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QUADRANT

S1MPLØ

ENGLISH MANUAL

Visit www.simplo01.com/manuals to find our manuals in italian, english, french, german, spanish.

1. WELCOME

Dear Customer,
Thank you for purchasing this SIMPLO smartwatch by Domethics.
Please read the instructions provided in this Safety Guide to get the most out of this product.

2. SAFETY PRECAUTIONS

When using this device, always follow the basic safety precautions listed below to reduce the risk of accidents, electric shock, injury and fire.

1. Switch off your device in proximity of chemical plants, petrol pumps, and other places containing explosive objects.
2. While driving, avoid looking at the smartwatch face for too long, do not change settings, or use any function that requires your attention for a long period of time.
3. Turn off the device in an aeroplane and do not turn it on during a flight.
4. Be careful when using your smartwatch near devices such as pacemakers, audio prostheses, and other medical implants that may receive interference from the

mobile phone radio signal.

5. Never disassemble the device yourself.

6. Charge in a well-ventilated area and keep away from flammable and highly explosive sources. 7. To avoid demagnetisation, keep the device away from hard disks, credit cards and other objects that work with magnetic fields.

8. Unless otherwise specified in the manual, keep the device away from liquids. If it falls into water, do not attempt to turn it on again until it has been thoroughly dried and you are certain that no moisture is present inside.

9. Avoid using the device in extremely low or high temperature environments. Never leave the device outdoors in direct sunlight, high humidity or dusty environments.

10. Do not use liquids or strong detergents to clean the device.

2.1 BATTERY WARNINGS

Avoid exposing the device to heat and high temperatures (e.g. do not leave it in a vehicle parked in the sun). The

product is equipped with a battery which misused or mishandled may catch fire or explode.

To prevent the battery from exploding or catching fire, do not attempt to open or repair it.

Do not disassemble, bang, puncture, short-circuit, or throw/dispose of the battery in a fire. Do not drop it in water or expose it to temperatures above 60°C.

Do not attempt to replace the battery. Do not use sharp objects to remove the battery. Keep it out of the reach of children.

2.2 MEDICAL UNIT

The use of equipment transmitting radio waves, e.g. mobile phones, may interfere with inadequately protected medical equipment. Consult a doctor or the manufacturer of the medical device to determine if it has adequate protection against external radio signals. If there are signs prohibiting the use of mobile phones, you are required to obey them. Hospitals or other health care facilities use equipment that may be sensitive to external radio signals.

2.3 PACEMAKER

Pacemaker manufacturers recommend a distance of at least 15cm between a mobile phone and a pacemaker to avoid the risk of interference with the pacemaker. These recommendations are in accordance with independent research and advice from WTR (Wireless Technology Research).

People with pacemakers should:

* never carry the device in a breast pocket;
* wear the device on the opposite side of the pacemaker to reduce the risk of interference. If interference is suspected, turn the device off.

2.4 EXPLOSION RISK AREAS

Always switch off the device when you are in an area where there is a risk of explosion and obey all signs and instructions and areas where it is normally required to switch off the car engine. Inside an area, sparks can create an explosion or fire that can lead to personal injury or even death. Switch off the unit at petrol stations or in proximity of fuel pumps or garages.

Observe the limits that apply to the use of radio equipment near places where fuel, chemicals, or explosives are stored.

Explosion risk areas are often, but not always, clearly identified. This also applies to low roofs (on ships), transport or storage of chemicals, vehicles using liquid fuel, areas where the air contains chemicals or metallic particles (such as grain or dust).

2.5 THE PRODUCT IS NOT A MEDICAL DEVICE AND SHOULD BE USED WITH CAUTION

This device is not a medical apparatus. None of the data collected or measurements taken should be used for diagnosis purposes or applied to any medical function (unless otherwise specified by your physician or a medical professional). By medical function it is meant prevention, monitoring, treatment, diagnosis of any pathology. The device is designed and intended solely and exclusively for amateur fitness practice.

You should consult a physician before beginning or modifying an exercise programme and also before using the device if you are taking photo-sensitive medication or have one or more of the following conditions: specific heart or general condition, epilepsy or sensitivity to flashing lights, restricted blood flow, predisposition or susceptibility to seizures of various types, tendonitis, carpal tunnel syndrome, intolerance or allergy to nickel or plastic, other musculoskeletal disorders.

