



MY X KRONOZ 

SMARTWATCH

DESIGNED IN SWITZERLAND

ZeFit² Pulse

ENGLISH

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OVERVIEW

TOUCH
SCREEN



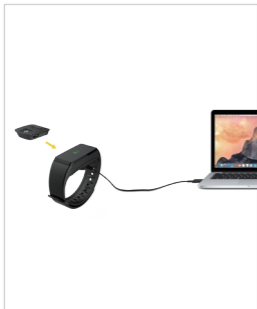
CHARGING
TERMINALS



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To interact with ZeFit² Pulse touchscreen, double tap on the touch-sensitive area to wake the device. ZeFit² Pulse touchscreen only respond to tap gestures in this specific touch-sensitive area. ZeFit² Pulse screen turns off when not in use. To ensure ZeFit² Pulse is responding accurately to your taps, we recommend using your fingertip and not your nail. To move between screens, swipe left or right.

1. CHARGING



Charge ZeFit² Pulse for two hours before your first use.

1. Put ZeFit² Pulse on the magnetic charging dock
2. Make sure the pin on the charging dock fit correctly onto the charging terminals on the back of ZeFit² Pulse
3. Plug the small end of the USB cable provided into the charging's dock USB port
4. Plug the big end of the USB cable into a power source
5. A battery indicator will fill to indicate charging is in progress. Once ZeFit² Pulse is charged, the battery indicator will be full



A full charge takes 1:30 hour. When the battery level gets low, a battery indicator will appear.

2. PAIRING

The first time you use ZeFit² Pulse, a **SET UP** message will prompt you to set up your ZeFit² Pulse using a mobile device or a computer.

GET ZeFit² Pulse APP

To set up your ZeFit² Pulse using your mobile device, you first need to get ZeFit² App. Search for ZeFit² App in the App store, Google Play or Windows Phone store, download and install the App on your mobile device.



Available on the
App Store



ANDROID APP ON

Google play



Download from
Windows Phone Store

System Requirements

iOS

iOS 7+ devices with Bluetooth 4.0 BLE
iPhone 4s, 5, 5c, 5s, 6, 6 Plus, iPad (3rd, 4th
and 5th gen) iPad Mini, iPod touch (5th gen)

Android

Select Android 4.3 +
devices that support
Bluetooth 4.0 BLE

Windows Phone

Select Windows
Phone 8.1 that support
Bluetooth 4.0 BLE

Visit www.mykronoz.com to get the latest compatibility list

1. Enable Bluetooth on your mobile device
2. Open **ZeFit² App** on your mobile device. **Sign up** if you are a new member or **Log in** with your existing account. After entering your personal information, tap **Set up**
3. Make sure ZeFit² Pulse is nearby and select ZeFit² Pulse in the list of devices
4. You will receive a pairing request on your mobile device. Press **Pair** to accept it
5. Then, a pairing request will appear on your ZeFit² Pulse display. Tap on your ZeFit² Pulse to accept the pairing
6. When ZeFit² Pulse is successfully paired, you will be notified on ZeFit² Pulse and on your mobile device's screen



- You can also set up your ZeFit² Pulse using our Mac or PC software available on MyKronoz website: <http://www.mykronoz.com/support/>
- *System requirements:* Windows 7,8, XP,10 - Mac OS X 10.8 and above

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If pairing fails, repeat the same steps. Pairing is a one-time process. If you want to pair ZeFit² Pulse with another account, you first need to unpair it from the current one. Open ZeFit² App, go to Settings > Connect ZeFit² Pulse > Unpair ZeFit² Pulse. Tap Connect ZeFit² Pulse to pair a new device

3. WEARING



ZeFit² Pulse has a removable wristband and is adjustable to fit different wrist sizes.

1. Pop ZeFit² Pulse tracker unit into the wristband
2. Place ZeFit² Pulse around your wrist and put the clasp pin inside the hole
3. Press a few times to ensure the pin is fully inserted and that ZeFit² Pulse is securely fastened



To get the most accurate data, we recommend wearing ZeFit² Pulse on your non-dominant hand and not too loose.

