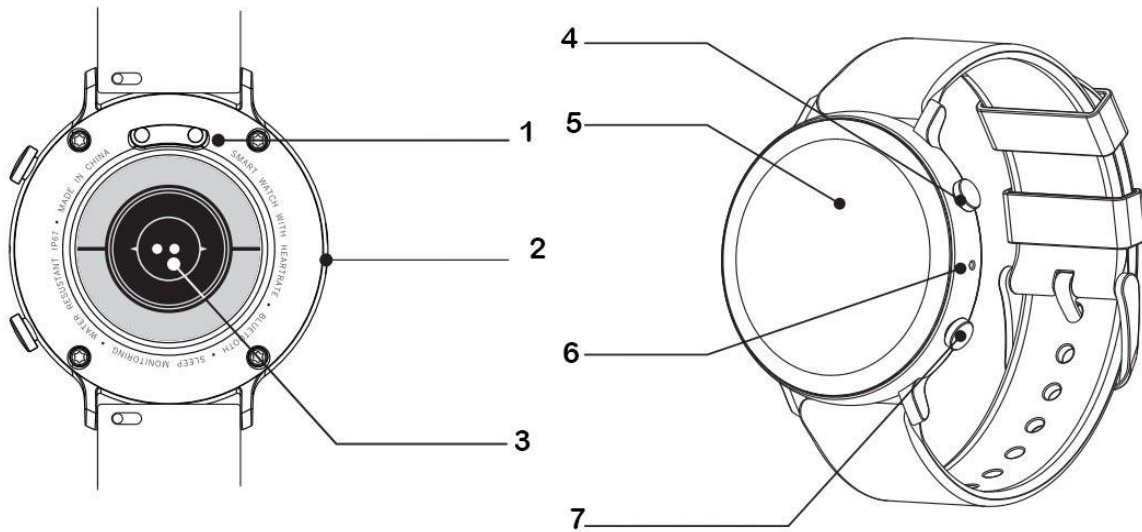


**WATERPROOF BLUETOOTH FITNESS ACTIVITY TRACKER  
GW33-SE**

**User Manual**



## Product overview



1. Charging port
2. Speaker
3. Heart rate sensor
4. Power button
5. Touch screen
6. Microphone
7. Function button

### Touch screen functions:

- Long-press: Long press on the dial interface to switch the dial
- Swipe down: Swipe down on the dial interface to browse the shortcut menu
- Swipe right: Swipe right on the dial interface to enter message function or to go back
- Tap: choose and confirm
- Swipe up: Swipe up to enter the function list on the dial interface
- Swipe left: Swipe left on the dial interface to enter the function interface

### Function button:

- Single press: Switch dial
- Long press: Enter list of frequently used contacts

## Power on/off

Long press the power button to turn on the smartwatch. If the power is very low you need to recharge the smartwatch for at least one minute in order to turn it on.

To turn the smartwatch off, long press the power button while the device is turned on. The smartwatch will turn off automatically when there's not enough battery power.

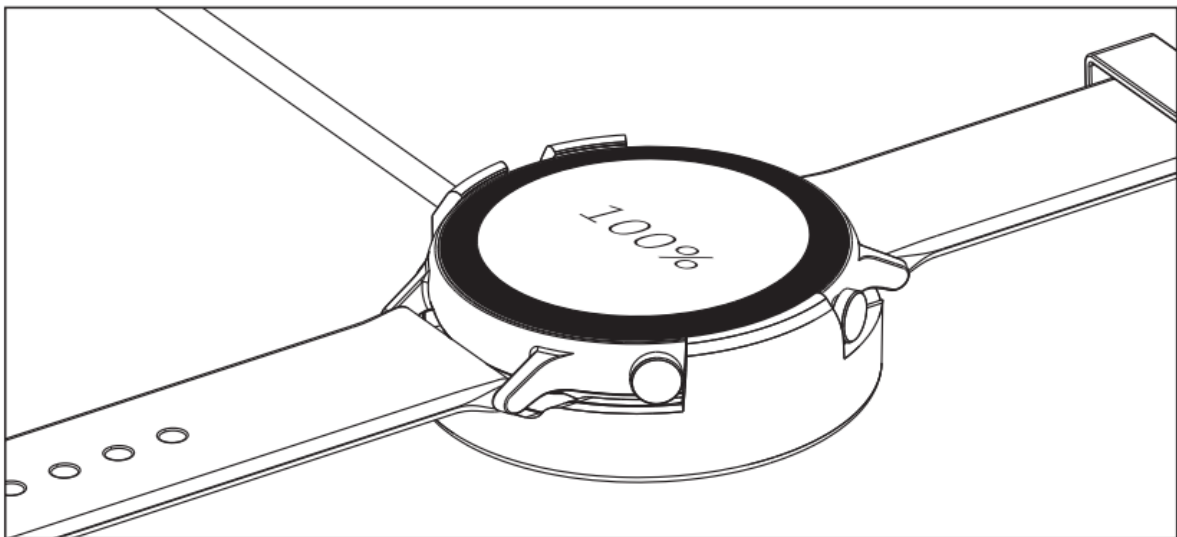
## Reset

Enter the function menu and select Settings → Reset.

After restoring the factory settings, the watch will restart automatically, and all user data of the watch will be cleared after the restart.

## Charging instructions

The watch comes with a charging base. Connect the USB plug of the charging base to a USB charger or a computer USB interface. Align the charging contact of the watch with the metal contacts of the charging base until the charging interface appears on the watch screen. If the watch's battery is ultra low, it needs to continue charging for about 1 minute to display the charging status on the screen.



### Notes:

- Always use the charging base included in the package to recharge your smartwatch. Please make sure that the charging contacts are clean and dry before connecting the smartwatch.
- Please use a quality charger with 5V/1A output power, or connect the charging base to the computer USB port.
- The watch will be fully charged in about two hours
- If the watch prompt "charging error" or "please replace" please try to realign the watch

## **APP download**

Android OS:

- Search for Youth Health on GooglePlay, download and install the Youth Health APP
- Scan the QR code of the watch to download and install the Youth Health APP

iOS:

- Log into the App Store on the phone and search for Youth Health to download and install the Youth Health APP
- Scan the QR code of the watch to download and install the Youth Health APP

## **Pairing the watch with the smartphone**

1. Turn on the Bluetooth on the phone and the watch
2. Open the Youth Health app, and grant the app related permissions according to the prompts in the pop-up box. Click device→ Add device, search for devices and click GW33SE in the device list, and then the watch and smartphone will automatically start binding and pairing and synchronise data.
3. Bluetooth 3.0 call function: turn on the Bluetooth call function on your watch, then open the Phone settings → Bluetooth, select and click call-watch in the searched list.

Notes:

- The watch supports BT 3.0 and BT 4.0, so Bluetooth needs to be connected twice
- When connecting, you need to allow system notifications in the Bluetooth settings of the phone and to ensure your phone is visible to other devices
- In order to extend the battery life, the Bluetooth 3.0 call function will automatically go to sleep, and will automatically wake up during an incoming call or when you make a call