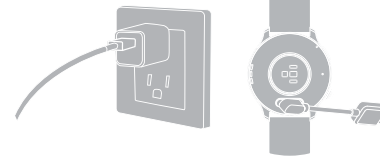




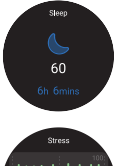

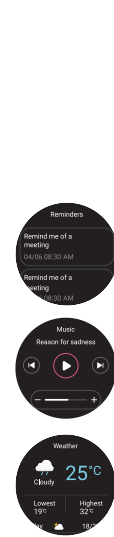
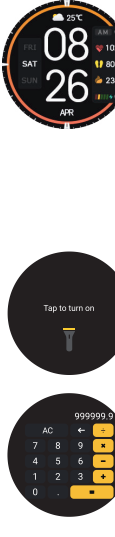
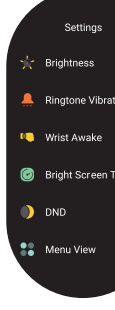
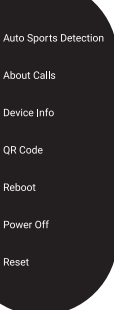




<div><h1>NoiseFit Mettle</h1><h2>ELITE EDITION</h2></div> <div>Please refer to this manual before using the product</div>	<div><h3>TABLE OF CONTENT</h3><ul style="list-style-type: none"><li>• What's in the Box 01</li><li>• Watch Overview 02</li><li>• Charge the Watch 03</li><li>• Turn the Watch on and off 04</li><li>• -Button</li><li>• -Home Screen Navigation</li><li>• -Setup 05</li><li>• -App Setup</li><li>• -Pair the Watch</li><li>• -Connectivity 07</li><li>• -Watch Features 08-15</li><li>• -General Device Information and Tips 16</li><li>• -Regulatory Information 17</li><li>• -Disposal and Recycling Information 17-18</li><li>• -Maintenance Instructions 19</li><li>• -Customer Support 19</li></ul></div> <div>User Manual for NoiseFit Mettle</div>	<div><h3>WATCH OVERVIEW</h3><ul style="list-style-type: none"><li>• Noise Health</li><li>• Noise Buzz</li><li>• Clock</li><li>• Workouts</li><li>• Sports records</li><li>• Reminders</li><li>• Music</li><li>• Weather</li><li>• Calculator</li><li>• Watch faces</li><li>• Flashlight</li><li>• Settings</li></ul></div> <div><h3>PACKAGE CONTAINS</h3><p>NoiseFit Mettle Smartwatch x 1</p><p>Charging Cable x 1</p></div> <div>User Manual for NoiseFit Mettle01</div>	<div><h3>CHARGING NOISEFIT METTLE SMARTWATCH</h3><p>Before using your NoiseFit Mettle for the first time, charge the battery to its full capacity. Use the charging cable provided with the watch to charge. On a single charge, NoiseFit Mettle can last up to 7 days, 2 days with calling. Note: The battery life and time to fully charge your device may vary as per usage and other factors.</p><h3>CHARGE NOISEFIT METTLE</h3><ul style="list-style-type: none"><li>• Plug the USB cable into a power adaptor.</li><li>• Plug the power adaptor into an electrical socket. (Power adaptor not included)</li><li>• Place the magnetic charger on the magnetic charging points of the watch.</li><li>• While your watch is charging, the screen will show its progress.</li><li>• Once the battery is fully charged, remove the charger.</li></ul></div> <div></div> <div>User Manual for NoiseFit Mettle02</div>	<div><h3>POWER ON</h3><ul style="list-style-type: none"><li>• Press and hold the side button for a few seconds to turn on the watch.</li></ul><h3>POWER OFF</h3><ul style="list-style-type: none"><li>• Press and hold the side button for a few seconds.</li><li>• Select 'Power off' and confirm to power off.</li></ul><h3>WAKING UP THE WATCH</h3><p>To preserve the battery, the watch screen turns off when not in use. To turn the screen back on, you can wake up the watch by:</p><ul style="list-style-type: none"><li>-Pressing the upper side button</li><li>-Turning on the wrist sense</li></ul></div> <div></div> <div>User Manual for NoiseFit Mettle03</div>	<div><h3>WATCH NAVIGATION</h3><p>The NoiseFit Mettle smartwatch has a TFT colour touch screen. Navigate the watch by tapping on the screen, swiping side to side, up and down and pressing the side button.</p><h3>BUTTON NAVIGATION</h3><ul style="list-style-type: none"><li>• Press the side button to turn on the watch display.</li><li>• Press the side button to exit a feature.</li></ul><h3>HOME SCREEN NAVIGATION</h3><p>The home screen is the watch face. From the home screen:</p><ul style="list-style-type: none"><li>• Press the side button to access the main menu.</li><li>• Swipe right to check your sleep data.</li><li>• Swipe left to measure your heart rate.</li><li>• Swipe up to go to quick settings.</li><li>• Swipe down to check message notifications.</li></ul></div> <div></div> <div>User Manual for NoiseFit Mettle04</div>	<div><h3>SETUP</h3><p>Before pairing, make sure that your smartphone and smartwatch are next to each other.</p><p>Turn on Bluetooth and the location on your mobile device.</p><ul style="list-style-type: none"><li>• In your smartphone, download the NoiseFit app from the Play store or the App store and install it.</li><li>• The app will ask for personal information such as gender, birthday, height, weight and step length to calculate your stride length, distance covered and calorie burn rate</li><li>• Create an account or log in using an existing account.