



wave

Fitness and Wellbeing Smartwatch with
AMOLED Display and Bluetooth Calling

User Manual

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1.0 GETTING STARTED

Thank you for your purchase. Please read this user manual carefully before using the smartwatch and retain this user manual for future reference.

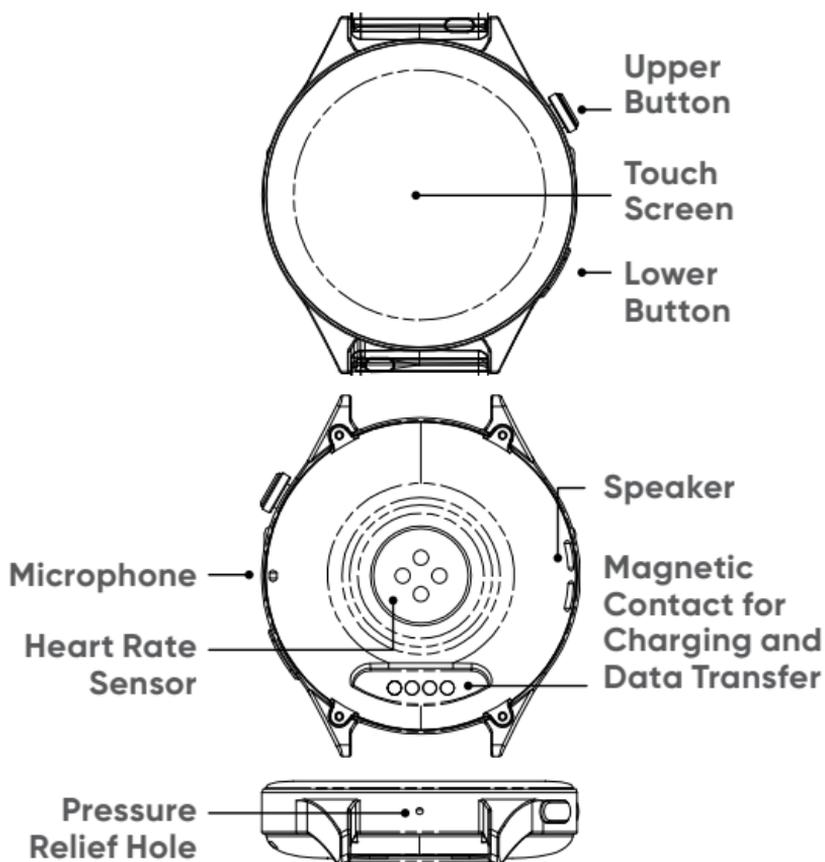
CAUTION

The Ryze Wave smartwatch is not a medical or therapeutic device. Any data or information provided should not be used for medical diagnosis and/or treatment, and monitoring or preventing other medical health issues. Always consult your doctor for health and medical advice.

1.1 WHAT'S IN THE BOX

1 x Ryze Wave Smartwatch, 1 x Magnetic Charging and Data Cable, 1 x Bonus Watch Strap, 1 x User Manual

1.2 SMARTWATCH OVERVIEW



1.3 SMARTWATCH CONTROLS

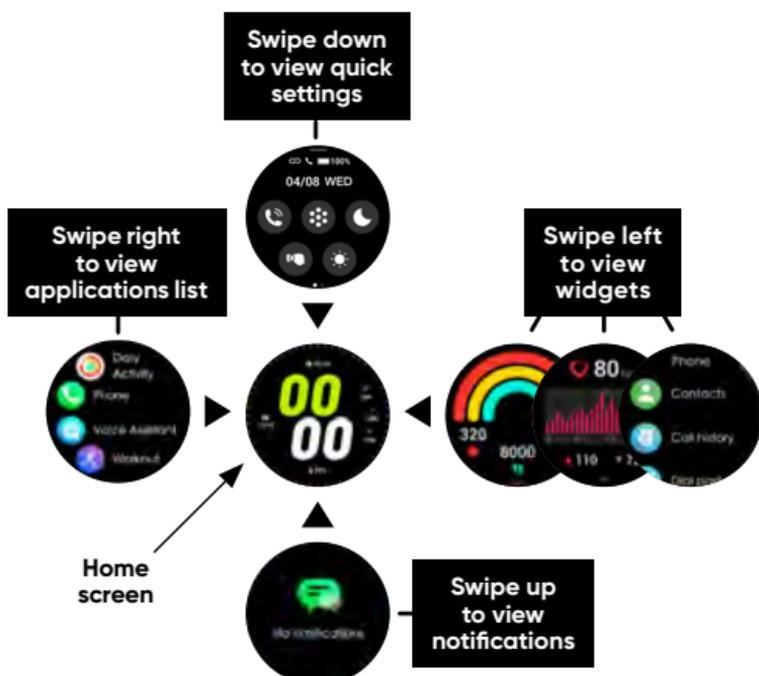
The smartwatch comes with an AMOLED touch screen and two physical buttons that respond to push controls.

1.3.1 BUTTON CONTROLS

OPERATION	FUNCTION	NOTE
Short press Upper Button (Power Button)	<ul style="list-style-type: none"> To wake up/turn off the screen. To return to the previous, upper or home screen. To pause a workout session in progress. To switch between data screen and pause screen during a workout session. 	
Short press Lower Button	<ul style="list-style-type: none"> To wake up the screen. To enter workout application. 	
Press and hold Upper Button (Power Button)	<ul style="list-style-type: none"> To power up the watch. 	Please fully charge the smartwatch before first use.
Press and hold Lower Button	<ul style="list-style-type: none"> To enter SOS call application from the home screen by holding the button for at least 2 seconds. To end a workout session. 	

1.3.2 GESTURE CONTROLS

The smartwatch home screen is displayed on the smartwatch face. The following diagram outlines the various gesture controls on the smartwatch home screen to access the smartwatch settings and other information.



OPERATION	FUNCTION
Swipe up	<ul style="list-style-type: none"> • To view notifications from the home screen. • To navigate a list and view further screen details.
Swipe down	<ul style="list-style-type: none"> • To view quick settings from the home screen. • To navigate a list and view further screen details.
Swipe right	<ul style="list-style-type: none"> • To view the applications on the home screen. • To return to the upper menu from the sub menu. • To access the control and data page during a workout session.
Swipe left	<ul style="list-style-type: none"> • To view widgets from the home screen. • To access the music and data page during a workout session. <p>NOTE To edit and re-order the widgets, go to the end of the list.</p>
Tap	<ul style="list-style-type: none"> • To confirm screen selection. • To enter the sub menu and view details.
Tap and hold	<ul style="list-style-type: none"> • To change the smartwatch face on the home screen.

1.3.3 TURNING ON THE SMARTWATCH SCREEN

- Press any button on the smartwatch when the screen is off.
- Raise and rotate your wrist inwards when the screen-wake feature is enabled.
- To turn on the screen-wake setting from the smartwatch, go to **Settings > Display > Raise to Wake**, and enable **Raise to Wake**. To set a different duration for the screen to stay on, go to **Settings > Display > Screen-On Duration**. To keep the screen turned on without automatically turning off, set **Screen-On Duration** to **Never**.
- To turn on the screen-wake setting from the Ryze Fit App, open the App and go to the **Device** menu. Tap on **Raise wrist to wake screen** and turn on the setting. Tap ◀ at the top left of the screen to save the setting.

Always-On Display (AOD)

When **AOD** is enabled, a simple digital watch face will be shown when the home screen is turned off (going into standby mode). The smartwatch consumes more battery power when **AOD** is activated.

- To turn on **Always-On Display**, go to **Settings > Watch Faces & Themes > Always-On Display** and turn on the setting. Tap ✓ on screen to confirm your selection.

