iTOUCH EXPLORER 3

SMARTWATCH

(US)
USER MANUAL VERSION 3.21.22

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What's In The Box?

Your Smartwatch box includes:

- Smartwatch (Color and material vary)
- Magnetic Charging Cable

The interchangeable bands come in a variety of colors and materials. Additional bands for your device are sold separately.

Charging Your Smartwatch

A fully charged device has an extended battery life of up to 7 days (usage time). Battery life and charge cycles vary based on usage.

- Plug the charging cable into the USB port on a computer or UL-certified USB wall charger. We recommend using the USB port on a computer.
- Connect magnetic charging cable by aligning metal pins to contacts on the back of the watch. A charging screen will appear, indicating that your smartwatch is charging.

Note: smartwatch takes about 1-2 hours to fully charge.

SET UP YOUR SMARTWATCH

Our free mobile app is compatible with most iPhones and Android Phones.
A smartphone is required for initial setup as well as call, text, and mobile app notifications.

To Get Started:

1. Find the iTouch Wearables App at one of the locations below, depending on your smartphone.

METHOD 1	METHOD 2	SYSTEM REQUIREMENTS
	Available on the App Store	(Android 9.0 and up) (iOS 13.0 and up)
Scan QR code with your phone camera or a QR app for a link to the iTouch app.	iPhone (iOS) users can find our free app via the Apple App store.	Make sure your phone's Bluetooth is turned on and enabled during pairing process.
	ANDROID APP ON Google play	
	Android phone users can find our free app via the Google Play Store.	

Note: Do not use your phone's Bluetooth menu to pair the watch. To properly connect your smartwatch, follow the pairing instructions within the mobile application. If you have already connected your phone to the smartwatch, disconnect and "forget" the bluetooth connection prior to setting up your watch through the application.

For more information, manuals, or technical support, visit the Help Center: support.itouchwearables.com

YOUR DEVICE WILL ONLY WORK WITH THE iTOUCH WEARABLES APP ACCESSED BY THE QR CODE ABOVE.

2. Download and install the app: The application will ask for permissions once installed and your account has been set up (New Users). We highly encourage users to allow all notifications & pairing access requests for complete functionality.

⚠️ Android Users: You will be asked to allow the application to access information in your device's native settings once your account has been set up. Not enabling these settings may prevent the application from working correctly.

3. Once the app is installed, open it to create an account, following the on-screen prompts to help you get set up. Once your account is set up, the application will help you connect to your smartwatch

(Again, we highly encourage the user to allow all notifications & pairing access to their smartphones.)

4. To connect & sync your app to your smartwatch, please follow the on-screen instructions while setting up your account.

BASICS

Learn how to navigate your smartwatch.

Power On / Off Your Smartwatch

Power On: tap and hold the screen for 5 seconds until you see the device's logo appear on the watch screen, indicating the watch has powered on. You can also hold the top right button to power on / off.

Power Off: from the main watch face, swipe down from the top of the screen to reveal the Quick Settings menu. Find the Power icon on the top left. After tapping this selection, the smartwatch 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 wake the watch screen. In the mobile app, tap the 'Menu' located on the top left of the home screen, then tap 'Settings'. From here tap 'Motion Gesture' to access this function and set it up. 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 from 12:00AM to 12:00AM. *Using this will consume more battery.*

Brightness

Adjust the Brightness on your watch in one of two ways. From the Quick Settings menu (swipe down from main watch face), tap the Brightness icon to cycle through brightness levels and exit to save (swipe up or press home button on lower right of watch case). Brightness Menu is also found in full Settings where you can adjust the levels by pressing '+' or '-'. *Increased brightness will consume more battery.*

Changing Watch Faces

Change Your Watch Face From The Smartwatch

This device comes with multiple default watch face options. From the main watch face screen on your smartwatch, hold the center of the screen for 3 seconds to switch the watch face. Swipe from left to right to see the options and tap to select. Your smartwatch will vibrate to confirm the change.

Change Your Watch Face From The Mobile App

Choose from an expansive watch face library in the app's settings or create your own. From the mobile app, go to Settings and then Watch Faces. Choose a category to see all available options.
(Watch Face Library not available on all devices)

Setting a Custom Watch Face

You can add your own image, format text, and put your favorite features on display. From the mobile app, go to Settings and then Watch Faces. Tap "Personalize" and choose Custom to begin. When finished, tap 'Save/Done' to apply.

