TOZO ®

www.tozostore.com

09/28   100% 🔋

09:30

STEPS   16888
KCAL   688
MINUTES   30
KILOMETERS   12.08

98%   132

S4 **User Manual**

1.0 Introduction

Front side

Screen display area

Function button

Back side

Heart rate sensor
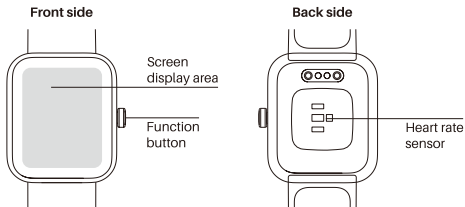
Note:

∗For the first use, please charge with cable to activate/turn on the watch.

∗You can set the screen-on time(5-20s): Setting-Screen timeout.

1. Open the package and check the product.

2. Package contents: (1) TOZO S4 Smart watch (with built-in lithium battery);(2) User guide; (3) Charging cable.

3. Connect the contact points of the magnetic charging cable to the contact points of the watch to charge and activate the device, and to turn it on.

4. Search for "TOZO Health" in your mobile app store and download, or scan the QR code(on the Right) to install the app.

5. Open the app, tap the " More" icon in the upper right corner, select "Add Device", select the device category, and select the device you wish to link in the corresponding search list. You may also link the device directly by scanning the device's QR code using the scan function.

2.0 Health

2.1 App

1. Start "TOZO Health", enable the Bluetooth feature, and grant the GPS positioning permission.
2. Light up the bracelet screen and bring it close to your phone.
3. Click "Bind Device" on the App, and select the bracelet model in the search results to bind.
4. Confirm the binding request on the bracelet.
5. Fill in your information and set your step goal on the App to complete the binding.

2.2 Watch

1. Record your data, measure your heart rate, Blood oxygen monitor(SpO2) and stress test. Monitor your heart rate and sleep night.
2. Start an exercise.
3. Start the sports App on the bracelet, click the Icon of sports type and the the goal to exercise.

3.0 Basic Operations

1. Wear it correctly: make sure that the bottom sensor is properly attached to the skin, and the strap shall be one finger away from the wrist.

2. Touch operation: TOZO S4 supports full-screen touch operations.

3. Button: TOZO S4 has a physical button.
Short press: Return or close a notification.
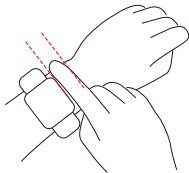
4.0 Function Description

4.1 Dial

You can switch between different dials in the "Dial Settings". And you can download and install more dials in the "Dial Market".

4.2 Sports

There are 100 sports types, you can choose 10 commonly used ones to display on the watch, and the rest of the sports types can be exchanged through the APP:
Outdoor walk\Indoor walk\Outdoor run\Indoor run\Outdoor cycle\Indoor cycle\Outdoor hiking\Yoga\Dance\Stepper. You can choose to show or hide any sports mode in "TOZO Health".
The Sports Summary of TOZO S4 contains a variety of sports data, and the details can be viewed in the "TOZO Health".

The movement distance of this product is calculated by the step count value. Please fill in the information parameters accurately when start setting (heigh/weight/age).

When doing outdoor sports without continuous arm swing, such as riding, please turn on the exercise interface in the app, which will record your exercise data more accurately.
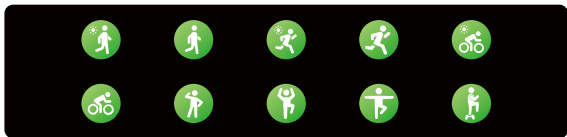
4.3 Apps

Swipe up or down to select an icon. The icons include: Message, Health Data, Workout, Heart Rate, Stress, Blood oxygen monitor(SpO2), Sleep, Relax, Music, Time, and Settings.
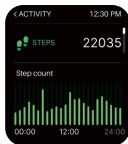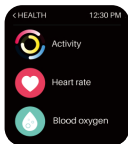
4.3.1 Call Function

1. Compatible for voice call with features such as dial/ answer/ mute and reject calls as long as the smart phone is nearby and connected to the watch.