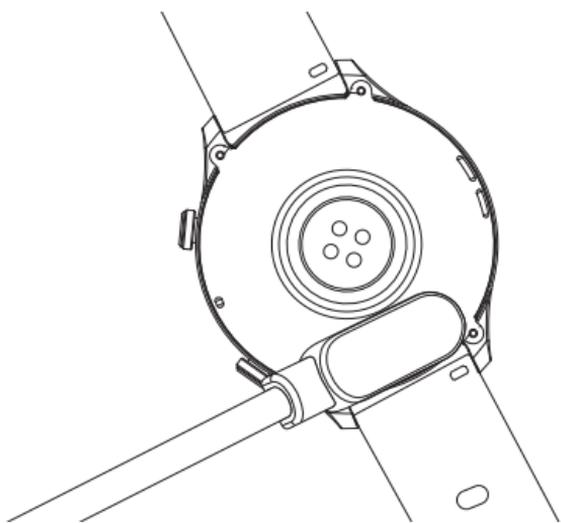
1.3.4 TURNING OFF THE SMARTWATCH SCREEN

The smartwatch home screen will turn off automatically after a period of inactivity unless the **Screen-On Duration** is set to **Never**.

1.4 CHARGING AND POWERING ON

1.4.1 CHARGING

Please fully charge the smartwatch before first use.



- 1) Align and attach the supplied magnetic charging cable to the magnetic contacts at the back of the smartwatch.
- 2) Connect the other end of the magnetic charging cable to a USB port of a computer, or a standard adaptor with a DC output voltage of 5V and an output current not exceeding 1A that complies with safety standards as well as national and local laws and regulations.
- 3) The charging icon will appear on the smartwatch screen after a short while. When the smartwatch is fully charged, the charging indicator will display 100%. The smartwatch and charger may become slightly warm during charging. Detach the smartwatch from the magnetic charging cable once it is fully charged and allow the smartwatch to cool down.



CAUTION

- Use only a genuine Ryze magnetic charging cable for charging.
- Before charging, wipe clean the charging contact pins on the smartwatch with a clean, dry cloth to remove any residual sweat or moisture.
- Keep the magnetic charging contacts and charging port dry, clean and away from conductive materials such as metal powders, pencil leads and liquids to prevent short circuits.
- Do not use the smartwatch whilst charging. The smartwatch and power adaptor will become warm during charging. Sustained contact with warm surfaces for long periods of time may cause discomfort or injury. Allow the smartwatch to cool down completely before wearing it.
- Keep the smartwatch and charging cable away from strong magnetic fields and objects such as magnetic stripe cards, credit cards, phone cards, passbooks and microwaves to protect its performance.
- Do not expose the smartwatch and charging cable to high temperatures for prolonged periods.

1.4.2 POWERING UP THE SMARTWATCH

Follow these methods to power up the watch:

- 1) Fully charge the smartwatch before first use. The smartwatch home screen will turn on after a short while.
- 2) Press and hold the upper button until the smartwatch start-up screen appears.



NOTE

If the smartwatch is unable to be powered up after a period of inactivity, this indicates that it needs to be charged for a few minutes until the smartwatch screen appears and display the charging status.

1.4.3 CHECKING THE BATTERY LEVEL

There are five ways to check the battery level on the smartwatch.

- 1) Swipe down from the top of the smartwatch home screen to check the battery level.
- 2) Charge the smartwatch and check the battery level on the charging screen.
- 3) View the battery level on a smartwatch face that displays the battery level.
- 4) View the battery level from the **Device** menu within the Ryze Fit App.

1.5 PAIRING AND SETUP

With the Ryze Fit App installed on your smartphone, you can set-up, manage and access the full features of the smartwatch easily and conveniently. The App is compatible for use with iPhones using iOS 9.0 or later, and with Android smartphones using Android 6.0 or later.

To use the smartwatch, you will first need to download the App and then pair it with your App and smartwatch. Please follow the steps below.

- 1) Fully charge and power up the smartwatch. It is now ready for pairing with the App via Bluetooth connection.
- 2) Enable Bluetooth and Location Services on your smartphone.
- 3) Download the Ryze Fit App from the Apple App Store or the Google Play Store. Alternatively, you can scan the QR code below to download the App.



i NOTE

If you have already installed the App on your smartphone, check that it is the latest version. If necessary, update the App through the Google Play Store or the Apple App Store.

4) Open the Ryze Fit App.

If you already have a Ryze Fit account, log in to your account. If you do not have a Ryze Fit account, tap the **Login** button. Register a new account using your email address, tap **Get Code** and enter the verification code sent to the email to login to the App. Grant permissions and set up your profile when prompted.

5) Complete the two-step pairing with the App and the phone audio.

A complete pairing is a fully guided two-step process, in which the smartwatch is paired with the App and then with the phone audio via Bluetooth.

Step 1: Go to the **Device** menu in the App and tap the + sign. The App will then automatically search for devices to connect. Tap and select "Ryze Wave" and wait to complete connection with the App.

Step 2: When the screen prompts a Bluetooth pairing request, tap the screen option to complete pairing with the phone audio. Grant permissions when prompted.



A grey  icon means the smartwatch is not connected with the App. A white  icon means the smartwatch is currently connected with the App.



A white  icon appears when the smartwatch is connected to the smartphone's Bluetooth for audio functions such as Bluetooth calling.

6) Once the setup is completed, read through the user manual to learn more about the smartwatch and how to manage its functions and features with the App.

 **NOTE**

If your Ryze Wave smartwatch is currently connected to a smartphone and you would like to pair it to a new smartphone, first turn off the Bluetooth of your connected smartphone. For iPhones, you will need to delete the smartwatch from the Bluetooth device list after your smartwatch is unpaired from the App. To do this, touch the  icon next to the smartwatch name and tap **Forget this Device**.

1.6 WEAR AND CARE



The smartwatch should rest at a finger's width below your wrist bone. The bottom of the smartwatch should be slightly in contact with your skin. Keep the smartwatch secured on wrist during workouts.

Do not overtighten the smartwatch on your wrist to avoid discomfort. Take off your smartwatch from time to time.

The smartwatch has an IP68 dust-tight and waterproof rating. It can be worn in cold-water showers, shallow waters, indoor pools and when swimming near the shoreline.

i NOTE

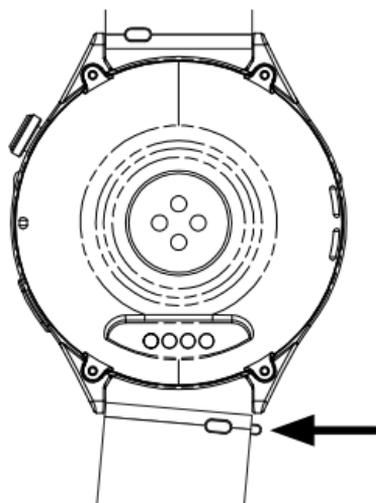
Do not use the smartwatch in spas, hot springs, deep dives or any high-temperature and high-humidity environment.

! CAUTION

- If you find the smartwatch particularly uncomfortable to wear, please adjust the watch strap accordingly for a better fit or take it off.
- Clean and dry the smartwatch and its strap from sweat after heavy workouts or if it has been exposed to fresh water. Wearing dirty and wet watch straps can cause skin irritations.
- Some users may experience skin irritation after prolonged use of the smartwatch, especially if one has sensitive skin or allergies. If you experience any skin irritation, please stop wearing the smartwatch.
- If necessary, use only a soap-free cleanser to clean the smartwatch and let it dry completely. Chemical cleaners and solvents can cause damage to plastic components and finishes.

1.6.1 CHANGING THE STRAP

The smartwatch uses 20mm wide quick-release straps. If you wish to replace the watch strap, please follow the steps below:



- 1) First, flip the smartwatch over to show the underside of the strap. Push the quick-release pin inwards and pull the strap away.
- 2) To install a new strap, reverse the steps of strap removal. Insert one end of the quick-release pin of the new strap into one of the holes of the strap holder. Then insert the other end of the quick-release pin into the other hole by pushing the quick-release pin inwards. Ensure that the new watch strap is secured.

2.0 RYZE WATCH FEATURES

2.1 DATE AND TIME

Automated date and time sync

The date and time settings are automatically updated when the smartwatch is connected to the Ryze Fit App when a manual date and time has not been set with the smartwatch.

To reset the smartwatch for automated date and time sync with the App, first unpair the smartwatch from the App and then pair it again with the App.

