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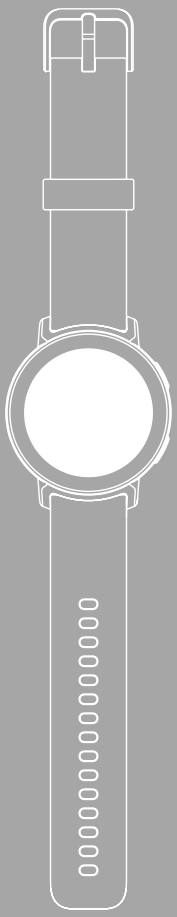
SMARTWATCH

Smartwatch 7020
Smartwatch Aurion



GB Operating instructions

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Thank you for choosing a Hama product.
Take your time and read the following instructions and information completely. Please keep these instructions in a safe place for future reference.

Your new smart watch is your ideal companion for a healthy lifestyle and motivates you to stay active all day long. As well as displaying the time and date, it collects data about the number of steps you have taken, your heart rate and the calories you have burned. The wireless connection via *Bluetooth*® to your smartphone enables you to document the data on the associated "Hama FIT move" app and therefore constantly keep track of your success. Check here when you have reached your personal fitness goal!

1. Explanation of warning symbols and notes

Warning

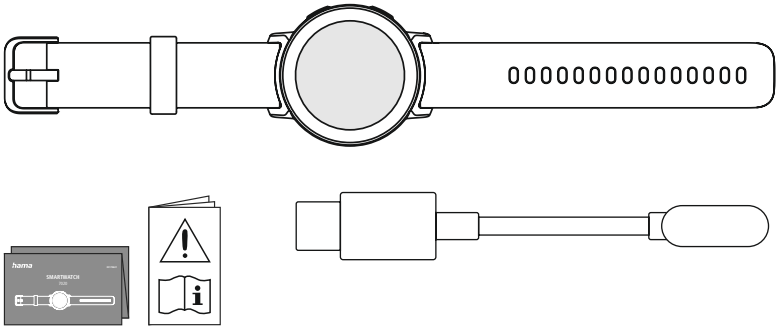
This symbol is used to indicate safety instructions or to draw your attention to specific hazards and risks.

Note

This symbol is used to indicate additional information or important notes.

2. Package contents

- "Smartwatch 7020 / Aurion" smart watch
- 1 USB charging cable
- Quick-reference guide
- Safety information sheet



3. Safety instructions

Warning

Take your time and read the following instructions and information completely. Information on using the product can be found in these operating instructions.

- This product is intended for private, non-commercial use only.
- Use the product only for the intended purpose.
- Protect the product from dirt, moisture and overheating and use it in dry environments only.
- Do not use the product in the immediate vicinity of heaters, other heat sources or in direct sunlight.
- Do not operate the product outside the power limits given in the specifications.
- Do not use the product in areas in which electronic products are not permitted.
- The battery is integrated and cannot be removed.
- Do not open the device or continue to operate it if it becomes damaged.
- Do not attempt to service or repair the product yourself. Leave any and all service work to qualified experts.
- Do not drop the product and do not expose it to any major shocks.
- Do not modify the product in any way. Doing so voids the warranty.
- Dispose of packaging material immediately in accordance with the locally applicable regulations.
- Do not incinerate the battery or the product.
- Do not tamper with or damage/heat/disassemble the batteries/rechargeable batteries.
- While driving a car or using sports equipment, do not allow yourself to be distracted by your product and keep an eye on the traffic situation and your surroundings.
- Consult your doctor before starting an exercise programme.
- Always be aware of your body's response when you exercise, and speak to your doctor in an emergency.
- Consult your doctor if you have a medical condition and wish to use the product.
- This is a consumer product, not a medical device. Hence, it is not intended for the diagnosis, therapy, cure or prevention of illnesses.
- Prolonged contact with the skin can lead to skin irritations and allergies. Consult a doctor if symptoms persist.
- This product is not a toy. It contains swallowable small parts that pose a suffocation hazard.
- Only use the article under moderate climatic conditions.

Risk of electric shock

- Do not open the device or continue to operate it if it becomes damaged.
- Do not use the product if the AC adapter, adapter cable or power cable is damaged.
- Do not attempt to service or repair the product yourself. Leave any and all service work to qualified experts.

Warning - cardiac pacemakers

This product generates magnetic fields. Persons with a cardiac pacemaker should consult a doctor before using this product, as the pacemaker's proper function could be affected.

