iTECH
FUSION
SQUARE SMARTWATCH

(US)

USER MANUAL VERSION 1.0

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iTech Fusion USER GUIDE:

Everything you need to know about the iTech Fusion Smartwatch.

What's in the box?

Your iTech Fusion box includes:

- iTech Fusion Square Smartwatch (Color and material vary)
- Clamp Charging Cable

The interchangeable straps on the iTech Fusion come in a variety of colors and materials. Additional straps for the iTech Fusion are sold separately.

Charge Your Smartwatch

A fully charged iTech Fusion has an extended battery life of up to 15 days (standby time). **Battery life and charge cycles vary based on usage.**

1. Plug the charging cable into the USB port on your computer or a UL-certified USB wall charger.
   We recommend using the USB port on your computer.

2. Insert the Smartwatch into the appropriate charging cable section. A charging screen appears on the screen to indicate that your Smartwatch is charging.

   Note: Your iTech Fusion takes about 1-2 hours to fully charge.

Set Up with Your Smartphone

The free iTech Fusion app is compatible with most iPhones and Android Phones.
A smartphone is required for call, text, and smartphone app notifications.

To get started:

1. Find the iTech Fusion app in one of the locations below, depending on your smart device
- Apple App Store for iPhones
- Google Play Store for Android Phones

2. Download and install the iTech Fusion App

iTech Fusion

YOUR iTech Fusion Smartwatch WILL ONLY WORK WITH THE iTech Fusion APP SHOWN ABOVE.

This watch only functions with this app and there will be connectivity issues if the incorrect app is used. For more information and links to the apps, go to: www.iTechwearables.com.
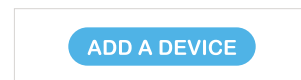
The app will ask for permissions once installed. We highly encourage the user to allow all notifications & pairing access to their smartphones for complete functionality. For Android users, you will also have to allow the iTech Fusion app to access notifications in your phone's native settings.

3. Once the app is installed, open it to create a profile. For accurate results, please enter correct information here. Then, tap the 'X' button at the top of the screen to begin setting up your iTech Fusion Smartwatch. (We highly encourage the user to allow all notifications & pairing access to their smartphones.)

4. To connect & sync your Smartwatch to your device, tap **ADD** from the Home page to search for your iTech Fusion Smartwatch.

Tap to connect your iTECH FUSION Device   **ADD A DEVICE**

You can also connect & sync your Smartwatch from the device page in your app. Tap the "Device" icon from the navigation bar, then, tap **ADD A DEVICE.**

ADD A DEVICE

Search and select iTech Fusion to pair: From the clock face on your Smartwatch, swipe down from the top of the screen to reveal the device's notification panel. Tap the 'Settings' icon and then you will be taken to the settings page. Here, scroll down to the 'About' selection and tap on it. The Smartwatch will display the **MAC ADDRESS** of your iTech Fusion. When pairing your Smartwatch with the app, make sure that the MAC ADDRESS displayed on your Smartwatch matches the MAC ADDRESS of the iTech Fusion on your app.

Once your iTech Fusion Smartwatch is connected, it will say **Connected** on the top of the device page and display the current battery life of your fitness smartwatch. To ensure complete connectivity, you will see a Bluetooth icon 🔵 on your iTech Fusion Smartwatch when it is paired with your smartphone.

iTech Fusion S
DF:A2:4F:F1:3E:67 ← **MAC**
Connected
100%
REMOVE

Please read through the guide to learn more about your new Smartwatch and then explore the iTech Fusion App. See your data in the iTech Fusion app. Sync your iTech Fusion Smartwatch to transfer your data to the app. In the app, you can view your steps, miles, calories burned and activity duration. You can also track your sleep data (restful, light, awake) and more! We recommend syncing your Smartwatch to the app at least once a day. Each time you open the iTech Fusion app, your Smartwatch will sync automatically when it's nearby.

BASICS
Learn how to best navigate your iTech Fusion Smartwatch.

Power On & Off

Tap and hold the screen of your smartwatch for 5 seconds until you see the iTech Fusion logo appear on the watch screen, indicating that your watch has powered on.

On the main clock face, swipe down from the top of the screen to reveal the notification panel. Tap the 'Settings' icon here and you will be taken to the settings screen. Scroll down to 'Power off'. After tapping on this selection, the device will ask if you're sure you would like to turn off the device. Once you tap on the blue check mark, the device will power off immediately.

Motion Gesture

Allows you to rotate your wrist to turn on your watch screen. Tap the "Device" icon and go to **Additional Features** to enable the **Activate Display After Wrist Rotation** function. By clicking on Active Time, you can control the time in which this feature is active throughout the day. If you want this feature to always be on, set the time constraints to be 12:00AM to 12:00AM. Using this feature will consume more battery.

