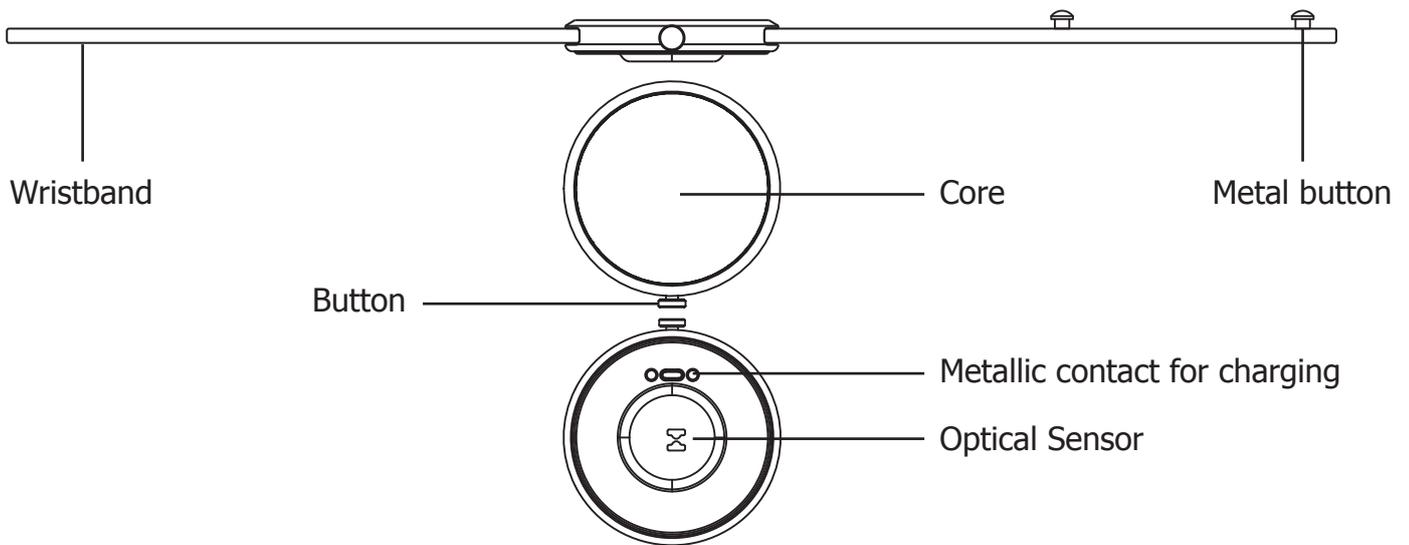


Device Overview



How to wear your Q-Watch?

1 Wear Q-Watch on your wrist



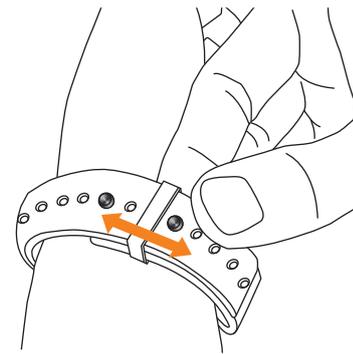
Video Demo



Put on the watch with the watch face facing up and wrap the band around your wrist. Snap the metal fastening buttons into two of the holes on the other strap to adjust the fit on your wrist.

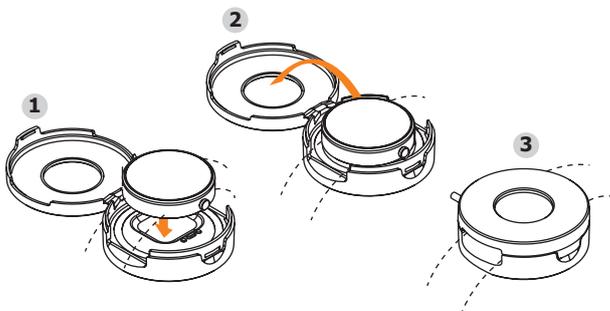
Video Demo: <http://ww2.voiis.com/igotu-life/wear/Q-Watch-SHR>

2 Fasten Q-Watch with metal buttons



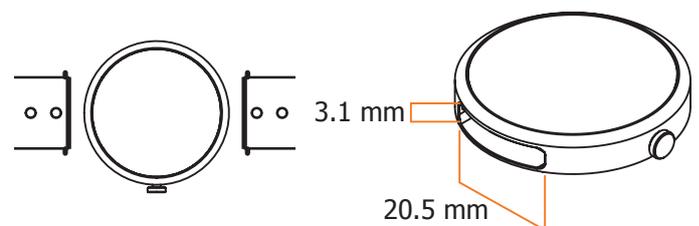
Slide the end of the strap through the loop, and slide the loop anywhere you like alongside the strap. The two metal fastening buttons are removable and can be relocated to any other holes on the strap as you prefer.

3 Charge your Q-Watch



To charge your Q-Watch, place it in the charging box at the other end of the USB cable. Close the box afterwards, and make sure the Q-Watch is securely covered. Plug the USB connector to either a PC or power adapter to start charging.

4 Change the watch band



To change the watch band, please consult a watch dealer for assistance on choosing the right size of watch band for a change. Make sure the replacement band comes with the following measurements:
Width: ≤ 20.5 mm
Thickness: ≤ 3.1 mm

Get started with Q-Watch

1 Download and Install i-gotU Life app

Please download i-gotU Life app from Google Play or the App Store and have it installed 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 or mobile devices can be found at:
<http://ww2.voiis.com/qband/devices.html>



3 Start Using Q-Watch

1. Switch between different function modes

1. Long-press the button on the Q-Watch until you see 4 icons on the screen for mode selection.
2. Press the button to switch mode.
3. 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 to toggle between screens.

3. Q-Watch modes

- ⚙️ **Daily mode:** Analyzes your daily data, including steps taken and calories burned, and displays current UV index.
- 🌙 **Sleep mode:** Tracks your sleep pattern and quality.
- 🏃 **Sports mode:** Starts a workout and displays information including duration, steps taken, calories burned, UV-index and distance traveled during the workout.
- 🛌 **Nap mode:** Awakes you via vibration after a short nap.

4. Icon description

- 📶 Connection Status
- 🔋 Progress
- 🔋 Battery Status
- ☀️ UV – Index
- 📈 Heart Rate

2 Set up Q-Watch

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

First time setup:

1. Open the i-gotU Life app.
2. A **Setup Wizard** will be launched automatically.
3. 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.

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

Silent Alarm

Silent Alarm awakes you using gentle vibrations of the Q-Watch. You can dismiss the alarm by long-pressing the button on the Q-Watch. In case you miss the alarm, Q-Watch will alert you again in 5 minutes. Alarms can be set up from: **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. When notified about an incoming call on an Android smartphone, you may reject the call by long-pressing the button on Q-Watch. 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

Important Notice

1. Please make sure your Q-Watch is fully charged when used for the first time. It takes about 2 hours before it is fully charged.
2. Although the device is usable in the rain, its use under water is prohibited. Please avoid showering or sauna/steam bathing because high temperature, steam and water jet may cause 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.