Navigating The Smartwatch

Your Smartwatch is a full touch device, you can swipe the screen in many directions to interact. Swipe from right to left on the screen to navigate through the features of your watch. Tap the screen to activate a feature.

This device also has two physical buttons on the right side of the watch face. The top right button will sleep/wake the screen and when held for 5 seconds, acts as a power on/off button. The bottom right is the "home" button and with a single press, will bring you back to the home screen.

Apps And Features

Navigating To / Exiting A Feature Or App

From the main watch face, swipe left to scroll through several frequently used apps such as Heart Rate and Sports Mode. Or swipe right from the main watch face to access the full menu. Swiping up from the main watch face will enter Notifications where you can view recent notifications. Swipe down from the main watch face for Quick Settings (Power, Brightness, Vibrate, Weather, Settings). Quick Settings also shows Battery Level and confirms Bluetooth connection to your phone.

To exit most features, you can swipe right to return to the previous screen; or in the opposite direction you used to enter that feature. For instance, from Notifications, you'll need to swipe down to exit. You can also press the bottom right physical button to return home from any screen.

View Messages And Notifications

On the main watch 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 not have seen right away).

Access Quick Settings

Similar to many mobile devices, your watch has a Quick Settings menu. This contains shortcuts to select settings and watch information. To open Quick Settings, swipe down from the main watch face. You can turn off your watch, view weather, control vibration, adjust brightness, power off, enter full settings, view battery level and confirm Bluetooth connection to your phone. To exit Quick Settings, simply swipe up or press the home button.

Haptic Feedback Control

Vibrations can alert you for notifications, alarms and feature activation. Vibrations can be disabled in the Quick Settings. From the main watch face, swipe down and tap the bottom left icon to toggle on or off. Turning vibration off will extend battery life.

Alarms

Alarms vibrate to alert you at the chosen time. Set up to three alarms to occur once or on multiple days of the week.

Controlling Alarms On Your Smartwatch

Alarms can be created within the Settings menu of the phone app. Once set and synced, you can toggle alarms on / off right from your smartwatch. Swipe down from the main watch face screen to reveal the Quick Settings. Tap on the 'Settings' icon. Navigate to Alarms and tap on it. You can see the alarms you've created and have the ability to toggle them off / on. *Note: for alarm changes to take effect, your smartwatch needs to sync with the app.*
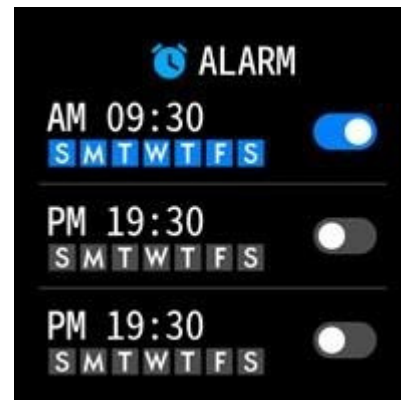
Stopwatch

You can also time events with the stopwatch feature. On the main watch face, swipe right and scroll down to the 'Settings' option. Tap on 'Stopwatch' on the next screen. To begin recording a time, tap the 'Play' button. To exit the stopwatch function, swipe right or press the home button on lower right of watch case.
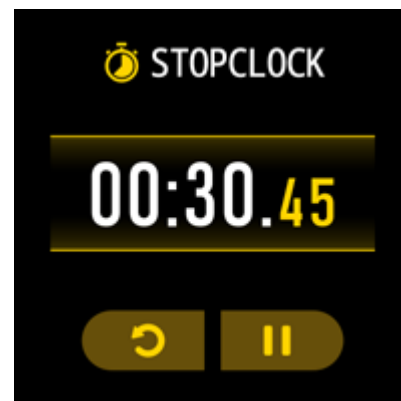
Fitness And Exercise (Sports Mode)

Your smartwatch is equipped with 11 sports modes to track specific exercises such as running, golf, football, basketball, and more. Each exercise tracks details including steps, total time, average heart rate, calories burned and distance.

Sports modes included are:

🚶	Hiking	🏈	Football
🏃	Running	🎾	Tennis
🚴	Cycling	🏀	Basketball
🚴	Cycling Indoor	🏌	Golf
🚶	Walking	⚾	Baseball
		⚽	Soccer

• Once you begin a sports mode, the exercise on the watch may show two pages (you'll see two small dots at the bottom of the screen). The first page shows activity data and the second page allows you to pause or stop the activity. Swipe left and right to navigate.