Information - Flying

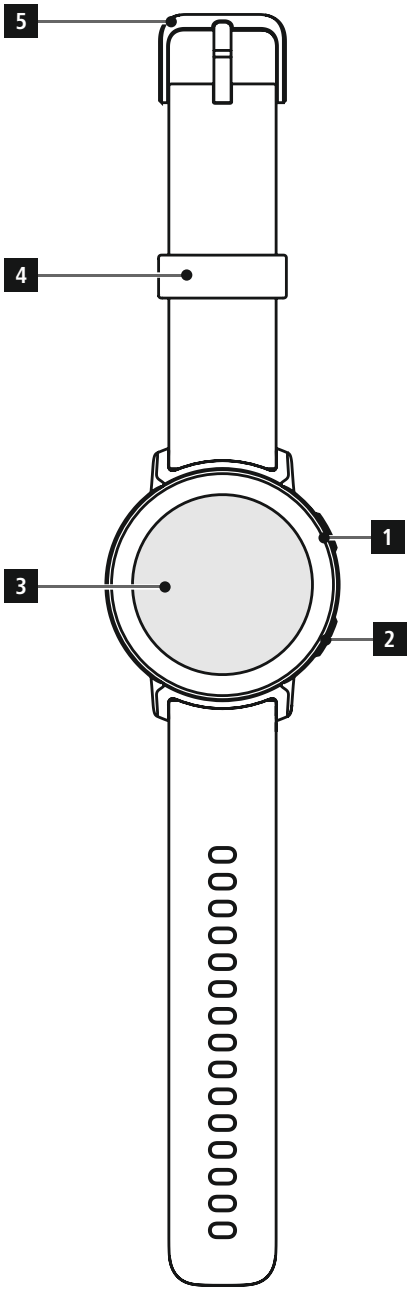
- This product is a constant transmitter of radio signals. Please be aware that carrying and using radio transmitters during certain phases of the flight (e.g. take-off / landing) is not permitted for safety reasons.
- Check with your airline before you fly whether your fitness tracker can be taken on board. If in doubt, leave the product at home.

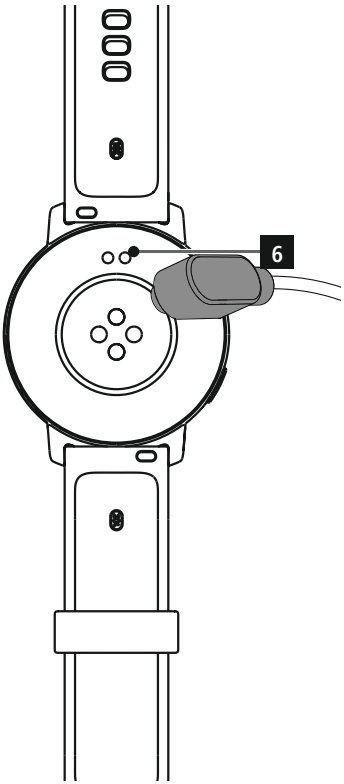
Warning - rechargeable battery

- Only use suitable charging devices or USB ports to charge the product.
- Do not use defective chargers or USB-ports and do not attempt to repair them.
- Do not overcharge the product or allow the battery to completely discharge.
- Avoid storing, charging and using in extreme temperatures and at extremely low atmospheric pressures (such as at high altitudes).
- When stored over a long period of time, batteries should be charged regularly (at least every three months).

4. Control elements

1. Top control button (Menu)
2. Lower control button (Workout)
3. Full-touch display
4. Removable strap
5. Clasp
6. Charging contact





5. Getting started

Note

The descriptions and illustrations in these operating instructions are based on the **Hama FIT move** app version 1.6.8 and the smart watch firmware version 1.0.31. Please note that there may be differences in labelling and displays when updating the app or smart watch.

5.1 Charging

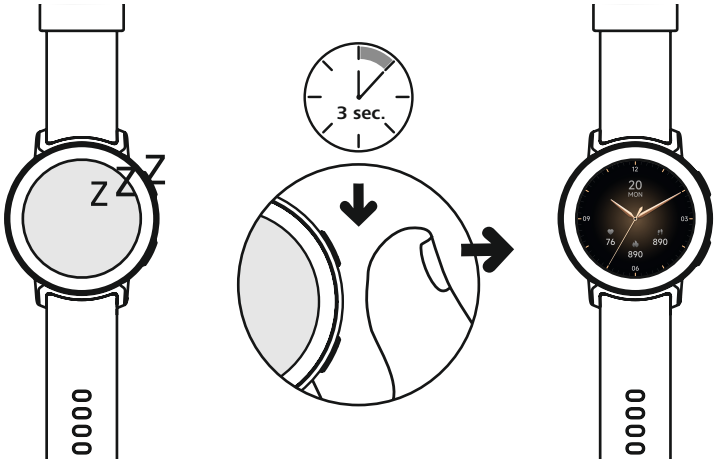
- Charge your smart watch fully before using it for the first time.
- Connect the charging cable to a free USB port on your computer or a USB charger and the charging contact **[6]** on your smart watch. To do this, consult the operating instructions for the USB charger you are using.