4. DISPLAYS

Homepage 24h



Incoming call



Full memory



Activity mode



Homepage 12h



Pairing request



Low power



Sleep mode



Syncing



Upgrading



Successful pairing



Anti-lost alert

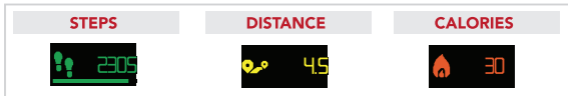


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ZeFit² Pulse will automatically sync the time and date of your paired mobile device. You can set your preferred time and date format manually in the Settings tab of ZeFit² App. Make sure you keep the device charged to avoid the time being reset

5. ACTIVITY

ZeFit² Pulse tracks the number of steps taken, distance travelled, calories burned and heart rate level throughout the day. You can view your daily activity in real-time on ZeFit² Pulse display by swiping left or right on the touchscreen.



ZeFit² Pulse shows daily data. The activity tracker resets at midnight. To upload your latest activity data, do not forget to tap the sync icon in the upper right hand corner of ZeFit² App

6. HEART-RATE

On the heart-rate interface, press and hold the display for 3 seconds to launch heart rate monitor. You can define your tracking frequency and heart rate zones in **ZeFit² app** and set up an alert if you reach a low heart rate or high heart rate level.



7. TIMER

On the timer interface, press and hold the display for 3 seconds to launch the timer. Repeat the same steps to turn it off.



8. SLEEP

ZeFit² Pulse tracks the hours slept and the quality of your sleep (light sleep, deep sleep, awake times)

■ START / EXIT SLEEP MODE

To start sleep mode, open **ZeFit² App**, tap on the bottom purple sleep bar, click on Add sleep log > Start Sleep now

To end sleep mode, open **ZeFit² App**, tap on the bottom purple sleep bar, click on Add sleep log > Awake

■ PRESET SLEEP

Open **ZeFit² App** > Go to Settings > Advanced Settings > Click on **Preset sleep** to enter your desired bed and wake up times. By default, ZeFit² Pulse will track your sleep from 11pm until 7am.



To upload your latest sleep data, do not forget to tap the sync icon in the upper right hand corner of ZeFit² App. If you forgot to activate sleep mode, you can manually add sleep logs in ZeFit² App. Open ZeFit² App, click on Add sleep log > Add sleep

9. GOALS

Tap the **Goals** tab of **ZeFit² App** to set daily goals for steps taken, distance traveled, calories burned and hours slept. Click on the sync button in the upper right corner to save your goals. On the Steps screen of your ZeFit² Pulse, a progress bar will show how close you are to your daily goal.

Once you hit one of your daily goal, ZeFit² Pulse will gently vibrate and display a Goal achieved icon



10. REMINDERS

Tap the **Reminders** tab of **ZeFit² App** to add daily life reminders. You can set up to 6 daily reminders, and choose the type of reminder and preferred time and day. ZeFit² Pulse will gently vibrate and display the corresponding reminder icon to alert you. A single tap on your ZeFit² Pulse can dismiss the reminder. If not dismissed, the same alert will repeat after two minutes.

11. NOTIFICATIONS

ZeFit² Pulse shows notifications of incoming and missed calls, SMS, email, social media activity, calendar events and anti-lost alert*. Open **ZeFit² App**, tap Settings > **Notifications** to select the notifications you want to receive onto your ZeFit² Pulse. If you wish to disable certain notifications, swipe the selection button to the left. A single tap on your ZeFit² Pulse can dismiss the notification. If not dismissed, the notification will reappear next time you wake up the screen.

Setting up notifications for iOS users:

- Go to "Settings" of your iOS device
- Tap "Notification Center"
- Select which type of notifications you wish to receive on ZeFit² Pulse
- Enable "Show in Notification Center" to receive the notification on ZeFit² Pulse



Caller ID supports latin character only. For more languages support, please contact support@mykronoz.com. *Windows Phones may not support those features, please contact support@mykronoz.com for more information.

