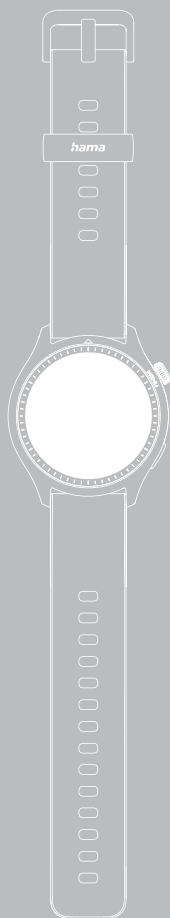


SMARTWATCH

9000



GB Operating Instructions





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EXPLANATION OF WARNING SYMBOLS AND NOTES

We are delighted that you have chosen 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 smartwatch 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 on the number of steps you have taken, your heart rate and the calories you have burned. It establishes a wireless connection to your smartphone via *Bluetooth*® enabling you to document the data on the associated "Hama FIT move" app and, thus, constantly keep track of your success. Use it to check 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.

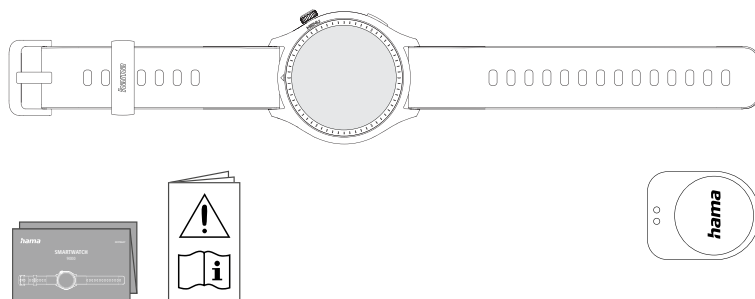
Note



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

2. Package contents

- "Smartwatch 9000" smartwatch
- USB-C charging cradle
- Quick start guide
- Safety information sheet





3. Safety instructions

Note



Take your time and read the following instructions and information completely. Information on using the product is provided in this operating instruction manual.

- 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. Have all service work completed by 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 small parts which could be swallowed and pose a suffocation hazard.
- Only use the article under moderate climatic conditions.



Danger – 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. Have all service work completed by the skilled personnel responsible.

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 the product in extreme temperatures and at extremely low atmospheric pressures (such as at high altitudes).
- When in storage over a long period of time, batteries should be charged regularly (at least every three months).
- The charging contacts of the charging cradle must not be short circuited.

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 - air traffic

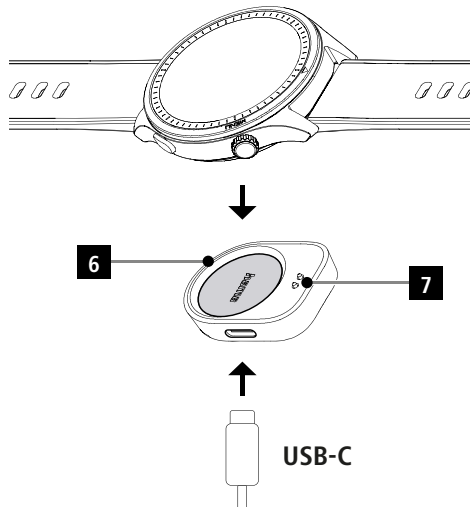
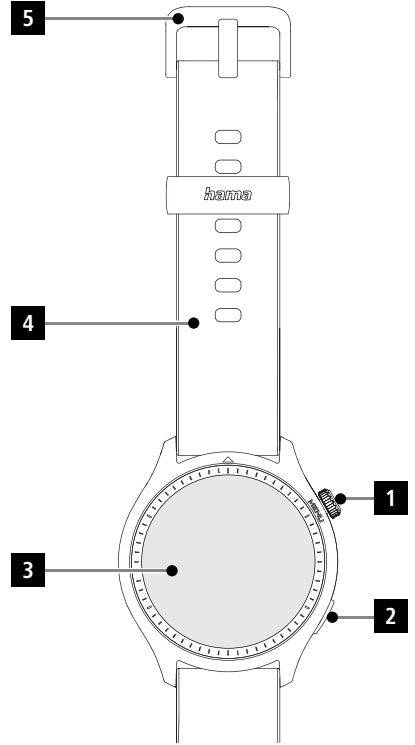


- This product is a constant transmitter of radio signals. Please note that carrying and using radio transmitters during certain phases of the flight (e.g. take-off / landing) is not permitted for safety reasons.
- Check with your airline before you fly whether your fitness tracker can be taken on board.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



4. Control elements

1. Top control button
2. Bottom control button
3. Full-touch display
4. Removable watch strap
5. Fastener
6. USB-C charging cradle
7. Charging contacts in the charging cradle





5. Getting started

Note



The descriptions and illustrations in these operating instructions are based on using the **Hama FIT move** app version 1.6.3 and the smartwatch firmware version 1.01.08.