Changing Watch Faces

Personalize your watch with our built-in watch faces, or explore other watch face designs to showcase your favorite iTech Fusion time-keeping features. The iTech Fusion app comes with three interchangeable watch faces: Modern, Digital, and Custom.

Change your watch face from the iTech Fusion Smartwatch:

The iTech Fusion comes with three interchangeable watch faces built into it. From the main clock face screen on your Smartwatch, hold the center of the screen for 3 seconds to switch the clock face. Swipe from left to right to see the selections. Tap on the clock face you want. Your smartwatch will vibrate once the clock face has changed.

Change your watch face from the iTech Fusion app:

1. With your Smartwatch nearby, tap the device icon ⬤ from the navigation bar in the app.

2. Tap **Watch Faces** to navigate to a selection of watch faces and select your preferred watch face. Once selected, your Smartwatch will automatically update the clock face.

In total, your watch can hold 3 clock faces.

BASIC NAVIGATION TIPS

Your iTech Fusion is a full touch device, so you can swipe the screen in many directions to interact with it. Here are a few basics to help you get started:

Exiting a section or app on watch: Push the home button on the side to exit any section quickly. Additionally, to exit an area you're in on the watch, you can swipe right on the screen. This is universally how you go back on this watch.

View Messages: On the main clock face, swipe up from the bottom of the screen to reveal your recent messages. (This is the only way to view older messages you received but may have not seen right way).

Access the Notification Panel: Like many phones, your watch has a notification panel. Your notification panel contains shortcuts that quickly take you wherever on the watch you would like to go. To view this, on your main clock face, swipe down from the top of the screen. You can turn off your watch, view weather, control vibration, and more! To exit this section, simply swipe up from your smartwatch.

Haptic Feedback Control: Your watch vibrates to alert you of any notifications or reminders you need. But sometimes if you don't want the vibration, it can become a bother. That's why you can control if you want vibration on or off for your watch. To turn off vibration on your watch quickly, on your main clock face, swipe down to reveal the notification panel. Near the 'Weather' icon, you will see a small device icon, this is the vibration control section. Tap it to turn it off/on as you need to. Shutting off vibration will also provide an even longer battery life.
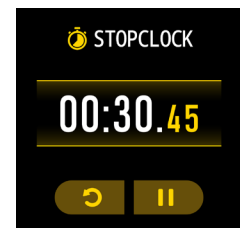
Apps and Features

TIMEKEEPING

Alarms vibrate to alert you at a time you have set. Set up to three alarms to occur once or on multiple days of the week via the iTech Fusion app. Tap 🔵 and go to **Alarms**.

Controlling Alarms on your Smartwatch: You can toggle alarms on and off right from your smartwatch as well. From the main clock face page, please swipe down from the main clock face screen to reveal the notification panel. Tap on the 'Settings' icon to be taken to the settings section. Navigate to Alarms and tap on it. Here, you can see the three alarms you've set and have the ability to turn them off and on as you need. **Please note:** In order for alarm changes to take effect, your device needs to sync with the iTech Fusion App.

You can also time events with the stopwatch feature on your iTech Fusion Smartwatch. On the main clock face, swipe right and scroll down to the 'Settings' option. Tap on 'Stopwatch' on the next screen. To begin recording a time, hit the 'Play' button. To exit the stopwatch function, simply swipe right on the screen.

Apps and Features

NOTIFICATIONS & MESSAGING

iTech Fusion can display call, text, social media, and app notifications from your smartphone to keep you informed. The Smartwatch and phone device must be within Bluetooth range of each other to receive such notifications.

Set Up Notifications: Check that the Bluetooth on your phone is on and that your phone can receive notifications (often under **Settings > Notifications**). Then set up notifications:

1. From the iTech Fusion app navigation bar, tap ⌚ then, go to **Notifications**.
2. From **Notifications**, you may select the notifications you wish to receive on your Smartwatch.
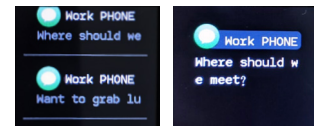**Note:** Notification permissions differ between iOS and Android users.
Go to **Set up with your smartphone** in the manual for more information.

Viewing Incoming Notifications: When your iTech Fusion and smartphone are within range, notifications cause the Smartwatch to vibrate. If you don't read the notification when it arrives, you can check it later by navigating to **Messages** on your Smartwatch.

To view unopened messages and notifications on your iTech Fusion, on the main clock face screen, swipe up from the bottom of the screen to reveal the Messages screen. Tap on any message found in this section to reveal more information about it. To exit the messages feature, swipe down from the top of the screen or hit the button on the side.

