


<div><h1>ColorFit Macro</h1><p>Please refer to this manual before using the product</p></div>	<div><h2>TABLE OF CONTENT</h2><ul style="list-style-type: none">• What's in the Box 01• Watch Overview 02• Charge the Watch 03• Turn the Watch On and Off 04• Watch Navigation<ul style="list-style-type: none">-Button 05-Home Screen Navigation 06-13-Pair the Watch 14-15• Watch Features 16• General Device Information and Tips 17• Safety Information 18• Medical Information 19• Disposal Information• Customer Support</div>	<div><h2>WATCH OVERVIEW</h2><ul style="list-style-type: none">• Noise health• Sports• Sports data• Noise buzz• Weather• Camera• Music• Clock• Breathe• AI voice• Games• Messages• Calculator• Settings</div>	<div><h2>PACKAGE CONTAINS</h2><p>ColorFit Macro Smartwatch x 1</p><p>Charging Cable x 1</p></div>	<div><h2>CHARGING COLORFIT MACRO SMARTWATCH</h2><p>Before using your ColorFit Macro 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, ColorFit Macro can last up to 7 days.</p><p>Note: The battery life and time to fully charge your device may vary as per usage and other factors.</p><h3>CHARGE COLORFIT MACRO</h3><ul style="list-style-type: none">• Plug the USB cable into a power adaptor. Plug the power adaptor into an electrical socket. (Power adaptor not included)• While your watch is charging, the screen will show its progress.• Once the battery is fully charged, remove the charger.</div>	<div><h2>POWER ON</h2><ul style="list-style-type: none">• Press and hold the functional crown for a few seconds to turn on the watch.<h3>POWER OFF</h3><ul style="list-style-type: none">• Press and hold the functional crown for a few seconds.• Select 'Power off' to turn off the power.<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">-Pressing the rotating crown-Turning on the wrist sense</div>	<div><h2>WATCH NAVIGATION</h2><p>The ColorFit Macro 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 rotating crown and down button.</p><h3>ROTATING CROWN NAVIGATION</h3><ul style="list-style-type: none">• Press the functional crown to turn on and turn off the watch display.<h3>HOME SCREEN NAVIGATION</h3><p>The home screen is the watch face. To turn the screen back on, you can wake up the watch by:</p><ul style="list-style-type: none">• Swipe right to check your steps taken.• Swipe left to access the main menu.• Swipe up to go to quick settings.• Swipe down to check your messages.• Rotate the functional crown to change watch faces.</div>	<div><h2>APP SETUP</h2><p>Before pairing, make sure that your smartphone and smartwatch are next to each other. The app will ask for personal information such as height, weight and sex to calculate your stride length, distance covered and calorie burn rate.</p><ul style="list-style-type: none">• Turn on Bluetooth and the location on your mobile device.• On your smartphone, download the NoiseFit app from the Play store or the App store and install it.• Create an account or log in using an existing account.<p>Note: Ensure that your smartphone is running on Android 9.0 & + or iOS 11.0 & + and is connected to mobile data or a Wi-Fi network.</p><h3>PAIR THE WATCH</h3><ul style="list-style-type: none">• Open the NoiseFit app and allow the Bluetooth and GPS positioning to be turned on.• Feed in your personal information and health goals in the app.• Go to the 'Pair Device' page in the app, select the watch name and MAC address and link the watch.</div>	<div><h2>WATCH FEATURES</h2><h3>NOISE HEALTH</h3><p>Noise Health Suite has a collection of wellness features that takes a holistic route.</p><h3>Sports</h3><p>You can choose from 115+ sport 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>Activity</h3><p>You can check your daily activity progress in terms of the calories burned, distance covered and steps taken.</p><h3>Heart rate</h3><p>ColorFit Macro 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.</p><p>Note: Make sure your arms and wrists are still and there is no space between your watch and the wrist.</p><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).</p></div>	<div><h3>Blood oxygen</h3><p>ColorFit Macro 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.</p><p>Note: Make sure your arms and wrists are still, and there is no space between your watch and the wrist.</p><h3>Cycle tracking</h3><p>Turn on this feature on the app to view related information.</p><h3>Stress</h3><p>Select Stress to start the measurement. Ensure that there is no gap between the back panel of the watch and the wrist. Hold still while it measures your stress levels.</p><h3>Sports data</h3><p>You can check the progress report of your workouts in this feature.</p></div>	<div><h2>NOISE BUZZ</h2><p>You can use this feature to manage calls from the watch. Make sure your watch is connected with your smartphone via BT. Go to Noise Buzz. Choose to dial from the dial pad or the contact list and make calls.</p><p>Note: If the watch is connected to your smartphone via BT, 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><h2>WEATHER</h2><p>ColorFit Macro supports 5-day weather viewing in a location of your choice as long as 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><h2>CAMERA</h2><p>You can use this feature to use the smartwatch to click pictures from the phone remotely.</p><h2>MUSIC</h2><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></div>	<div></div>
