - Tap the desired one you want to view or tap EXPORT to transmit the data by email (page X).

- Swipe the screen to left or right to view other set of records. Tap icon to share the data on facebook.com.

3. Tap **OVERALL RESULT** to enter. Then you can tap **WEEK**, **MONTH** and **ANNUAL** to view each overall result chart. Swipe the screen to left or right to view chart by each time unit. Tap each bar of the chart, the particular data pops up, tap again to make it disappeared. Tap icon to share the data on facebook.com.
4. Tap on the screen to exit.



WEATHER PROFILE

You can view the current temperature and the weather forecast for the next 12-24 hours on the watch.

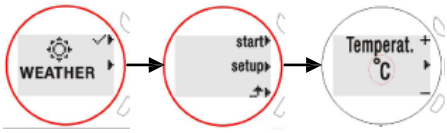
NOTE The weather icons are shown below.

Weather Icons	Meaning
	Sunny
	Cloudy
	Rainy

SETUP

You can setup the temperature unit before viewing.

1. In **WEATHER** mode, press top (**1**) button to enter.
2. Press middle (**2**) button to enter setup mode.
3. Press top (**1**) button or bottom (**3**) button to select ° **C** or ° **F**.
4. Press middle (**2**) button to confirm selection.



VIEW TEMPERATURE AND WEATHER

You can view the temperature and forecasted weather on the watch.

1. In **WEATHER** mode, press top (**1**) button to enter.
2. Press middle (**2**) button to enter **start** mode. Current time, temperature and forecasted weather icon display.
3. Press bottom (**3**) button to exit.

VIEW WEATHER IN APPLICATION

You can only view the temperature and forecasted weather on the watch.

HIKING PROFILE

You can use hiking profile to setup and monitor different values, such as distance, altitude and sea level pressure, etc. The setup mainly includes the following parts:

- Altitude
- Sea level

SETUP

You need to input the value of altitude and sea level before starting hiking. You could browse your local weather station website for details of your living area or particular city.

<u>Altitude and sea level setup:</u>

1. In **HIKING** mode, press top (**1**) button to enter **setup** mode.
2. Toggle middle (**2**) button to set for altitude and its measurement unit (**m** or **ft**) and sea level and its measurement unit (**inHg** or **hPa**).
3. Press top (**1**) button to increase value or select option; press bottom (**3**) button to decrease value or select option.

VIEW RECORD DURING HIKING

You could view different monitored values, such as current altitude, altitude difference, local pressure, sea level pressure and so on. Maximum 10 time logs can be recorded.

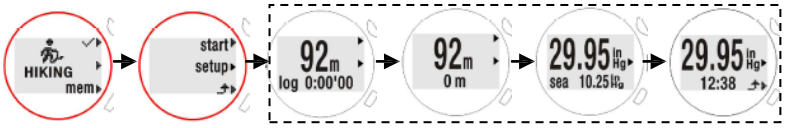
<u>Altitude and sea level setup:</u>

1. In **HIKING** mode, press top (**1**) button to enter **setup** mode.
2. Press top (**1**) button again while starting your hiking. Altitude of your location and time log display. Press top (**1**) button again to stop the time counting.

OR

Press and hold top (**1**) button to reset the time to be **0:00'00.**

3. Toggle middle (**2**) button to view several other screens and data.
   - Altitude of your current standing location and altitude difference
   - Local pressure and sea level pressure
   - Local pressure and current time
4. Press bottom (**3**) button to exit.

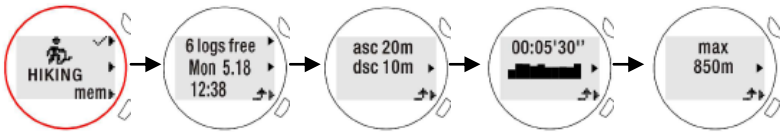


VIEW RECORD AFTER HIKING

You could view the records after hiking. The record in log form is ordered by date and time.