Note

- The charging time for a full battery charge is around 150 minutes. If the battery is shown as fully charged on the display, the charging process is complete. Then disconnect your smart watch from the power supply.
- When the battery charge level is just 10%, please charge the smart watch in order to avoid limited functionality.

5.2 Putting on and turning on

- Before putting on and turning on your smart watch for the first time, you must connect it with the enclosed charging cable and plug it into a power source.
- After successful charging, put your smart watch on your wrist and close the wrist strap **[4]** using the clasp **[5]**.
- Hold the top control button **[1]** down for 3 seconds to start your smart watch.



Note

- To use the measuring functions most effectively, your smart watch should be positioned close to the skin on the top of the forearm but still be pleasant to wear. The distance between the smart watch and the bones of the wrist should be about one finger breadth.
- To ensure the best possible recording of your activities, wear your smart watch on your left wrist if you are right-handed and on your right wrist if you are left-handed.

5.3 Turning off

- To turn off your smart watch, switch to the **[SETTINGS]** menu item (see chapter **7.3.9 Settings**) and tap **[TURN OFF]** in the sub-menu **[SYSTEM]**. Confirm the subsequent question to turn off your smart watch.
- Alternatively, hold the lower control button **[2]** down for longer and tap **[ ]**.

6. Setting up your smart watch

To access the full range of functions of your smart watch, install the "Hama FIT move" app. The following sections contain information on downloading and setting up the app.

6.1 Download the "Hama FIT Move" app

Note

The following operating systems are supported:

- iOS 9.0 or later
- Android 6.0 or later

After turning on your smart watch for the first time, you will be prompted to download the corresponding app "Hama FIT move" on your smartphone. A corresponding QR code is shown on the display of your smart watch.

- Scan the QR code with your smartphone or download the app from the Play Store (Android) or the App Store (iOS):

Hama FIT move
link.hama.com/app/fit-move

- To install the app, follow the instructions on your smartphone.

Note

Further information on the individual displays, menus and functions of the app can be found in the instructions: **"Hama FIT move" app**

6.2 Pairing the smart watch and smartphone

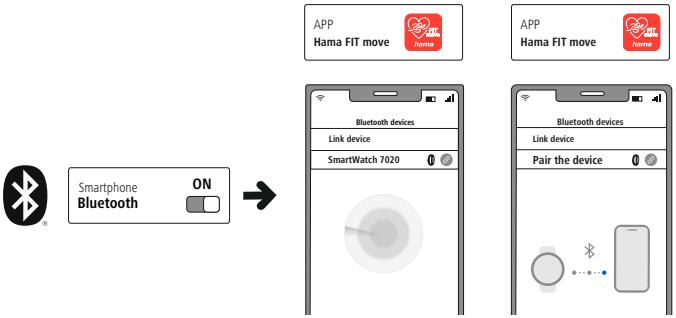
Note

- In order for the smart watch to display incoming calls, text messages, WhatsApp messages and other notifications, activate push mode for messages in your smartphone settings.
- While setting up the app, you will be asked whether the app has permission to access the functions of your terminal device. Say yes to these prompts for the full functionality of your smart watch.

- Launch the app on your smartphone and agree to the privacy agreement. Answer any questions that may be asked.

For an optimal user experience, you should create a user account. By creating a user account, you can access your personal data if you change smartphones. This means that your personal data is available at all times. However, creating a user account is not a prerequisite for using the app.

- To create a user account, tap **[LOG IN]** and select **[REGISTER NOW]** at the bottom of the screen. Enter an e-mail address and a password and tap **[NEXT STEP]**.
- Enter the verification code that will be sent to the e-mail address you provided. Check your spam folder if necessary.
- Once successfully registered, you can enter a user name and your personal data and set a profile picture. Tap **[NEXT STEP]** to continue setup.
- The search for your "Smartwatch 7020 / Aurion" smart watch then starts.
- Follow the instructions in the app on your smartphone to connect your smart watch. Your smartphone will establish a Bluetooth connection to your smart watch.



- Select "Smartwatch 7020" or "Smartwatch Aurion" and tap **[PAIR THE DEVICE]** at the bottom to connect your smart watch to the app.
- Tap the [ ] icon in the app on your smartphone to confirm the connection and complete the setup in the app.
- If there is a timeout, repeat the process.

- Then make your personal settings. These can be adapted later in the app (see instructions: **"Hama FIT move" app**).
- Your smart watch is now linked with the app and synchronisation begins.

Note

- Please synchronise your smart watch with the app before using it for the first time. If you record an activity before your smart watch has been synchronised with the app for the first time, the activity will not be transferred to the app afterwards.
- To manually start a synchronisation of the smart watch with the app, drag the screen downwards on the app home page.
- Due to your fitness tracker's limited storage space, you should synchronise your fitness tracker with the app regularly (at least once a week) to avoid data loss.

