



SMAR**KO**[®]
health

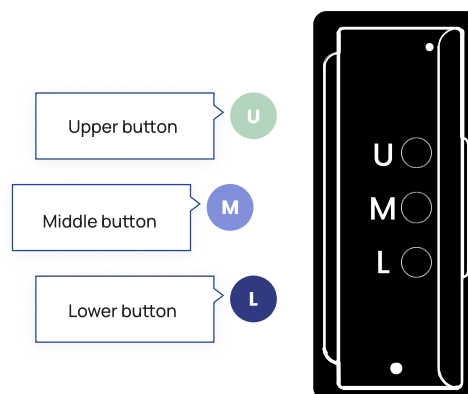
SmarKo Health[®] Watch User Manual

The Hardware

On the right side of the watch you will find three buttons. These will be referred to as Upper (U), Middle (M) and Lower (L) buttons.

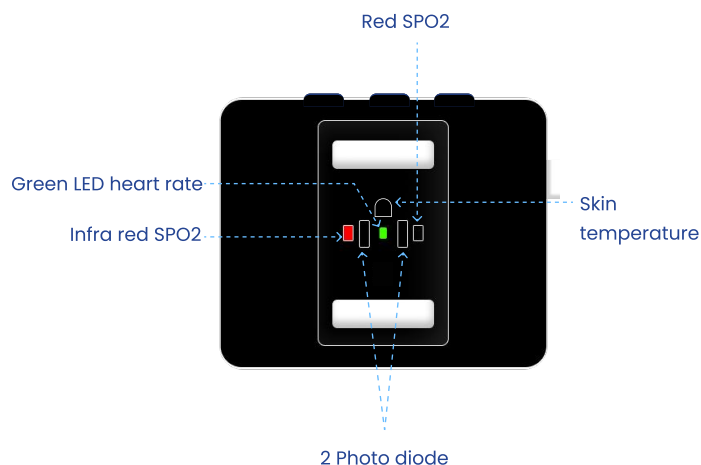
(M)

- Click once to **switch on** the SmarKo watch.
- Hold for 8 seconds to **switch off**.



The Hardware

On the back of the watch are three LEDs that provide the watch with some of the specific functionalities highlighted in the manual.

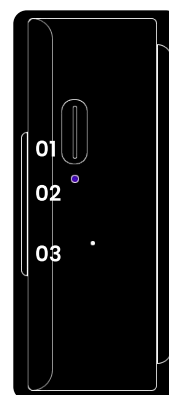


The Hardware

On the left side of the watch you will find these three functions.

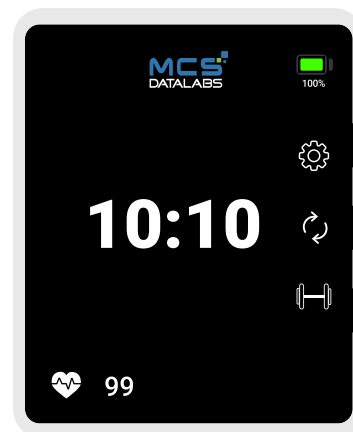
At position 01 is the charger port. At position 02 is the status LED notifying the watch is starting or the battery is low, and at position 03 is the Air Pressure sensor.

- 01.** The charger port.
- 02.** Status LED notifications
- 03.** Air Pressure sensor.



The Home Screen

This is the face of SmarKo® to which we will return in more detail on the following pages.



Home Screen Options



On the home screen at the bottom left when the step counter icon is in view, the watch will exhibit the number of steps for the day. Pressing button **M** will bring up the heart rate icon visible on the left.





This image exhibits how the heart rate icon looks, again placed at the bottom left of the screen. The number next to the icon shows the heart rate according to the latest measurement taken. Pressing button **M** will display the blood oxygen saturation measurement next.

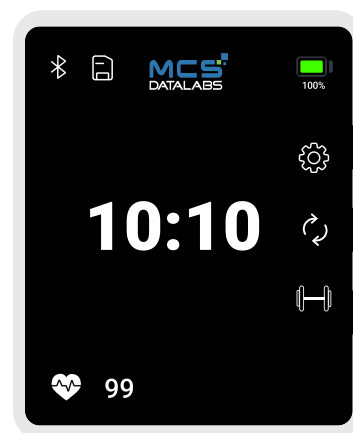


This icon represents the SpO2 measurement. The number next to the icon shows the oxygen saturation in the blood according to the latest measurement taken. Pressing button **M** will return the user to the step counter icon.

Meaning of the icons in the upper right corner

When the wearable device is connected to a phone or desktop application via bluetooth, the  icon will appear on the SmarKo® watch screen.

When the device successfully saves new data, the Storage icon  is shown in the upper left corner.