Please note that updates to the app or smartwatch could lead to deviations from the names and illustrations used.

5.1 Charging

- Charge your smartwatch fully before using it for the first time. Use the charging cradle **[6]** contained in the package contents to do this.
- Connect a suitable USB-C charging cable (not contained in the package contents) to the charging cradle.
- Place your smartwatch on the charging surface **[7]** of the charging cradle **[6]**. The smartwatch is held in place magnetically.
- Connect the other end of the USB-C cable to a free USB port on your computer or a USB charger. The battery in the smartwatch will be charged.
- Use a certified USB-C cable for charging and only use suitable power adapters for the power supply or an appropriate USB port with a power output of at least 1 A.

Note

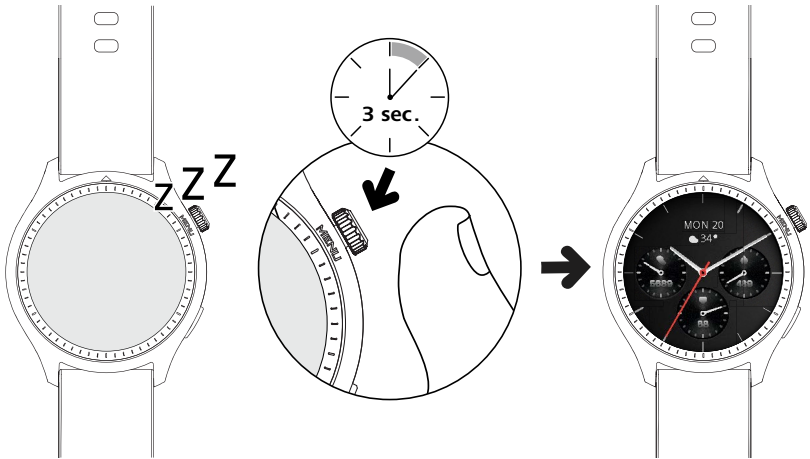


- The charging time for a full battery charge is around 150 minutes. When the battery in the display is indicated as being fully charged, the charging process is ended. Then disconnect the smartwatch from the power supply.
- When the battery charge level drops to just 10%, charge the smartwatch to prevent functional restrictions.



5.2 Putting on and switching on





- When charging has been completed successfully, apply the smartwatch to your wrist and close the watch strap [4] using the fastener [5].
- Press and hold the top control button [1] for 3 seconds to start the smartwatch.



Note

- To be able to use the measuring functions most effectively, it is preferable to fit the smartwatch fairly tightly but comfortably on the top side of the forearm. The distance between smartwatch and the wristbone should be about one finger breadth.
- To ensure the best possible recording of your activities, wear the smartwatch on your left wrist if you are right-handed and on your right wrist if you are left-handed.

5.3 Switching off

- To switch the smartwatch off, navigate to the [SETTINGS ] menu.
Open the [SYSTEM OPERATION ] submenu and tap on [POWER OFF ]. Confirm the subsequent prompt to switch off the smartwatch by tapping on the [] symbol.



6. Setting up the smartwatch

In order to have access to the full range of functions provided by the smartwatch, you must install the **Hama FIT move** app. The following sections contain information on downloading and setting up the app.

6.1 Downloading the "Hama FIT move" app

Note

The following operating systems are supported:

- iOS 12.0 or higher
- Android 6.0 or higher

After switching on the smartwatch for the first time, you will be prompted to download the corresponding **Hama FIT move** app on your smartphone. A corresponding QR code appears in the display of the smartwatch.

- 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 provided by the app is available in the manual: "**Hama FIT move**" **App Guide**



6.2 Pairing the smartwatch and smartphone

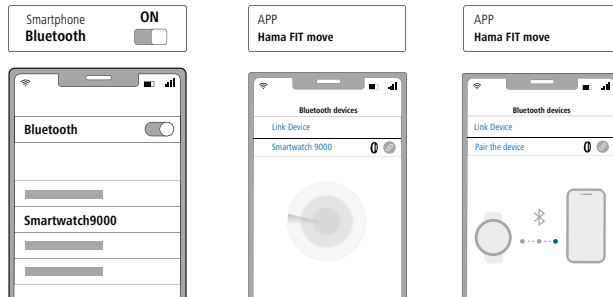
Note



- In order for the smartwatch 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. Agree to these prompts for the full functionality of your smartwatch.
- Start 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 on **[LOG IN]** and select **[REGISTER NOW]** at the bottom edge of the screen. Enter an email address and a password and then tap on **[NEXT STEP]**.
 - Enter the verification code which is sent to you according to the email address specified. It may be necessary to check your Spam folder.
 - When registration has been completed successfully, you can enter a user name, your personal data and assign a profile picture. Please tap on **[NEXT STEP]** to continue the set-up process.
 - The search for your "Smartwatch 9000" smartwatch then begins.
 - Follow the instructions in the app on your smartphone to connect your smartwatch.
- Your smartphone will establish a Bluetooth connection to your smartwatch.



