

ALT Watch 1

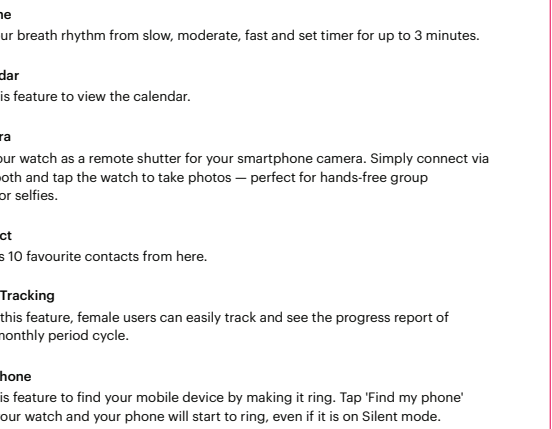
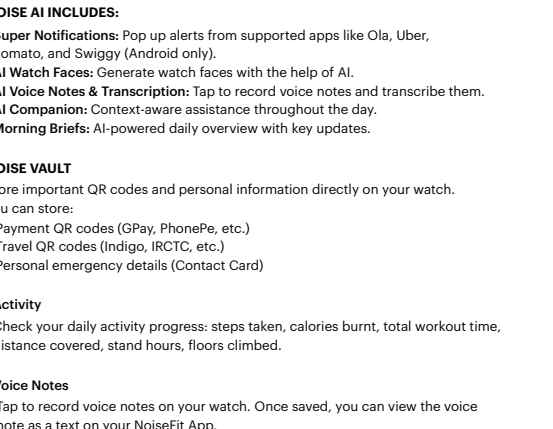
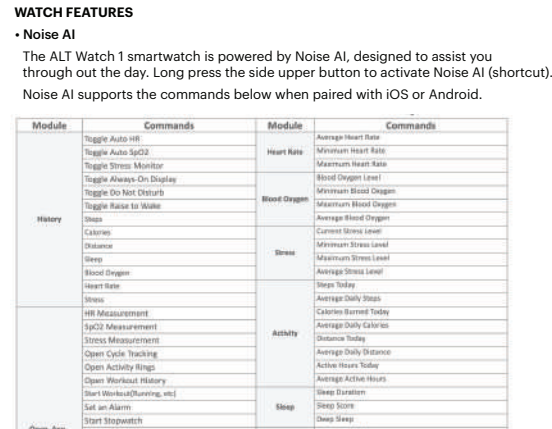
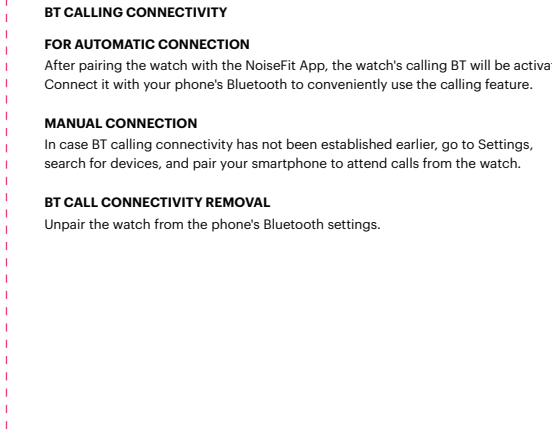
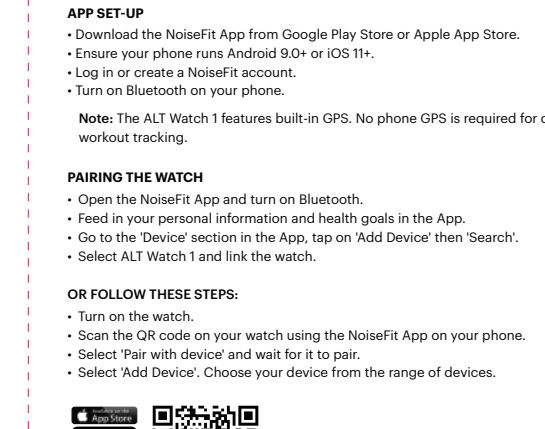
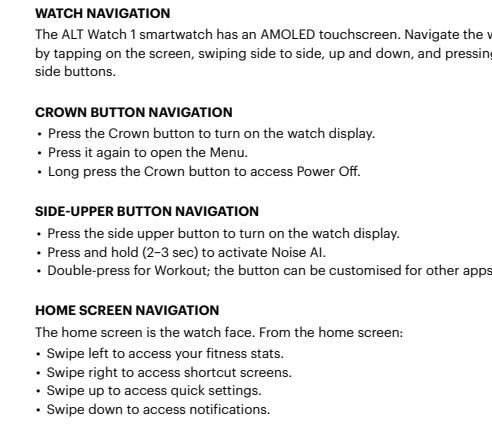
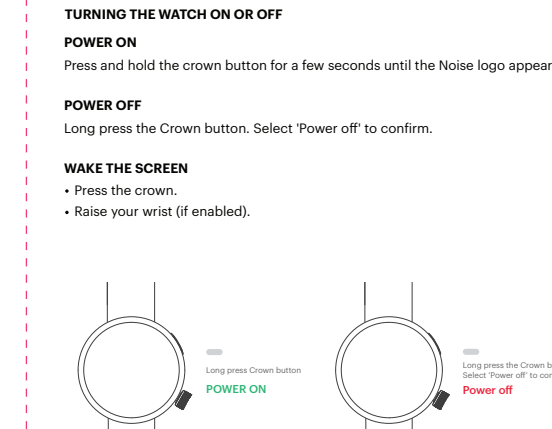
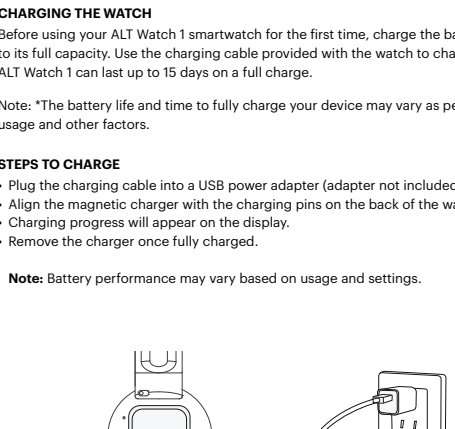
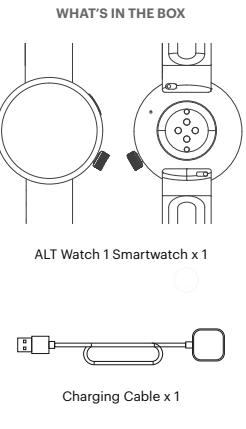
Please refer to this manual before using the product