Setting date and time manually with your smartwatch

Swipe down on the smartwatch home screen to reveal the quick settings panel. Find and tap the  **Settings**

icon. Tap **Date & Time**. Tap **Date** to set the date and tap ✓ to confirm selection. Tap **Time** to set the time and tap ✓ to confirm selection.

To reset the smartwatch for automated date and time sync with the App, first unpair the smartwatch from the App and then pair it again with the App.

Setting time format with your smartwatch

Swipe down on the smartwatch home screen to reveal the quick settings panel. Find and tap the ⚙ **Settings** icon. Tap **Date & Time** and turn on/off the setting for **24H format**.

2.2 WIDGETS

Widgets are a collection of shortcuts to applications that are located at the right side of the smartwatch home screen. The listing and order of widgets can be customised via the smartwatch.



Managing widgets with your smartwatch

- 1) Swipe left on the smartwatch home screen until the end of the widgets list. Tap ⊕ to edit the list. Tap ⊕ to add a widget. Tap ⊖ to remove a widget.
- 2) To rearrange the order of the widgets, first remove the widgets and then add them back in the order that you prefer. Press the upper button twice to return to home screen.

2.3 SETTINGS

2.3.1 WATCH FACES OPTIONS

Within the Ryze Fit App, you will find a **Watch Face Market** that features a collection of watch faces for your preferred use.

Changing the watch face with your smartwatch

To view the available watch faces, tap and hold the home screen for about 2 seconds. Then swipe from left to right to view the collection. Tap on your watch face choice to confirm selection.

Changing the watch face with the Ryze Fit App

Open the Fit App and go to the **Device** tab. Tap **Watch Face Market**. Tap on **Dial Centre**, swipe up the screen to load and review the various watch face designs available for change. Tap on your selected design and then tap **Sync Watch Face**. The installation will sync with your smartwatch and the new watch face will appear on your smartwatch shortly.

You can also choose your own images to use as a watch face. Tap **Watch Face Market**. Tap on **Customise** and tap on the watch face. Tap the **Image** icon. Follow the prompt and tap the screen option to confirm the watch face syncs with the smartwatch.

NOTE

If the watch face sync process is interrupted halfway, follow the forced restart process in this manual to restart the smartwatch.

2.3.2 THEMES OPTIONS

The smartwatch provides different applications layout themes for your use. Follow the steps below to choose your preferred theme.

Swipe down on the smartwatch home screen to reveal the quick settings panel. Find and tap the  **Settings** icon. Tap **Watch Faces & Themes**. Tap **Themes**. Tap to choose and confirm a theme selection. Press the upper button four times to return to home screen.

2.3.3 SETTING SCREEN BRIGHTNESS

Method 1:

Swipe down on the smartwatch home screen to reveal the quick settings panel. Tap  and slide the bar up/down to adjust screen brightness.

Method 2:

Swipe down on the smartwatch home screen to reveal the quick settings panel. Find and tap the  **Settings** icon. Tap **Display**. Tap **Screen Brightness** and slide the bar up/down to adjust screen brightness

2.3.4 SETTING SCREEN-ON DURATION

Swipe down on the smartwatch home screen to reveal the quick settings panel. Find and tap the  **Settings** icon. Tap **Display**. Tap **Screen-on Duration**. Choose a setting and tap  to confirm selection.

To keep the display turned on, set **Screen-on Duration** to **Never**. Keeping the screen turned on continuously will drain the battery power faster.

2.3.5 SETTING ALWAYS-ON-DISPLAY (AOD)

Once **AOD** is enabled, the **AOD** watch face will stay on after your smartwatch enters standby mode. To enable this feature, swipe down on the smartwatch home screen to reveal the quick settings panel. Find and tap the  **Settings** icon. Tap **Watch Faces & Themes**. Turn on/off the setting for **Always-On Display**.

Keeping the **AOD** watch face on continuously will drain the battery power faster.

2.3.6 SCREEN LOCK

Swipe down on the smartwatch home screen to reveal the quick settings panel. Tap  to toggle the screen lock feature on/off. To unlock the screen, press and hold the upper button.

2.3.7 SCREEN WAKE

Screen Wake allows you to turn on the smartwatch home screen simply by raising your wrist. There are two ways to enable this function.

Method 1:

Swipe down on the smartwatch home screen to reveal the quick settings panel. Tap  to toggle the feature on or off.

Method 2:

Swipe down on the smartwatch home screen to reveal the quick settings panel. Find and tap the  **Settings** icon. Tap **Display** and toggle the **Raise to Wake** switch to turn it on and off.

2.3.8 SETTING VIBRATION STRENGTH

Swipe down on the smartwatch home screen to reveal the quick settings panel. Find and tap the  **Settings** icon. Tap **Sound & Vibration**. Tap **Vibration Strength**. Swipe the screen/up to choose a setting and tap  to confirm selection.

2.3.9 SILENT MODE

When silence mode is enabled, ringtone alert is disabled for incoming calls but still enabled for alarm reminders.

Setting the silence mode with the smartwatch

Swipe down on the smartwatch home screen to reveal the quick settings panel. Tap  to toggle the feature on or off.

2.3.10 DO NOT DISTURB MODE

When **Do Not Disturb (DND)** mode is enabled:

- Vibration alert is disabled for incoming calls, alarms, timer and reminders.
- Ringtone alert is disabled for incoming calls.
- Ringtone alert remains enabled for alarm reminders.

Setting the DND mode with the smartwatch

- 1) Swipe down on the smartwatch home screen to reveal the quick settings panel. Tap  to toggle the **DND** feature on or off. Alternatively, swipe down on the watch home screen to reveal the quick settings panel. Find and tap the  **Settings** icon. Tap **Do Not Disturb**.
- 2) To enable **DND** for the entire day, tap the on-screen button for **All-day DND**. To enable **DND** for a set period, tap the on-screen button for **Scheduled DND**, set the **Start Time** and **End Time** separately and then tap  to save their time setting. Swipe right on the screen to return to the previous screen.

2.3.11 LOW POWER MODE

When low power mode is enabled:

- The screen brightness will be reduced.
- Vibration alert is disabled for incoming calls, alarms, timer and reminders.
- Ringtone alert is disabled for incoming calls.
- Ringtone alert remains enabled for alarm reminders.

Setting the low power mode with the smartwatch

Swipe down on the smartwatch home screen to reveal the quick settings panel. Tap  to toggle the power saving feature on or off.

2.3.12 POWERING OFF, RESTARTING AND RESETTING

Powering off the smartwatch

Method 1:

Press and hold the upper button from home screen until the power off screen appears. Tap ✓ to confirm selection.

Method 2:

Swipe down on the smartwatch home screen to reveal the quick settings panel. Find and tap the ⚙️ **Settings** icon. Tap **System**. Tap **Power Off** and tap ✓ to confirm selection.

Restarting the smartwatch

Method 1:

Swipe down on the smartwatch home screen to reveal the quick settings panel. Find and tap the ⚙️ **Settings** icon. Tap **System**. Tap **Restart** and tap ✓ to confirm selection.

Method 2: Forced restarting the smartwatch

- 1) Press and hold the upper button.
- 2) Align and attach the supplied magnetic charging cable to the magnetic contacts at the back of the smartwatch. Then connect the other end of the magnetic charging cable to a USB port of a computer. The smartwatch screen will turn off momentarily and turn on again after a few seconds, and enters into charging mode. The smartwatch is now restarted.

Resetting the smartwatch

NOTE

Please note that once your smartwatch is reset, it will restore to its factory settings and all existing data will be deleted.

Swipe down on the smartwatch home screen to reveal the quick settings panel. Find and tap the ⚙️ **Settings** icon. Tap **System**. Tap **Reset** and tap ✓ to confirm selection.

2.3.13 VIEWING MAC ADDRESS AND PRODUCT INFORMATION

Swipe down on the smartwatch home screen to reveal the quick settings panel. Find and tap the  **Settings** icon. Tap **About Device** to view the MAC address, firmware version and more information about the device.