- Select "Smartwatch 9000" and tap on **[PAIR THE DEVICE]** to connect the smartwatch to the app.
- Tap on the  symbol in the app on the smartphone to confirm the connection and conclude setting up the app.
- If there is a timeout, repeat the process.



- Then define your personal settings. These can be adapted in the app later (refer to the manual: **"Hama FIT move" App Guide**).
- Your smartwatch is now linked with the app and synchronisation begins.

Note



- Synchronise your smartwatch with the app before using it for the first time. If you record an activity before your smartwatch 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 smartwatch with the app, drag the screen downwards on the app home page.
- Due to the limited storage space on the smartwatch, you should synchronise your smartwatch with the app regularly (at least once a week) to avoid data loss.

Note





- After the first synchronisation with the app, your smartwatch automatically assumes the time, date and language from your smartphone.
- The time and date cannot be set manually.
- The display language of your smartwatch depends on your selection in the app. As long as the set-up work has not been finalized, the display language remains English. Select the required display language in the app (refer to the manual: **"Hama FIT move" App Guide**).
- The app will alert you when a firmware update is available for your smartwatch. Perform the update in the app to ensure the smartwatch continues to work properly.



7. Operating the smartwatch

The following sections contain information on the operation and menu structure of your smartwatch as well as additional information on certain applications.

The smartwatch is provided with a display equipped with a touchscreen.

- To navigate through the menus and execute function, tap on the respective symbols and menus or swipe as necessary over the screen.
- Press the top control button **[1]** or bottom control button **[2]** to activate the display on your smartwatch. You can then swipe the display to switch between the different views and menu options in the order indicated below. Alternatively, use the top control button **[1]** to navigate by scrolling through the menus.
- You can access the submenus by tapping on the respective symbol.
- Press the top control button **[1]** to open the main menu or exit from a menu and skip back to the home screen.
- A long press of the top control button **[1]** allows you to restart or turn off your smartwatch.
- Press on the bottom control button **[2]** to open an application directly. Normally, the "Workout" application is assigned. To change the application assigned, navigate to the **[SETTINGS ** menu. Select the application required from the list by tapping the **[BOTTOM BUTTON ** in the submeu.