Manage Notifications: iTech Fusion stores up to 5 notifications, after which the oldest are replaced as you receive new ones.

Turn off Notifications: Turn off all or certain notifications with the iTech Fusion app from **Notifications** in the device settings. You can also mute all notifications by turning on **Do Not Disturb** mode. Learn more about the Do Not Disturb function in the **Additional Features** section of the manual.

ACTIVITY & SLEEP

iTech Fusion continuously tracks a variety of stats whenever you wear it. The information is then transferred to the iTech Fusion app every time you sync your Smartwatch. We recommend syncing your Smartwatch to the app at least once a day.

See your stats: Core stats: steps taken, calories burned, distance covered, and active minutes. Find your complete history and other information automatically detected by your Smartwatch, such as sleep data, in the iTech Fusion app.

Track Daily Goals: iTech Fusion tracks your progress towards a daily step and sleep goal of your choice. When you reach your goal, the Smartwatch vibrates and shows a celebratory badge.

Set a goal to help you get started on your health & fitness journey. To begin, your recommended goals are set to take 8,000 steps, drink 8 cups of water, and 8 hours of sleep per day. You can choose to change your target goals via the iTech Fusion app under the 👤 profile page. Tap Set Goals and then tap on Steps, Water or Sleep to begin setting your targets.

Apps and Features

Sedentary Reminder: Turn on reminders to move in the app to set a sedentary reminder alert. The sedentary reminder can be enabled in **Additional Features**. This feature is active during the hours of **10:00 AM - 6:00 PM.**

Track Your Sleep: Your iTech Fusion will automatically track your time asleep and sleep stages (restful sleep, light sleep and time spent awake). To see your sleep quality score and stats, sync your Smartwatch when you wake up and check the app.

Learn about your sleep habits: iTech Fusion tracks several sleep metrics including the amount of sleep you get and provides you with an overall sleep score number for that night. It will track your wake time and your light sleep time, along with deep sleep. The watch begins learning your usage over the first few days.

Heart rate: The iTech Fusion tracks your heartrate throughout the day. To measure and see your real-time heart rate, navigate to the heart rate feature on your Smartwatch. Swipe left on your device until you land on the heart rate page. Additionally, you can quickly get to this screen by swiping right on the main clock face and scrolling down to 'Measure HR'. Both ways take you to the same screen. Tap on the screen when at the heart rate area. The watch will then vibrate, indicating it is reading your heart rate. Once completed, your watch will vibrate again and display your heart rate measurement.

Continuous Heart rate: Your device also supports 24/7 heart rate detection. To activate this feature, navigate to device settings in the app and tap **Additional Features** to turn on **Continuous Heart Rate Detection.** While this feature is active, your smartwatch will continuously record your heart rate every 30 minutes throughout the day. This data will automatically sync with your app when your iTech Fusion is within Bluetooth range of your smartphone. When continuous heart rate detection is turned on, your sleep statistics are more accurate. To preserve the battery life of your smartwatch, turn off continuous heart rate detection.

Please note: The graph on your watch within the Heart Rate section is connected to Continuous Heart Rate function. If this is off, the graph on your watch will no longer appear until turned on again.

Keep track of your recent heart rate measurements using the iTech Fusion app. Go to the Heart Rate tab on the Home page. Learn more about heart rate data analysis and what your movement state can tell you about your fitness intensity. View and compare your recent heart rate trends from this page, or click on for individualized stats. Make sure your Smartwatch is connected to your device to view this data.

The heart rate monitor is not for medical use. If you're having issues with your heart rate measurements, please consult a doctor immediately.

Apps and Features

FITNESS AND EXERCISE (MULTI-SPORTS MODE): Track specific exercises, such as running, golf, football, basketball, tennis, cycling, and hiking, with your iTech Fusion Smartwatch. See real-time stats, including heart-rate data, calories burned, and elapsed time all in the app.

Connected GPS

For complete workout stats, recap, route and pace information, make sure to use your smartphone's connected GPS. Review your exercise history via the iTech Fusion app. **Note: The Connected GPS feature on the iTech Fusion works with the GPS sensors on your nearby smartphone.**

To use Connected GPS from the Home page of the app, scroll down and hit **Running Mode**. A new screen will appear with a start button. Tap **Start** to begin tracking. Connected GPS mode will be enabled until you pause or completely stop it. This screen will showcase your heart rate and calories burned. You will have an option to toggle between this screen and an actual live map of your route. Once completed, you can view your distance traveled.