</li></ul><p>Note: Ensure that your smartphone is running on Android 8.0.0. + or iOS 10.0.0 + and is connected to mobile data or a Wi-Fi network.</p></div> <div>User Manual for NoiseFit Mettle05</div>	<div><h3>PAIR THE WATCH</h3><ul style="list-style-type: none"><li>• Open the NoiseFit app and allow the BT and GPS positioning to be turned on.</li><li>• Feed-in your personal information and health goals in the app.</li></ul><ul style="list-style-type: none"><li>• Go to 'Device' page and select 'add device' in the app, select the watch name and MAC address and link the watch. You can also scan the QR code on the NoiseFit Mettle from the NoiseFit app.</li></ul><p>On iOS: Choose Bluetooth pairing when you receive a pairing prompt. On Android: Connect it directly.</p></div> <div>User Manual for NoiseFit Mettle06</div>	<div><h3>BT CALL CONNECTIVITY</h3><p>To establish Bluetooth calling connectivity, follow these steps.</p><h3>Automatic Connection</h3><p>After pairing the watch with the NoiseFit app, the watch's calling Bluetooth would be activated. Now connect it with your phone's Bluetooth to use the calling feature conveniently.</p><h3>Manual Connection</h3><p>In case the Bluetooth calling connectivity has not been established earlier, you'll have to do the steps manually.</p><ul style="list-style-type: none"><li>• Go to Settings.</li><li>• Select 'BT' for device and pair your smartphone to attend your calls from the watch.</li></ul><h3>BT CALL CONNECTIVITY REMOVAL</h3><p>In Android devices, to remove the Bluetooth connection, you can unpair from the app and the phone Bluetooth settings.</p><p>In iOS devices, to remove the Bluetooth connection, you can unpair from the app and the phone Bluetooth settings.</p><ul style="list-style-type: none"><li>• Go to the phone's Bluetooth settings and forget NoiseFit Mettle and NoiseFit Mettle Calling.</li></ul></div> <div>User Manual for NoiseFit Mettle07</div>	<div><h3>NOISE HEALTH</h3><p>Noise Health Suite has a collection of wellness features that takes a holistic route.</p><h3>ACTIVITY</h3><p>You can check your daily activity progress in terms of the calories burned, distance covered, active time and steps taken.</p><h3>HEART RATE</h3><p>NoiseFit Mettle supports 24/7 heart rate tracking. You can select the measurement frequency in the app settings. To measure your heart rate in real-time, go to 'Heart Rate' monitor and tap on 'Tap to Measure.' You can view the all-day data on the watch and app. Note: Make sure your arms and wrists are still and there is no space between your watch and the wrist.</p><h3>SpO2</h3><p>NoiseFit Mettle supports the viewing of the highest and lowest blood oxygen level of the day. To measure your blood oxygen level in real-time, go to the 'SpO2' monitor and let it measure. Note: Make sure your arms and wrists are still, and there is no space between your watch and the wrist.</p></div> <div></div> <div>User Manual for NoiseFit Mettle08</div>	<div></div>
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<div><h3>SLEEP</h3><p>You can view your most recent sleep record and sleep quality in various sleep stages in the NoiseFit app. The feature will measure the device records of the user's sleep cycle, sleep states (light and deep sleep), wake time and REM.</p><h3>STRESS</h3><p>NoiseFit Mettle supports 24-hour stress level measurement and viewing of all-day measurement data. To measure the stress levels in real-time, go to the 'Stress' feature and wait for it to measure. Note: Make sure your arms and wrists are still and there is no space between your watch and the wrist.</p></div> <div></div> <div>User Manual for NoiseFit Mettle09</div>	<div><h3>NOISE BUZZ</h3><p>You can use this feature to manage calls from the watch. Make sure your watch is connected with your smartphone via Bluetooth. Go to Noise Buzz. Choose to dial from the dial pad or the contact list and make calls. Note: If the watch is connected to your smartphone via Bluetooth, all calls will be directed to the watch. During an active call, touch the call switching icon on the watch to switch from the watch to phone and attend the call from your phone.</p><h3>ALARM</h3><p>You can set alarms in the NoiseFit app and they will sync with the watch. You can add, delete, and enable/disable alarms. You can also label alarms to identify them.</p><h3>TIMER</h3><p>You can set a timer with a pre-set duration on the watch and the timer will remind you when the time is up.