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<div><h2>CLOCK</h2><h3>Stopwatch</h3><p>A stopwatch can be set on the watch. You can also set lap times on the stopwatch.</p><h3>Alarm</h3><p>You can set alarms on 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><h2>BREATHE</h2><p>This feature helps you adjust your breathing rhythm as per your convenience. You can choose between 2 modes and set the time duration. Go to the 'Breathe' feature, choose the mode and time duration.</p><h2>AI VOICE</h2><p>You can use this feature to get a few tasks done via voice command as long as the watch and the smartphone are within BT range.</p><h2>GAMES</h2><p>You can choose between 2 games to entertain yourself.</p><h2>MESSAGES</h2><p>You can check the incoming message received on your smartwatch.</p><h2>CALCULATOR</h2><p>You can use this feature to do basic calculations.</p></div>	<div><h2>SETTINGS</h2><h3>Watch faces</h3><p>You can scroll between different watch faces in the watch, choose and download cloud-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. You can also rotate the functional crown to change the watch face.</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>Vibration & ring</h3><p>You can use this feature to choose vibration levels and turn off the vibration on your watch altogether.</p><h3>Brightness</h3><p>Tap on brightness to adjust the brightness of your device.</p><h3>Wrist awake</h3><p>Turn on wrist awake and set the auto screen off as per your preference.</p><h3>Screen time</h3><p>You can set the screen timeout duration as per your preference.</p></div>	<div><h2>Password</h2><p>You can use this feature to set and change your password on your watch.</p><h3>About</h3><p>Tap on About to view the device information.</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><h3>Restart</h3><p>You can choose to restart the watch.</p><h3>Find phone</h3><p>You can use this feature to find the phone from your smartwatch as long as it is in BT range.</p><h3>App</h3><p>Scan the QR code to connect with the app.</p></div>	<div><h2>QUICK SETTINGS</h2><p>You can swipe up from the watch's home screen to gain quick settings access.</p><h2>DND MODE</h2><h2>BRIGHTNESS</h2><h2>POWER SAVER</h2><h2>SETTINGS</h2><h2>FLASHLIGHT</h2><h2>VIBRATION & RING</h2></div>	<div><h2>DEVICE INFORMATION AND TIPS</h2><h3>DEVICE INFORMATION</h3><p>The ColorFit Macro smartwatch contains the following:</p><ul style="list-style-type: none">• 2.01" TFT Display• SpO2 monitor• Stress monitor• IP67 waterproof• 115+ sports modes• 22mm quick change pins<p>The ColorFit Macro smartwatch stores your activity data for up to 7 days in between the time you sync your watch to the NoiseFit app. Activity data includes your steps, distance, calories, active minutes, heart rate, sleep duration and workout data. We recommend syncing the watch to the app daily.</p><h3>TIPS</h3><h4>How do I update my ColorFit Macro?</h4><p>You can update your ColorFit Macro via the NoiseFit app. Go to 'My Profile' and select 'Check for updates.'</p></div>	<div><h3>How do I find my watch's current firmware version?</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 'Me', and tap on the section with your name on it to update your weight. You can update your nickname, birthday, sex and height as well.</p><h3>How do I log my weight?</h3><p>Follow these simple steps to save ColorFit Macro battery.</p><ul style="list-style-type: none">- Minimise the screen brightness- Limit the notification you receive from the NoiseFit app.- How does the watch estimate how many calories have been burned?- ColorFit Macro estimates how many calories you've burned based on the physical data you entered when you set up your account.<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></div>	<div><h2>SAFETY AND HANDLING INSTRUCTIONS:</h2><ul style="list-style-type: none">• The device includes an in-built rechargeable battery. The battery life may degrade near the end-of-life of the battery. Do not attempt to change the battery yourself in any event as you may end up damaging the device and/or the batteries posing a safety hazard on subsequent usage.• Please do not tamper with the battery terminals as it may result in battery leakage, overheating, explosion or a fire hazard.• Please do not pierce or disassemble the device as it may damage the battery causing the battery liquid to leak causing irritation to your skin if exposed to the liquid.