It is imperative that you stop using the device if you feel tingling, burning, pain, drowsiness, stiffness in the limbs while or after wearing it.

2.6 WARNINGS ON THE USE OF THE STRAP

- This device is not a toy. In particular, it must not be placed in the mouth, especially by children, to avoid swallowing and/or suffocation.
- When worn, the device should not be tightened excessively to allow air circulation and should be removed from time to time.
- In case of prolonged contact, the device may cause skin irritation in some susceptible people. If you experience itching, irritation, redness, swelling of the skin, please stop using the device.
- While driving and in any other situation where distraction could cause a dangerous or hazardous situation, refrain from checking the notifications on the display.

3. TECHNICAL SPECIFICATIONS

- CPU: Nordic N52832
- Accelerometer: 3D sensor
- Screen size: 1.70" IPS TFT (240*280)
- Weight: 55 g
- Data Sync: BT 4.0
- Temperature range: -10°~50°
- Water resistance: IP68
- Battery Type: Lithium Polymer
- Battery Capacity: 200 mAh
- Standby: 30 days
- Normal use: 5 days
- Frequent use: 3 days
- Compatible systems: Android 8.1 and above, iOS 13 and above

4. CONTENTS OF THE PACKAGE

In the package you will find:
- 1 smartwatch
- 1 user manual
- 1 power cable

Please keep the packaging material and the user manual in a safe place and for warranty purposes.

5. RAPID GUIDE

5.1 DOWNLOADING THE "SIMPLO" APP

To set the time and use all the functions, the smartwatch must be paired with a smartphone through the dedicated SIMPLO App.

Before downloading, check the compatibility of the operating systems and Bluetooth protocol. To download the SIMPLO App go to www. simplo01.com and you will be redirected to Google Play or App Store. Follow the instructions in the user guide included in the package.

5.2 CHARGING THE DEVICE

Before starting, check that the battery is charged. Should it not be charged, recharge the device. First locate the charging "pin" on the bottom of the watch and connect the supplied USB charging cable via the magnets. Connect the cable to a USB port on a PC/MAC (normal DC5V-500 mA port) or to a USB charger (not supplied). You need to press and hold the button on the side of the device screen to turn it on.

5.3 FIRST STEPS

Before starting the app, make sure that the Bluetooth is turned on, on your smartphone.

While searching and pairing the device, press the button/screen and activate the device (screen on). You will be requested to register only the first time, afterward you will have to log in.

5.4 CONNECTION TO THE DEVICE

For pairing, please refer to the "Guided configuration" manual which can be downloaded from **www.simplo01.com**.

6. EC DECLARATION

Hereby, Domethics S.r.l. declares that this smartwatch is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU. The full text of the Declaration of Conformity is available at **www.simplo01.com.**

7. DISPOSAL OF THE DEVICE

At the end of the product's lifespan, do not throw this product in normal waste, but deliver it to a collection point intended for the recycling of electrical and electronic devices in accordance with the WEEE Directive 2012-19-EU.

The crossed out wheeled bin symbol on the product, the user guide and/or the box indicates this information.

Some of the materials used to manufacture the device

can be reused if handed over to a collection point. By reusing some of the parts or materials in your products you make an important contribution to protecting the environment. Contact your local authorities to make sure of any collection points in your area. In any case, remove the battery before disposing of the device.

Dispose of batteries in an environmentally friendly manner in accordance with applicable regulations.

8. CLEANING AND MAINTENANCE

Do not clean any part of the device with benzene, solvents or other chemicals as these may cause permanent damage to the product (not covered by the warranty). If necessary, clean the device with a slightly damp cloth. Keep the device away from open flames, heat sources, humid conditions or strong sunlight.
DO NOT throw it in water.

9. WARRANTY AND SERVICE

The device is guaranteed for 24 months from the date indicated on the receipt. This warranty does not cover failures or defects caused by accident, misuse, wear or neglect, lightning, sabotage of the device or any attempt to disassemble or repair it by anyone other than an approved technician. The warranty can be claimed by returning the product to the retailer where the product was purchased or by contacting our customer service department at
contact.us@domethics.com.