SMARTWATCH FEATURES

MUSIC REMOTE: To remotely control music from your smartwatch, navigate to the music feature on the iTech Fusion (it is the last screen on the watch when swiping left). The music remote allows you to play/pause, skip forward, or skip to previous music from your music apps. Your iTech Fusion is compatible with various applications such as Apple Music, Spotify, and Pandora. However, it may not support other third party applications.

CAMERA REMOTE: To snap photos using your iTech Fusion, navigate to the camera remote function. With the app open, navigate to the device page 🔵 and tap Camera Remote. This will launch the built in app camera. To take a picture, tap on the Camera Remote icon on your smartwatch or shake your wrist and your phone will take a picture.

ADDITIONAL FEATURES: Navigate to the device page in your app. Tap on **Additional Features** to view more features for your Smartwatch. Learn more below.

WEATHER: Once your smartwatch is fully paired to the app, open the iTech Fusion App. Navigate to the device page and tap on 'Additional features'. Scroll down to weather and you will see an area to enter your direct location. Enter your location information and instantly the watch will update with the latest weather readings from Yahoo Weather. If this isn't done, weather will not work consistently on your device. From the Weather screen on your smartwatch, you can tap the screen to view more weather data. Your smartwatch shows the weather forecast for 5 days and updates hourly.

To change from Fahrenheit to Celsius, navigate to Additional Features on the iTech Fusion app and go to the Weather section. From there you can change the units the weather is displayed in.

Additional Features

FIND DEVICE: Tap **Find Device** under Additional Features to vibrate your iTech Fusion Smartwatch when paired with the app.

LANGUAGE: Tap **Language** to change the language on your Smartwatch. Choose from a variety of languages.

DO NOT DISTURB: Tap **Do Not Disturb** and set a time period to prevent your Smartwatch from receiving all notifications (other than alarms). Once active, it takes 3-5 minutes to begin working.
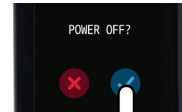
TIME FORMAT: Tap on **Time Formats** under Additional Features to select between 12 and 24 hour format.

UNIT FORMAT: Tap **Unit Format** to change the units of measurement reflected on your Smartwatch and in your app. Choose between the metric and imperial systems of measurement.

UPDATE, RESTART, AND ERASE

Update Smartwatch Firmware If there is a new firmware update available for your iTech Fusion, you will receive a pop-up notification to download it within the iTech Fusion app. If you do not receive said notification, tap the device icon ⌚ from the navigation bar. Then go to **Update Firmware** where you will see a red dot on the Update Firmware tab, signifying that an update is available. Tap the Update button to begin updating your iTech Fusion. Be sure that your Smartwatch remains within Bluetooth range of your phone while updating. Once your update is completed, your watch will automatically reset.

Restart Your Smartwatch: If you can't sync your iTech Fusion, or if you have trouble with connected GPS or tracking stats, you can restart your smartwatch from your wrist. From the main clock face, swipe down to reveal the notification panel and tap on settings. When in settings, scroll down to 'Power Off' and tap on it. Tap on the blue check mark that appears next to power off your device. Allow your device a few minutes to fully shut down. Then tap and hold the screen of your device for 3-5 seconds to turn it back on to complete your restart.

WEAR AND CARE

All iTech Wearable products are meant to be worn all day and night, so it's important to follow a few simple guidelines as you wear and care for your device.
To keep your band clean and your skin happy, we recommend the following tips:

- Clean your band and wrist regularly - especially after intense workouts or sweating.
- Rinse the band with water or wipe it with a small amount of rubbing alcohol. Do NOT use hand soap, dish soap, hand sanitizer, cleaning wipes or household cleaners, which could get trapped beneath the band and irritate your skin.
- Always pat dry the band before putting it back on

Note: Although the iTech Fusion is IP67 water resistant, it is not IP68 waterproof which means you should not submerge your smartwatch in water deeper than one meter for longer than 30 minutes. We advise not to swim with your device. However, your iTech Fusion can withstand many splashes, rain, and daily activities such as washing dishes. If your Smartwatch gets wet, we advise you to remove it until dry. It is not good for your skin to wear a wet band for long periods of time.

IMPORTANT TIPS: If you have allergies, asthma, or eczema, you may be more likely to experience a skin irritation or allergy from a wearable device. If you start to experience skin irritation or redness on your wrist, remove your device. Contact a dermatologist if symptoms persist longer than 2-3 days of not using your wearable device.

REGULATORY & SAFETY NOTICES

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 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:

- 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. Caution: Any changes or modifications to this device not explicitly approved by the manufacturer could void your authority to operate this equipment. This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This device and its antenna must not be located or operated in conjunction with any other antenna or transmitter.

FCC ID: 2ARUI-ITF20SQ