12. SMS

When receiving a SMS notification, press and hold ZeFit² Pulse display to read the SMS content and see the identity of the sender. You can scroll down to read the full text message.

Press and hold to skip to another SMS.



13. MISSED CALLS

When receiving a Missed Call notification, press and hold ZeFit² Pulse to see the identity of the missed call. You can scroll down to check the missed call history.

Press and hold to skip to another notification.



You can read the latest 3 SMS received. You can view the latest 5 Missed Calls.

14. TECH SPECS

Size & Circumference	50 x 22.5 x 11.7 mm Min:154 mm Max: 210 mm
Weight	25 gr
Bluetooth	4.0 BLE
Battery type	Li-iOn 190mAh
Battery life	Up to 10 days
Charging time	2 hours
Memory	14 days of activity
Display	TFT Color touchscreen (0.9" / 160*80 pixels)
Sensor	3-axis accelerometer
Operating temperature	-20°C to +40°C
Water resistance	IP67
International warranty	1 year

SCAN FOR
MORE LANGUAGES



Scansionare per ottenere più lingue
Digitalizar para obter mais línguas
Escanear para obtener más idiomas
Scannen, um anderen Sprachen erhalten
Scan om meer talen te krijgen
Daha fazla dil almak için tarama
Skanowanie, aby uzyskać więcej języków
için scanare pentru a obține mai multe limbi
сканирование, чтобы получить больше языков
请扫描二维码以获取 更多语言翻译。
掃描QR碼 獲得更多的語言
より多くの言語を取得するためにスキャン
สแกนเพื่อให้ได้ภาษามากขึ้น
더 많은 언어를 얻기 위해 검색

OR VISIT
<http://www.mykronoz.com/assets/user-guide-zefit2pulse.pdf>
TO DOWNLOAD OUR MULTI-LANGUAGE USER MANUAL

WARNING

- ⓘ Connecting the charging cable improperly may cause serious damage to the device. Any damage caused by misuse is not covered by the warranty. Unplug the cable after ZeFit² Pulse is fully charged.
- ⓘ ZeFit² Pulse unit and charging dock contains strong magnets that may interfere with pacemakers, credit cards, watches and other magnet-sensitive objects. If you use a pacemaker or any other electronic medical device, please consult your physician before wearing or handling ZeFit² Pulse
- ⓘ This product is not a medical device and should not be used to diagnose or treat any medical condition.
- ⓘ This product is in compliance with the IP rating IP67. IP67 indicates that the product is resistant against dust ingress and water ingress up to 1 meter of submersion in still tap water at room temperature, for a maximum duration of 30 minutes

ABOUT THIS MANUAL

The features of ZeFit² Pulse and the contents of the user manual are subject to change. To get the latest instructions on how to use this product, please refer to the online user manual available on www.mykronoz.com

SUPPORT

If you have any question or require assistance regarding our product, please visit www.mykronoz.com/support/ or email us at support@mykronoz.com

ATTENTION

! Un mauvais branchement du câble de chargement peut causer de graves dommages à l'appareil. Les dommages causés par une mauvaise utilisation ne sont pas couverts par la garantie. Débranchez le câble après une charge complète de ZeFit² Pulse.

! ZeFit² Pulse et son socle de charge contiennent des aimants puissants qui peuvent interférer avec les stimulateurs cardiaques, cartes de crédit, les montres et autres objets magnétiques sensibles. Si vous utilisez un stimulateur cardiaque ou tout autre appareil médical électronique, veuillez consulter votre médecin avant de porter ou de manipuler ZeFit² Pulse.

! Ce produit n'est pas un dispositif médical et ne doit pas être utilisé pour diagnostiquer ou traiter une condition médicale.

! Ce produit est en conformité avec l'indice de protection IP IP67. IP67 indique que le produit est résistant à la poussière et à l'eau jusqu'à 1 mètre en immersion dans l'eau du

À PROPOS DE CE MANUEL

Les fonctionnalités de ZeFit² Pulse et le contenu du manuel de l'utilisateur sont susceptibles d'être modifiés. Pour obtenir les dernières instructions sur l'utilisation de ce produit, veuillez vous référer au manuel disponible en ligne sur www.mykronoz.com

SUPPORT

Si vous avez des questions ou si vous avez besoin d'aide concernant votre produit, veuillez consulter la page www.mykronoz.com/support/ ou nous envoyer un e-mail à l'adresse support@mykronoz.com

SAFETY INSTRUCTIONS

Before using the device, read these instructions carefully.