2.3.14 SEEKING HELP

Swipe down on the smartwatch home screen to reveal the quick settings panel. Find and tap the  **Settings** icon. Tap **Help** and scan the QR code with your smartphone to seek help from the Ryze website.

2.4 DAILY ACTIVITIES

The daily activities you do can contribute to your overall fitness and health. Through your smartwatch, you can monitor your daily activities such as tracking your steps, calories consumption and walking distances. Your watch can do all these tracking automatically.

NOTE

The smartwatch uses the user profile data such as gender, age, height and weight that are recorded in the Ryze Fit App to improve accuracy of the measured activities. To adjust user profile settings, open the App and go to the **Me** tab. Tap on **User Profile Image** in the upper left corner. Adjust the necessary settings. Follow the prompt options to save your changes

2.4.1 SETTING DAILY GOALS

Setting daily steps goal with the Ryze Fit App

To set your daily steps goals, open the App and go to the **Me** tab. Tap **Goal Setting**. In the following screen, set your target step count and follow the screen prompts to confirm selection.

2.4.2 VIEWING ACTIVITY RECORDS

Viewing activity records on the smartwatch

Swipe right on the smartwatch home screen to reveal the applications list. Tap **Daily Activities** to reveal the recorded data for (left to right) calories, steps and distance. Swipe up to show more information about Steps.



Viewing activity records in the Ryze Fit App

The App allows you to upload health and workout data from a connected smartwatch and enables easy viewing of historical statistics. Sync the connected smartwatch data to the App regularly. Open the **Home** tab, swipe down the middle of the smartphone screen and release your finger to synchronise data between the smartwatch and the App.

Method 1: Go to **Home** tab. Tap the **Steps** ring to review daily, weekly and monthly statistics on **Steps**.

Method 2: Go to **Me** tab. Tap **Weekly Report**. Swipe down the middle of the smartphone screen and release your finger to load data.

2.4.3 SETTING DAILY REMINDERS

Setting up a sedentary reminder with the Ryze Fit App

Set yourself a reminder to get up and walk around to reach your daily steps goal.

Open the App and ensure that your smartwatch is paired to the App. Go to the **Device** tab and tap **Sedentary reminder**. In the following screen, turn on the reminder switch, set the timing and reminder interval. Tap **<** at the upper left to save the settings.

Setting up a drink reminder with the Ryze Fit App

Set yourself a reminder to drink water at set intervals to keep yourself hydrated and healthy.

Open the App and ensure that your smartwatch is paired to the App. Go to the **Device** tab and tap **Drink reminder**. In the following screen, turn on the reminder switch, set the timing and reminder interval. Tap **<** at the upper left to save the settings.

2.5 CALLS AND NOTIFICATIONS

2.5.1 SETTING MESSAGE NOTIFICATIONS

When notifications are enabled and the watch is connected to the Ryze Fit App, the watch will receive push message notifications from your smartphone. The Ryze Fit App must be set to permit notification access running in the background and with unrestricted battery use (for Android phones).

- 1) To enable notification access and background running permission for the App:

On Android phones:

- Go to phone **Settings > Apps > Ryze Fit** and make the following settings for the App. Tap **Permissions**, allow permission for **Notifications** and **SMS** and then disable the switch for **Pause app activity if unused**. Tap **Battery** or **App battery use** and enable **Unrestricted**.
- Go to phone **Settings > Apps > Ryze Fit**. In the following **App info** page, tap  at the top right and tap **Allow restricted settings**.

On iOS phones:

- Go to phone **Settings > Ryze Fit > Notifications** and turn on **Allow Notifications**.
- 2) Open the Ryze Fit App. Go to **Device** tab. Tap **App Reminder** and turn on the switch for all smartphone apps that you wish to receive notifications on your smartwatch. Tap  to save the setting. Go back to **Device** tab, tap **SMS reminder** and in the following screen turn on the switch.
 - 3) Disable **Do Not Disturb (DND)** mode on the smartwatch.
 - 4) Disable **Low Power** mode on the watch.

2.5.2 VIEWING MESSAGE NOTIFICATIONS

- 1) To view a list of message notifications, swipe up the smartwatch home screen. Tap on the message to read more or delete the message by tapping the bin icon.
- 2) To return to the message notification list from a message, swipe right on the smartwatch screen.
- 3) To clear all messages in the message notifications list, scroll to the bottom of the list and tap the bin icon.

2.5.3 SETTING INCOMING CALL ALERT

When call notification is enabled and the smartwatch is connected to the Ryze Fit App, you will receive a call alert on the smartwatch when you receive an incoming call on your smartphone. The Ryze Fit App must be set to enable phone permission, contact book permission and call record permission running in the background and with unrestricted battery use (for Android phones).



A grey  icon means the smartwatch is not connected with the App. A white  icon means the smartwatch is currently connected with the App.



A white  icon appears when the smartwatch is connected to the smartphone's Bluetooth for audio functions such as Bluetooth calling.

1) Checking watch connection with the App:

Swipe down the smartwatch home screen and ensure the  icon has turned white, indicating a connection with the App. If not, complete the pairing process first.

2) Enabling the watch Bluetooth for phone audio:

Swipe down the smartwatch home screen and tap  to turn on the device Bluetooth.

3) Checking watch connection with the phone:

Swipe down the smartwatch home screen and ensure the  icon has turned white, indicating a connection with a phone audio. If not, follow the instructions below.

On Android phones:

- Open phone **Settings** > **Bluetooth**. Wait for the smartphone to search for nearby Bluetooth devices. Under the **Available Devices** list, look for and tap on **Ryze Wave** to complete Bluetooth pairing with the smartwatch. When prompted, allow access to contacts.

On iOS phones:

- Go to phone **Settings** > **Bluetooth**. Wait for the phone to search for nearby Bluetooth devices. Under the **Other Devices** list, look for and tap on **Ryze Wave** to complete Bluetooth pairing with the smartwatch.

4) Enabling proper access and permission for the App:

On Android phones:

- Go to phone **Settings** > **Apps** > **Ryze Fit** and make the following settings for the App. Tap **Permissions**, allow permission for **Phone**, **Contacts** and **Call logs**. Tap **Battery** or **App battery use** and ensure **Unrestricted** is enabled.

On iOS phones:

- Go to phone **Settings** > **Ryze Fit** > **Contacts** and turn on the switch.
- 5) Open the Ryze Fit App. Go to **Device** tab. Tap **Call Reminder**. When prompted, enable phone call permissions. Tap on screen to enable call reminder. Then tap **<** to save the setting.
 - 6) Disable **Do Not Disturb (DND)** mode on the smartwatch.
 - 7) Disable **Low Power** mode on the smartwatch.

2.5.4 SETTING CALL CONTACTS

Setting up frequent contacts with the Ryze Fit App

- 1) Open the Ryze Fit App and go to the **Device** tab. Tap **Address Book**.
- 2) In the following screen, tap **Open**.
- 3) Select the contacts you wish to add. Tap **Done**. Tap **Load**. Tap **<** to return to the previous screen. The newly added contacts will be synced to the smartwatch under **Phone** > **Contacts**.

2.5.5 CALLING A CONTACT

You can make a phone call from the smartwatch when it is connected to your smartphone with the Ryze Fit App running in the background. Ensure all steps in the "Setting Incoming Call Alert" section are completed. To make a call, swipe right on the smartwatch home screen to reveal the applications list. Tap **Phone** then dial the number using the **Dialpad** or by tapping on a contact name in **Contacts** or in the **Call History**.

2.5.6 SETTING SOS CONTACT

You can set up an emergency contact and make a SOS call from the smartwatch when it is connected to your smartphone with the Ryze Fit App running in the background. Ensure all steps in the “Setting Incoming Call Alert” section are completed.

Setting up emergency (SOS) contact with the Ryze Fit App

- 1) Open the Ryze Fit App and go to the **Device** tab. Tap **SOS contact**.
- 2) In the following screen, tap **Add**. Select one contact you wish to add in your emergency contact list. Tap **<** to return to the **Device** menu.