Note

- After the first synchronisation with the app, your smart watch automatically adopts the time, date and language from your smartphone.
- The time and date cannot be set manually.
- The display language of your smart watch depends on your selection in the app. The display language remains English until setup is complete. Select the desired display language in the app (see instructions: **"Hama FIT move" app**).
- The app will alert you when a firmware update is available for your smart watch. Perform the update in the app to ensure proper functioning of your smart watch.

7. Operating your smart watch

The following sections contain information on the operation and menu structure of your smart watch. Your smart watch has a display with a touchscreen.

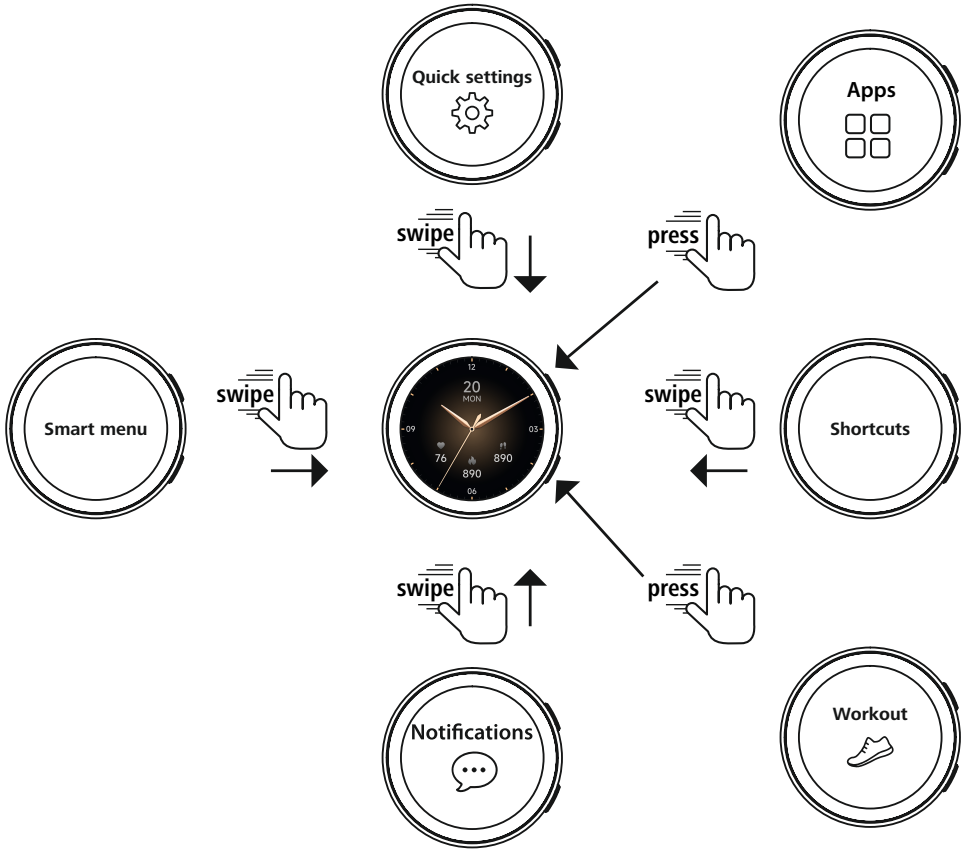
- Tap on icons and menus or swipe across the display to navigate through menus and perform functions.
- Press the top control button **[1]** or bottom control button **[2]** to activate the display on your smart watch. You can then swipe the display to switch between the different views and menu items in the order shown below.
- You can access the sub-menus by tapping on the respective symbol.
- Press the top control button **[1]** to open the main menu or exit a menu and return to the start screen.
- Press the bottom control button **[2]** to access the Workout menu. You can start a sport mode or an activity there.
- A long press of the bottom control button **[2]** allows you to restart or turn off your smart watch.

Note

The following graphic is an overview of the menu structure of your smart watch with all menu items.

Quick settings	7.3		
Do Not Disturb mode	7.3.1	Alarm clock	7.3.6
Display brightness	7.3.2	Energy-saving mode	7.3.7
Wake screen	7.3.3	Telephone search	7.3.8
Torch	7.3.4	Settings	7.3.9
Drainage	7.3.5		

Shortcuts	7.4
Activity data	7.6.1
Steps	7.6.1
Tap to measure	7.6.6
Sleep	7.6.11
Workout (sport modes)	7.5
Weather	7.6.19
Music	7.6.20