• You can perform the sport either near your smartphone or away/not connected to your smartphone. Once the smartwatch comes within Bluetooth range of your smartphone, it will automatically sync with the app. The activity will appear in the app dashboard (home screen).

• Sports modes should be performed one at a time. After stopping one mode, ensure that the data is synced to the app first. Then start your second sports mode. Completing multiple modes without syncing to the app will cause data you have acquired to be lost.

• The watch will alert you if the activity time is too short to record. Activities not performed for at least 3 minutes will not be saved to the app / watch.

You can view all of your completed sports modes for the day as well as the calories burned during each activity within the Calories card found on the mobile app dashboard (home screen).

APPS & FEATURES

Notifications & Messaging
The watch can display call, text, social media, and other app notifications from your smartphone. The smartwatch and phone must be within Bluetooth range of each other to receive notifications on the watch.

Set Up Notifications
Check that Bluetooth is enabled on your phone and that your phone permissions allow notifications to be delivered (often under Settings > Notifications). Then set up notifications:

•In the mobile app, tap the 'Menu' icon and tap Settings. Then go to Watch Notifications.
•From Watch Notifications, you may select the notifications you wish to receive on your smartwatch

Note: Notification permissions differ between iOS and Android users.

Viewing Incoming Notifications
When your smartwatch 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 device, swipe up from the main watch face to reveal the Messages. Tap on any message to read the full message. To exit the messages feature, swipe down from the top of the screen or swipe right if in the expanded message.

Manage Notifications
The device 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 app from Watch Notifications in the settings menu. 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.

Note for Android Users The 'Other' function was created to help provide notifications from apps you want to receive information from that support hasn't been built for directly. For Android Users, while 'Other' is on, all notifications that appear within your smartphone's notification panel will be displayed by the watch.

Activity & Sleep
Your smartwatch continuously tracks a variety of stats whenever you wear it. The information is then synched with your watch any time you are within Bluetooth range. We recommend syncing your smartwatch to the app at least once a day to ensure all data is transferred.

Track Daily Goals
This smartwatch tracks your progress towards daily goals based on the goals you set when first setting up your account on the mobile app. When you reach your goal, the app will send you a push notification that the goal is completed. If a step goal is achieved, your smartwatch will vibrate and show a celebratory badge. Goals can be added at any time (Go to Settings > My Goals).

See your core stats: steps taken, calories burned, and distance covered. Find your complete history and other information automatically detected by your smartwatch in the app.

APPS & FEATURES

Sedentary Reminder

Turn on reminders to move in the mobile app to set a sedentary reminder alert. The sedentary reminder can be enabled in the Settings Menu by tapping on the 'Reminder To Move' selection. When enabled, this feature is active during the hours of *10:00am - 6:00pm*.

Sleep Monitoring

Your smartwatch will automatically track your time asleep and sleep stages (deep sleep, light sleep and time spent awake). To see your sleep data, sync your smartwatch when you wake up and check the app. In-app, you can tap on the Sleep card on the home screen to see further details about your sleep history. *Currently, sleep time is set between 10:00pm - 8:00am.*

Heart Rate Monitor

The device tracks your heart rate throughout the day. To measure and see your real-time heart rate, navigate to the heart rate feature on your smartwatch. Navigate to this screen by swiping left on the main watch face or swipe right to access the full menu, scroll down and tap 'Measure HR'. Tap the screen to activate. The watch will vibrate to indicate it is taking a measurement. Once completed, your watch will vibrate again and display your heart rate measurement.

Continuous Heart Rate

Your smartwatch also supports 24/7 heart rate detection. To activate this option, open the mobile app, navigate to settings and tap on Continuous Heart Rate Detection to toggle on or off. When active, your smartwatch will record your heart rate every 30 minutes throughout the day. This data will automatically sync with your app when your smartwatch is within Bluetooth range of your smartphone. When continuous heart rate detection is turned on, your sleep statistics are more accurate. To preserve smartwatch battery life, turn off continuous heart rate detection.

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

Not a medical device. This device and related software are not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment or prevention of disease. Users should not interpret or take clinical action based on the device output without consultation of a qualified healthcare professional.

Connected GPS

The Connected GPS feature on your smartwatch works with the GPS sensors of your nearby smartphone to provide complete workout stats, recap, route and pace information. To use Connected GPS, go to the mobile app home page, tap the 'Menu' icon and select Running Mode. A new screen with a start button will appear (iOS users – You may be asked for location permission here – Please tap 'Allow While Using App' to proceed). Tap Start to begin tracking. Connected GPS mode will be enabled until you pause or stop it. This screen will show your heart rate, steps, pace and calories burned. You will have an option to toggle between this screen and a live map of your route. Review your exercise history via the app.