Note

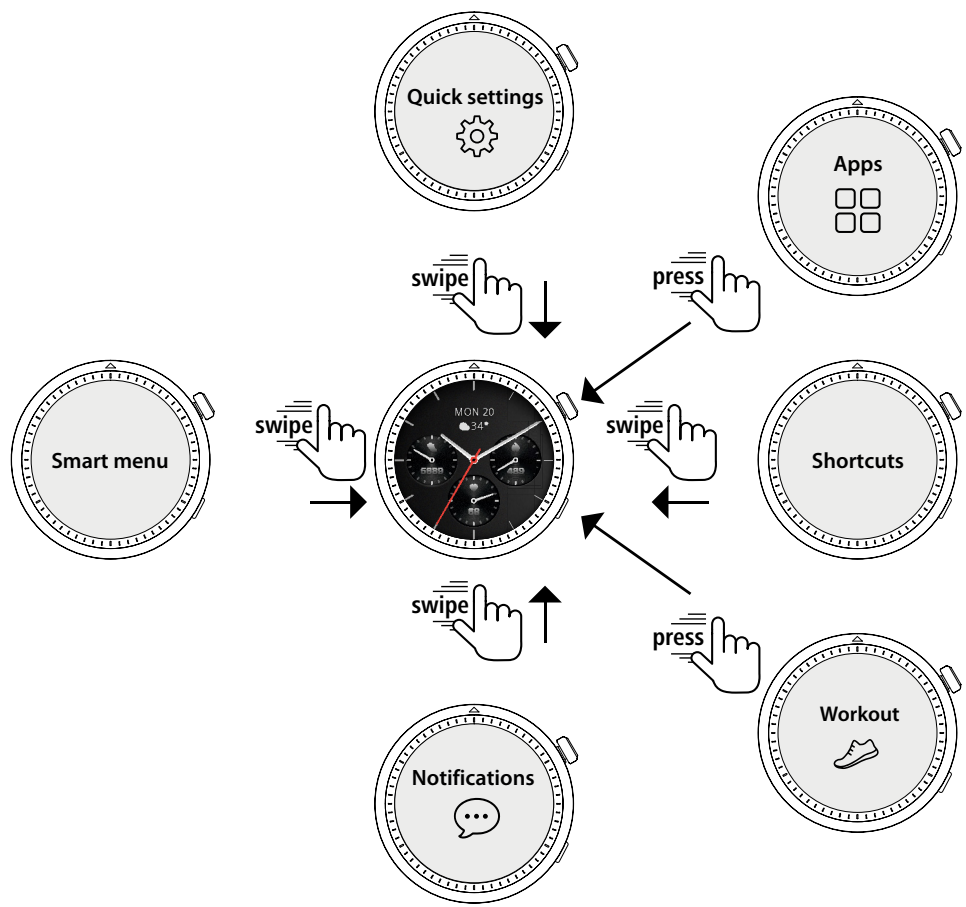


The following graphic is an overview of the menu structure of your smartwatch with all menu items.

Quick-access settings		7.3
Do not Disturb mode	Alarm clock	
Display brightness	Energy-save mode	
Wake screen	Telephone search	
Flashlight	Settings	
Drainage		

Applications			7.7
Activity	Menstrual cycle tracking	Event reminder	
Training status	Ambient noise	Pomodoro technique	
Workout	Phone	Alarm	
Running course	Language assistant	Stopwatch	
Workout record	AI voice assistant	Timer	
Heart rate	Barometer	World clock	
SpO2	Compass	Telephone search	
Stress	Weather	Calendar	
Sleep	Music	Calculator	
Breathing course	Camera control	Settings	
Body energy			

Smart day overview 7.4



Notifications 7.2

Shortcuts		7.5
Workout data	Sleep	
Steps	Weather	
Workout (sport modes)	Music	
Measuring		

Workout (sport modes) 7.6

The shortcuts can be adapted according to individual requirements via the **Hama FIT move** app. The assignments of the bottom control button [2] can be adapted according to individual requirements using Settings.



7.1 Home screen

- After activating the home screen, pressing on the display for a longer period opens an overview of the different home screens (watch faces). You can select one of the various home screens. Confirm your selection by tapping on the respective home screen.

A condition is that you have installed several home screens on the smartwatch using the app (refer to the manual: "**Hama FIT move**" App).



7.2 Notifications


- If you swipe upwards on the home screen, you can view the notifications you have received on your smartphone. The condition for this is that you have activated this function in the app. You can also use the app to define the apps from which you want to receive notifications on the smartwatch (refer to the manual: "**Hama FIT move**" App Guide).
- 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 respective message.
- By tapping on a notification, you can open further information, if necessary.
- If you want to delete all notifications together, swipe all the way down and then tap the waste bin and confirm the subsequent prompt.

7.3 Quick-access settings

- If you swipe down on the home screen, the quick-access settings appear which are described below.
- If you swipe to the left or right, further quick-access settings are displayed.



7.3.1 Do not Disturb mode

- Tap on the  symbol to activate/deactivate Do Not Disturb mode. When Do Not Disturb mode is activated, ringing tones and vibrations are deactivated. The display is not activated by incoming push notifications.

Note

Please note that the terms BNS (Bitte nicht stören) and DND (do not disturb) are used synonymously in the app and on the smartwatch.




7.3.2 Display brightness

- Tap on the  symbol to adjust the brightness of the display to one of 5 settings.


7.3.3 Wake screen

- Tap on the  symbol to enable activating the screen by moving your arm.

7.3.4 Torch

- Tap on the  symbol to use the smartwatch display as a torch.


7.3.5 Drainage

- Tap on the  symbol to drain off any moisture in the smartwatch, which has entered through the loudspeaker and microphone openings, by means of vibration.

7.3.6 Alarm clock


- Tap on the  symbol to switch the alarm clock set on or off.

7.3.7 Energy-save mode


- Tap on the  symbol to activate energy-save mode.



7.3.8 Telephone search

- Tap on the  symbol to activate the ringing tone of the smartphone. This enables you to locate the smartphone if you have misplaced it.

7.3.9 Settings

- Tap on the  symbol to gain access to the following settings (see Chapter 8. Smartwatch settings):
 - Screen off display watch face
 - AOD settings
 - Sound and vibration
 - Display & brightness
 - App layout
 - Tab display
 - DND (Do Not Disturb)
 - Bottom button
 - Automatic recognition of workouts
 - Battery
 - System operation
 - Info

7.4 Smart current day overview

- If you swipe the home screen to the right, an overview menu appears whose contents are dependent from the individual usage and time of day.