Notifications	7.2

Applications	7.6		
Activity	7.6.1	Phone	7.6.15
Workout status	7.6.2	Voice assistant	7.6.16
Workout (sport modes)	7.5	Event reminder	7.6.17
Training log	7.6.5	Weather	7.6.18
Tap to measure	7.6.6	Music	7.6.19
Heart rate	7.6.7	Camera	7.6.20
SpO2	7.6.8	Alarm clock	7.6.21
Stress	7.6.9	Timer	7.6.22
Body energy	7.6.10	Stopwatch	7.6.23
Sleep	7.6.11	World time clock	7.6.24
Breath training	7.6.12	Find phone	7.6.25
Cycle log	7.6.13	Torch	7.3.4
Ambient noise	7.6.14	Settings	8

Workout (sport modes)	7.5

7.1 Home screen

- After activating the home screen, a long press on the display gives you an overview of the different home screens (watch faces). Here you can choose between various home screens. Confirm your selection by tapping on the respective home screen. If required, you can install further home screens (see instructions: **"Hama FIT move" app**).

7.2 Notifications

- If you swipe up from the home screen, you will see notifications that you have received on your smartphone. The prerequisite is that you have activated this function in the app. You can also set in the app from which apps you want to receive notifications on your smart watch (see instructions: **"Hama FIT move" app**).
- Depending on the app, you will either only receive a notification with a display of the app in question and the sender or you will also see a preview of the message.
- You can call up further information if required by tapping on a notification.
- If you want to delete all notifications together, swipe all the way down and then tap the Trash and confirm the subsequent prompt.

7.3 Quick Settings

- If you swipe down from the home screen, you will see the quick settings described below.

7.3.1 Do Not Disturb mode

- Tap the [ ] symbol to enable/disable Do Not Disturb mode. When Do Not Disturb mode is activated, ringtones and vibration are switched off and the display is not activated for incoming push notifications.

Note

Please note that the terms BNS (Bitte nicht stören) and DND (do not disturb) are used interchangeably in the app and on your smart watch.

7.3.2 Display brightness

- Tap the [ ] symbol to adjust the brightness of the display in 5 increments.

7.3.3 Wake screen

- Tap the [ ] symbol to turn on the display by moving your arm. When this function is enabled, you can switch on the display by turning your wrist.

7.3.4 Torch

- Tap the [ ] icon to use the display of your smart watch as a torch.

7.3.5 Drainage

- Tap the [ ] icon to remove any moisture in your smart watch by vibrating the speaker and microphone opening.

7.3.6 Alarm clock

- Tap the [ ] icon to set an alarm.

7.3.7 Energy-saving mode

- Tap the [ ] icon to switch on the energy-saving mode.

7.3.8 Telephone search

- Tap the [ ] icon to trigger the ringtone of your connected smartphone. This helps you to find your smartphone if you have misplaced it.

7.3.9 Settings

- Tap the [ ] icon to access the following settings (see chapter **8. Settings of your smart watch**):
  - Dials
  - AOD settings
  - Sound and vibration
  - Display & brightness
  - App view
  - DND (Do Not Disturb)
  - Connect more
  - System
  - About

7.4 Shortcuts

- Swipe left or right from the home screen to see your set shortcuts. By default, the daily activity overviews are set. You can see your activity data (number of steps walked and calories burned), as well as heart rate and stress measurements. You can set the weather notification and music control as additional shortcuts (see instructions: **"Hama FIT move" app**).

7.5 Workout (sport modes)

- By tapping on **[WORKOUT]** or pressing the bottom control button **[2]**, the stored activities are displayed.
- After selecting an activity, you can make the settings for the activity by tapping the bottom of the screen.
- Tap **[START]** to start the activity.
- Depending on the selected activity, sport-specific measured values (e.g. heart rate, calorie consumption) are displayed.
- You can call up the data during the activity by swiping the screen from bottom to top.
- You can pause or stop the activity by swiping from left to right on the screen. Alternatively, pause the activity by briefly pressing the top control button **[1]** or stop the activity by pressing and holding the top control button **[1]**.
- You can control the music on your smartphone during most activities by swiping from right to left on the screen during the activity.
- Once the activity has ended, further recorded data is displayed. Scroll through the data by swiping the screen from bottom to top.

Note

- Some outdoor activities use the integrated GPS. When starting the activity, the GPS signal is searched for. As soon as there is a GPS signal, you can start the activity. Alternatively, you can start the activity without a GPS signal. Depending on the selected activity, not all data can be recorded without a GPS signal.
- Please note that it may take a few minutes for the GPS signal to be received by your smart watch. This is especially true if you are using the integrated GPS for the first time, if it has not been used for a long time or if you are in a location that is far away from the last recorded GPS position. Shorten the time by connecting your smart watch to the app on your smartphone to transfer A-GPS data. You may receive a prompt on the display of your watch.
- Only the Smartwatch 7010 has an integrated GPS and also supports the following global navigation satellite systems (GNSS): GLONASS, GALILEO, BEIDOU

7.5.1 Set displayed workouts (sport modes)

- You can choose from 110 sports modes and save up to 20 on your smart watch.
- Tap **[WORKOUT]** and scroll to the end of the list by swiping from the bottom to the top of the screen. Tap on **[SETTING]** and on **[TRAINING CONTROL]**. Select the desired sport modes from the categories. The sports modes displayed on your smart watch are labelled with a symbol . If 20 sports modes are already selected, deselect a sport by tapping the tick before you can add another sport.
- Alternatively, you can set the sports modes displayed via the app (see instructions: **"Hama FIT move" app**).