2. It takes in 10 contacts from your phone via "TOZO Health" for speed dial.

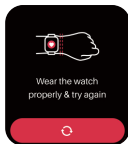3. You may dial a number or call up a contact from the call log on the watch.
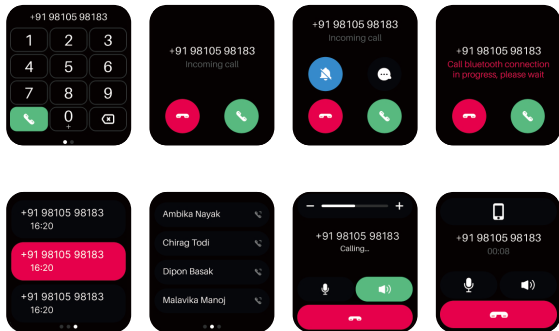
4.3.2 Health Data

It supports viewing the daily accomplishment of the following info: Steps, Calories, Distance and Activity.
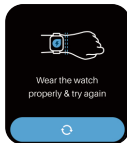
4.3.3 Heart Rate

1. It supports measuring your heart rate any time or viewing the daily monitoring data. Also, you can set the measurement frequency in the App settings;
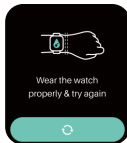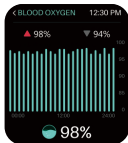
2. After you start the heart rate measurement App, you should keep your arms and wrists still during the measurement.

4.3.4 Stress

After you start the stress measurement App, you should keep your arms and wrists still during the measurement.

4.3.5 Blood Oxygen Monitor(SpO2)

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1. The setting mode of blood oxygen function is active test, and the measurement data will be displayed on the watch and app only after turn on measurement manually.

2. After you start the blood oxygen monitor(SpO2) measurement App, you should keep your arms and wrists still during the measuremen.

4.3.6 Sleep
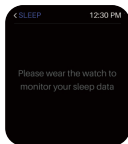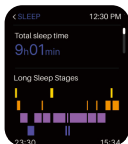
You can view the most recent sleep record and sleep status at each stage.

4.3.7 Relax
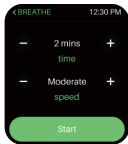
1. Enter the Relax App and choose the duration;
2. Click to start, then follow the vibration frequency and animation instructions to adjust your breathing and it will help you relax.

4.3.8 Stopwatch
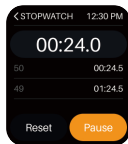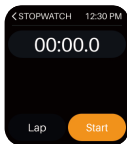
stopwatch and a timer are provided.

4.3.9 Alarm

TOZO°
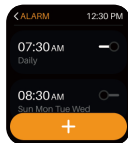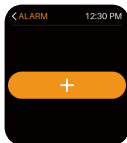
The watch can be set to add, delete, turn on/off the alarm; you can also set the alarm to the watch through the APP; you can also set the label you need in the alarm to identify the alarm.

4.3.10 Timer
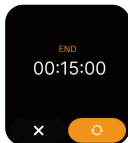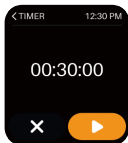
You can set a timer with a preset duration on the watch, and the timer will remind you when the timer expires; you can customize the timer time.

4.3.11 Weather
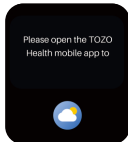
1.Supports three-day weather viewing, you can view today's "current weather, highest andlowest weather values" and the "highest and lowest weather values" for the next two days.
2.To ensure the accuracy of weather data, please try to keep the watch connected to the "TOZO Health" app.

4.3.12 Music
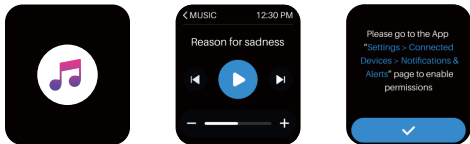
1. Introduction to music control function: the device can control the music application on the mobile phone, switch songs and adjust the volume of songs played.
2. You need to open the music playback app on your mobile phone to set it.
3. To use this function, you need to enable Device>More Setting>Music control in "TOZO Health" first. If it is not on, the device cannot control music.
4. During the use of this function, please keep the device connected to "TOZO Health".
5. The watch device can + /- volume in the music interface, and the mobile phone music volume can be adjusted synchronously when connected.