2.5.7 CALLING THE SOS CONTACT

You can make a phone call from the smartwatch when it is connected to your smartphone with the Ryze Fit App running in the background. Ensure all steps in the “Setting Incoming Call Alert” section are completed. To make a call, swipe right on the smartwatch home screen to reveal the applications list. Tap **SOS Call** and then tap **✓** to start calling the SOS contact.

2.5.8 SETTING SMS QUICK REPLY

For Android phones only, the Ryze Wave smartwatch supports SMS quick reply to incoming call. Follow the instructions below to enable this feature.

- 1) Open the Ryze Fit App and go to the **Device** tab. Tap **SMS quick reply**. In the following screen, turn on the **SMS quick reply** switch.
- 2) To add a custom reply message, tap **Add**. Type in your short message and tap **Confirm**. Tap **<** to return to the **Device** menu.

When you receive a call alert on your smartwatch, tap the on-screen message button and tap on a reply message. The message will be sent to the caller via SMS.



2.6 VOICE ASSISTANT

The smartwatch supports quick interaction with the active voice assistant on your connected smartphone through its **Voice Assistant** application.

Using the voice assistant

- 1) Swipe right on the home screen to reveal the applications list. Tap on **Voice Assistant**.
- 2) Tap on the smartwatch screen. When the screen displays **listening...**, give a voice command such as **"What's the weather today?"**

2.7 WORKOUT

The **Workout** application on the smartwatch allows you to track your workout sessions.

You can set a specific goal, such as workout duration or calories burned via the App. The watch provides a summary of the exercise session once completed. You can review the workout history on your smartphone using the Ryze Fit App.

2.7.1 EDITING WORKOUT MODES

You can edit the **Workout** list on the smartwatch via the Ryze Fit App. Open the App. Go to the **Sports** menu. Tap the **+** sign at the top right.

For Android phones users:

To remove/add a workout mode, tap **-** / **+** . To rearrange workout modes, hold and drag a workout tile. Tap **Save** at the top right save the changes.

For iPhones users:

To remove/add a workout mode, tap **-** / **+** . To rearrange workout modes, remove and then add the workout mode in the preferred order. Tap **Save** at the top right save the changes

2.7.2 STARTING AND ENDING A WORKOUT

Starting and ending a workout with the smartwatch

- 1) Swipe right on the home screen to open the applications list.
- 2) Tap **Workout**. Swipe the screen up/down to identify an exercise from the workout list.
- 3) To start a workout session, tap the workout name.

4) During a workout session, you can do the following:

- Swipe up/down from the edge of the screen to view workout data which vary by workout mode.
- For workout modes that support music access during a workout session, swipe left from the edge of the screen to switch to music control screen.
- To pause a workout session:

Method 1: Press the upper button when a workout session is in progress. The session is paused when the smartwatch switches to the control screen.

Method 2: Swipe right from the edge of the screen and the workout session is automatically paused when the watch switches to the control screen.

For some workout modes, only the button-pause is supported.

- To resume a workout session, tap the on-screen  button.
- To end a workout session, tap the on-screen  button.

5) A workout summary is displayed after the session has ended.

Starting and ending a workout with the Ryze Fit App

You can start and end a selected workout mode on the smartwatch from the Ryze Fit App.

NOTE

For workout control and route tracking using connected GPS, keep your smartphone and smartwatch close to each other to ensure they are connected via Bluetooth.

- 1) Enable location service on your smartphone. When prompted, grant permission to access location for the App.
- 2) Open the Ryze Fit App and go to the **Sports** tab. Tap to choose a workout mode above the map view.
- 3) Swipe the workout list left or right to view more workout modes. To edit the workout list above the map view, tap the **+** sign at the top right.

For Android phones users:

To remove/add a workout mode, tap  /  .
To rearrange workout modes, hold and drag a workout tile. Tap **Save** at the top right save the changes.

For iPhone users:

To remove/add a workout mode, tap  /  .
To rearrange workout modes, remove and then add the workout mode in the preferred order. Tap **Save** at the top right save the changes

4) Before starting a workout session in the App:

- **To set a workout goal:**

In the **Sports** menu, tap **Workout goals** (sport goal). In the following screen, depending on workout modes, you can set the workout goal for **Duration, Calories** and **Distance**.

- **To turn on voice broadcast during workout:**

In the **Sports** menu, tap **Voice broadcast**. In the following screen, turn on the switch for **Voice broadcast**. Set the broadcast frequency and contents. The voice contents will be broadcasted from the App at the set interval.

- **To turn on high heart rate alert during workout:**

In the **Sports** menu, tap **Voice broadcast**. In the following screen, turn on the switch for **Heart rate alert**. Tap on **Heart rate alert** to set the heart rate alert limit.

5) To start a workout session, tap the on screen **Start exercising** (sport) button. Once you have started a workout in the App, the connected watch will sync and start the same workout.

6) During a workout session, you can do the following:

- Press the on-screen  button to pause the workout.
- Press the on-screen  button to resume the workout.
- Press and hold the on-screen  button to end the workout. Follow the prompt instructions to confirm selection.

- Tap the lock icon to lock the screen. To unlock the screen, tap and hold the same icon.
- If available, tap the map icon to view map.

2.7.3 VIEWING WORKOUT RECORDS

Viewing workout records with the Ryze Fit App

Open the App and go to the **Sports** menu. Tap **Last km** (km). In the following screen, tap a workout along the top bar to view recorded workout sessions.

2.8 HEART RATE

Measured heart rate is presented in BPM or beats per minute. To ensure accuracy of measurement, wear the smartwatch at least one finger's width above your wrist bone and make sure it is snug on your wrist. During the measurement, keep your arm and wrist still and wait patiently until the measurement finishes.

2.8.1 HEART RATE MEASUREMENT

Swipe right on the smartwatch home screen to reveal the applications list. Tap **Heart Rate** and wait patiently until the measurement finishes.

2.8.2 AUTOMATIC HEART RATE MONITORING

To enable automatic heart rate monitoring, open the Ryze Fit App and go to the **Device** tab. Tap **Heart rate settings**. In the following page, turn on the switch for **auto-measurement**. Tap  to save the setting.

Continuous heart rate monitoring will increase battery consumption with your smartwatch.

2.8.3 SETTING HIGH HEART RATE ALERT

Open the Ryze Fit App and go to the **Device** tab. Tap **Heart rate settings**. Turn on the switch for **High heart rate setting**. Set the **heart rate** limit above which you will receive a reminder on the smartwatch.

2.8.4 SETTING LOW HEART RATE ALERT

Open the Ryze Fit App and go to the **Device** tab. Tap **Heart rate settings**. Turn on the switch for **Low heart rate setting**. Set the **heart rate** limit below which you will receive a reminder on the smartwatch.

2.8.5 VIEWING HEART RATE

Method 1:

Open the **Heart Rate** application on the smartwatch to view heart rate. Swipe up the screen to reveal more recorded data.



Method 2:

View the **Heart Rate** card in the **Home** tab in the Ryze Fit App. Sync the smartwatch data to the App by swiping down the phone screen whilst at the **Home** tab. Tap on the card title "**Heart Rate**" to view more analysis.

2.9 BLOOD OXYGEN LEVEL (SPO2)

Blood oxygen level (SpO2) is a percentage measure of the blood oxygen-carrying capacity of your blood and a vital physiological indicator of your respiratory system. To ensure accuracy of measurement, wear the smartwatch at least one finger's width above your wrist bone and make sure it is snug on your wrist. During the measurement, keep your arm and wrist still and wait patiently until the measurement finishes.

2.9.1 AUTOMATIC SpO2 MEASUREMENT

To set up automatic measurement for SpO2, open the Ryze Fit App and go to the **Device** tab. Tap **Blood oxygen settings**. In the following page, turn on the switch for **auto-measurement**. Set the timing. Tap **<** to save the setting.

Automatic SpO2 measurement will increase battery consumption with your smartwatch.

2.9.2 VIEWING SpO2

Method 1:

Open the **Blood Oxygen** application on the smartwatch to view heart rate. Swipe up from the edge of the screen to reveal more recorded data.