7.6 Applications

- Press the top control button **[1]** to access the main menu of your smart watch.
- In the main menu you have the option of calling up various applications and sub-menus by tapping on the respective symbol.
- Swipe up and down to switch between the different pages in the main menu.

7.6.1 Activity

- Tapping on **[ACTIVITY]** displays the following data for the day:
  - the activity calories burned
  - the duration of activities with medium to high intensity
  - the standing time
  - the steps travelled
- Swipe from bottom to top to scroll through the individual graphics.

Note

You can set individual targets (e.g. for activity calories or steps) in the app (see instructions: **"Hama FIT move" app**). These goals are then also displayed.

7.6.2 Workout status

- By tapping on **[WORKOUT STATUS]**, you will receive the VO2max, the recommended recovery time and the aerobic effect, further important parameters for your individual training control.
- Swipe from bottom to top to scroll through the individual graphics.
- Tap on the icon for more information on the listed parameters.

7.6.3 Running courses

- Tap **[RUNNING COURSES]** to display the following modes for running training:
  - Easy run - 6 min.
  - Easy run - 10 min.
  - Easy run - 15 min.
  - Fitness run - easy
  - Fitness run - medium difficulty
  - Fitness run - hard

  When running, you alternate between walking and jogging and increase the demands on your body with each additional mode. Swipe from bottom to top to scroll through the individual modes.

7.6.4 Workout (sport modes)

- By tapping on **[WORKOUT]**, the stored activities are displayed (see chapter **7.5 Workout (Sportmodi)**).

7.6.5 Training log

- Tap on **[TRAINING LOG]** to get an overview of the recorded activities.
- Tap on an activity to display detailed information.

7.6.6 Tap to measure

- Tap **[TAP TO MEASURE]** to start the combined measurement of heart rate, blood oxygen (SpO2) and stress level.

7.6.7 Heart rate

- By tapping **[HEART RATE]**, you start the manual measurement of your heart rate.
- The average heart rate, the maximum and minimum values and other data on the heart rate range and HRV (heart rate variability) are displayed.

Note

Please note that the terms HRV (heart rate variability) and HRV (heart rate variability) are used interchangeably in the app and on your smart watch.

7.6.8 Blood oxygen (SpO2)

- Tap **[SPO2]** to start the manual measurement of your blood oxygen (oxygen saturation).
- The average blood oxygen value and the maximum and minimum values are displayed.

7.6.9 Stress

- By tapping **[STRESS]**, you get an overview of the measured stress level of the current day. The stress level is measured on a scale (0 = no stress to 99 = extreme stress).

7.6.10 Body energy

- Tap **[BODYENERGY]** to display your current body energy. Body energy is derived from a combination of heart rate variability, stress, sleep and activities performed to estimate your energy reserves for the current day.
- To use the **Body Energy** application, the corresponding function must be switched on in the app (see instructions: **"Hama FIT move" app**).

7.6.11 Sleep

- Tapping **[SLEEP]** takes you to sleep measurement. The following data is recorded:
  - Time of falling asleep
  - Time of getting up
  - Duration of deep sleep phases
  - Duration of light sleep phases
  - Duration of the waking time
  - Duration of the REM phase
  - Sleep score (0 = bad - 99 = good)
- Your fitness tracker automatically detects when you are sleeping and then starts the measurement.

7.6.12 Breath training

- Tapping **[BREATH TRAINING]** takes you to breath training. Here you can carry out relaxation training with guided breathing.
- Select the rhythm (slow, normal, fast) and the duration (1 - 3 min.) of the breath training.
- Tap the **[ ]** icon to start the breath training. Then following the instructions on the display.
- If you want to end the breath training prematurely, press the top control button **[1]** and confirm the subsequent question.
- After completing the breath training, the measured heart rate before and after the breath training is displayed.

7.6.13 Cycle log

- Tapping on **[CYCLE LOG]** displays an overview of your menstrual cycle.
- To use the **Cycle log** application, the corresponding function must be switched on in the app (see instructions: **"Hama FIT move" app**).

7.6.14 Ambient noise

- Tap**[AMBIENT NOISE]** to record the current ambient noise (in dB). Keep your arm still until the recording is complete. The following data is displayed:
  - Current ambient noise
  - Min value
  - Max value
- Tap **[HELP]** for more information.