4.3.13 Exercise Record
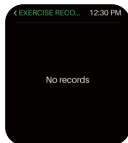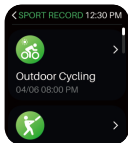
You can view your recent exercise records on the watch, including detailed data about your exercise; you can also view the exercise records on the APP.

4.3.14 Fine Phone

1. When the watch is connected to the APP, you can make your phone ring.
2. Click the icon to end the ringing.

TOZO°

4.3.15 Settings
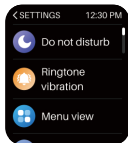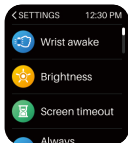
1.You can set the length of screen-on time from 5s-20s: Settings--Brightness--Screen-on time.

2.You can set your wrist-lifting screen, and do not disturb switch on the watch. This function can be displayed\hide in the APP settings.

3.You can switch the locally stored watch face on the watch.

4.You can set the brightness of the watch, and set the switch to reduce the brightness at night.

5.You can control the shutdown, restart, and factory settings of the watch on the watch.(after restoring the factory settings, all data in the watch will be cleared and the binding relationship with the phone will be released).

4.3.16 Message

Here's your friendly hand wash reminder

Please take medicine on time

The battery is less than 20%,please go to the control panel to turn on the power saving mode

The watch supports multiple reminder modes,including message reminder, incoming call reminder, low power reminder,health reminder,alarm reminder,etc.

4.3.17 Updates and Feedback

1. Please pay attention to the new version update information of watch and app (where to find the update information of APP : (My>check for updates; Watch update information will be reminded in pop-up mode).
2. For any assistance, please feedback to customers service team in the "My>problems and suggestions" column on the app, and we will solve them for you at the first time.

5.0 EU Battery Regulation

This symbol on the battery(ies) or on the packaging indicates that the battery(ies) provided with this product shall not be treated as household waste. Instead, please separate battery(ies) from other types of waste and recycle it (them) through your local recycling system to protect environment and health. (When Cd is more than 20ppm or Pb is more than 40ppm, the chemical symbol of the excess substance shall be marked under the separate collection symbol) For more detailed information about recycling of this battery(ies), please contact your local authority or the shop where you purchased the product or battery(ies).

13.0 FCC Compliance Statements

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

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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.

RF Exposure Compliance

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.

14.0 ISED Compliance Statements

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

(1) L'appareil ne doit pas produire de brouillage;

(2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.
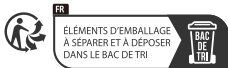
This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Cet équipement est conforme aux limites d'exposition aux radiations IC CNR-102 établies pour un environnement non contrôlé. Cet émetteur ne doit pas être colocalisé ou fonctionner en conjonction avec une autre antenne ou un autre émetteur.

14.0 CE-DOC

Hereby, [Manufacturer] declares that the radio equipment type [Model No.] is in compliance with Directive 2014/53/EU.

The full text of the EU declaration of conformity is available at the following internet address: www.tozostore.com

FR
ÉLÉMENTS D'EMBALLAGE À SÉPARER ET À DÉPOSER DANS LE BAC DE TRI
BAC DE TRI

FR
Cet appareil, ses accessoires, cordons et batteries se recyclent
À DÉPOSER EN MAGASIN
ou
À DÉPOSER EN DÉCHÈTERIE
Points de collecte sur www.quefairedemesdechets.fr
Privilégiez la réparation ou le don de votre appareil !

2.5–5.0 W

The power delivered by the charger must be between min 2.5 Watts required by the radio equipment, and max 5.0 Watts in order to achieve the maximum charging speed.

⚠️ Warning

EN. Warning: Avoid dropping and do not disassemble. Do not charge when the products are wet. Avoid extreme high or low temperatures. Do not expose this product to excessive temperatures such as sunlight or fire. Use original or certified cables. Keep away from children. The included small parts may cause a choking hazard.