7.5 Shortcuts

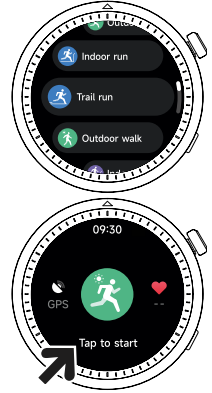
- If you swipe the home screen to the left, you can see your set shortcuts.
- In the **Hama FIT move** app, you can set the links assigned individually (refer to the manual: "**Hama FIT move**" App Guide).





7.6 Workout (sport modes)

- After tapping on **[WORKOUT **], the preassigned activities (= sport modes) are displayed.
- After tapping on **[**] beside the respective activity, you can define further settings.
- Tap on **[TAP TO START]** to start the activity.
- Depending on the activity selected, sport-related measured values (e.g. heart rate, calories burned) are displayed.
- You can access the individual data during the workout by swiping from bottom to top on the screen.
- You can have a pause in the workout or stop it by swiping from left to right on the screen and selecting the corresponding symbol. Alternatively, have a pause in the workout by tapping briefly on the top control button **[1]** or stop the workout by pressing the top control button **[1]** for longer.
- By pressing on the bottom control button **[2]**, you switch through the data recorded concerning the activity.
- While completing most workouts, you can open the music control by swiping from right to left on the screen during the workout.
- After finishing the workout, more data recorded is displayed. Scroll through the data by swiping from the bottom to the top on the screen.




Note

- Some activities which are completed outdoors use the integrated GPS. When starting the activity, the GPS signal is searched for. As soon as a GPS signal is available, you can start the activity. Alternatively, you can start the activity without a GPS signal. Depending on the activity selected, some data cannot be recorded without a GPS signal.
- Please note that it may take a few minutes for the GPS signal to be detected by the smartwatch. This particularly applies when the integrated GPS is used for the first time, has not been used for a longer period or where it is at a location far away from that where it was last GPS location detected. Shorten the time by linking the smartwatch to the app on your smartphone for the transfer of A-GPS data. If necessary, you will receive a prompt regarding this on the display of your watch.
- The Smartwatch 9000 is equipped with a dual-frequency receiver and, in addition to GPS, also supports the following global navigation satellite systems (GNSS): GLONASS, GALILEO, BEIDOU.



7.6.1 Defining workouts (sport modes) for display


- There are 110 workouts available for selection and you can store up to 20 on your smartwatch.
- Tap on **[WORKOUT]**  and scroll to the end of the list by swiping from the bottom to the top on the screen. Tap on **[ADD]** to select further workouts. If 20 workouts have already been stored, you must first delete some under **[DESELECT]** before others can be added.
- Alternatively, define the workouts displayed via the app (refer to the manual: "**Hama FIT move**" App Guide).

7.7 Applications


- Press the top control button **[1]** to access the main menu of your smartwatch.
- 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.





7.7.1 Activity

- After tapping on **[ACTIVITY]** , the following recorded daily data appears:
 - the activity calories burned
 - the duration of activities with moderate to high intensity
 - the pause time
 - the steps walked
 - the distance covered
- Swipe from bottom to top to scroll through the individual graphics.
- After tapping on **[CHANGE GOAL]**, you can define individual goals for the individual points.

Note

You can define individual goals (e.g. for activity calories or steps) in the app (refer to the manual: "**Hama FIT move**" App Guide). These goals are then also displayed. 

7.7.2 Training status


- After tapping on **[TRAINING STATUS]** , **VO2max**, provides the **recommended recovery time** and the **aerobic effect** of other important parameters for your individual workout management.
- Swipe from bottom to top to scroll through the individual graphics.
- Tap on the  symbol to open more information on the parameters displayed.



7.7.3 Workout (sport modes)


- Tap on **[WORKOUT **] to open the activities assigned (see Chapter 7.6 Workout (sport modes)).

7.7.4 Running courses


- After tapping on **[RUNNING COURSE **], the following running course modes are displayed:
 - Easy run - 6 Min.
 - Easy run - 10 Min.
 - Easy run - 15 Min.
 - Fitness run - easy
 - Fitness run - moderate
 - Fitness run - difficult

When running, you switch between walking and jogging and increase the demands made of your body with each further mode. Swipe from bottom to top to scroll through the individual modes.

7.7.5 Workout record

- Tap on **[WORKOUT RECORD **] to open an overview of the activities recorded.
- Tap on an activity to display detailed information.

7.7.6 Heart rate


- Tap on **[HEART RATE **] to start the manual measurement of your heart rate.
- The display shows the average heart rate, the max. and min. values and further data on the heart rate range and heart rate variability (HRV).

Note




Please note that the terms HRV (heart rate variability) and HFV (heart frequency variability) are used synonymously in the app and on the smartwatch.