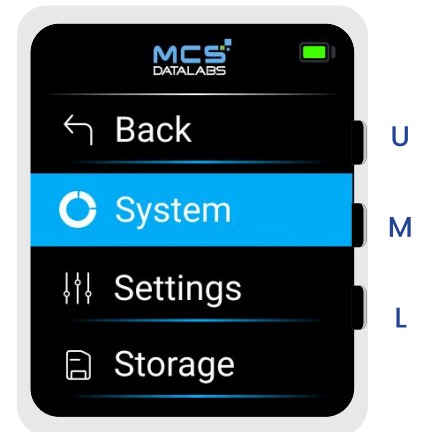


01.

Connecting to the mobile or desktop APP

The SmarKo watch is always set to switch on Bluetooth.

To connect, use the U side button to enter the menu. In the settings menu, scroll down with the L button to the 'System' section and then to the 'Info' section. The name of the Bluetooth device should appear on the watch.

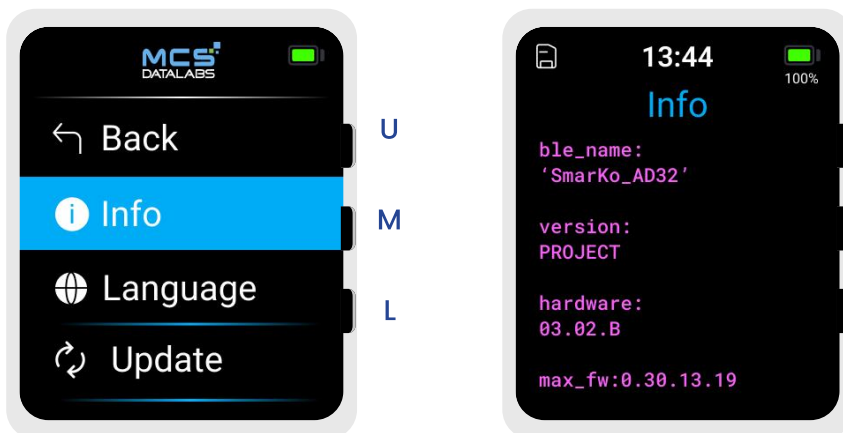


02.

Connecting to the mobile or desktop APP

In the System menu, go to the Info section.

Here you will find information about the name of Bluetooth. You should find this Name in the Bluetooth settings on your phone.



The Upper button U

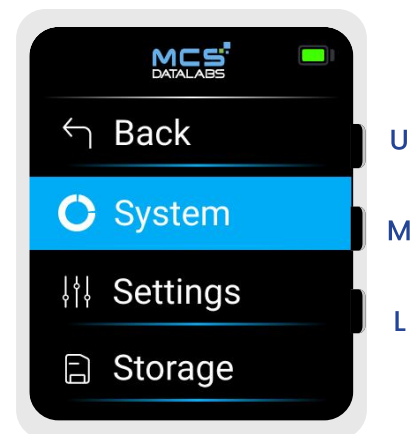
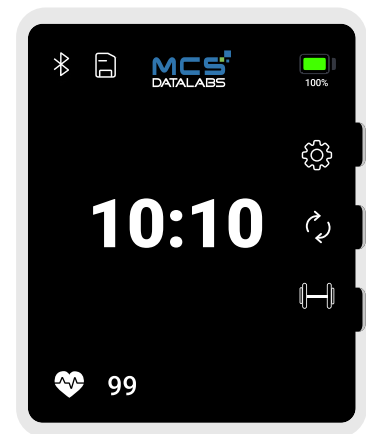
- 01** From the home screen exhibited on page 5, by clicking U, the user is taken to the settings page
- 02** The immediate option is back, to return to the home screen.
- 03** From this page the user can use U and L buttons to scroll up or down to navigate the menu as shown.
- 04** It is advised that these functions are accessed under supervision only as they can fundamentally alter the functions of the device.
- 05** The main features in the settings menu are exhibited on the following pages.

The Middle button M

- 01 From the home screen exhibited on page 5, by clicking M, the user can switch between seeing their step count, heart rate, SpO2 on the bottom left of the screen.
- 99

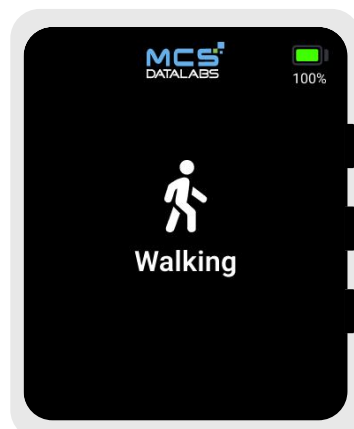
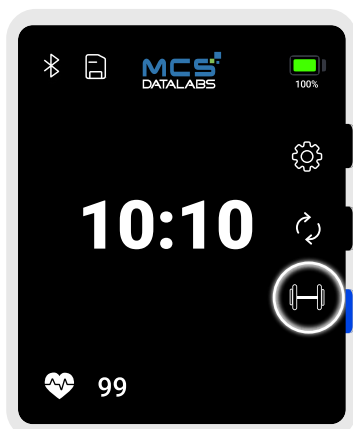
98%

12 000
- 02 M is also used in many menus as the confirmation button. In the settings menu for example it will return the user to the main screen by clicking on the “back” option exhibited on the right.
 - 03 When clicking on a workout using L, the M button starts and stops the workout. Immediately upon stopping the workout activity questions are brought up for the user to rate their recent workout experience.