JP. 警告: 落下や商品の分解を避けてください。製品が濡れているときは充電しないでください。また、極端な高温や低温、日光や火などの過度の温度にさらさないようにしてください。ぜひ認証済みのケーブルをご使用ください。お子様の手の届かない場所に保管し、付属の小さな部品は窒息の危険があります for のご注意ください。

DE. Warnung: Nicht fallen lassen und nicht auseinandernehmen. Nicht aufladen, wenn die Produkte nass sind. Extrem hohe oder niedrige Temperaturen vermeiden. Dieses Produkt keinen übermäßigen Temperaturen wie Sonnenlicht oder Feuer aussetzen. Verwenden Sie Originalkabel oder zertifizierte Kabel. Von Kindern fernhalten. Die enthaltenen Kleinteile können eine Erstickungsgefahr darstellen.

FR. Attention: Evitez de le faire tomber et ne le démontez pas. Ne chargez pas les produits lorsqu'ils sont mouillés. Évitez les températures extrêmement élevées ou basses. N'exposez pas ce produit à des températures excessives telles que la lumière du soleil ou le feu. Utilisez des câbles d'origine ou certifiés. Tenir hors de portée des enfants. Les petites pièces fournies peuvent présenter un risque d'étouffement.

IT. Attenzione: evitare di far cadere e non smontare. Non caricare i prodotti quando sono bagnati. Evitare temperature estremamente alte o basse. Non esporre questo prodotto a temperature eccessive come luce solare o fuoco. Utilizzare cavi originali o certificati. Tenere lontano dalla portata dei bambini. Le piccole parti incluse possono causare un rischio di soffocamento.

ES. Advertencia: Evite que se caigan y no desarme. No cargue el producto cuando esté mojado. Evite temperaturas extremadamente altas o bajas. No exponga este producto a temperaturas excesivas, como la luz solar o el fuego. Utilice cables originales o certificados. Manténgalo alejado de los niños. Las piezas pequeñas incluidas pueden provocar peligro de asfixia.

NL. Waarschuwing: Laat het niet vallen en haal het niet uit elkaar. Laad het product niet op als het nat is. Vermijd extreem hoge of lage temperaturen. Stel dit product niet bloot aan extreme temperaturen zoals zonlicht of vuur. Gebruik originele of gecertificeerde kabels. Houd het buitenbereik van kinderen. De meegeleverde kleine onderdelen kunnen verstikkingsgevaar opleveren.

SE. Varning: Undvik att tappa och ta inte isär. Ladda inte när produkterna är blöta. Undvik extremt höga eller låga temperaturer. Utsätt inte denna produkt för höga temperaturer som solljus eller eld. Använd original eller certifierade kablar. Förvaras utsätt från barn. De medföljande små delarna kan orsaka kvävningsrisk.

TR. Uyarı: Düşürmeyin ve sökmeyin. Ürünler ıslakken şarj etmeyin. Aşırı yüksek veya düşük sıcaklıklardan kaçının. Bu ürünü güneş ışığı veya ateş gibi aşırı sıcaklıklara maruz bırakmayın. Orijinal veya sertifikalı kablolar kullanın. Çocuklardan uzak tutun. Dahil edilen küçük parçalar boğulma tehlikesine neden olabilir.

PL. Ostrzeżenie: Unikaj upuszczania i nie rozmontowuj. Nie ładuj, gdy produkty są mokre. Unikaj ekstremalnie wysokich lub niskich temperatur. Nie wystawiaj tego produktu na działanie nadmiernej temperatur, takich jak światło słoneczne lub ogień. Używaj oryginalnych lub certyfikowanych kabli. Trzymaj z dala od dzieci. Dołączone małe części mogą powodować ryzyko zadławienia.

Thank you for purchasing the TOZO authentic product.
For more latest products, parts and accessories,
please visit: **www.tozostore.com**
For any assistance please contact Email: **info@tozostore.com**