7.7.7 Blood oxygen (SpO2)

- Tap on **[SPO2 **] to start measurement of the blood oxygen (oxygen saturation) manually.
- The average blood oxygen value and the max. and min. values are displayed.

7.7.8 Stress


- Tap on **[STRESS **] to open an overview of the stress levels measured during the current day. The stress level is measured according to a scale (0 = no stress - 99 = extreme stress).

7.7.9 Sleep


- Tap on **[SLEEP **] to access the sleep measurement values. 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 wake phases
 - Duration of REM phase
 - Sleep score (0 = poor - 99 = good)
- The smartwatch automatically detects when you are sleeping and then starts the sleep measurements.




7.7.10 Breathing course

- Tap on **[BREATHING COURSE]**  to access the breathing training function. You can select one of the following breathing courses:
 - Diaphragmatic breathing
 - 4-7-8 breathing
 - Breathing courses
- After tapping on **[...]** beside the breathing course, you can define further settings.
- Select the rhythm (slow, moderate, fast) and duration (1 - 3 min.) for the breathing training.
- If you want to end the breathing training programme prematurely, press the top control button **[1]** and confirm the subsequent prompt.
- After concluding the breathing training programme, your heart rate before and after the programme are displayed.


7.7.11 Body energy

- Tap on **[BODY ENERGY]**  to display your current body energy level. The body energy value is derived from a combination of the heart rate variability, stress, sleep and activities completed and estimates your energy reserves for the current day.
- In order to use the **Body energy** application, the corresponding function must be activated in the app (refer to the manual: "**Hama FIT move**" **App Guide**).

7.7.12 Ambient volume

- After tapping on **[AMBIENT VOLUME]** , the current ambient noise is recorded (in dB). Keep your arm still until the recording process has finished. The following data is displayed:
 - Current ambient sound
 - Min. value
 - Max. value
- Tap on **[HELP]** to open more information.

7.7.13 Menstrual cycle tracking


- Tap on **[MENSTRUAL CYCLE TRACKING]**  to display an overview of your menstrual period.
- In order to use the **Cycle report** application, the corresponding function must be activated in the app (refer to the manual: "**Hama FIT move**" **App Guide**).

Note




Please note that the Menstrual cycle tracking report is only displayed when the **Sex: female** parameter was selected when setting up the smartwatch .

7.7.14 Phone

- Tap on **[PHONE]**  to gain access to the telephone functions with the following options:
 - Favourite contacts
 - Call list
 - Dialling keypad
- You can make calls directly via the smartwatch and then carry out the conversations using the smartphone connected.
- In order to use the **Telephone** application, your smartwatch must be connected to your smartphone.



7.7.15 Language assistant

- After tapping on **[VOICE ASSISTANT **], you can use the voice assistant of your paired and compatible smartphone. A condition is that there is a Bluetooth connection between the two devices. Communication with the language assistants is only audible. Compatibility cannot be guaranteed for all manufacturers and operating system versions. Limitations are particularly possible with Android OS. If necessary, contact your smartphone manufacturer in this case. It is possible that a software update is available for your smartphone which can clear the problem.


Note

Observe the following settings on the smartphone to ensure optimal utilization of the language assistant:


- Google Assistant (Android): Define this as the standard language assistant on your Android smartphone and permit the use of Google Assistant in locked state.
- Apple Siri (iOS): Activate Siri on your iPhone and permit the use of Siri in locked state.




7.7.16 AI Voice assistant

- After tapping on **[AI VOICE ASSISTANT **], you can use the AI voice assistant of your smartwatch. Your smartwatch activates the microphone for 20 seconds. Pose your question and tap and tap on the button to end it. The AI voice assistant analyses the question and provides a corresponding answer.
- To use the feature, the smartwatch must be connected to the app.
- Speak loud and clear when using the AI voice assistant.

7.7.17 Barometer


- After tapping on **[BAROMETER **], the current air pressure is displayed.
- After swiping downwards, this value is used to display an estimate of the current altitude. By tapping on **[CALIBRATE]**, you can enter the real altitude to calibrate the barometer.

7.7.18 Compass




- Tap on **[COMPASS **] in order to use the smartwatch as a compass.




7.7.19 Weather

- Tap on **[WEATHER **] to open the weather forecast for the respective day, including the current temperature as well as the lowest and highest values. Swipe upwards to display further information and the weather forecast for the following days.
- The weather data is transmitted and updated by synchronising your smartwatch with the app. The most recent update appears at the bottom edge of the weather display screen.
- In order to use the **Weather** application, the corresponding function must be set-up and activated in the app (refer to the manual: "**Hama FIT move**" **App Guide**).