The manufacturer declares that the use of this device does not involve sending data to third parties. The used or collected data is all anonymous and is stored exclusively on the smartwatch and Smartphone, unless otherwise knowingly authorised by the owner via the app. In models where certain information is collected (e.g. heart rate, steps, etc.) this is stored exclusively on the Smartphone and can be deleted by the user at any time, unless the owner consciously gives permission via the app.

10. INSTRUCTIONS FOR QUICK USE

COMPONENT INTRODUCTION

2 rear electrodes / temperature detection

Side button

Sensors

Front electrode

Charging contacts

Touch screen
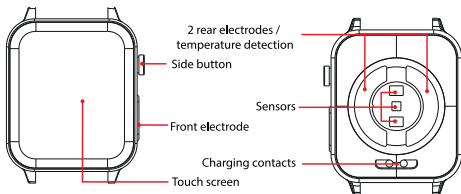
10.1 CHARGING AND ACTIVATING THE WATCH

Before using the watch for the first time, it must be charged and activated. Use the magnetic charging cable provided. Connect the end with the two magnets to the watch magnets and the other end of the charging cable with the USB plug to the USB connection of your computer.
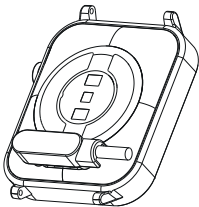
10.2 INSTALL THE WATCH APP

Scan the QR code opposite or enter the Apple App store or Google Play Android to download and install "SIMPLO".

Device requirements: iOS 13 and above; Android 8.1 and above, Bluetooth 4.0 is supported.

REGISTERING YOUR PROFILE ON THE SIMPLO APP
1. Accept terms of use
2. Enter your email address and a secure password
3. Go to your email and click on the link in the email received to activate your account
4. Go back to the app and re-enter your email and password

5. Connect your QUADRANT by clicking the "+" button and then the "wearable" icon and then the instructions on the app.

6. After defining the terms of use (we recommend accepting the notifications), you will find the list of available devices.

7. Select your watch by clicking on the respective code (the code can be found on QUADRANT by activating the screen and dragging from top to bottom. On the next screen, you will find the "i" icon. Click on it and the device code will appear.

8. On the app, click on the code corresponding to your watch

9. Wait for the app to synchronise with your QUADRANT

10.3 MAIN INTERFACE

In the main interface, long press the touch screen to change the dial interface.
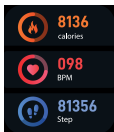

In the main interface, press the side button or scroll up to access the function page, then press the side button or scroll down to return to the main interface.
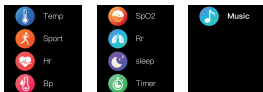
10.4 CALORIES/BPM/STEPS

To view calories burned, heart rate per minute and steps taken, swipe your finger from right to left on the watch's touch screen.
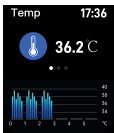
10.5 BODY TEMPERATURE INTERFACE

To take a temperature measurement, make sure the watch is placed securely on your wrist and the sensors are in skin contact.

Swipe your finger twice from right to left to switch from the main screen to the temperature measurement screen.

Once on the screen, measurement will start automatically. Wait at least 30 seconds for the body temperature to be displayed.

Note: During the body temperature test, the bottom of the watch should be in skin contact (start the measurement 10 minutes after placing it on your wrist). The body temperature test will be influenced by the temperature difference of the environment. The result serves only as an indication. For precise measurements, use professional medical equipment.

10.6 HEART RATE MONITORING

To measure your heart rate, make sure the watch is placed securely on your wrist and the sensors are in skin contact.

Swipe your finger from right to left three times to switch from the main screen to the heart rate measurement screen.
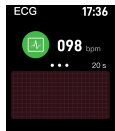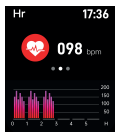
Once on the screen, the measurement will start automatically. Wait at least 30 seconds for your heart rate to be displayed.

NOTE: The measurement is purely indicative and has no medical value. To make an accurate measurement, we recommend consulting a physician or use a professional medical device.

10.7 ECG

To perform an ECG, make sure the watch is placed firmly on your wrist with the rear sensors in skin contact. At start-up, place your index finger on the side electrode located under the side button. Check that your finger is in good contact with the electrode. To start the measurement, swipe your finger from right to left four times to move from the main screen to the ECG measurement screen.