- ZeFit² Pulse has one built-in battery. Do not disassemble the battery on your own. KRONOZ LLC is not responsible for any damage or personnel injury caused by the removal of the battery or any component.
- This device is not waterproof so keep it away from all sources of heat or humidity. Do not use it near sink or other wet areas. Do not immerse the product in any liquid other than water. Do not immerse the product in salt water. Do not swim wearing this product. Do not use the product underwater.
- Charge the battery in a cool, ventilated room. Excessive temperature during charging could cause heat, smoke, fire or deformation of the battery or even explosion.
- Avoid excessive temperatures. Do not expose this device to excessive smoke, dust sand, or direct sunlight for an extended period of time.
- Do not open, crush, bend, deform, puncture or shred secondary cells or batteries. In the event of a battery break or leak, prevent battery liquid contact with skin or eyes. If this happens, immediately flush the areas with water (do not rub the eye) or seek medical help.

- Do not short-circuit. Short-circuiting can occur when a metallic object, such as coins, causes direct connection of positive and negative terminals of the battery. Short-circuiting may damage the battery.
- Do not use batteries that have been damaged or have been exhausted.
- Keep the batteries out of children's reach and in a safe place to prevent danger.
- Do not dispose of batteries in fire as they may cause explosion. Dispose of used batteries in accordance with your local regulations (such as recycling). Do not dispose as household waste.
- Use only the USB cable supplied to charge this battery. Do not charge for more than 24 hours.
- KRONOZ LLC is not responsible for any damage caused by improper use of the device.

REGULATORY NOTICES

USA



FCC STATEMENT

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.

CAUTIONS

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

FCC NOTICE

This equipment complies within the limits of a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against radio and TV interference in residential areas. However, even during normal operation, this equipment may cause TV or radio interference. 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 one or more of the following corrective measures:

- Reposition the receiving antenna
- Increase the distance between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help.

FCC ID: 2AA7D-ZEFT2P

CANADA

INDUSTRY CANADA (IC) STATEMENT

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme à la norme CNR d'Industrie Canada applicable aux appareils radio exempts de licence. Son utilisation est soumise aux deux conditions suivantes: (1) cet appareil ne doit pas provoquer d'interférences et (2) l'utilisateur de cet appareil doit accepter toute interférence, y compris les interférences qui peuvent causer un fonctionnement indésirable du dispositif.

IC: 12131A-ZEFT2P

EUROPEAN UNION CE DIRECTIVE



Declaration of conformity with regard to the EU Directive 1999/5/EC.

Kronoz LLC hereby declares that this device is in compliance with the essential requirements and other relevant provisions of the R&TTE Directive 1999/5/EC. The complete declaration of conformity is available on request via our customer service: support@mykronoz.com

Déclaration de conformité à l'égard de la directive européenne 1999/5/CE.

Kronoz LLC déclare que cet appareil est conforme aux exigences essentielles et aux autres dispositions pertinentes de la directive R&TTE 1999/5/CE. La déclaration de conformité complète est disponible sur demande auprès de notre service client: support@mykronoz.com



DISPOSAL AND RECYCLING INFORMATION

After the implementation of the European Directive 2002/96/EU in the national legal system, the following applies: Electrical and electronic devices may not be disposed of with domestic waste. Consumers are obliged by law to return electrical and electronic devices at the end of their service lives to the public collecting points set up for this purpose or point of sale. Details to this are defined by the national law of the respective country. This symbol on the product, the instruction manual or the package indicates that a product is subject to these regulations. By recycling, reusing the materials or other forms of utilizing old devices, you are making an important contribution to protecting our environment.

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Designed in Switzerland - Made in China

MYX KRONOZ
MORE THAN TIME

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