</p><h3>STOPWATCH</h3><p>A stopwatch can be set on the watch. You can also set lap times on the stopwatch.</p><h3>WORLD CLOCK</h3><p>You can see the time of any city in the world on the watch. Open the NoiseFit app. Add the city and see its time.</p></div> <div></div> <div>User Manual for NoiseFit Mettle10</div>	<div><h3>WORKOUTS</h3><p>You can choose from 10 workout modes. You can take your pick and add more workouts from the app. This feature also lets you control music while working out. You can also view the exercise records in the app.</p><h3>SPORT RECORD</h3><p>You can check the progress report of your workouts in this feature.</p><h3>REMINDERS</h3><p>You can add or edit reminders on the app.</p><h3>MUSIC</h3><p>You can control your favourite songs and podcasts that play from your phone, right on your wrist as long as the watch is connected with the NoiseFit app on your phone. You can play/pause music, go to the next/previous track and increase/decrease the volume.</p><h3>WEATHER</h3><p>NoiseFit Mettle supports 5-day weather viewing in a location of your choice as long it is synced with the NoiseFit app. You can view today's current weather and for the next 4 days as well. Open the Weather app on your watch and change the location to see the weather of your current location.</p></div> <div></div> <div>User Manual for NoiseFit Mettle11</div>	<div><h3>WATCH FACES</h3><p>You can switch between different watch faces in the watch, choose and download colour-based or animated watch faces. You can also create your own watch faces in the NoiseFit app.</p><h3>Changing The Watch Face</h3><p>Give your screen a personalised style by changing or customising the watch face from the NoiseFit app or the watch.</p><h3>On The Watch</h3><p>Touch and hold the home screen. Swipe and choose from the watch faces.</p><h3>In The App</h3><p>Go to watch faces, select the watch face of your choice and tap 'save' to change the watch face.</p><h3>FLASHLIGHT</h3><p>You can use this feature to turn on the screen brightness and see your surroundings better. You can play/pause music, go to the next/previous track and increase/decrease the volume.</p><h3>CALCULATOR</h3><p>You can use this feature to do basic calculations. Go to Calculator and feed in digits and start calculating.</p></div> <div></div> <div>User Manual for NoiseFit Mettle12</div>	<div><h3>SETTINGS</h3><h3>BRIGHTNESS</h3><p>You can set the watch's brightness.</p><h3>RINGTONE VIBRATION</h3><p>You can set the vibration level to get an alert of any notification. You can also choose to put the watch on silent mode.</p><h3>WRIST AWAKE</h3><p>Turn on the wrist awake and set the auto screen off as per your preference.</p><h3>BRIGHT SCREEN TIME</h3><p>You can set the bright screen time duration as per your preference.</p><h3>DND</h3><p>You can set the DND duration on the watch. Feed in the start and end time and set.</p><h3>MENU VIEW</h3><p>You can view the Main menu as per your preference.</p></div> <div></div> <div>User Manual for NoiseFit Mettle13</div>	<div><h3>AUTO SPORTS DETECTION</h3><p>You can turn on the auto sport detection and let the watch track your movement.</p><h3>ABOUT CALLS</h3><p>Follow the onscreen instructions to set or remove the Bluetooth call connectivity.</p><h3>DEVICE INFORMATION</h3><p>You can find all the information related to the device here, including the device name, Bluetooth name and version.</p><h3>QR CODE</h3><p>Scan the QR code to connect with the app.</p><h3>REBOOT</h3><p>You can choose to reboot to restart the watch.</p><h3>POWER OFF</h3><p>You can choose to power off to restart the watch.</p><h3>RESET</h3><p>You can choose to reset. Do note if you choose to reset, all your data and settings will be erased.</p></div> <div></div> <div>User Manual for NoiseFit Mettle14</div>	<div><h3>QUICK SETTINGS</h3><p>You can swipe from the watch's home screen to gain Quick Settings access.</p><h3>SILENT MODE</h3><h3>BRIGHTNESS</h3><h3>FIND PHONE</h3><h3>DND</h3><h3>POWER SAVING MODE</h3><h3>SETTINGS</h3></div> <div></div> <div>User Manual for NoiseFit Mettle15</div>	<div><h3>DEVICE INFORMATION AND TIPS</h3><h3>DEVICE INFORMATION</h3><p>The NoiseFit Mettle smartwatch contains the following:</p><ul style="list-style-type: none"><li>• 1.4" TFT display (240°240 px)</li><li>• Bluetooth calling (built-in microphone &amp; speakers, recent calls, dial pad, contacts)</li><li>• 100+ customisable watch faces</li><li>• Health tracking with NoiseFit app (Activity tracking, SpO2, sleep tracker, 24/7 Heart Rate Monitor, Stress measurement)</li><li>• 300mAh battery (up to 7 days of use, 2 days with calling &amp; 25 days on standby)</li><li>• Utility/productivity features (Stopwatch, alarm, timer, reminder, DND, weather, camera/music controls, world clock, calculator)</li><li>• 4 colour options - Elite Black, Elite Blue, Elite Nickel and Elite Silver.