7.7.20 Music

- Tap on **[MUSIC **] to open the control view for various music and streaming services.
- Tap on the **[**] symbol and select either playback from the smartphone or playback from your smartwatch.
- Music (smartphone): This activates music playback on your smartphone (start, pause, next track etc.). In order to use the application, the following conditions must be fulfilled:
 - your smartwatch and smartphone are linked via Bluetooth.
 - the authorisation for playback is active in the app in the **[MUSIC]** menu.
 - a music player or streaming service is active on your smartphone.
- Music (smartwatch): your smartwatch is equipped with an integrated music store. The app enables the transmission of music in the **[MUSIC]** menu in MP3 format on your smartwatch. These songs can be played without a smartphone being connected directly via the smartwatch. The sound is output via the loudspeaker in your smartwatch. Alternatively, connect a Bluetooth headset to your smartwatch. To do this, select the smartwatch music control and then tap on the **[**] symbol again and then on "Bluetooth headphones".





7.7.21 Camera

- By tapping on **[CAMERA CONTROL **], you can use the smartwatch to control the camera on the smartphone connected.
- In order to use the **Camera** application, the smartwatch and smartphone must be connected via Bluetooth and the Hama Fit Move app must be open.


7.7.22 Event reminder

- Tap on **[EVENT REMINDER **] to display the events which have been saved.
- In order to use the **Event reminder** application, the events must be entered in the app (refer to the manual: "**Hama FIT move**" **App Guide**).

7.7.23 Pomodoro technique


- Tapping on **[POMODORO TECHNIQUE **] provides you with the option of selecting from various timers or to set a user-defined timer.
- The Pomodoro technique is a method of time management in which short-term timers are used to divide work into periods of 25 minutes (so called pomodori) with subsequent pause times.
- To start the timer, tap on the **[**] symbol. To enter a pause for the timer, tap on the **[**] symbol. To conclude the measurement, tap on the **[**] symbol.

7.7.24 Alarm clock


- After tapping on **[ALARM CLOCK **] you can set an alarm time. You can activate or deactivate the alarm clock or alarm reminder by tapping on the respective times.
- You can also set and manage the alarm times in the app, and also synchronise them with the smartwatch (refer to the manual: "**Hama FIT move**" **App Guide**).




7.7.25 Timer

- Tapping on **[TIMER **] provides you with the option of selecting from various timers or to set a user-defined timer.
- To start the timer, tap on the corresponding symbol. To enter a pause for the timer, tap on the **[⏸]** symbol. To conclude the measurement, tap on the **[⏹]** symbol.


7.7.26 Stopwatch

- Tapping on **[STOPWATCH **] enables you to use the smartwatch as a stopwatch.
- To start the stopwatch, tap on the **[▶]** symbol. To interrupt the stopwatch, tap on the **[⏸]** symbol. To conclude the measurement, tap on the **[⏹]** symbol.

7.7.27 World clock

- Tap on **[WORLD CLOCK **] to display the following world clocks:
Berlin, London, New York, Tokyo
- You can install other world clocks in the app (refer to the manual: "**Hama FIT move**" App Guide).

7.7.28 Telephone search

- Tap on **[TELEPHONE SEARCH **] to start a search for your smartphone should you have misplaced it. Your smartphone starts vibrating or issues a loud acoustic signal.
- In order to use the **Telephone search** application, your smartwatch and smartphone must be connected via Bluetooth.


7.7.29 Calendar

- Tap on **[CALENDAR **] to start the calendar.

7.7.30 Calculator

- Tap on **[CALCULATOR **] to start the calculator.


7.7.31 Settings

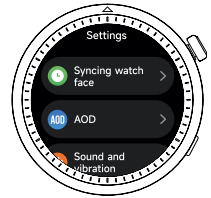
- Tap on **[SETTINGS **] to open the Settings menu. You can use the Settings menu to define more settings (refer to Chapter 8. **Smartwatch settings**).




8. Smartwatch settings

The following sections contain information on the smartwatch settings.


- Press the top control button [1], swipe downwards in the list and tap on [SETTINGS ]. The submenus can be used to define the following settings and switch the smartwatch off or reset it.




8.1 Watch faces

- After tapping on [WATCH FACES ] you can select one of the various home screens. Confirm your selection by tapping on the respective home screen. A condition is that you have installed several home screens on the smartwatch using the app (refer to the manual: "Hama FIT move" App Guide).


8.2 AOD settings

- After tapping on [AOD SETTINGS ] you can activate the AOD (Always on Display) function. Subsequently, after the switch-on time has expired (see Chapter 8.4 Display and brightness), the smartwatch display no longer switches to Standby mode but to a simplified watch face. Please note that the battery power consumption of the smartwatch increases when using the AOD function.
- Set a time period for the AOD function (standard setting 08:00 - 22:00).
- Define a watch face for the AOD function.