The Lower button L

- 01 From the home screen, by clicking L, the user is taken to the workout options pages.
- 02 From the first workout page (“WALKING” shown on the right) the user can click down through the other options for workouts (Walking, Interval, Running, Mobility, Strength, SM/6-Minute Walk Test, Sit and Stand Test, Bicycle, E-Bike, Swimming, Coordination, Yoga, Hiking, Climbing).



Switch workout

Start training

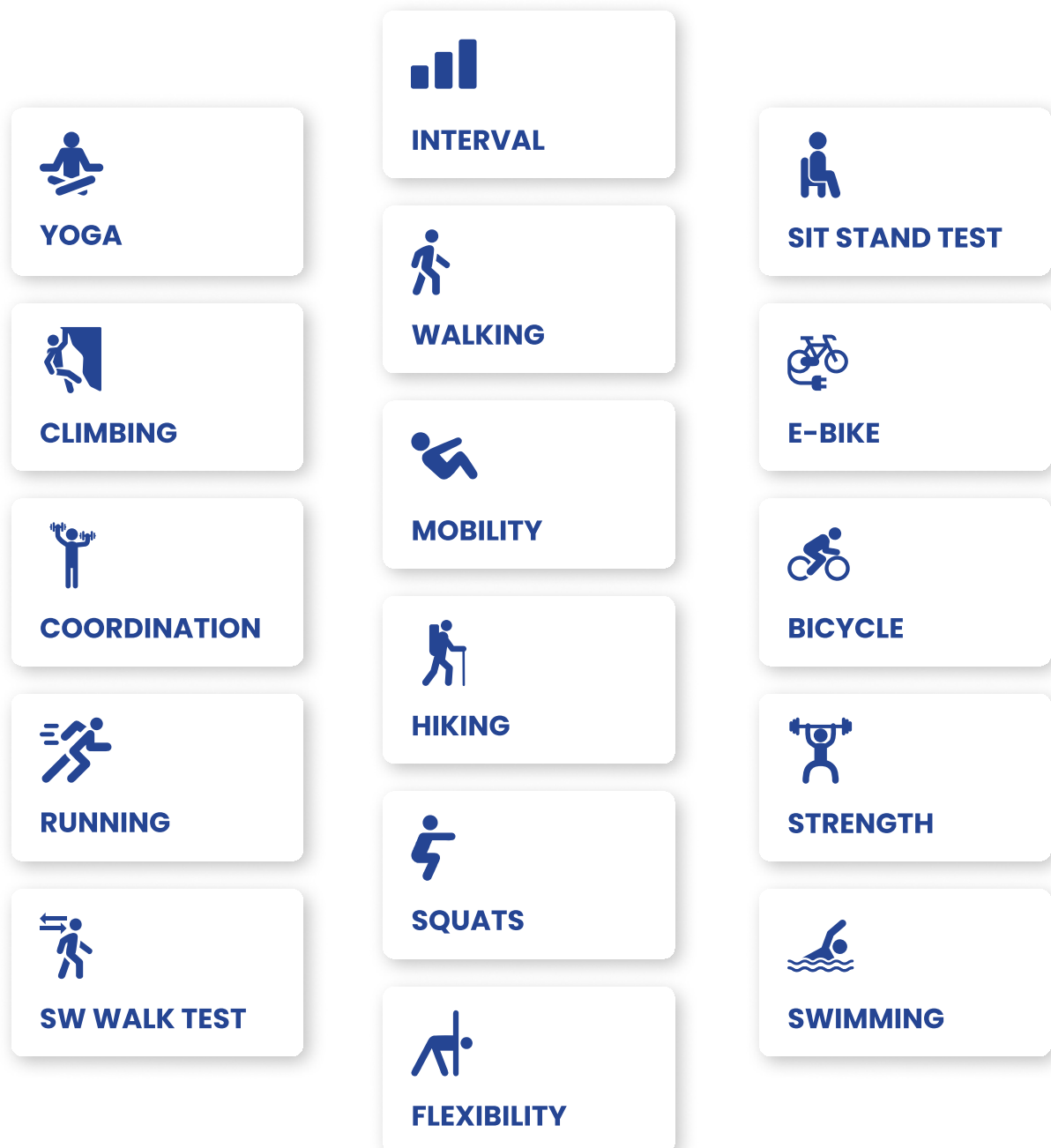
Switch workout



Workouts

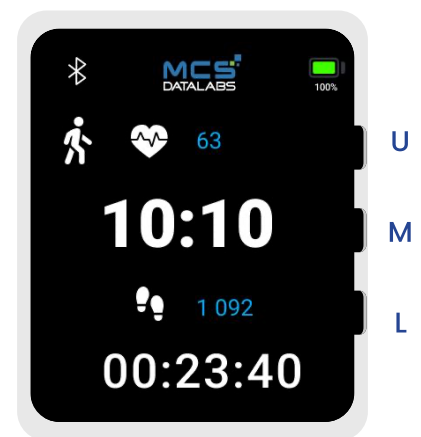
The following exercise options are available with SmarKo®

In each exercise case, SmarKo® registers the length of the exercise period and records the heart rate data during the exercise. In some cases, the gyroscope is utilised for specific functions.



