Prowatch
BY LAVA

V1

PLEASE READ THE INSTRUCTIONS BEFORE USE:

- The Company reserves the right to modify the content of this user manual without prior notice or intimation.
- It is recommended to use the original charging cable provided with the device.
- The Charging tip connects with the magnetic charging port present on the back of the watch.

APP DOWN LOAD AND LOGI

- App Name: "Prospot":
- Download the app from Google Play Store onto your Smartphone.
- Or scan the QR code on the watch (compatible: Android10 & above).
- Once the app is installed, register and login to the application.
- Allow the application to search and connect with the Prowatch. Keep the device close to the phone during connection process.

DIAL INTERFACE:

From the Home screen interface,

- Swipe from top to bottom to enter the shortcut interface.
- Swipe from bottom to top to enter the notifications interface.
- Swipe from left to right to enter the feature widget interface.
- Swipe from right to left to navigate other watch features like Call, Activity, Sleep, Heart Rate and others.

BUTTON FUNCTIONS:

Top Button: Press the top button to ON/OFF the screen. Top button can also act as a rotary encoder to navigate UI of the watch.

Bottom button: Press the bottom button to access sports modes instantly.

MORE FUNCTION INTRODUCTION:

Frequent contacts

After the watch is connected to the app, user can add up to 100 favorite contacts through the app onto the watch.

Dial

After the watch is connected with the app via Bluetooth, use the dial pad in thewatch to dial the desired number to make a call directly from the watch.

Motion data

View and analyze activity data such as number of steps, distance and calories.

Notifications

Once notifications are enabled for desired apps on Prospot, they will be pushed from your smartphone to the watch simultaneously.

Stress

Measures the stress value basis heart rate variations.

Voice Assistance

After the watch is connected to the mobile app, tap the voice assistant icon to wake up and then give the command.

Find Phone

Click on the find device function in the watch to search for the phone.

Weather

After selecting the city in the weather settings in the app, the weather details will be automatically synchronized to the watch.

Games

Enjoy your free time with four game options: 2048, Puzzle, Racing and Colour Puzzle.

Camera

Open the camera widget on the watch to access camera of the phone.

Menu Style

Customize your menu style options by choosing from 6 different menu style options.

Brightness

Provision to adjust the brightness of the screen by just tapping on the icon.

AOD Clock

Choose multiple Analogue or Digital clock display (AOD) options from the Settings.

AOD Time

Set the desired time for AOD. The set time will be effective post last activity on the watch.

MORE FUNCTION INTRODUCTION:

Vibration
You can control the intensity of watch's vibration with multiple options.

Battery
Click the battery icon to view the current battery level and enter power saving mode.

QR Code
You can scan the QR code to download the APP from Google Play Store.

Ringtone Settings
In the ringtone settings interface, users can select different ringtones and set desired volume levels.

Flashlight
The flashlight function can be accessed by clicking on the flashlight icon in the menu list.

Blood oxygen monitoring
Blood oxygen (SpO2) measurement can be initiated through SpO2 widget.

Heart rate monitoring
Heart rate measurement can be initiated through HR widget on the watch. The measurement is normally completed in about 30 to 60 seconds.

Sleep monitoring
The watch needs to be worn while sleeping to monitor the sleep. It provides sleep monitoring data with details such as deep sleep, REM, etc.

Alarm clock
Use this feature to set alarm for a desired time.

Workout
Use this feature to track performance with various sports modes like walking, running, climbing, cycling, etc.

Music
After connecting the app, you can control the music playback of the phone, the user can play, pause and move to the next or previous tracks in the playlist.

Breathe
Use this feature to relax and meditate for desired time by following the instructions on the interface.

MORE FUNCTION INTRODUCTION:

Stopwatch

Users can use this feature to monitor the timely performance. Press the left button to reset the stopwatch.

About

View information about the device such as Bluetooth name, MAC address and firmware version.

Reset

Use this function to factory reset the watch, with which all the existing data will get erased.

Timer

Users can use this feature to run timers for desired times.

Restart

Click Restart and the watch will shut down and then restart.

Shutdown

Click the shutdown icon to power off the watch.

PRODUCT PARAMETERS

- Even though the health data provided by the watch is accurate, the same should be used for reference only and should not be mistaken as medical data. In case of any abnormality the user should immediately consult a doctor.

- The waterproof level of the watch is IP68. You can use it normally in scenarios such as hand washing and rain, and to a maximum depth of 1.5 metres in fresh water for up to 30 minutes. Do not place your watch in hot water.