Q-Watch

Bluetooth 4.0 Low Energy Wristband (Q-90)

Device Overview

Left Touch Button

Watch strap

Right Touch Button
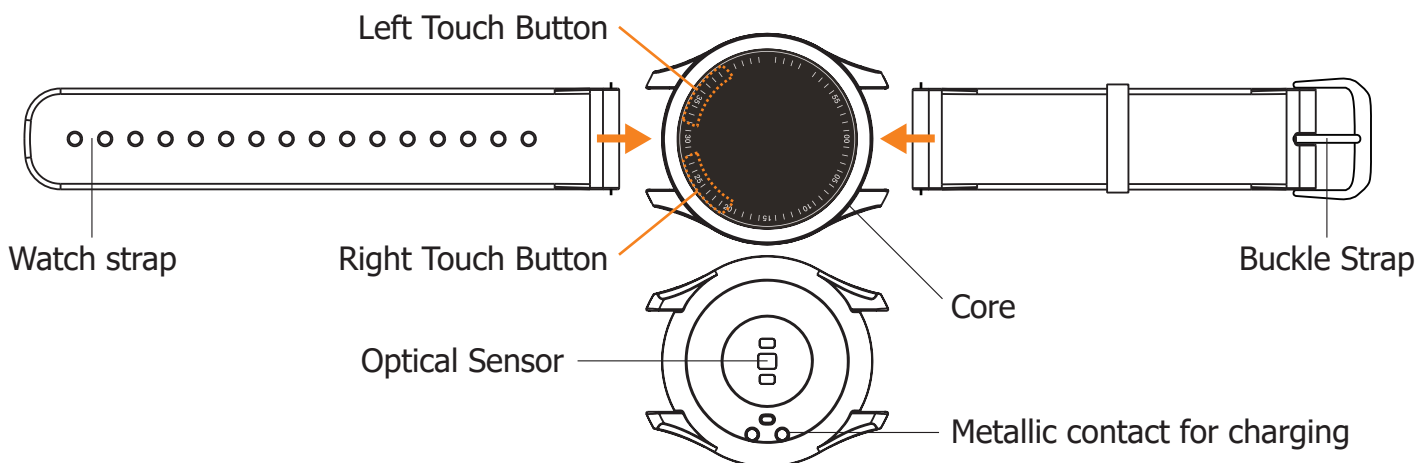
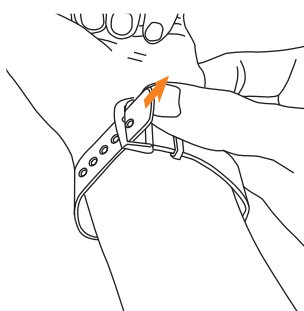Buckle Strap

Core

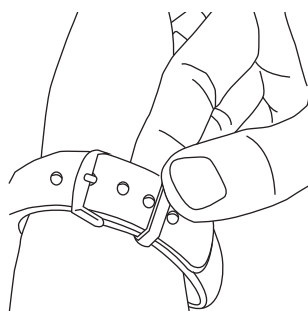Optical Sensor

Metallic contact for charging

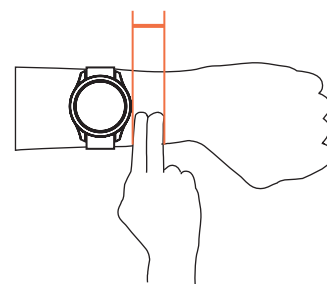## How to wear your Q-Watch Z ?

1 Wear Q-Watch Z on your wrist

Wear the band on your wrist and buckle the strap at its best length.

2 Fasten Q-Watch Z with buckle strap

Adjust the loop on the band to a proper position to keep the device from falling off.

3 Detecting your Heart Rate

1. Please make sure the watch is worn as tightly as possible on the wrist without any discomfort, in order to enhance the accuracy of heart rate signals that are detected.