Method 2:

View the **Blood Oxygen** card in the **Home** tab in the Ryze Fit App. Sync the smartwatch data to the App by swiping down the phone screen whilst at the **Home** tab. Tap on the card title "**Blood Oxygen**" to view more analysis.

2.10 STRESS

Stress is an indicator of your physiological strain. The smartwatch can measure your stress level by way of calculating a stress score through the analysis of heart rate variability (HRV) and other physiological data. A stress score ranges from 1 to 100. The lower the score, the lower your stress level. To ensure accuracy of measurement, wear the smartwatch at least one finger's width above your wrist bone and make sure it is snug on your wrist. During the measurement, keep your arm and wrist still and wait patiently until the measurement finishes.

2.10.1 AUTOMATIC STRESS MONITORING

To enable automatic stress monitoring, open the Ryze Fit App and go to the **Device** tab. Tap **Stress settings**. In the following page, turn on the switch for **auto-measurement**. Set the timing. Tap **<** to save the setting.

Automatic stress monitoring will increase battery consumption of your smartwatch.

2.10.2 VIEWING STRESS LEVEL

Method 1:

Open the watch **Stress** application on the smartwatch to view stress level.



Method 2:

View the **Stress** card in the **Home** tab in the Ryze Fit App. Sync the smartwatch data to the App by swiping down the phone screen whilst at the **Home** tab. Tap on the card title "**Stress**" to view more analysis.

2.11 SLEEP MONITORING

To monitor sleep quality, enable the feature and wear the smartwatch while you are sleeping.

- 1) Open the **Sleep** application on the smartwatch. Swipe up/down the screen for a breakdown of sleep duration across the awake, light sleep, deep sleep and REM sleep stages.



- 2) View the **Sleep** card in the **Home** tab in the Ryze Fit App. Sync the smartwatch data to the App by swiping down the phone screen whilst at the **Home** tab. Tap on the card title "**Sleep**" to view more analysis.

2.12 BREATHING EXERCISE

You can start a guided breathing session anytime on the smartwatch. Inhale and exhale to a set rhythm to help lower stress and practice mindfulness. To start a breathing exercise, open the **Breathing Exercise** application on the smartwatch home screen. Follow the prompt to complete settings for tempo and duration. Tap ▶ to start the session. Follow the onscreen breathing instructions. To exit the session, press the upper button.

2.13 WEATHER PUSH

When your smartwatch is connected to the Ryze Fit App, the smartwatch will receive periodic weather push. The feature requires the App to be running in the background.

- 1) To enable weather and background running permission for the App:

On Android phones:

- Go to phone **Settings > Apps > Ryze Fit** and make the following settings for the App. Tap **Permissions**, allow permission for **Location** and then disable the switch for **Pause app activity if unused**. Tap **Battery** or **App battery use** and enable **Unrestricted**.

On iOS phones:

- Go to phone **Settings > Ryze Fit > Location** and set **Allow Location Access** to **Always** and turn on the Precise Location switch.

Viewing weather information

Open the **Weather** application on the smartwatch. Swipe up/down the screen to view the weather forecast

2.14 MENSTRUAL TRACKER

Use this feature to help you manage and keep track of menstrual cycle status.

Setting the tracker

Open the App and check that the gender is set to **Female** in the user profile. In the **Me** tab, tap **Menstrual Cycle**. Under **Setting**, set up the relevant cycle information by following the on-screen instructions. Tap **Start** (if available) and **<** to save the setting. Turn on the reminder switch. Once the feature is activated, the **Menstrual Tracker** application will be added to the smartwatch applications list.

Viewing cycle information

- 1) Open the **Menstrual Tracker** application on the watch.
- 2) Open the Ryze Fit App and go to **Me** tab. Tap **Menstrual Cycle** to view the current phase of cycle.

2.15 MUSIC CONTROL

Your Ryze Wave smartwatch supports the following music control features:

- Storage of up to 512MB and playback of local MP3 music on your smartwatch
- Music playback and control on your smartwatch when connected to your smartphone

2.15.1 MANAGING MP3 MUSIC ON YOUR SMARTWATCH

To add and delete MP3 files on your smartwatch, first connect the USB end of the supplied magnetic charging and data cable to a USB port of a computer. Then align and attach the charging head to the magnetic contacts at the back of the smartwatch. The smartwatch will appear as a USB Drive on the computer browser. Open the USB drive and save your MP3 files under the **audio** folder. Safely remove and eject your device from the computer drive system.

2.15.2 PLAYING LOCAL MP3 MUSIC ON YOUR SMARTWATCH

- 1) Swipe right on the smartwatch home screen to reveal applications list. Tap **Music**.
- 2) Tap the bottom right icon on the music player screen. Tap on **Watch** to select it as the audio source. To connect a Bluetooth earphone, tap on **Earphone** and the smartwatch will start searching for nearby devices. To be found, your TWS earphone must not be connected and is in pairing mode. Tap on a found device name and follow the prompt to complete pairing with the smartwatch. Swipe right and return to the music player screen. An earphone icon at the bottom right indicates the earphone is paired with the smartwatch. To disconnect the earphone, tap the earphone icon on the music player screen, tap earphone, tap the earphone name and tap .
- 3) From the smartwatch music player screen, tap the on-screen buttons to pause, resume or skip play. To adjust play volume, tap the speaker icon on the screen and adjust the volume bar by tapping on screen buttons. Note that when you adjust the smartphone volume from the smartwatch, the maximum play volume you can set via the

smartwatch screen is limited by the smartphone volume setting. To choose a MP3 from your local archive, tap ▼ to reveal the MP3 files saved on the smartwatch. Tap the bottom left icon to switch between repeat, random and sequential playback.



2.15.3 CONTROLLING MEDIA AUDIO WITH YOUR SMARTWATCH

You can control the active media audio on your connected smartphone from the smartwatch. When **Media Audio** setting on the watch is enabled, the smartwatch can act as a connected speaker and the music is played on the smartwatch. When **Media Audio** is disabled, the music is played on the smartphone.

- 1) Open Ryze Fit App. Go to **Device** menu and verify that your Ryze Wave smartwatch is connected.
- 2) Open the smartphone Bluetooth settings and verify that your Ryze Wave smartwatch is connected. For some Android phones, the connected device will appear under Media Devices.
- 3) Swipe down on the smartwatch home screen to reveal the quick settings panel. Find and tap the **Settings** icon. Tap **Sound & Vibration**. Turn on the setting for **Media Audio**. Press the upper button three times to return to home screen.
- 4) Swipe right on the smartwatch home screen to reveal the applications list. Tap **Music**. Tap the bottom right icon to select either **Phone** or **Watch** as the audio source. If the current setting is **Watch**, tap **Phone**. If the current setting is **Phone**, tap **Watch** and then **Phone**. Swipe right and return to the music player screen. Connection to earphone is not supported when **Phone** is selected as the audio source.
- 5) Open the media audio App on your connected phone and play a song.
- 6) From the smartwatch music player screen, tap the on-screen buttons to pause, resume or skip play. To adjust play volume, tap the speaker icon on the smartwatch screen and slide the volume bar up or

down. Note that when you adjust the smartphone volume from the smartwatch, the maximum play volume you can set via the smartwatch screen is limited by the smartphone volume setting. Tap the bottom left icon to switch between repeat, random and sequential playback.



2.16 CAMERA CONTROL

When the feature is enabled, you can control your smartphone camera from your connected smartwatch to take a photo. Ensure the Ryze Fit App is running in the background.

To enable camera control and background running permission for the App:

On Android phones:

- Go to phone **Settings > Apps > Ryze Fit** and make the following settings for the App. Tap **Permissions** to allow permission for **Camera** and **Photos and Videos**.

On iOS phones:

- Go to phone **Settings > Ryze Fit** and turn on the **Camera** switch. Tap **Photos** and enable **Full Access**.

Operating the camera with the smartwatch

Open the Ryze Fit app and go to **Device** menu. Tap **More settings**. Tap **Shake to take picture**. Adjust your camera settings. Rotate your smartwatch-wearing arm to take a photo.