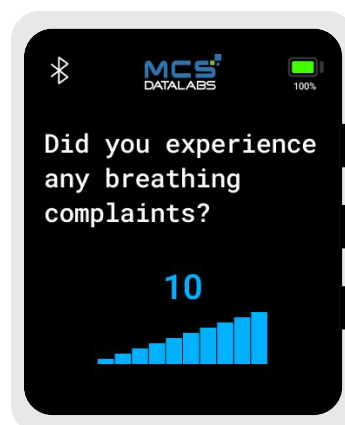
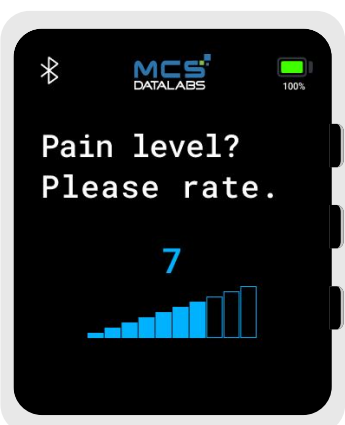
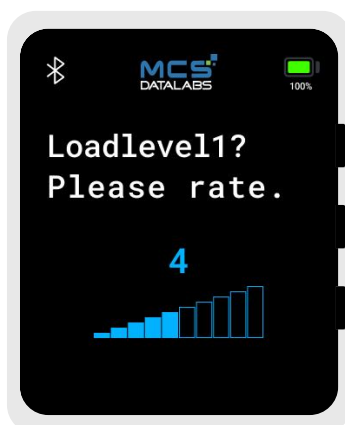
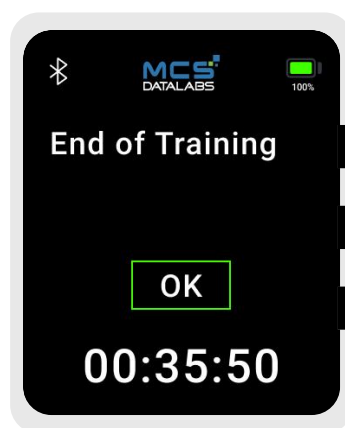
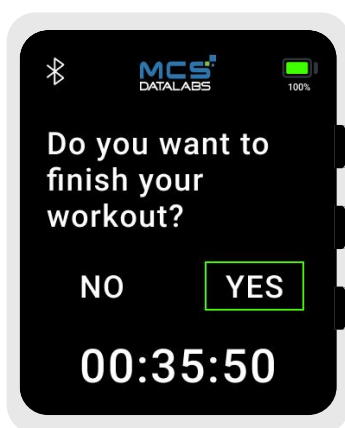
Workout

When you start a workout, the screen will display your heart rate, exercise duration, step count and more.



Workout

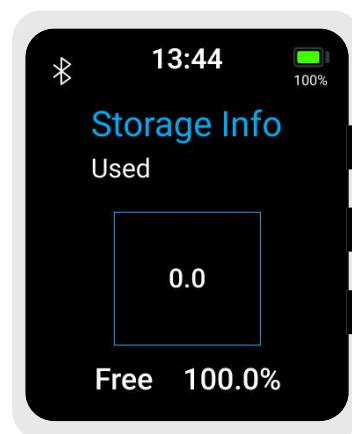
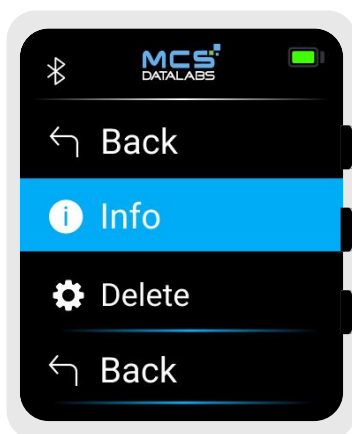
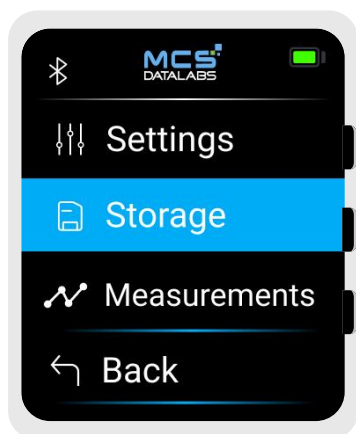
You can end the training session by using the middle button. After that you have to answer a few questions, you can change the answer with the U and L buttons, to confirm your answer press the M button. Rate your answers to the questions on a 10 point scale, where 10 is the biggest answer and 1 is the smallest.