7.6.15 Phone

- Tap **[PHONE]** to access the telephone function with the following options:
  - Frequent contacts
  - Call list
  - Dialling keypad
- You can initiate calls directly via your smart watch and then make them via your connected smartphone.
- To use the **Phone** application, your smart watch must be connected to your smartphone.

7.6.16 Voice assistant

- The "Voice assistant" application allows you to tap **[VOICE ASSISTANT]** to access the voice assistant of your paired and compatible smartphone. A Bluetooth connection between the two devices is required. Communication with the voice assistant is only audible. Compatibility cannot be guaranteed for all manufacturers or operating system versions. There may be restrictions, especially with Android OS. If necessary, contact the manufacturer of your smartphone. There may be a software update available for your smartphone that can resolve this problem.

Note

For optimum use of the voice assistant, note the following settings on your smartphone:

- Google Assistant (Android):
  Set this as the default voice assistant on your Android smartphone and allow the use of Google Assistant when locked.
- Apple Siri (iOS):
  Activate Siri on your iPhone and allow the use of Siri in lock mode.

7.6.17 Event reminder

- Tap**[EVENT REMINDER]** to display the saved events.
- To use the **Event reminder** application, the events must be entered in the app (see instructions: **"Hama FIT move" app**).

7.6.18 Weather

- By tapping on **[WEATHER]** symbol, you can see the weather forecast for the respective day with the current temperature as well as the low and high. Swipe up to see more information and the weather forecast for the next few days.
- The weather data is transmitted and updated by synchronising your smart watch with the app. At the bottom of the weather display screen you can see the most recent update.
- To use the **Weather** application, the corresponding function must be switched on and set up in the app (see instructions: **"Hama FIT move" app**).

7.6.19 Music

- By tapping **[MUSIC]** symbol, the control view for various music or streaming services opens. These can be controlled on your smartphone via your smart watch. You can start or stop music, switch tracks forwards and backwards and adjust the volume.
- To use the **Music** application, the corresponding function must be switched on and set up in the app (see instructions: **"Hama FIT move" app**).

7.6.20 Camera

- By tapping on**[CAMERA** **]**, you can trigger the camera of your connected smartphone via your smart watch.
- To use the **Camera** application, your smart watch and smartphone must be connected via Bluetooth and the camera function on your smartphone must be activated.

7.6.21 Alarm clock

- Tapping **[ALARM CLOCK** **]** allows you to set an alarm time. By tapping on the respective times, you can activate or deactivate the alarm clock or reminder.
- You can also set and manage the alarm or reminder times in the app and synchronise them with your smart watch (see instructions: **"Hama FIT move" app**).

7.6.22 Timer

- Tapping **[TIMER** **]** allows you to select from various timers or set a customised timer.
- To start the timer, tap the **[** **]** icon. To pause the timer, tap the **[** **]** icon. To stop the measurement, tap the **[** **]** icon.

7.6.23 Stopwatch

- By tapping on**[STOPWATCH** **]**, you have the option of using your smart watch as a stopwatch.
- To start the stopwatch, tap the **[** **]** icon. To pause the stopwatch, tap the **[** **]** icon. To stop the measurement, tap the **[** **]** icon.

7.6.24 World time clock

- Tap**[WORLD CLOCK** **]** to display the following world clocks:
  Berlin, London, New York, Tokyo
- If required, you can set additional world time clocks in the app (see instructions): **"Hama FIT move" app**).

7.6.25 Telephone search

- By tapping **[FIND TELEPHONE** **]**, you can start the phone search to find your mislaid smartphone. Your smartphone starts vibrating or you hear a loud signal tone.
- To use the **Phone search application**, your smart watch and smartphone must be connected via Bluetooth.

8. Settings of your smart watch

The following sections contain information on the settings of your smart watch.

- Press the top control button **[1]** and tap **[SETTINGS]** to access the submenus. In the submenus, you can make the following settings and switch off or reset your smart watch.

8.1 Dials

- By tapping **[DIALS]**, you can choose between different home screens. Confirm your selection by tapping on the respective home screen.

8.2 AOD settings

- You can switch on the AOD (Always on Display) function by tapping **[AOD SETTINGS]**. The display of your smart watch then switches to a simplified watch face instead of standby after the switch-on time has elapsed (see chapter **8.4 Display & brightness**). Please note that the battery consumption of your smart watch increases when using the AOD function.
- Set the time period (default 08:00 - 22:00) for the AOD function.
- Set a dial for the AOD function.

8.3 Sound and vibration

- You can make further settings by tapping on **[SOUND AND VIBRATION]**.
- Tapping **[SILENT MODE]** mutes calls and notifications.
- By tapping **[MEDIA VOLUME]**, you can continuously adjust the volume for media being played.
- By tapping **[VIBRATION]**, you can set the strength of the vibration in 3 levels (strong, low, none).
- You can set a ringtone for incoming calls by tapping **[RINGTONE FOR INCOMING CALLS]**.