</li></ul><h3>How do I update my NoiseFit Mettle?</h3><p>You can update your NoiseFit Mettle via the NoiseFit app. Go to 'My Profile' and select 'Check for updates.' However, you can update the weight later via the NoiseFit app. Go to 'My Profile', select 'Personal Information' and change or update your weight. You can update your birthday, height, country and e-mail ID as well.</p><h3>How do I find my watch's current firmware version?</h3><p>You can find the watch's current firmware on the watch. Go to Settings on the NoiseFit app. Select Device information, choose Check for updates and update if any update is available.</p><h3>How do I save battery?</h3><p>Follow these simple steps to save NoiseFit Mettle battery.</p><ul style="list-style-type: none"><li>• Minimise the screen brightness</li><li>• Limit the notification you receive from the NoiseFit app.</li></ul></div> <div></div> <div>User Manual for NoiseFit Mettle16</div>	<div><ul style="list-style-type: none"><li>• How does the watch estimate how many calories have been burned?</li><li>• NoiseFit Mettle estimates how many calories you've burned based on the physical data you entered when you setup your account.</li></ul><h3>How do I change my activity goals?</h3><p>You can do it through the NoiseFit app. Go to 'My Profile.' Go to 'Setup' and select 'My Objectives.' Change your goals and confirm.</p><h3>How do I log my weight?</h3><p>You can log in your weight the first time you set up your NoiseFit app. However, you can update the weight later via the NoiseFit app. Go to 'My Profile', select 'Personal Information' and change or update your weight. You can update your birthday, height, country and e-mail ID as well.</p></div> <div>User Manual for NoiseFit Mettle17</div>	<div><h3>DISPOSAL AND RECYCLING INFORMATION</h3><p>Electrical and electronic devices may not be disposed of with domestic waste. Consumers are obliged by law to return the electrical and electronic devices at the end of their service lives to the respective country. By recycling, reusing materials or other forms of utilising old devices, you are making an important contribution to protecting our environment.</p><h3>REGULATORY INFORMATION</h3><p>USA: Federal Communications Commission (FCC) Statement This device complies with Part 15 of the FCC rules. Operation is subject to the following two conditions: • This device may cause harmful interference, and 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 authority to operate the equipment.</p></div> <div>User Manual for NoiseFit Mettle18</div>	<div><p>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 76 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.</p></div> <div>User Manual for NoiseFit Mettle19</div>	<div><h3>MAINTENANCE INSTRUCTIONS</h3><ul style="list-style-type: none"><li>• Keep the device dry and clean regularly and ensure your watch is connected with your phone and dirt can build up underneath the band and can cause skin irritation.</li><li>• Do not wear the device too tight but make sure that the bottom sensor is lightly in contact with your skin and there is a gap of about one finger's width between the wrist strap and your wrist.</li><li>• Do not use household cleaners to clean the device. Use soap-free cleaners instead.</li><li>• For stains that are difficult to remove, it is recommended to scrub with alcohol.</li><li>• The device is not suitable for diving, swimming in the sea or sauna; it is suitable for swimming pools, showers (cold water) and swimming in shallows.</li><li>• Keep it away from direct sunlight, high temperatures or humid conditions as it may damage the band over time.</li></ul><h3>CUSTOMER SUPPORT</h3><p>If you experience any problem with the watch, it may be fixed by restarting your watch. For any assistance, please reach out to us at link: <a href="https://support.gonoise.com/support/home">https://support.gonoise.com/support/home</a> User Manual for NoiseFit Mettle</p></div> <div>User Manual for NoiseFit Mettle20</div>
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