01.

Storage

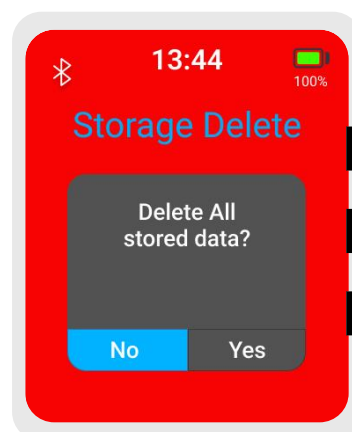
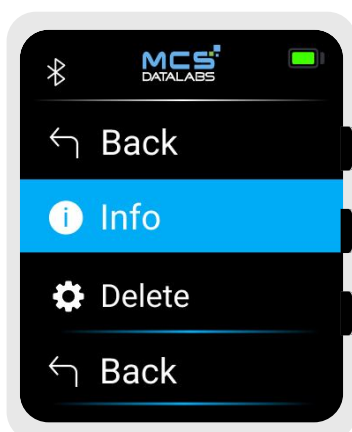
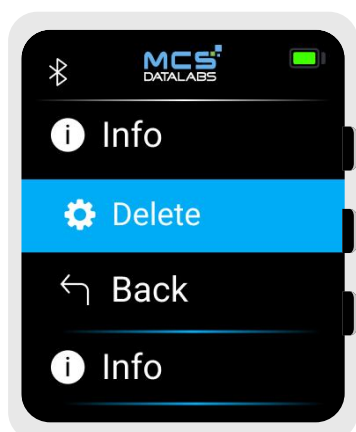
In the main menu you can find the item 'Storage', here the Info section shows the amount of free and used storage.



02.

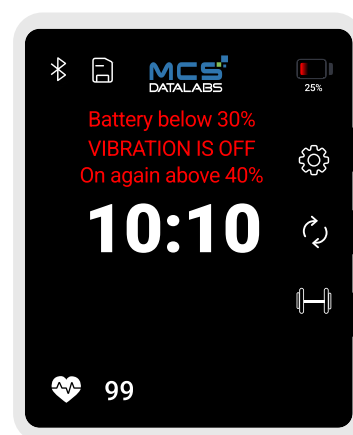
Storage

In the 'Delete' box, you can delete all data from the watch, but before you can do so, you must confirm your choice by pressing the middle button.



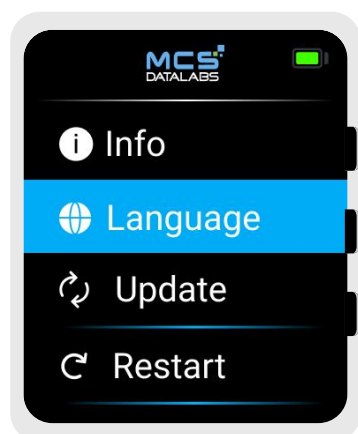
Red lettering on the watch

On the main screen, a red message in the center will notify about the low battery level: "Battery below 30%, VIBRATION IS OFF, On again above 40%".



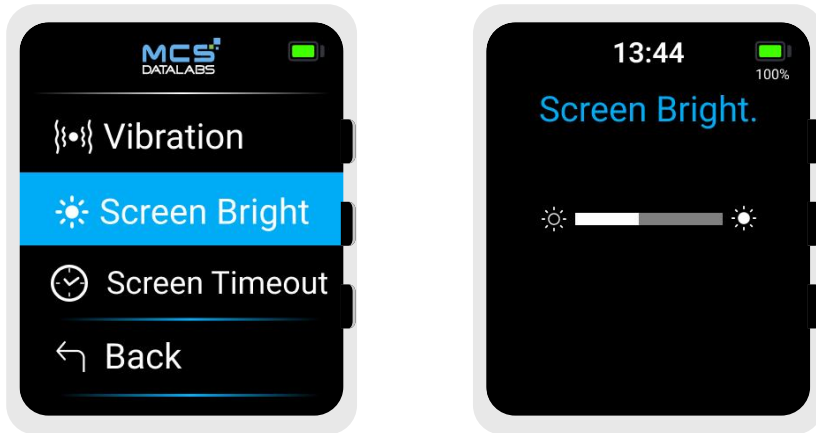
Change language

In the system settings, you can change the language to English or German.