8.3 Sound and vibration

- After tapping on [SOUND AND VIBRATION ] you can define further settings.
- Tap on [SILENT MODE] to mute calls and notifications.
- Define further settings.

8.4 Display and brightness

- After tapping on [DISPLAY AND BRIGHTNESS ] you can define further settings.
- Tap on [BRIGHTNESS] to set the brightness of the display to one of 5 levels (20%, 40%, 60%, 80%, 100%). Please note that the battery power consumption of the smartwatch increases with higher brightness.
- Tap on [SCREEN-ON TIME], to set the switch-on time of the display (5 - 20 sec.). The screen-on time defines how long the display of the smartwatch remains active following an operation. Please note that the battery power consumption of the smartwatch increases as the operating time increases.
- Tap on [RAISE TO ACTIVATE] to activate the display through an arm movement.
- Define a period of time during which the function is active. This prevents the smartwatch display being inadvertently activated when you are asleep.
- Tap on [COVER TO SLEEP] to switch off the display automatically when it is covered (e.g. by the hand).

8.5 App layout


- Tap on [APP LAYOUT ] to set the view of the applications on the smartwatch. Select from the View list or dialling keypad.

8.6 Tab display


- Tap on [TAB DISPLAY ] to adapt the view effects for the set links on your smartwatch.




8.7 DND (Do Not Disturb)

- After tapping on **[DND **] you can set-up the "Do Not Disturb" function. When the function is activated, ringing tones and vibrations are deactivated and the smartwatch display is not activated by incoming push notifications.
- Choose between the following modes:
 - **[ALL-DAY DND]**, the function is switched on.
 - **[SCHEDULED DND]**, you can define a start and end time.
 - **[OFF]**, the function is switched off.


8.8 Bottom button

- By tapping on the **[BOTTOM BUTTON **], you can define which applications will be opened after pressing the bottom control button [2].





8.9 Automatic recognition of workouts

- After tapping on **[AUTOMATIC RECOGNITION OF WORKOUTS **], you can define which activities (workouts) should be automatically recognised. The workouts include walking, running, rowing and elliptical trainer.


8.10 Battery

- After tapping on **[BATTERY **], the battery charge level is displayed in percent.
- You can activate Energy-Save mode after tapping on the battery symbol. After activating Energy-Save mode, the smartwatch only displays the time and battery consumption.

8.11 System operation

- After tapping on **[SYSTEM OPERATION **], you can start other functions.
- After tapping on **[RESTART **] and confirming the subsequent prompt, you can restart the smartwatch.
- After tapping on **[TURN OFF **] and confirming the subsequent prompt, you can switch off the smartwatch.
- After tapping on **[RESET **] and confirming the subsequent prompt, you can reset your smartwatch to its factory default settings. This deletes all recorded user data.

8.12 Info

- After tapping on **[INFO **] more information, e.g. the model name, MAC address, current firmware version of the smartwatch and data on legal regulations appear. The MAC address provides the smartwatch with a unique identification when establishing a Bluetooth connection to your smartphone.

**9. Maintenance and care**

Clean the product with a slightly moist, lint-free cloth and do not use any aggressive cleaning agents.

10. Legal disclaimer

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

11. Languages supported

The list below contains the languages in which the smartwatch user interface and **Hama FIT move** app are available:

	English	German	French	Spanish	Swedish	Czech	Polish	Finnish	Hungarian	Dutch	Portuguese	Russian	Romanian	Slovakian	Bulgarian	Greek	Norwegian	Danish	Serbian	Italian	
Smartwatch 9000	x	x	x	x	x	x	x	x													
Hama FIT move	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x

12. Technical data

The following table contains the technical data:

Bluetooth version	BLE 5.3
Display type	AMOLED
Display size	1,43"
Dimensions (housing)	53 × 47 × 14 mm
Weight	51 g
Watchstrap width	2.2 cm
Watchstrap material	Silicone
Housing material	Plastic, fibreglass, stainless steel
Protection class	IP68
Water resistance compliant with ISO 22810:2010	5 ATM
Battery type	Lithium polymer
Battery capacity	450 mAh
Charging time	< 2.5 hours
Battery life	Approx. 6-8 days
Charging cradle	Input 5 V, 1 A



13. Information on disposal

Information on environmental protection:



Following the implementation of European Directives 2012/19/EU and 2006/66/EC 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 hereby declares that the radio system type **[00178627]** is in compliance with the basic requirements and other relevant provisions of Directive 2014/53/EU. The Declaration of Conformity, compliant with the corresponding directive is available at:


<https://support.hama.com/00178627>


Frequency band/Frequency bands	2402 – 2480 MHz
Maximum transmission power radiated	10 dBm

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