2.17 FIND PHONE

You can use this feature on your smartwatch to locate your smartphone by enabling the smartwatch to play a ringtone to alert you of its whereabouts. Ensure that your smartwatch and smartphone are connected and within the Bluetooth connection range of each other. Enable this feature before use.

Enabling Find Phone

Open the Ryze Fit App and go to the **Device** tab. Tap **More Settings**. Tap **Find phone setting**. In the following page turn on the switch. Tap **←** to save the setting.

Using Find Phone with the smartwatch

Swipe right on the smartwatch home screen to reveal the applications list. Tap **Toolbox**. Tap **Find Phone**. When the smartwatch screen display **Ringing**, the connected smartphone will start to ring. Press the smartwatch upper button to exit the **Find Phone** application and stop searching.



2.18 FIND WATCH

Open the Ryze Fit App and go to the **Device** tab. Tap **More Settings**. Tap **Find device** and the connected smartwatch will start to ring. Press the smartwatch upper button to stop the watch from ringing.

2.19 ALARM

Setting an alarm with the smartwatch

- 1) Swipe left on the home screen to reveal the applications list. Tap **Toolbox**. Tap **Alarm Clock**. Tap **+** to set a new alarm. Set the time by swiping the screen up/down and then tap on-screen **➡** button. Tap screen to select/deselect the repeat days **✓** to save the setting.
- 2) Slide the button next to an alarm to enable and disable it.
- 3) Tap an alarm to edit or delete it.
- 4) Disable **Do Not Disturb (DND)** and **Low Power** modes.

2.20 STOPWATCH

The smartwatch supports both normal and lap timing with its stopwatch application.

- 1) Swipe right on the smartwatch home screen to reveal the applications list. Tap **Toolbox**. Tap **Stopwatch**.
- 2) Tap ► to start or resume the stopwatch.
- 3) Tap ⏸ to stop the stopwatch.
- 4) Tap the clock icon to record a lap time. Swipe the screen up/down to scroll through the lap times.

2.21 TIMER

You can set a timer with a preset or customised duration on the smartwatch.

Setting a preset timer

- 1) Swipe right on the smartwatch home screen to reveal the applications list. Tap **Toolbox**. Tap **Timer**.
- 2) Swipe the screen to view options. Tap on a preset time to start a timer. Tap ⏸ to pause timing. Tap ► to resume timing. Tap ✕ to stop timing.

Setting a customised timer

- 1) Swipe right on the smartwatch home screen to reveal the applications list. Tap **Toolbox**. Tap **Timer**.
- 2) Swipe down the screen. Tap + to set a customised duration. Swipe the screen to adjust time settings and then tap ✓ to start timing. Tap ⏸ to pause timing. Tap ► to resume timing. Tap ✕ to stop timing.

2.22 TORCHLIGHT

Swipe down on the smartwatch home screen to reveal the quick settings panel. Tap 🔦 and then tap the screen to toggle the feature on or off. Press the upper button to exit the application.

2.23 GAME

Swipe right on the smartwatch home screen to reveal the applications list. Tap **Games** and tap on the game to start play. Press the smartwatch upper button and on-screen button to exit the application.

2.24 CALCULATOR

Swipe right on the smartwatch home screen to reveal the applications list. Tap **Toolbox**. Tap **Calculator**. Press the smartwatch upper button to exit the application.

3.0 RYZE FIT APP

The Ryze Fit App is a free app that allows you to manage and control various features of the watch from your smartphone. The App supports smartwatch settings, data updates, data synchronisation, data analysis, data reporting and data sharing with selected third-party apps.

It is recommended that you connect your smartwatch to the App as frequently as possible for the best user experience.

From time to time, we will add improvements to the smartwatch and enhance App functionality. For the latest updates on our products including this manual, please visit www.ryzeabove.com.au and www.ryzeabove.co.nz

3.1 SYNCING WITH THE SMARTWATCH

Open the Ryze Fit App and go to the **Device** tab and check that the smartwatch is connected. Go to the **Home** tab. To sync the watch data with the App, swipe down the middle of the smartphone screen and then release your finger.

3.2 UPDATING THE SMARTWATCH

It is recommended that you check the App regularly for software updates with the smartwatch. To check for updates and install them, please follow the steps below:

- 1) Ensure that the smartwatch battery level is more than 40%. If not, please recharge the watch.
- 2) Keep your smartwatch and smartphone close to each other and ensure that they are still.
- 3) Open the Ryze Fit App and go to the **Device** tab. Ensure that your smartphone and smartwatch are connected via Bluetooth. Tap on **Firmware Update**. Tap **Check for Updates** and follow the prompt to complete installation. The updating process may take up to a few minutes to complete.

3.3 DISCONNECTING THE SMARTWATCH

- 1) Open the Ryze Fit App and go to the **Device** tab. Scroll down the page and tap the on-screen **Unpair** button and follow the prompt to confirm the action.
- 2) Disconnect the smartwatch from the phone's Bluetooth:

For iPhones:

Open the phone **Settings** > **Bluetooth**. Under **My Devices**, tap the ⓘ icon next to **Ryze Wave** and tap **Forget This Device**.

3.4 THIRD-PARTY APPS SUPPORT

The Ryze Fit App supports data sharing with selected third-party Apps.

3.4.1 SHARING DATA WITH STRAVA

To authorise and enable data sharing, open the App. Go to **Me** tab. Tap **Third party data sharing**. Tap **Strava**. Tap ➤. Follow the prompts to complete the process.

3.4.2 SHARING DATA WITH GOOGLE FIT

To authorise and enable data sharing, open the App. Go to **Me** tab. Tap **Third party data sharing**. Tap **Google Fit**. Tap ➤. Follow the prompts to complete the process.

NOTE

Data sharing with Google Fit is only possible on smart devices running on Android systems.

3.4.3 SHARING DATA WITH APPLE HEALTH

To authorise and enable data sharing, open the App. Go to **Me** tab. Tap **Third party data sharing**. Tap **Apple Health**. Follow the prompts to complete the process.

NOTE

Data sharing with Apple Health is only possible on smart devices running on iOS systems.

3.5 UPDATING THE APP

Open the Ryze Fit App. Go to **Me** tab. Tap **System settings**. Tap **About**. Tap **Update app**. Follow the prompts to complete the updating process.

3.6 USER PROFILE SETTINGS

The smartwatch makes use of user profile information including gender, age, height and weight recorded in the Ryze Fit App to improve accuracy of the measured data.

To make changes to the user profile, open the App and go to **Me** tab. Tap on **User Profile Image** at the upper left corner. You can edit the username, user profile image and profile settings. Follow prompt and tap **<** to save changes made.

3.7 UNIT PREFERENCE SETTINGS

To change the unit preference settings, open the Ryze Fit App. Go to **Me** tab. Tap **Unit**. Adjust your preferences for measurement units. Tap **<** to save the settings.

3.8 ACCOUNT SETTINGS

Changing email account

- 1) Logout from the current account. Open the Ryze Fit App. Go to **Me** tab. Tap **System Settings**. Tap **Logout**. Follow the prompts to confirm action.
- 2) Login to the App using a new email address.

Cancelling account

Open the Ryze Fit App. Go to **Me** tab. Tap **System Settings**. Tap **Delete Account**. Follow the prompts to cancel the account.

3.9 DATA PRIVACY

To clear personal data that is stored in the device and cloud, open the App and go to **Device** tab. Tap on **Reset device and clear Data**.

3.10 SIGNING OUT

Open the Ryze Fit App. Go to **Me** tab. Tap **System Settings**. Tap **Logout**. Follow the prompts to confirm action.