Changing the screen brightness settings

In the Settings menu, go to the screen brightness section. U reduces brightness and L increases it. This is only true for sliding scale inputs.



ECG / EDA

In the Settings menu, go to the EDA / ECG section. Here you can change the parameter that the watch should measure. In the Settings menu, go to the EDA / ECG section. Here you can change the parameter that the watch should measure. You are given a choice between EDA / ECG. A white sign on the screen will indicate which sensor is activated. By switching with the U or L buttons, you can change the selection and confirm it with the M button. Consequently, the watch will display your selected parameter in the 'Measurements' section.



01

Sensor Mode

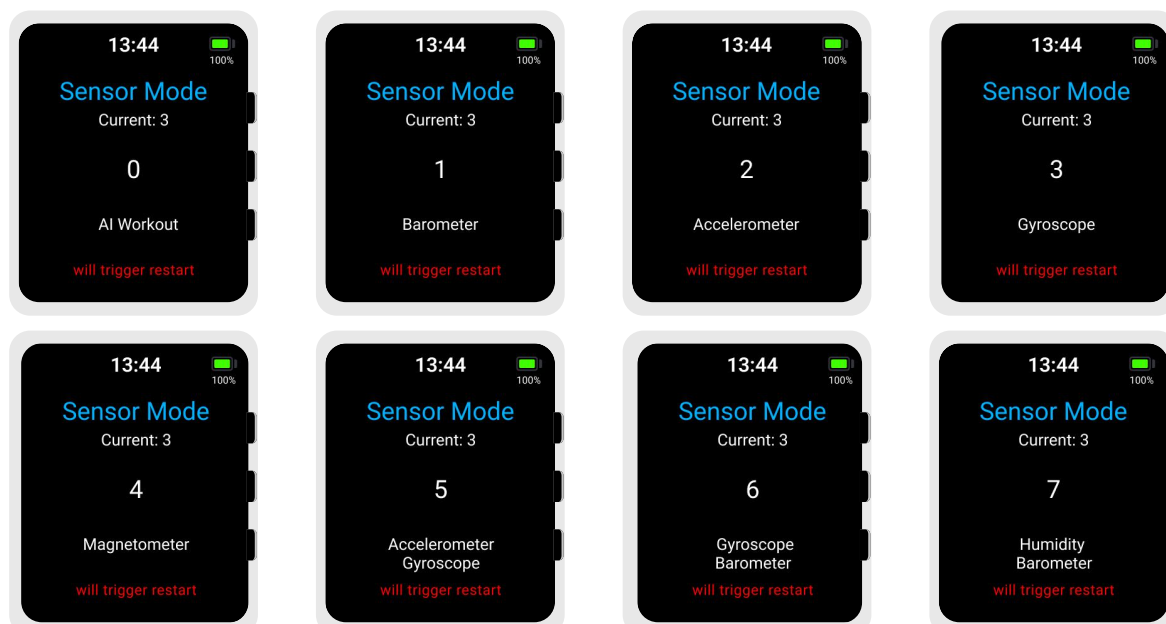
In the Settings menu, go to the EDA / ECG section. Here you can change the parameter that the watch should measure. In the Settings menu, go to the EDA / ECG section. Here you can change the parameter that the watch should measure. You are given a choice between EDA / ECG. A white sign on the screen will indicate which sensor is activated. By switching with the U or L buttons, you can change the selection and confirm it with the M button. Consequently, the watch will display your selected parameter in the 'Measurements' section.



02

Sensor Mode

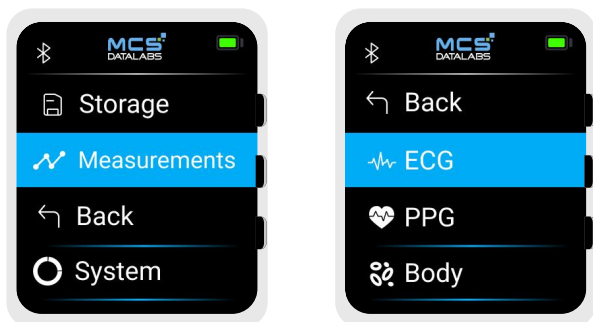
To save energy not all sensors are enabled. In this menu you can choose a sensor setup that fits your application. This means that for some sensors you will see "off" instead of the value inside the measurement tab. That "off" indicates that this specific sensor is disabled. You can see this in 06 Environment as an example.



01.