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WATCH OVERVIEW

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• Heart Rate

ALT Watch 1 supports 24/7 heart rate tracking. To measure your heart rate, go to 'Heart rate monitor'. Ensure there is no gap between the back panel of the watch and the wrist. Hold still while it measures your heart rate.

• Hydration

Set your hydration level from the NoiseFit App. Every time you drink a glass of water, click on the 150 ml button and track your hydration level.

• Music Control

Control your favourite songs and podcasts that play from your phone, right on your wrist, as long as the watch is connected with the NoiseFit App. You can play/pause music, go to the next/previous track, and increase/decrease the volume.

• One Tap Measurement

Measure your avg heart rate, SpO₂, Respiration, Stress & HRV in 50 seconds.

• Phone

Access recent call log and keypad from here.

• Reminder

Set reminders in the NoiseFit App to receive alarms at your selected date and time.

• Sleep

Tap on 'Sleep' to view your sleep records from the day before. You can view your most recent sleep records and sleep quality in various sleep stages on the NoiseFit App.

• SpO₂

Tracks daily high & low blood oxygen levels. Tap 'Blood Oxygen' and keep your wrist still for accurate results.

• Stopwatch

A stopwatch can be set on the smartwatch. You can also set lap times on the stopwatch.

• Stress Monitoring

ALT Watch 1 supports 24-hour stress monitoring. For real-time measurement, open 'Stress Level'. Keep your wrist still and ensure the watch fits properly.

• Timer

Set a countdown with a pre-set duration or set your own timer. The watch will remind you when the time is up.

• Voice Notes

Tap to record voice notes on your watch. Once saved, you can view the voice note as text on your NoiseFit App.

• Weather

In the NoiseFit App, go to 'My Device' > 'Weather Setting' > Turn on the toggle. View real-time weather, 4-day forecast, and change the temperature unit.

• Workouts

From indoor walking to hiking, choose from 100+ workouts. Outdoor workouts, including Outdoor Run, Outdoor Walk, and Outdoor Cycling use the built-in GPS for accurate outdoor workout tracking (running, walking, cycling).

• Workout Records

Track and see the progress report of your workout sessions.

• Worldclock

Look at different time zones from here.

• Settings

Select whether you want your notifications to appear or not.

• Sounds and Vibration

Adjust the ringtone, alarm, and vibration levels on your watch, or toggle Silent Mode.

• Display

Choose brightness level, auto lock duration, schedule time for raise to wake, (cover to reach AOD screen), choose to turn on or off the always-on display and select the default theme.

• Watch Faces

Long-press the home screen > Swipe to select in-built watch faces > Click on the desired watch face. > On the Watch: Go to Watch Faces > Choose > Save. You can also create custom watch faces by clicking the '+' icon. Supports AI-powered and custom watch faces. > In the App (cloud watch faces): Open the NoiseFit App > Device > Watch Faces.