<u>To view log:</u>

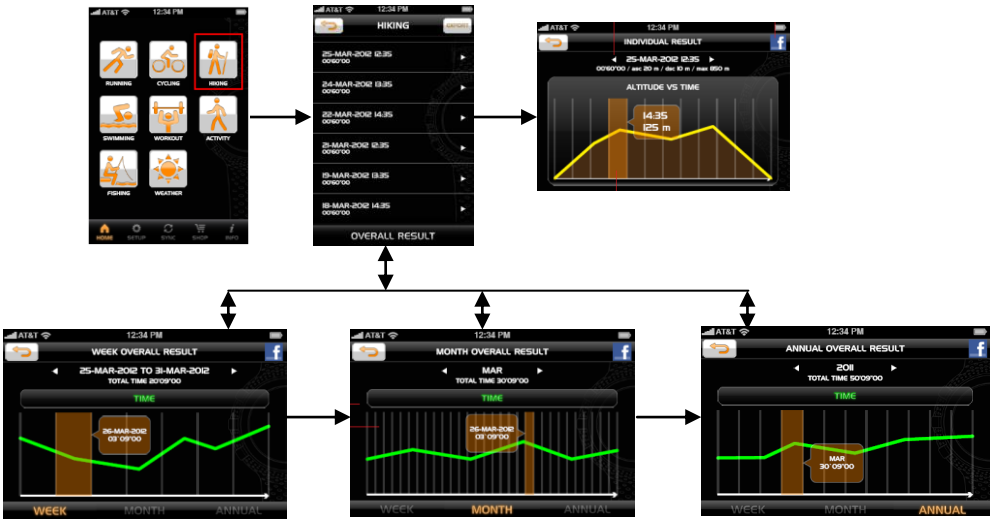
1. In **HIKING** mode, press bottom (**3**) button to enter memory mode.You will see the total number of free time logs, date and time.
2. Toggle middle (**2**) button to select the desired record.
3. Press top (**1**) button to enter.
4. Toggle middle (**2**) button to view accumulated time of hiking, a chart representing your altitude display, ascended altitude, descended altitude display and the maximum hiking altitude displays.
5. Press bottom (**3**) button to exit.



VIEW HIKING RECORD IN APPLICATION

You could upload the memory to your application and view the hiking records on the mobile device.

1. Enter the profiles page in your application. Tap **HIKING** profile icon.
2. **HIKING** records are listed by date and time. Please follow the below steps.
   - Tap the desired one you want to view or tap **EXPORT** to transmit the data by email (page X).
   - Swipe the screen to left or right to view other set of records. Tap icon to share the data on facebook.com.
5. Tap **OVERALL RESULT** to enter. Then you can tap **WEEK**, **MONTH** and **ANNUAL** to view each overall result chart. Swipe the screen to left or right to view chart by each time unit. Tap each bar of the chart, the particular data pops up, tap again to make it disappeared. Tap icon to share the data on facebook.com.
3. Tap on the screen to exit.



FISHING PROFILE

You can use **FISHING** profile to forecast the best harvest time range for fishing at your location in next 14 days. You need to setup before use. The setup mainly includes the following parts:

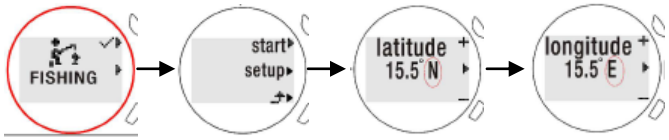
- Latitude
- Longitude

SETUP

Please follow the below steps:

Latitude and longitude setup:

1. In **FISHING** mode, press top (**1**) button to enter setup mode.
2. Toggle middle (**2**) button to enter latitude and longitude mode. You can press top (**1**) button or bottom (**3**) button to select the measurement unit (**N**orth, **S**outh, **E**ast, and **W**est).
3. Press middle (**2**) button to confirm selection.
4. You can set the value. Press top (**1**) button to increase value or press bottom (**3**) button to decrease value.
5. Press middle (**2**) button to confirm setting.

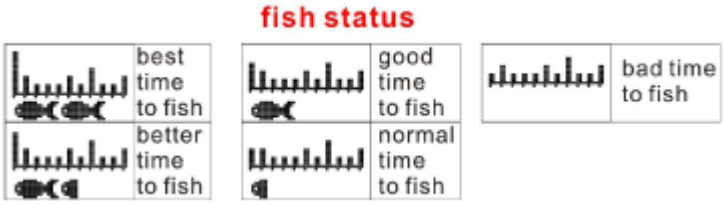


VIEW STATUS DURING FISHING

You can view the forecasted trend of fish volume in the next 10 hours from today to the next 14 days. The starting time point of the trend chart is the current time.