Measurements

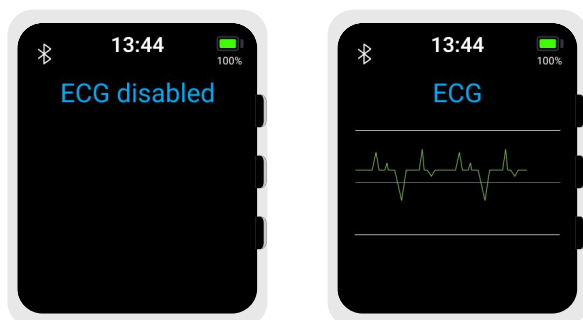
There are several sections in the measurement menu: ECG, PPG, Body, Motion, Environment, Activity, AI Workout and Battery.



02.

ECG

In the ECG section, you can see a recording of the electrical activity of the heart. In case ECG is not available, go to the previously described ECG / EDA section (page 10).



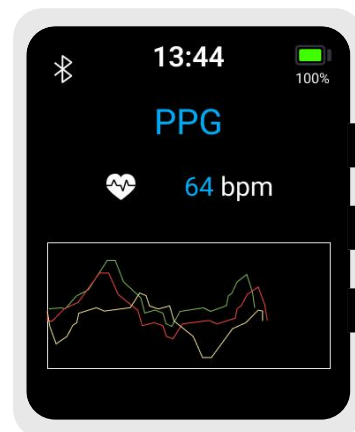
03.

PPG

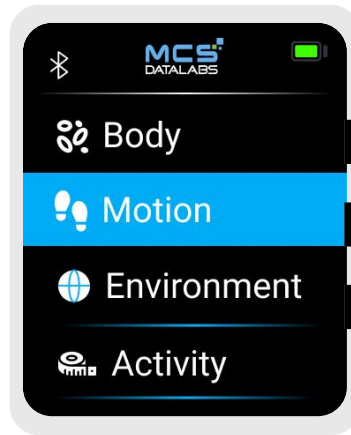
In the next section in the Measurements menu, you will encounter the PPG section, which shows the heart rate graph

Description of line colours in graphics:

- green Led
- red Led
- infrared Led



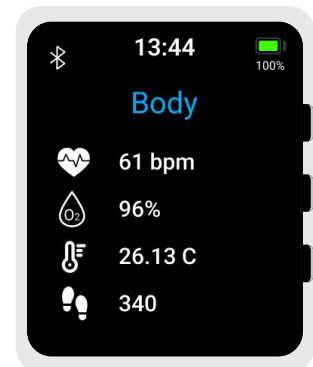
Measurements



04

Body

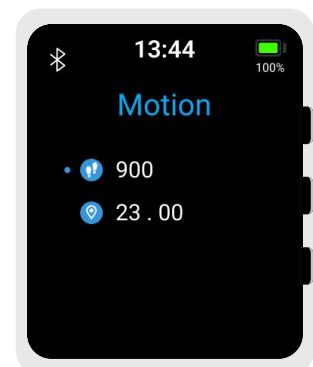
On the next Body section, you will find all the important health indicators.



05

Motion

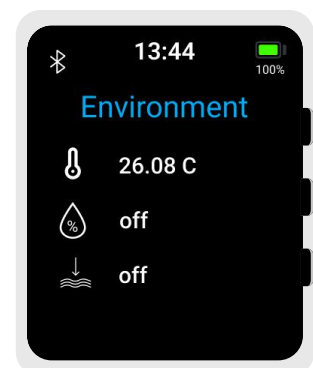
In the Motion section, you can track the number of steps and distance travelled.



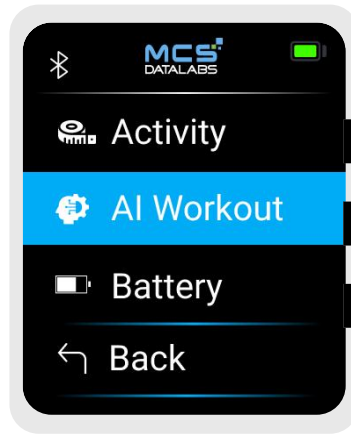
06

Environment

This section shows environmental indicators such as temperature, humidity and pressure.