2. Wear the watch two fingers away from your wrist. When "-----" text appears on the screen, please stay still briefly for about 10 seconds to obtain a heart rate reading.

4 Charge your Q-Watch Z

Charging icon
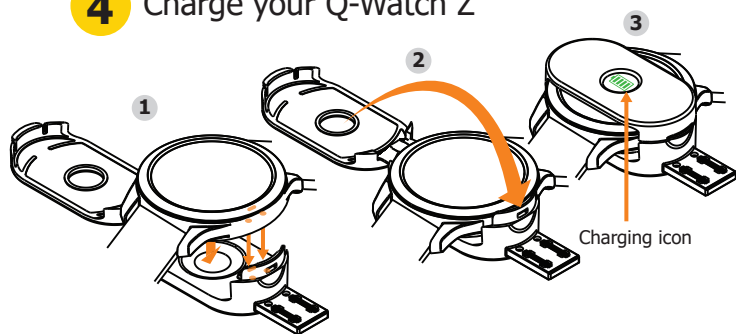
Prior to charging Q-Watch Z, make sure it is securely placed inside the charging box with the lid closed, and the USB connector is plugged in to a computer or a power source via a power adapter.
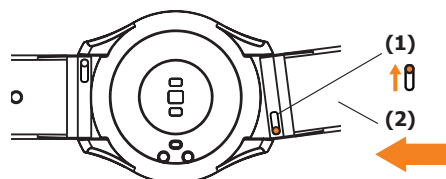
Important Notice:
The product is shipped with the screen and keys locked, and will be unlocked once it is charged via USB connection. Please make sure the "Charging" icon appears while it is being charged, indicating the device is connected correctly and getting charged.

Video Demo:
http://ww2.voiis.com/igotu-life/charge/Q-Watch-Z

5 Change the watch strap

(1)

(2)
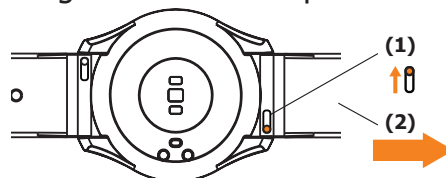
1. Slide the latch on the strap to depress the spring bar and release the strap from the watch face.

(1)

(2)

2. Insert one end of the spring bar into one of the holes, and slide the latch to snap the opposite end into the other hole.

Important Notice:
Failure to follow the instructions above might cause damage to the device.

Get Started with Q-Watch Z

1 Download i-gotU Life App

Download i-gotU Life app from Google Play or App Store on your smartphone:
https://play.google.com/store/apps/details?id=com.mobileaction.ilife
http://appstore.com/igotulife

Apk download: http://global.mobileaction.com/download/apk

Supported Device

- Any Android smartphone (v4.3 and up) with built-in 4.0 Bluetooth connectivity; or
- iPhone 4s and later models, iPad 2 and later models, and iPod Touch (all with iOS version 7.0 and up).
- A complete list of supported smartphone models or mobile devices can be found at:
  http://ww2.voiis.com/qband/devices.html

2 Set up Q-Watch Z

Your Q-Watch Z can be configured directly on the i-gotU Life app.

First time setup:

1. Charge the device to unlock the key and screen.
2. Open the i-gotU Life app.
3. A Setup Wizard will be launched automatically.
4. Follow the on-screen instructions to proceed with more settings.

Set up a new device from Settings:

1. Open the i-gotU Life app.
2. Tap the app icon at the upper left corner to open function menu.
3. Choose Settings.
4. Tap Setup New Device under MORE DEVICE SETTINGS.
5. Follow the on-screen instructions to continue.

Note

Your personal information is used to calculate your Base Metabolic Rate (BMR), which determines your calories burned.

3 Start Using Q-Watch Z

1. Switch between different function modes

1. Tap the button twice to wake up the device screen.
2. Long-press the button on the Q-Watch Z until you see 4 icons on the screen for mode selection.
3. Tap the button twice to switch mode.
4. You'll be entering the selected mode in 3 seconds.

