User Manual for Forever ForeVive SB-320 Waterproof Smartwatch

Specifications

- Bluetooth version: v4.2
- Battery capacity: 180mAh
- Display size: 1.3", 240x240px
- Battery life: up to 10 days
- Charging time: around 2h
- Waterproof certification: IP67

1. Touch screen
2. Touch button
3. Heart-rate sensor
4. Charging connector

Connecting the smartwatch with the Forever app

Search the Google Play Store or App Store for the "Forever Smart" app, download and install it. To connect the smartwatch with your device follow the next steps:

1. Activate Bluetooth on your device
2. Activate the Forever Smart app on your phone and fill in all personal information in the settings
3. Select the model of your smartwatch
4. Click on the appropriate photo of the model you want to connect

To disconnect the smartwatch from the phone follow the next steps:
1. Open the Forever Smart app on your phone
2. Click Disconnect smartwatch in settings and confirm
3. Go to settings of the Forever Smart app, open Bluetooth, and select "Forever this device"

Operation

- **Activation:** Press and hold the touch button for 3 seconds
- **Go to menu:** Move up/down or left/right
- **Select the function:** Move up/down or left/right and click the selected function
- **Confirm:** Click on the icon to the selected function
- **Exit:** Move from left to right
- **Return to the main screen:** Press the touch button
- **Check notifications:** Move from left to right on the main screen

Usage of the application

Today tab:

1) MAIN PANEL - the current number of steps, covered distance, the number of burnt calories - click the selected value to display the chart, go to the selected date
2) WEIGHT - the current weight of the user and target weight indicated by the user - click to display the chart, go to the selected date.
3) SLEEP - Sleep monitoring from the last night - click to see details and go to the history of the measurements
4) 4. HEART RATE MONITOR - The current and the last heart rate measurement, click to see details

Activity tab:

- The list of sports activities divided into types. Click the selected activity to see details and analyze the collected data

Reminder tab:

- Set the type, day of the week, and time of notification you want to receive via the smartwatch. It will vibrate and display the stopwatch icon in order to remind you about a planned activity.

Settings tab:

- Call status, time of the last data synchronization, battery level
- My profile - Set the profile photo in the application, enter the name, enter the sex, date of birth, weight, and height in order to obtain correct measurements
- Objectives - Settings of the target amount of Steps, Distance, Calories, and Sleep. After achieving a given objective, the smartwatch will notify you about this by vibrating and displaying the icon indicating the achievement of an objective.
- Notifications - Settings of notifications of the application you want to receive. Select and switch the button to the right to activate a given notification. Move to the left to deactivate them.
- Find the device - find the smartwatch by triggering vibrations by pressing the button (Bluetooth connection is required)
- Take a photo - click to activate the phone camera and control it via the smartwatch by clicking the camera icon

Advanced settings tab:

- Weather - Select the city from which the data regarding current weather will be collected and transferred to the smartwatch, which will display data after entering the weather screen
- Sedentary - Set notification regarding lack of exercise. Select the repetition frequency and the time period in which the reminder will be active
- Drinking water - Set reminders about hydration. Select the frequency and time period in which the reminder will be active
- Do not disturb - complete muting of the smartwatch - set the time period in which the smartwatch will be inactive and no notifications will be received
- Screen activation - turn on to be able to activate the smartwatch screen by wrist movement. The screen will automatically display the time after you move your wrist in order to check the time
- Google Fit / Apple Health - activate this function to automatically synchronize data collected from Google Fit / Apple Health application
- Themes - select color version of the application
- Connect / Disconnect the device - connect the device with the application or disconnect the current pairing
- Firmware update - the current software version and manual update
- Reset - restore factory settings of the smartwatch
- FAQ - the most frequently asked questions and issues