Once on the screen, measurement will start automatically. If measurement is started from the watch, measurement will be continuous. To take a timed measurement, start the ECG from the APP and wait for the progress bar to reach 100%.

When the APP measurement is complete, a report of the analysis will appear.

NOTE: The measurement is purely indicative and has no medical value. To take an accurate measurement, we recommend that you consult a doctor or use a professional medical device.

10.8 BLOOD PRESSURE MONITORING

To display the blood pressure interface, swipe your finger from right to left five times to switch from the main screen to the blood pressure monitoring screen.

The blood pressure is generated by an algorithm and is only an approximate value.

To refine it, it is important that you have first entered your general data (gender, age, weight, etc.) correctly.

NOTE: The measurement is purely indicative and has no medical value. To make an accurate measurement, we recommend that you consult a doctor or use a professional medical device.

10.9 BLOOD OXYGEN INTERFACE

To perform blood oxygen measurement, make sure the watch is securely placed on your wrist and the sensors are in skin contact.

Swipe your finger from right to left six times to move from the main screen to the blood oxygen measurement screen.

Once on the screen, the measurement will start automatically. Wait at least 30 seconds for blood oxygen to display.

NOTE: The measurement is for reference only and has no medical value. To make an accurate measurement, we recommend that you consult a physician or use a professional medical device.

10.10 RESPIRATION RATE INTERFACE

To display the respiration rate interface, swipe your finger from right to left seven times to switch from the main screen to the respiration rate monitoring screen.

Wait for the end of the measurement to display the result.
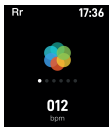
11.1 SPORT MODE

To display the sports mode interface, swipe your finger from right to left eight times to switch from the main screen to the sports mode interface.

There are several sports modes to choose from. Click the exercise icon to access the corresponding exercise. Scroll up or down to switch modes. Click to start measurement, scroll right to exit.

11.2 WEATHER INFORMATION

The weather page shows the real-time weather situation. To view the information, swipe your finger from left to right twice, starting from the main screen. For positioning, it is necessary to activate the settings from the phone.

11.3 SLEEP MONITORING

When you fall asleep, the watch automatically detects that you are in sleep mode and automatically detects how long you have been asleep and the quality of your sleep: light sleep/deep sleep.
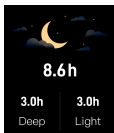
Note: To detect this data you need to wear the watch before falling asleep and keep the watch on all night. Sometimes, due to the sleeping position, the watch is not in skin contact with your wrist and this may result in a measurement failure.
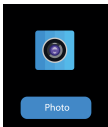
11.4 STOPWATCH

Tap on stopwatch to enter stopwatch mode. Scroll right to exit.

11.5 PHOTOS

Once the app is launched, you can take a photo from a distance, using the "camera" icon to take a photo.
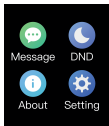
11.6 SHORTCUT FUNCTIONS

Scroll down from the main interface to enter the shortcut function interface, select "Do Not Disturb", "About" "Settings". Click the chosen icon to access the corresponding function.
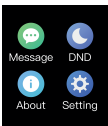
11.6.1 CONCERNING

Click on the "About" icon(s) to display the smartwatch model and the last four digits of the Bluetooth address.

11.6.2 INFORMATION

Click on the message to display the message content, scroll up and down to change message. Scroll right to exit.

11.6.3 WRIST LIFT

Touch the wrist lift icon to automatically turn on the screen when you lift your wrist.

11.6.4 BRIGHTNESS

Click the brightness icon to freely select the screen brightness.

11.6.5 RESTORE

Click the reset icon to access the possibility to restore the watch to factory settings.

11.6.6 SHUTDOWN

Click on the shutdown icon to access the "power off" function.

PRECAUTIONS

1. Do not use an adapter with a current of more than 2A. Charging time is about 2~3 hours.
2. Do not recharge if the device has been damaged by water.
3. Tips for measuring blood pressure: a) Maintain your body relaxed and quiet during the test. b) Hold the device at the same height as your heart, and do not talk while you are testing.

PLEASE NOTE: This smartwatch is not a medical device. Measurements made by the watch are indicative only and in no way represent medically relevant measurements.
For accurate measurements, we recommend consulting a physician and using professional medical devices.