

WATCH FEATURES	
NOISE HEALTH	
Noise Hea <b>l</b> th Suite that takes a ho <b>l</b> istic	nas a collection of wellness features route.
ACTIVITY	
	daily activity progress in terms of the calor overed, active time and steps taken.
HEART RATE	
select the measure To measure your he monitor and tap on data on the watch a Note: Make sure yo	ports 24/7 heart rate tracking. You can ment frequency in the app settings. art rate in real-time, go to 'Heart Rate' 'Tap to Measure.' You can view the all-day nd app.  ar arms and wrists are still and there is no r watch and the wrist.
SLEEP	
arious s <b>l</b> eep stage ne device records	nost recent sleep record and sleep quality in s in the NoiseFit app. The feature will measu of the user's sleep cycle, sleep states p), wake time and REM.

BLOOD OXYGEN

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the exercise records in the app.

Select Stress to start the measurement.

### Make sure your watch is connected with your smartphone via Bluetooth. Go to Noise Buzz. Choose to dial from the dial pad the contact list and make calls. Note: If the watch is connected to your smartphone via Bluetooth, all calls will be directed to the watch. During an active call, touch the call switching icon on the watch to switch from the watch to phone

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NoiseFit Twist 2 supports the viewing of the highest and owest blood oxygen level of the day. o measure your blood oxygen level in real-time, go to the SpO2' monitor and let it measure. lote: Make sure your arms and wrists are still, and there is

## CYCLE TRACKING

Ensure that there is no gap between the back panel of the watch and the wrist. Hold still while it measures your stress leve

you control music while working out. You can also view

You can choose from 100 sport modes. You can take your

Turn on this feature on the app to view related information.

pen the Weather app on your watch and change the location to

You can use this feature to manage calls from the watch.

NoiseFit Twist 2 supports 6-day weather viewing in a location of

ew today's current weather and for the next 5 days as well.

You can check the incoming message received on your smartwatch

You can use this feature to use the smartwatch to click pictures

You can choose between 3 games to entertain yourself.

nd the timer will remind you when the time is up. User Manual for NoiseFit Twist 2

rom your phone, right on your wrist as long as the watch is ou can play/pause music, go to the next/previous track

AI VOICE You can use this feature to get a few tasks done via voice command as long as the watch and the smartphone are within Bluetooth range.

CALCULATOR You can use this feature to do basic calculations

QR CODE

Tap on 'QR code' to access your saved QR code.

You can set alarms on the watch. You can add, delete, d enable/disable alarms. You can also label alarms to

STOPWATCH stopwatch can be set on the watch.

ou can also set lap times on the stopwatch.



# WATCHFACES

You can switch between different watch faces in the watch, choose and download cloud-based or animated watch faces. You can also create your own watch faces in the NoiseFit app.

CHANGING THE WATCH FACE

Give your screen a personalised style by changing or customising he watch face from the NoiseFit app or the watch.

ON THE WATCH

Touch and hold the home screen. Swipe and choose from the watch aces. You can also rotate the functional crown to change the watch

IN THE APP Go to watch faces, select the watch face of your choice and

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tap 'save' to change the watch face. VIBRATION & RING You can use this feature to choose vibration levels and turn off the vibration on your watch altogether.

Tap on brightness to adjust the brightness of your device. SCREEN TIME

Scan the QR code to connect with the app. You can set the screen timeout duration as per your preference.

DEVICE INFORMATION AND TIPS DEVICE INFORMATION

• 1.43" AMOLED Display

SpO2 monitor

Stress monitor

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• IP68 Waterproof

• 100+ sports modes

· 22mm quick change pins

The NoiseFit Twist 2 smartwatch contains the following

You can use this feature to set and change your password on your watch. MENU VIEW

Choose from 10 formats to view your watch features. Tap on About to view the device information.

urn on wrist awake and set the auto screen off as per your

You can choose to power off to restart the watch.

You can choose to restart to restart the watch.

You can use this feature to find the phone from your smartwatch as long as it is in Bluetooth range.

data and settings will be erased.

FIND PHONE

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You can choose to reset. Do note if you choose to reset, all your

The NoiseFit Twist 2 smartwatch stores your activity data for up to 7 days between the time you sync your watch to the NoiseFit Twist 2 Activity data includes your steps, distance, calories, active minutes, heart rate, sleep duration and workout data. We recommend syncing the watch to the app daily.

