



SOS|WATCH

PERSONAL MONITORING



User Manual

SOS Smart Watch Q1

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Safety Information

1. Please do not power the watch near chemical plants, gas stations and other explosives devices.
2. Do not use the watch on an aircraft unless it is switched to airplane mode (found in **settings > connect**).
3. The watch may interfere with devices such as cardiac pacemaker, hearing aids and other medical electronic devices.
4. Do not disassemble the watch.
5. Please charge the watch in a ventilated area and away from flammable and explosive goods.
6. To avoid demagnetization, please keep the watch away from all magnetic material, such as large magnets.
7. Do not use a wet cloth or liquid detergent to clean your watch.
8. Your watch has a voice recording function. Please use this in accordance with the relevant laws and regulations. The unauthorized recording may violate the related local laws and regulations.
9. The watch supports 3G (WCDMA) Network as well as GSM network. The WCDMA bands might be different for different countries.
10. While using this device, please observe the local laws and respect local customs, as well as the privacy and legitimate rights and interests of others (including copyright).
11. You may not copy, modify or transfer protected images, music or any other content.
12. Please ensure backup of personal information stored on the watch regularly.
13. Before connecting this watch with any other equipment, please read the user manual for detailed safety instructions.
14. It is prohibited to remove the watchband because of the incorporated antenna. Product warranty will be invalid if this is the case.
15. The company will not bear any responsibilities for noncompliance with the above proposal or improper use.

Getting Started

What's in the box:

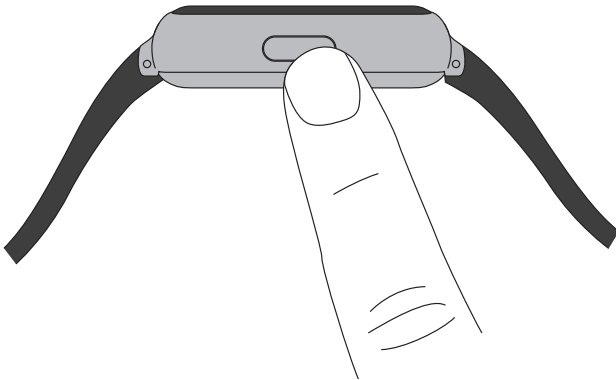
1. SOS Smart Watch model Q1
2. USB cable with magnetic charging dock
3. User manual

Setting up the watch:

The watch is set up prior to shipping. It is ready for use when you receive it.

The Power Button / SOS Button

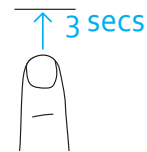
1. Press side button once to switch ON the device.
2. Press the side button for 3 seconds to make a voice call to your emergency contact.



 **Power:**
press once



Emergency call:
press and
hold for
3 seconds



The Magnetic USB Data Cable

1. Apply the magnetic end of the charger to the watch. It will hold on to the device through the magnets on the charger.
2. To exchange data on your computer, apply the magnetic end of the charger to your watch and the USB end to your computer.



SIM Card

1. The device has a pre-installed SIM card.
2. The SIM card can hold personal information, phone numbers as well as messages, images, music and other additional system services.
3. Warning: If you take out the Nano-SIM card (which is not recommended), ensure that the SIM card cover is closed tightly after inserting it back into the watch.

Operation Instructions

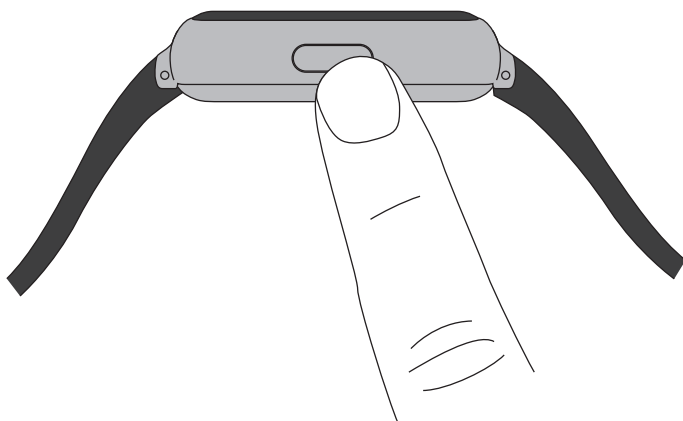
Please visit our website soswatch.com.au for video demonstration.