• Damaged battery may also be prone to overheating or causing a fire hazard.• Do not place the device near fire or expose it to excessive heating as it may cause the battery to explode posing a safety hazard.• Only use Noise approved chargers and cables that are specifically designed for use with the device. Unapproved chargers and cables may damage the device and also pose a safety hazard for the user.• If the device emits a foul smell or burning odour, please stop using the device immediately and contact the Noise approved service centres.• The device can be used in ambient temperature ranges of -20°C to 55°C. Using the device outside of the prescribed temperature range may damage the device. Do not use the device in a sauna or steam room.• Do not use household cleaners to clean the device. Use soap-free cleaners instead.</div>	<div><ul style="list-style-type: none">• The device is dust and water resistant (rated at IP67). Following tips are to be followed for a safe upkeep of the device:<ul style="list-style-type: none">-Please make sure that the device is not exposed to sea water or used in deep waters.-Do not expose the device to high pressure water flow.-Wipe the device clean of water with soft and clean cloth if exposed to water.-Leave the device to dry up naturally.-Do not open the device if it stops functioning upon exposure to water and despite following the above steps. Visit an authorized service centre for getting the device checked.MEDICAL DEVICE INTERFERENCE:<p>The device includes components that may cause interference when worn with medical devices like pacemakers, and other magnet-sensitive devices. In case you intend to use a medical device, please consult your physician before using the device. Also, in case the device is allowed to be worn with the medical devices by your physician, ensure sufficient separation between the device and the medical device during all times.</p>MEDICAL USE ADVISORY:<p>Unless otherwise specified, the device and any associated app-based or Noise provided services are not suitable to be used as medical devices. In particular, the device and associated app-based or Noise provided services are not intended to diagnose, treat, cure or prevent any disease/health condition. We develop products and services to track daily activity and wellness information as accurately as possible. The accuracy of devices is not intended to be equivalent to medical devices or scientific measurement devices.</p>HEARING LOSS:<p>Prolonged exposure to high volumes may result in permanent damage to hearing capability. While using the device, ensure that the sound levels are maintained at optimum level.</p></div>	<div><h2>CHOKING HAZARD:</h2><p>The device is not a toy and it contains small components that could cause a choking hazard. Accordingly, the device is not intended for use by or left unattended around small children or pets.</p><h2>SKIN IRRITATION HAZARD:</h2><p>In some cases, prolonged use of or exposure to the device may cause skin irritation or allergies in some users. To reduce the possibility of irritation, keep the device clean and dry. If you feel soreness, tingling, numbness, burning or stiffness on any part of your skin while or after using the watch, please immediately discontinue use.</p></div>	<div><h2>DISPOSAL INFORMATION:</h2><p>At Noise, we are committed towards protecting the environment and prevent any damage to the same by way of irresponsible disposal of e-waste generated from electronic devices. In our endeavour to collaboratively protect the environment, we urge our customers to help Noise to reduce the impact of e-waste on the environment. The following symbol is indicative that the device and/or any of the associated accessories (like USB cable, charger and the like) thereof should not be disposed with household/domestic waste. In accordance with the regulation of the Ministry of Environment, Forest and Climate Change, Noise has been granted Extended Producer Responsibility Authorisation (EPR Authorisation number: B-29016 (1910)/(EPR)/20/WM-III Division dated 04.03.2021) by the Central Pollution Control Board. Accordingly, Noise is committed to contribute its bit towards protecting the environment by providing customers with the option of depositing their Noise devices, which have reached their end-of-life, at authorised e-waste collection centres. The details of our e-waste collection centres and our e-waste policy is available at the link: https://www.gonnoise.com/pages/e-waste-management. By recycling, reusing material/s or other forms of utilising old devices, you are making an important contribution to protecting our environment. Together we could make a difference!</p></div>	<div><h2>CUSTOMER SUPPORT</h2><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.support.gonnoise.com</p></div>
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