Measurements



07

Activity

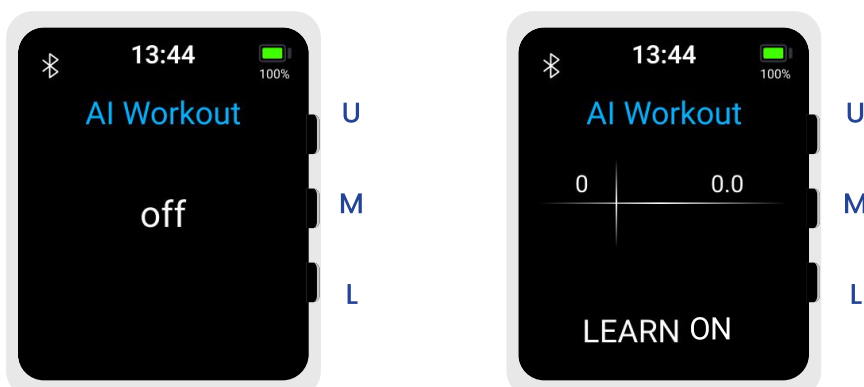
The Activity app recognises and identifies the activity you are doing at any given time. The watch can recognise activity: STILL, WALKING, RUNNING, BICYCLE, VEHICLE, TILTING



08

AI Workout

1. Need's to be enabled in SensorMode
2. To turn on learning mode press the upper button. On the screen you will see "Learn on".



AI Workout

3. Do your exercise. After some time you either get the “exercise learned” or “exercise already existing”. You can learn multiple exercises at the same time.
4. To turn off learning mode press the upper button again. On the screen you see “Learn off”
5. Now you can do your exercise and the device is counting.
6. If there are more then 3 exercises saved you can use the lower button to go through the list on the screen.
7. With the center button you leave the AI Workout screen.



09

Battery

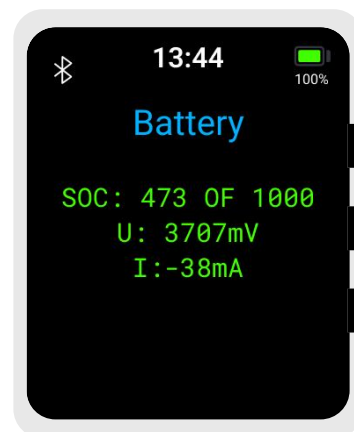
In the Motion section, you can track the number of steps and distance travelled.

Descriptions of the indicators in the Battery section:

SOC - State of Charge

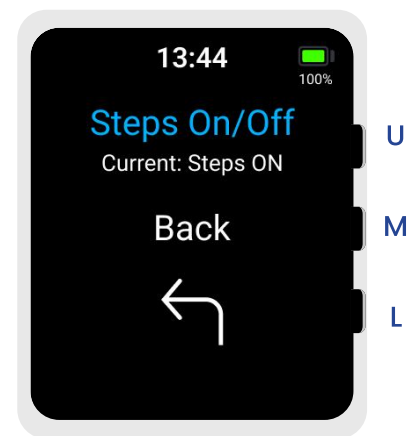
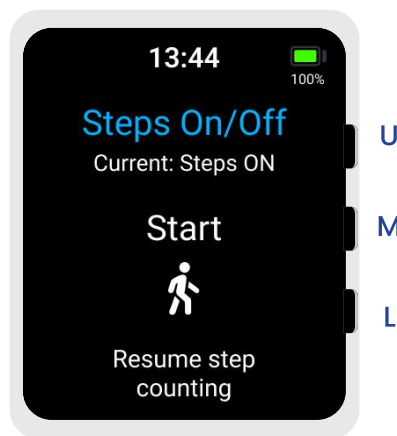
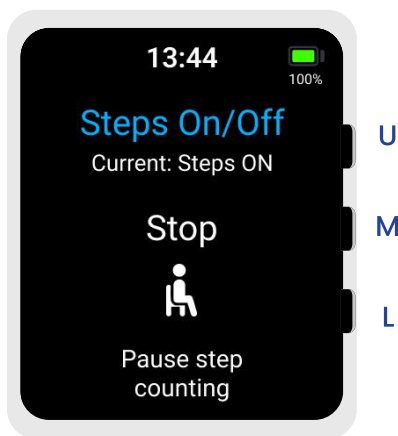
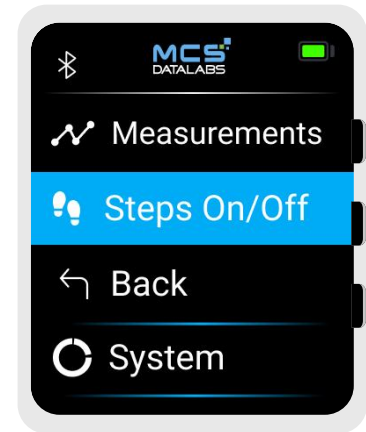
U - Battery voltage

I - Battery current



Steps On/OFF

There is a Steps On/OFF page in the Settings menu where you can switch the step counter on and off. When the watch is started, the step counter is always on. But you can switch it off in the menu. This setting is ignored when you start your workout. You can use this option when you are sitting down. The steps are not counted, and this gives you a more realistic view of the number of steps you have taken.





**Thank you for choosing
SmarKo Health®**

User Manuals are subject to change based on the software
and hardware combinations of the watch.

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