DND

Turn it on or off and schedule a time for DND on your watch.

Preferences

Select time format, layout, customise the functioning of the side upper button of your watch, and customise shortcuts from here.

Battery

View battery status

System

Reboot, power off, or reset your watch from here.

About Watch

Read how to enable calling features in your watch, QR code, and device info from here.

GENERAL DEVICE INFORMATION AND TIPS

- Premium metal body with a bold round dial design
- 4 O'clock Crown positioning
- Anodized aluminium bezel, colour-matched per variant
- AMOLED display with up to 1000 nits brightness for clear indoor and outdoor visibility
- Touchscreen interface with Always-On Display (AOD) support
- Built-in GPS for accurate outdoor workout tracking (running, walking, cycling)
- Heart rate monitor
- Blood oxygen (SpO₂) monitoring
- Stress monitoring
- One-tap health measurement for key health metrics
- Multiple workout modes with workout records
- Morning Briefs
- AI Transcription with summaries
- Super Notifications (supported apps, Android only)
- Noise AI
- Noise Vault for storing QR codes and personal information
- TWS connectivity for Watch Announcement
- Watch face customisation via the NoiseFit App.

Software Updates:

NoiseFit App > Profile > Device > My Device > Device Management > Check for Updates

NoiseFit App > My Device > Device Management

MAINTENANCE INSTRUCTIONS

- Keep the device dry and clean regularly, especially after prolonged use, as moisture and dirt can build up underneath the band and cause skin irritation.
- Do not wear the device too tight but make sure the bottom sensor is lightly in contact with your skin, with a gap of about one finger's width between the wrist strap and your wrist.
- Do not use household cleaners to clean the device. Use soap-free cleaners instead.
- For stains that are difficult to remove, it is recommended to scrub with alcohol.
- The device is not suitable for diving, swimming in the sea, or sauna; it is suitable for swimming pool, showers (cold water), and swimming in shallow.
- Keep it away from direct sunlight, high temperatures, or humid conditions as it may damage the band over time.
- Do not disassemble the battery on your own.

SAFETY INSTRUCTIONS

The ALT Watch 1 smartwatch is not a toy. The watch contains small components that could be a choking hazard and are not intended for use by small children or pets. Unless otherwise specified, devices and services are not medical devices and are not intended to diagnose, treat, cure, or prevent any disease. In some cases, prolonged use of products may cause skin irritation. To reduce the possibility of irritation, keep the watch and watch band clean and dry. Remove the watch after an extended period of wear. If you feel soreness, tingling, numbness, burning, or stiffness in your hands or wrists, immediately discontinue use.

Short-circuits may damage the battery. Keep metallic objects away from charging pins.

- Keep the batteries out of children's reach.
- Do not place the batteries in water.
- Do not use your product in a sauna or steam room.
- Do not dispose of batteries in fire — dispose in accordance with local regulations.
- Use only the charging cable supplied to charge the battery. Do not charge for more than 24 hours.
- Do not attempt to repair or maintain the watch yourself. Service should be performed by authorised technicians only.
- Protect the device against strong impact or shock.
- Do not expose ALT Watch 1 to extremely high or low temperatures.
- Charge the battery in a cool, ventilated room.

DISPOSAL AND RECYCLING INFORMATION

Electrical and electronic devices may not be disposed off with domestic waste. Consumers are obliged by law to return the electrical and electronic devices at the end of their service lives to the public collection points set up for this purpose or point of sale. Details of this are defined by the national law of the respective country. By recycling, reusing materials or other forms of utilising old devices, you are making an important contribution to protecting our environment.

REGULATORY INFORMATION

USA, Federal Communications Commission (FCC) Statement

This device complies with Part 15 of the FCC rules. Operation is subject to the following two conditions:

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. If this 76 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 the receiver.
- Connect the equipment to 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.

The ALT Watch 1 smartwatch is not a toy. The watch contains small components that could be a choking hazard and are not intended for use by small children or pets. Unless otherwise specified, devices and services are not medical devices and are not intended to diagnose, treat, cure or prevent any disease. We develop products and services to track daily activity and wellness information as accurately as possible. The accuracy of devices is not intended to be equivalent to medical devices or scientific measurement devices.

In some cases, prolonged use of products may cause skin irritation. Prolonged contact may contribute to skin irritation or allergies in some users. To reduce the possibility of irritation, keep the watch and watch band clean and dry. Don't wear it too tight and give your wrist a rest after an extended period of wear. If you feel soreness, tingling, numbness, burning or stiffness in your hands or wrists while or after wearing the watch, please immediately discontinue use.

CUSTOMER SUPPORT

If you experience any problem with the watch, it may be fixed by restarting your watch. For further assistance, please reach out to us at support.gnome.in