8.4 Display & brightness

- You can make further settings by tapping **[DISPLAY & BRIGHTNESS]**.
- Tap **[BRIGHTNESS]** to set the brightness of the display in 5 levels (20%, 40%, 60%, 80%, 100%). Please note that the battery consumption of your smart watch increases with higher brightness.
- Tap **[SCREEN SWITCH-ON DURATION]** to set the switch-on duration of the display (5 - 20 sec.). The screen-on time determines how long the display of your smart watch remains active after an operation. Please note that the battery consumption of your smart watch increases if it is switched on for a longer period of time.
- Tap **[COVER TO SLEEP]** to switch off the display automatically when it is covered (e.g. by hand).

8.5 App view

- By tapping **[APP VIEW]**, you can set the display of the applications on your smart watch. Select from the List or Dialling keypad view.

8.6 DND (Do Not Disturb)

- You can set the "Do not disturb" function by tapping on **[DND]**. When the function is activated, ringtones and vibration are switched off and the display of your smart watch is not activated for incoming push notifications.
- Choose between the following modes:
  - **[ALL DAY DND]**, the function is switched on.
  - **[SCHEDULED DND]**, you can set a start and end time.
  - **[OFF]**, the function is switched off.

8.7 Connect more

- You can connect your smart watch to another smartphone by tapping **[CONNECT MORE]**. Follow the instructions on the display of your smart watch.

Note

Please note that using this function will disconnect the current connection to your smartphone.

8.8 System

- By tapping **[SYSTEM]**, you can perform the other functions.
- By tapping **[RESTART]** and confirming the subsequent question, you can restart your smart watch.
- By tapping **[TURN OFF]** and confirming the subsequent question, you can turn off your smart watch.
- By tapping **[RESET]** and confirming the subsequent question, you can restore your smart watch to the factory default settings. This deletes all recorded user data.

8.9 About

- By tapping **[ABOUT]**, you can see the model name, MAC address, current firmware version of your smart watch and information on legal regulations. The MAC address makes your smart watch uniquely identifiable when you connect the device to your smartphone via Bluetooth.

9. Care and maintenance

Only clean this product using a lint-free, slightly damp cloth and do not use any harsh cleaners.

10. Warranty disclaimer

Hama GmbH & Co KG assumes no liability and provides no warranty for damage resulting from improper installation/mounting, improper use of the product or from failure to observe the use instructions and/or safety notes.

11. Languages supported

The following list contains an overview of the supported languages for the user interface of your smart watch and the "Hama FIT move" app:

	English	German	French	Spanish	Swedish	Czech	Polish	Finnish	Hungarian	Dutch	Portuguese	Russian	Romanian	Slovakian	Bulgarian	Greek	Norwegian	Danish	Serbian
Smartwatch 7000	×	×	×	×	×	×	×	×											
Smartwatch 7010	×	×	×	×	×	×	×	×											
Hama FIT move	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×

12. Technical data

	00178641	**00178664**
Bluetooth version	LE 5.3	LE 5.3
Screen type	AMOLED	AMOLED
Display size	1.32" (3.35 cm)	1.32" (3.35 cm)
Dimensions (housing)	43 x 51 x 12 mm	43 x 51 x 12 mm
Weight	37 g	37 g
Strap length	177 mm	177 mm
Strap width	2 cm	2 cm
Strap material	Silicone	Silicone
Housing material	Plastic	Plastic
Protection class	IP68	IP68
Water protection according to ISO 22810:2010	3 ATM	3 ATM
Battery type	Lithium polymer	Lithium polymer
Battery capacity	350mAh	350mAh
Charging time	2.5 hours	2.5 hours
Battery life	6-8 days	6-8 days

13. Disposal instructions

Note on environmental protection:

Following the implementation of European Directives 2012/19/EU and 2006/66/EU into the national legal systems, the following applies: Electrical and electronic devices as well as batteries must not be disposed of with household waste. Consumers are obliged by law to return electrical and electronic devices as well as batteries to the designated public collection points or to the point of sale at the end of their service life. Detailed information on this topic is defined in the national laws of the respective country. This presence of the above symbol on the product, operating instructions or package indicates that the product is subject to these regulations. By recycling, reusing the materials or other forms of utilising old devices/batteries, you are making an important contribution to protecting our environment.

14. Declaration of conformity

CE Hama GmbH & Co KG hereby declares that this device is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU. The declaration of conformity in accordance with the relevant directive can be found at **www.hama.com > Q > "Item number" > Downloads**

Frequency band(s)	7020: 2402 - 2480MHz Aurion: 2402 - 2480MHz
Maximum radio-frequency power transmitted	7020: 6.59 mW Aurion: 6.59 mW

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