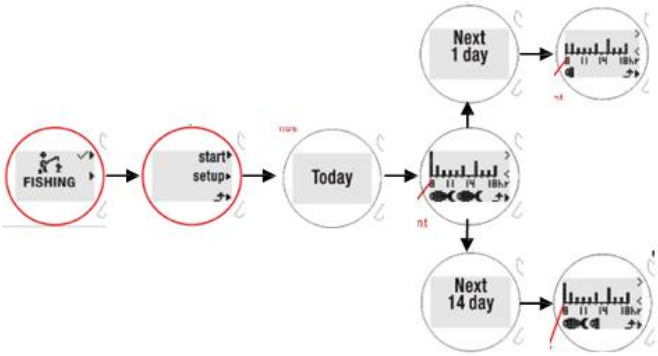
To view today:

1. In **FISHING** mode, press top (**1**) button to enter **start** mode.
2. **Today** displays and fish forecast chart appears after 3 seconds. The below charts are for your reference to recognize the status.
3. Press bottom (**3**) button to exit.



To view other days:

1. In **FISHING** mode, press top (**1**) button to enter **start** mode.
2. Press top (**1**) button to enter into **Next 1 day** screen, the related forecast chart appears after 3 seconds. Toggle top (**1**) button to select your desired day.
   OR
   Press middle (**2**) button to enter into **Next 14 day** screen, the related forecast chart appears after 3 seconds. Toggle middle (**2**) button to select your desired day in reverse order.
3. Press bottom (**3**) button to exit.



VIEW FISHING RECORD IN APPLICATION

You could upload the memory to your application and view the forecasted fishing harvest location on the map.

1. Enter the profiles page in your application. Tap **FISHING** profile icon.
2. On the map, there is a purple pin on the forecasted location with the latitude and longitude, or tap to display your current location.
3. Tap on the screen to exit.

WATER RESISTANCE

The Ssmart watch is water-resistant up to 5ATM (50 meters or 164 feet). This means you can use the watch for swimming or other water sport activities (such as surfing) but it must not be used for snorkeling and deep water diving.

NOTE

- Ensure the buttons and battery compartment are secured and intact before exposing the watch to excessive water.
- Avoid pressing the buttons while in the water or during heavy rainstorms, as this may cause water to enter the watch, leading to malfunction.
- Even the watch is water-resistant, as radio signals do not carry in water, signal transmission between the watch and accessories, such as chest belt, will still be impossible in water.

BACKLIGHT

Tap twice to activate backlight. For longer backlight, tap on lens three times consecutively.

REPLACE BATTERY

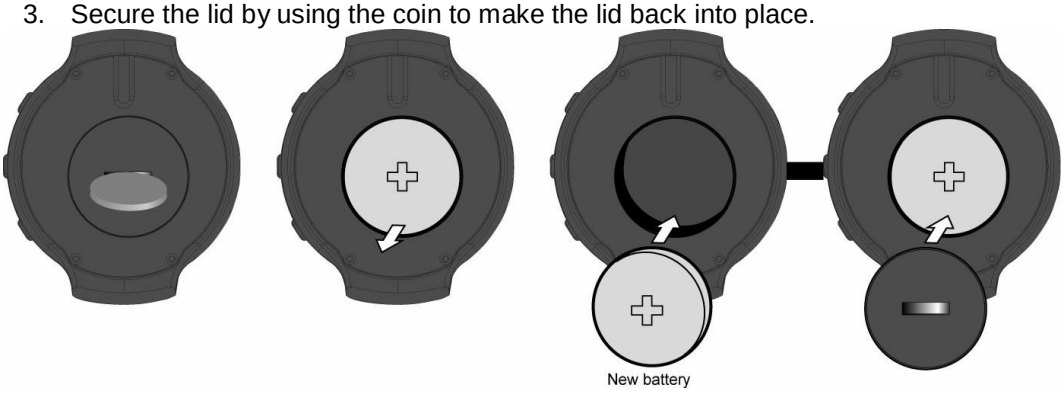
If the battery power of your watch is low, displays on the screen; If there is low battery in **CONNECT** mode, **pls change batt. for update** displays. For optimal performance, you need to replace watch battery as shown below:

NOTE

To obtain a replacement battery, you can purchase from your local electronics or call our customer service for details.