2. Change display information

Information shown on the screen will vary as you press the button on the Q-Watch Z to toggle between screens.

3. Q-Watch Z modes

Daily mode: Analyzes your daily data, including steps taken and calories burned.

Sleep mode: Tracks your sleep pattern and quality.

Sports mode: Starts a workout and displays information including duration, steps taken, calories burned, and distance traveled during the workout.

Nap mode: Awakes you via vibration after a short nap.

4 Features of Q-Watch Z & i-gotU Life App

Silent Alarm
Silent alarm of Q-Watch Z gives you a wake-up alert via soft vibrations. While in the sleep mode, the alarm can be dismissed by long-pressing the button on Q-Watch Z. By pressing the button once, the alarm will not be dismissed but alert you again in 5 minutes. Alarm settings can be changed in: open i-gotU Life app > Menu > Silent Alarm.

Notification
You will be notified with incoming calls, SMS, E-Mail, or alerts from the social apps via vibration. Notification can be set up from: i-gotU Life App Menu -> Notification.

Online Help
Android: http://ww2.voiis.com/igotu-life/help.html?language=en
iOS: http://ww2.voiis.com/igotu-life/help.html?language=en&platform=ios

Manual download
http://www.mobileaction.com/download/Q-Band_download.jsp

Frequently Asked Questions
http://www.mobileaction.com/web/en/faq_en_q-82q-90/

5 Screen Description

1 Connecting
2 Disconnected
3 Alarm
4 Daily Mode
5 Date
6 Overall Progress (the average of Calories + Steps)
7 Battery Status
8 Steps
9 Calories
10 Heart Rate
11 Aerobic (Zone 3 and above)
12 Duration
13 Distance
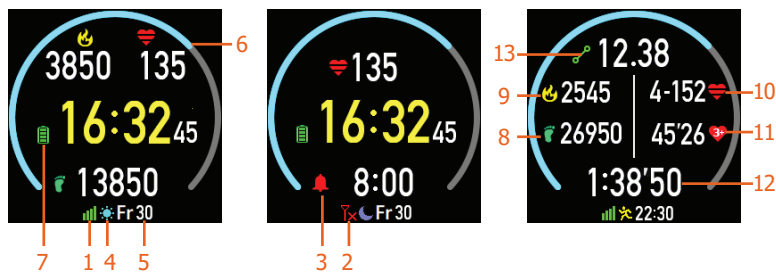
Important Notice

1. Please make sure your Q-Watch Z is fully charged when used for the first time. It takes about 2 hours before it is fully charged.

2. The device is water-resistant, and you can wear it when you swim. However, please avoid using it in sauna, hot water showering, steam room or bath, for the steam may cause unexpected damage to the device.

3. Please do not use any corrosive chemical to clean the device.

4. The built-in Li-Polymer Battery might be damaged if it remains low voltage for a long time. It is suggested that you charge the battery once every three months to prolong the battery's lifetime, even though you don't use the device very often or do not plan to use it for a while.

WEEE

Note on environmental protection:
After the implementation of the European Directive 2002/96/EU in the national legal system, the following applies:
Electrical and electronic devices may not be disposed of with domestic waste. Consumers are obliged by law to return electrical and electronic devices at the end of their service lives to the public collecting points set up for this purpose or point of sale. Details to this are defined by the national law of the respective country. This symbol on the product, the instruction manual or the package indicates that a product is subject to these regulations. By recycling, reusing the materials or other forms of utilizing old devices, you are making an important contribution to protecting our environment.

Federal Communications Commission (FCC) Statement 15.21
You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.
15.105(b)
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.
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, includinginterference that may cause undesired operation of the device.

FCC RF Radiation Exposure Statement:
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
Operating temperature:-10° to 65°C (14° to 149°F)
Charging temperature:0° to 45°C (32° to 113°F)
Power input type:DC 5V USB cable
Battery type:Rechargeable Li-Poly, 3.7 Vdc
Input:Maximum DC 5V, 0.1A