4.0 SPECIFICATIONS

Display	1.43-inch AMOLED
Display Resolution	466 x 466
Battery Capacity	300mAh
Rated Input	5V= 1A
Charging Time	Approximately 3 hours for a full charge
Battery Life*	Up to 7 days
Ingress Protection	IP68
MP3 Storage	512MB
Wireless Connectivity	Bluetooth 5.2 BLE
Bluetooth Frequency	2402MHz – 2480MHz
Watch Dimensions	256.8mm(L) x 46mm(W) x 12.2mm(T) (including strap and protrusions)
Watch Strap Width	20mm
Watch Strap Length	121mm/80mm
Wrist Circumference	140mm - 200mm
Compatibility	Android 6.0 and iOS 9 versions and above
Operating Temperature	-10°C to 40°C
Charging Temperature	0°C to 40°C

*Useful battery life will be shortened with more frequent use of continuous heart rate monitoring, automatic health monitoring, screen activation, vibration notification, data sync to the App, Bluetooth calling and other functions.

5.0 SAFETY AND HANDLING

WARNING

Failure to follow safety instructions could result in fire, electric shock, injury or damage to Ryze smartwatch or other properties and invalidate warranty.

- The Ryze Wave smartwatch is not a medical or therapeutic device. It is not intended for medical use. Any data or information provided should not be used for the diagnosis, treatment, and monitoring or prevention of other health conditions. Always consult your doctor for health and medical advice.
- Do not place the smartwatch and its accessories near extreme temperatures to prevent smartwatch failure, fire or explosion.
- Do not use the smartwatch in saunas, hot springs, deep dives or high temperatures and high humidity environments.
- Do not subject the smartwatch and its accessories to sharp objects, impact and shock to prevent damage.
- Do not attempt to disassemble, modify or repair the smartwatch or its accessories to avoid damage and injury.
- Before charging, use a clean cloth to wipe clean and remove any residual sweat or moisture on the smartwatch contact pins.
- Keep the magnetic charging contacts and charging port dry, clean and away from conductive materials such as metal powders, pencil leads and liquids to prevent short circuits.
- Charge the smartwatch with a genuine Ryze charging cable for Ryze Wave, a USB port of a computer, or a third-party power adaptor that is fully compliant with USB 2.0 or later and with applicable safety standards, national and local laws and regulations.
- Do not use the smartwatch whilst charging. The smartwatch and power adaptor will become warm when charging. Sustained contact with warm surfaces for long periods of time may cause discomfort or injury. Allow the smartwatch to cool down completely before wearing it.

- Keep the smartwatch and charging cable away from strong magnetic fields and objects such as magnetic stripe cards, credit cards, phone cards, passbooks and microwaves to protect its performance.
- Do not expose the smartwatch and charging cable to high temperatures for a prolonged period.
- If you find the smartwatch particularly uncomfortable to wear, please either adjust the watch strap or take it off.
- Clean and dry the smartwatch if it is exposed to fresh water and after workouts or heavy sweating. Wearing dirty, wet straps can cause skin irritations.
- Some users may experience skin irritation after prolonged use of the smartwatch, especially if one has sensitive skin or allergies. If you experience any skin irritation, please stop wearing the smartwatch.
- If necessary, use only a soap-free cleanser to clean the smartwatch and let the smartwatch dry completely. Chemical cleaners and solvents can cause damage to plastic components and finishes.

6.0 WARRANTY TERMS AND CONDITIONS

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

This warranty is provided in addition to your rights under the Australian Consumer Law. Directed Electronics Australia Pty Ltd (Directed Electronics) warrants that this product is free from defects in material and workmanship for a period of 12 months from the date of purchase or for the period stated on the packaging. This warranty is only valid where you have used the product in accordance with any recommendations or instructions provided by Directed Electronics.

This warranty excludes defects resulting from alterations of the product, accident, misuse, abuse or neglect. In order to claim the warranty, you must return the product to the retailer from which it was purchased or if that retailer is part of a National network, a store within

that chain, along with satisfactory proof of purchase. The retailer will then return the goods to Directed Electronics.

Directed Electronics will repair, replace or refurbish the product at its discretion. The retailer will contact you when the product is ready for collection. All costs involved in claiming this warranty, including the cost of the retailer sending the product to Directed Electronics, will be borne by you.

Please scan this QR code for customer support:



6.1 INDEMNITY

You agree to defend, indemnify and hold harmless Ryze and its subsidiaries and affiliates from and against any and all claims, proceedings, injuries, liabilities, losses, costs and expenses (including reasonable legal fees), including but not limited to, claims alleging negligence, invasion of privacy, copyright infringement and/or trademark infringement against Ryze and its subsidiaries and affiliates, relating to or arising out of your breach of any provision of these terms, your misuse of Ryze products or its services, or your unauthorized modification or alteration of products or software.

6.2 WARRANTY AND WARRANTY DISCLAIMER

Ryze has a limited warranty, whereby Ryze warrants to you and only to you that this Ryze product will be free from defects in materials and workmanship for one (1) year from the date of your purchase (unless a longer warranty period is required by law). The specifics of this Ryze limited warranty are covered in this manual.

To the extent possible under governing law, other than the above product warranty for the Ryze product you understand and agree that the Ryze services are provided on an "as is" and "as available" basis.

Ryze makes no warranty that the Ryze product and services will meet your requirements or that use of the Ryze services will be uninterrupted, timely, secure or error-free. Nor does Ryze make any warranty as to the accuracy or reliability of any information obtained

through Ryze (including third party content), that any defects in the Ryze products or services be corrected or that the Ryze products or Ryze services will be compatible with any other specific hardware or service.

Further, Ryze does not warrant that Ryze products or services or Ryze servers that provide you with data and content are free of viruses or other harmful components.

Ryze also assumes no responsibility for and shall not be liable, for any damages caused by viruses that may infect your Ryze. In the event of any loss, damage or injury, you will not look to Ryze to compensate you or anyone else. You release and waive for yourself and your insurer all subrogation and other rights to recover against Ryze arising as a result of the payment of any claim for loss, damage or injury.

Ryze equipment and services do not cause and cannot eliminate occurrences of certain events, including, and Ryze makes no guarantee or warranty, including any implied warranty of merchantability or fitness for a particular purpose, that the Ryze equipment and services provided will detect or avert such incidents or their consequences.

Ryze does not undertake any risk that you or property, or the person or property of others, may be subject to injury or loss if such an event occurs. The allocation of such risk remains with you, not Ryze.

Other than the above product warranty for the Ryze products, its suppliers disclaim all warranties of any kind, whether express, implied, or statutory, regarding the Ryze services, including any implied warranty of title, merchantability, fitness for a particular purpose, or non-infringement of third-party rights.

Because some jurisdictions do not permit the exclusion of implied warranties, the last sentence of this section may not apply to you.

Ryze hereby further expressly disclaims all liability for any claims for service failures that are due to normal product wear, product misuse, abuse, product modification, improper product selection or your non-compliance with all applicable federal, state or local laws.

This warranty and warranty disclaimer give you specific legal rights, and you may have other rights that vary by state, province, or country. Other than as permitted

by law, Ryze does not exclude, limit or suspend other rights you have, including those that may arise from the nonconformity of a sales contract.

For a full understanding of your rights, you should consult the laws of your state, province, or country. For our Australian customers: Please note that this warranty is in addition to any statutory rights in Australia in relation to your goods which, pursuant to the Australian Consumer Law, cannot be excluded.

6.3 LIMITATIONS OF LIABILITY

Under no circumstances will Ryze be liable in any way for any content, including, but not limited to, the loss of content, any errors or omissions in any content, or any loss or damage of any kind incurred in connection with use of or exposure to any content posted, emailed, accessed, transmitted, or otherwise made available via Ryze.

Ryze liability for damages, especially for breach of duty or obligation, delay in performance, non-performance, or mal performance shall be precluded, except when these are due to negligent breaches of any significant contractual duty or obligation on the part of Ryze. Any liability for negligence is limited to direct losses usually and typically foreseeable in such case. Should the claim for damages be based on wilful or grossly negligent breach of contractual duty or obligation on the part of Ryze, the preclusion and limitation of liability mentioned in the preceding sentences will not apply. The preceding preclusion and limitation of liability will also not apply to claims for damages arising out of loss of life, bodily injury or health impacts for which Ryze may be liable, or for non-contractual liability.

Some states and countries do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. Additionally, this provision is not intended to limit Ryze's liability in the event of Ryze's wilful or intentional misconduct.



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