Smartwatch Features

Music Remote

Navigate to Music Remote from the main watch face by swiping right to access the full menu. The music remote allows you to play/pause, skip forward, or skip to previous music from your music apps. Your device 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 smartwatch, navigate to the camera remote function. With the app open, navigate to the settings page and tap Camera Remote. This will launch the built-in camera app (iOS Users: Tapping on Camera Remote will advise you to open up your native camera to take pictures with your watch). To take a picture, tap on the Camera Remote icon on your smartwatch or rotate your wrist towards / away from your body and your phone will take a picture.

Weather

Once your smartwatch is paired with our mobile app, open the app, go to Settings, scroll down and choose 'Weather'. Your location should be automatically found or you can enter your location information manually. Once done, the watch will instantly update with the latest weather readings. 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 (as long as you are connected with the application on your mobile phone). You can also change the units of measurement for temperature here as well. If your smartwatch cannot update the weather during this timeframe, it will show no information. This normally will happen if your phone and smartwatch aren't connected. To correct this, use the application to connect your smartwatch to your phone again.

Note For Android Users When you fully connect to this smartwatch, you may see the weather as incorrect or not matching what you see from the forecast you're observing. This is due to Android now preventing some information to be sent from your phone to the watch. Follow the steps above to ensure your weather data is always updated.

Find Device

Tap Find Device under Settings in the mobile app to vibrate your smartwatch when paired with the app.
Note: your watch must be within range of your phone, connected via Bluetooth and powered on.

Language

Tap Language under Settings to change the language on your smartwatch. Choose from a variety of languages.
Note: setting the language on your smartwatch does not change the language on the mobile app.

APPS & FEATURES

Do Not Disturb
Open the mobile app Settings. Go to Do Not Disturb to enable the function. This will silence any notifications your watch would regularly receive.

Time / Unit Formats
Tap on Time Formats under Settings in the mobile app to select between 12 and 24 hour format. Tap Units under Settings to change the units of measurement reflected on your smartwatch and/or app. Choose between the metric and imperial systems of measurement for your watch. You can choose other units that you can see in the app within this section as well.

UPDATE, RESTART, AND RESET

Update Smartwatch Firmware
Firmware updates are needed to fix bugs, make stability improvements, and feature enhancements. If a firmware update is available for your smartwatch, you should receive a pop-up notification from the app. We suggest manually checking for updates from time to time as well. To check for updates, open the mobile app, go to the main menu (top left) and tap Settings. Scroll down to Update Firmware and open to check for updates. Tap the Update button to download and install. Be sure that your smartwatch remains within Bluetooth range of your phone while updating. Once the update is complete, your watch will automatically reset.

Restart Your Smartwatch
If you can't sync your smartwatch, have trouble with connected GPS or stat tracking, restarting your watch should fix most issues. From the main watch face, swipe down to reveal the Quick Settings and tap the power icon. Tap the blue check mark to confirm powering off. Allow your device 30 seconds to fully shut down. Then tap and hold the screen of your smartwatch for 3-5 seconds to turn it back on.

Reset Your Smartwatch
If restarting the smartwatch doesn't address the issue, tap the Reset option found in watch Settings to reset your smartwatch and clear all data on it.

Wear And Care
Our smartwatches are meant to be worn all day and night, so it's important to follow wear and care guidelines.

To keep your band clean and your skin happy, we recommend the following:

- 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.
- Dry the band thoroughly before putting it back on.

This smartwatch is IP67 water resistant, 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 smartwatch. However, your device 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.

⚠ Not a medical device. This device and related software are not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment or prevention of disease. Users should not interpret or take clinical action based on the device output without consultation of a qualified healthcare professional.

REGULATORY AND SAFETY

FCC Regulatory Compliance

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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:

-- 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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

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.

⚠ CAUTION
RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.

Environmentally Friendly Disposal

Old electrical appliances must not be disposed of together with the residual waste, but have to be disposed of separately. The disposal at the communal collecting point via private persons is for free. The owner of the old appliances is responsible to bring the appliances to these collecting points or to similar collection points. With this little personal effort, you can contribute to recycling valuable raw materials and the treatment of toxic substances.