Homescreen and User Interface



To return to Home screen at any time...

Either swipe the screen or press the side button once



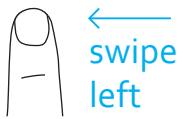
From the Home screen...



to show notifications

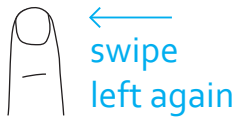


From the Home screen...

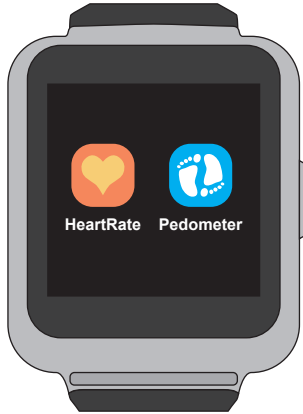


to enter the music app (see page 12 for further information on the music app)





to view HeartRate monitor and Pedometer (see page 11 for further information on the HeartRate monitor and Pedometer apps)



to view weather information



from this screen swipe up to a more detailed weather forecast

From the Home screen...

↑ swipe
up



to show the main menu



Main Menu

Applications

You will find the following applications:

- Phone
- SMS
- Contacts
- Settings
- Watch Helper
- Play Store
- Browser
- Alarms
- Email
- Gallery
- Music
- Sound Recorder
- Voice Search Downloads
- File Manager
- Pedometer
- Weather
- Barometer
- HeartRate



Swipe up to scroll through the list. To access any of the applications, click the application button once.

Shutting Down the Watch

To shut the device down, select **Settings** and scroll down to the option **Shutdown**. Select this option and choose the option **Shutdown** again.

Connection Settings

Select settings, then select **Connect** to enter the Bluetooth Options, Wi-Fi, Airplane mode, Wi-Fi hotspot GPS and VPN (**battery performance is reduced with Bluetooth and Wi-Fi applications*).

Text Messages (SMS)

- Select the option **SMS** in the main menu.
- To create a new message, select the top right hand side icon.
- Insert the recipient's number or choose from your contacts, by clicking the icon on the top right hand corner.
- Create a text message.
- Select the arrow on the bottom right hand side to send the message.

Contacts

- Select **Contacts** in the main menu.
- Click the top right corner icon to add or delete your personal contacts.
- You will find all contacts saved on the device in alphabetical order.

Pedometer

- Click the box **Interval Pedometer** and press the start button to count steps.
- To monitor burnt calories, swipe to the left in the Pedometer menu and click the option button to enter your weight and height.
- Swipe left once more in the Pedometer menu to view the Steps Record.

HeartRate Monitor

- Click on the icon to measure your heart rate. To get the best result possible, place your arm still on the table.
- Note: it will take a few minutes to start measuring your heart rate.
- When results come up swipe to the left to see the Heart Rate (HR) Record Summary.

More Watch Applications

Browser: Fast internet access via LAN or 3G network.

Alarm Clock: Set up personal alarms.

Gallery: Access pictures in the file management and share them.

Voice Recording: Click the icon to start the recording screen, click save and save the recording, enter recording list and choose to play recording.

Barometer: Through the network real-time updating local pressure.

Weather: Updated real-time weather information through network of local weather.

File manager: View all files of the device, browse through folders, create new files and edit them.

Music: Built-in music player, listen to personal music, support for Bluetooth options. Touch the middle icon to play songs. Touch the above icon on the left on the first play.

Typewriting: The watch can be used with English squares and full keyboard, built in voice input method ("OK Google"). Users can complete the input method by setting the language and input method to complete the switch between.

Bluetooth Connection with IOS

1. Select **Settings** > **Connect** and click on Bluetooth to switch this option on.
2. Choose and pair it to connect with other devices.

(Note IOS8.0 version above support).



SOS|WATCH
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