How do I update my NoiseFit Twist 2? You can update your NoiseFit Twist 2 via the NoiseFit app. In the app, tap on

'My Device', go to 'Settings'. Tap on 'Firmware update' to check for version updates. How do I find my watch's current firmware version? You can find the watch's current firmware on the watch as well as on the NoiseFit Twist:

On your watch, go to 'Settings', and tap on 'System'. Scroll down and click on 'Firmware Upgrade' to view the current firmware version. On the NoiseFit app, go

How does the watch estimate how many calories have been burned? NoiseFit Twist 2 estimates how many calories you've burned based on the physical activity data and your heart rate.

How do I change my health goals? You can do it through the NoiseFit app. In the app, go to 'My Device' and tap on

How do I log my weight?

You can log in your weight the first time you set up your NoiseFit Twist 2 smartwatch. However, you can update the weight later via the NoiseFit app. Go to 'My Device' nd tap on the profile icon in the top left corner. Tap on your ID in the top section your weight. You can update your gender, birthday and height as well.

SAFETY AND HANDLING INSTRUCTIONS The device includes an in-built rechargeable battery. The battery life may degrade ne

the end-of-life of the battery. Do not attempt to change the battery yourself in any event as you may end up damaging the device and/or the batteries posing a safety hazard on device checked.  $\bullet \ \text{Please do not tamper with the battery terminals as it may result in battery leakage,}\\$ 

overheating, explosion or a fire hazard. Please do not attempt to puncture or take apart the device, as this could result in batte o contact with your skin. The damaged battery may also be prone to overheating o

• Do not place the device near fire or expose it to excessive heating as it may cause the

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 Only use Noise approved chargers and cables that are specifically designed for use with the device. Unapproved charges and cables may damage the device and also pose a safety hazard for the user.

• If the device emits a foul smell or burning odour, please stop using the device mmediately and contact the Noise approved service centres. • The device can be used in ambient temperature ranges of -20°C to 55°C. Using the device outside of the prescribed temperature range may damage the device. Do not

use the device in a sauna or steam room. • Do not use household cleaners to clean the device. Use soap-free cleaners instead.

The device is dust and water-resistant (rated at IP68). The following tips are to be followed for the safe upkeep of the device: Please make sure that the device is not exposed to seawater or used in deep waters. • Do not expose the device to high-pressure water flow.

· Wipe the device clean of water with a soft and clean cloth if exposed to water. Leave the • Do not open the device if it stops functioning upon exposure to water and despite lowing the above steps. Visit an authorized service centre for getting the

MEDICAL DEVICE INTERFERENCE

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he device includes components that may cause interference when worn with medical devices like pacemakers, and other magnet-sensitive devices. In case you intend to use a medical device, please consult your physician before using the device. Also, in case the device is allowed to be worn with the medical devices by your physician, ensure

MEDICAL USE ADVISORY

Unless otherwise specified, the device and any associated app-based or Noise provide vices are not suitable to be used as medical devices. In particular, the device and ent any disease/health condition. We develop products and s ick daily activity and wellness information as accurately as possible. The accuracy o vices is not intended to be equivalent to medical devices or scientific measuremen

CHOKING HAZARD

device is not a toy and it contains small components that could cause a choking ard. Accordingly, the device is not intended for use by or left unattended around small children or pets.

SKIN IRRITATION HAZARD In some cases, prolonged use of or exposure to the device may cause skin irritation o

allergies in some users. To reduce the possibility of irritation, keep the device clean and dry. If you feel soreness, tingling, numbness, burning or stiffness on any part of your skin while or after using the watch, please immediately discontinue use.

DISPOSAL INFORMATION: At Noise, we are committed to protecting the environment and preventing any damage

same by way of irresponsible disposal of e-waste generated from electronic ces. In our endeavour to collaboratively protect the environment, we urge our omers to help Noise to reduce the impact of e-waste on the environment. The ke USB cable, charger and the like) thereof should not be disposed of with

In accordance with the regulation of the Ministry of Environment, Forest and Climate Change, Noise has been granted Extended Producer Responsibility Authorisation (EPR Authorisation number: B-29016 (1910)/(EPR)/20/WM-III Division dated 3.2021) by the Central Pollution Control Board, Accordingly, Noise is committed ontributing its bit towards protecting the environment by providing customers the option of depositing their Noise devices, which have reached their nd-of-life, at authorized e-waste collection centres. The details of our e-waste ollection centres and our e-waste policy are available at the link: https://www.gonoise.com/pages/e-waster-management. By recycling, reusing materials or other forms of utilizing old devices, you are making an important contribution to protecting our environment. Together we could make a difference.

CUSTOMER SUPPORT

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

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