To replace watch battery:

1. Use a coin to open the battery compartment lid.
2. Remove the old battery and insert a new CR2032, 3V lithium battery.
3. Secure the lid by using the coin to make the lid back into place.



REPLACE BATTERY

CLOCK	
Time format	12/24 hour format with hour / minute / second
Date format	DD / MM or MM / DD
Year range	2012 - 2061
Alarm	Alarm with daily, weekday or weekend settings Only available for time 1
TRAINING	
Exercise time range	00:00:00 to 99:59:00
Rest time range	00:00:00 to 99:59:00
Target heart rate zone	Fat burn, aerobic, anaerobic
Heart rate range	40-240 bpm
Distance measurement range	1-99 km (1-9999 meters)
Step measurement range	0 to 99999
Step timer range	00:00:00 to 99:59:00
Maximum lap count	99
Cadence measurement range	0 to 9999.99 unit (unit is km or mile)
Step measurement range	0 to 99999
Maximum lap count	99
Cadence measurement range	1 to 199 rpm
Number of interval training	2 to 5
Calorie range	0 to 9999 kcal
Fat burn percentage range	0 to 100%
Calibration distance range	0.4-2.0 km
Exercise reputation range	0-999
Wheel size range	800-3000mm
Pool size range	25 meters/50meters
MET value range	3-13METS
Workout set range	1-9 sets
Workout reputation range	1-99 reps
USER	
Birth year range	1913-2012
Weight range	20-225kg (44-495 lbs)
Height range	69-231cm (2’3-7’7 inches)
Stride range	22-152 cm (11-60 inches)
POWER	
Watch	1 x CR2032 3V lithium battery
OPERATING ENVIRONMENT	
Operating temperature	For watch 0°C to 40°C (32°F to 104°F)
Storage temperature	For watch -20°C to 60°C (-4°F to 140°F)

PRECAUTIONS

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product:

- Use a soft, slightly moistened cloth. Do not use abrasive or corrosive cleaning agents, as these may cause damage. Use lukewarm water and mild soap to clean the watch thoroughly after each training session. Never use the product in hot water or store it when wet.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity. Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction.
- Do not bend or stretch the transmitter part of the chest belt.

- Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Do not scratch hard objects against the LCD display as this may cause damage.
- Take precautions when handling all battery types.
- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual.
- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.
- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device. Have your watch serviced by an approved service center annually.
- When disposing of this product, ensure it is collected separately for special treatment and not as normal household waste.
- Due to printing limitations, the displays shown in this manual may differ from the actual display.
- The contents of this manual may not be reproduced without the permission of the manufacturer.

NOTE The technical specifications for this product and the contents of the user manual are subject to change without notice.

NOTE Features and accessories will not be available in all countries. For more information, please contact your local retailer.

ABOUT OREGON SCIENTIFIC

Visit our website (www.oregonscientific.com) to learn more about Oregon Scientific products.

For any enquiry, please contact our Customer Services at info@oregonscientific.com.

EU-DECLARATION OF CONFORMITY

Hereby, Oregon Scientific, declares that Ssmart Watch (model: SE900 or RA900) is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC. A copy of the signed and dated Declaration of Conformity is available on request via our Oregon Scientific Customer Service.

FCC / IC Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) 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. If this 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:
Reorient or relocate the receiving antenna.
Increase the separation between the equipment and receiver.
Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
Consult the dealer or an experienced radio / TV technician for help.

DECLARATION OF CONFORMITY

The following information is not to be used as contact for support or sales. Please visit our website at www.oregonscientific.com for all enquiries.

We

Name: Oregon Scientific, Inc.

Address: 19861 SW 95th Ave.,Tualatin,

Oregon 97062 USA

Telephone No.: 1-800-853-8883

declare that the product

Product No.: SE900/RA900

Product Name: Ssmart Watch

Manufacturer: IDT Technology Limited

Address: Block C, 9/F, Kaiser Estate,

Phase 1,41 Man Yue St., Hung Hom, Kowloon,

Hong Kong

is in conformity with Part 15 of the FCC Rules. Operation is subject to the following two conditions: 1) This device may not cause harmful interference. 2) This device must accept any interference received, including interference that may cause undesired operation.