MYKRONOZ✚
WEARABLE DESIGNED IN SWITZERLAND

ZeTrack
-USER GUIDE-

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ZETRACK

USB EXTENSION CABLE

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MYKRONOZ
WEARABLE DESIGNED IN SWITZERLAND

ZeTrack

- GET STARTED -

2. OVERVIEW

8000 ST

7.5 KM

45 MIN

330 KCAL

Optical HR sensor

Touchscreen

Button

3. CHARGING

Hidden beneath the strap is a built-in USB charger which allows easy charging on any USB ports. Do not hesitate to use the USB extension cable included in the ZeTrack packaging if needed.

Before your first use, charge ZeTrack for at least one hour.

1. Take off the strap.
2. Plug the USB part into any USB port such as a computer or into USB wall charger.
3. A battery indicator will fill to indicate charging is in progress. Once ZeTrack is fully charged, the battery indicator will be full.

i   It takes around 1 hour to fully charge ZeTrack.
When the battery level gets low, a battery indicator will appear.

i   View ZeTrack battery level at any time. From the home screen, the battery level icon is in the top right corner. A fully charged ZeTrack has a battery life of 5 days. Please note that battery life depends on usage and the features you enable.

FULL BATTERY

LOW BATTERY
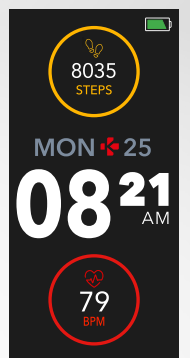
I TURN ON THE SCREEN

Touch the Navigation button when the screen is in standby mode

I MOVE BETWEEN SCREENS

Simply touch the navigation button to toggle from one screen to the next one

I ENTER A MENU

Long press the Navigation button on the screen in which you want to access
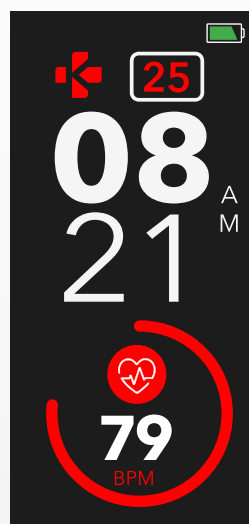
I EXIT A MENU

Long press the Navigation button from the selected feature screen

I SELECT AND CONFIRM

Touch the Navigation button to choose and long press to confirm

I CHANGE THE WATCH FACE

To select one of the 3 watch faces available, simply long press on the active one to toggle to the next one and so on until you find your preferred watch face
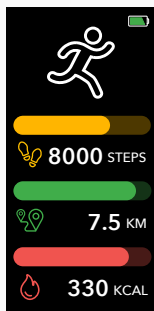
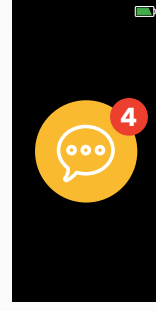To ensure ZeTrack is responding accurately to your taps, we recommend using your fingertip and not your nail.
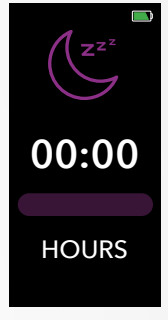
03 35
☀ 25°

HOME SCREEN

🏃 8000 STEPS
7.5 KM
330 KCAL

ACTIVITY RESUME

☀ **26°C**
MIN 14°C
MAX 23°C

WEATHER

NOTIFICATIONS

68 BPM

HEART RATE

00:00 HOURS

SLEEP

APPS

STOPWATCH

FIND MY PHONE
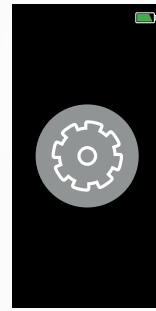
SETTINGS

WRIST FLICK

SOUND

BRIGHTNESS

WATCH INFO

Shake your wrist to take a picture

CAMERA REMOTE

Christopher

INCOMING CALL

IT'S TIME TO MOVE ⚠
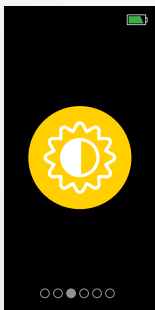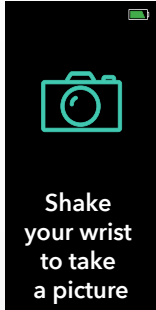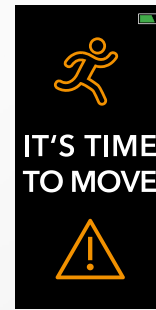
INACTIVITY ALERT
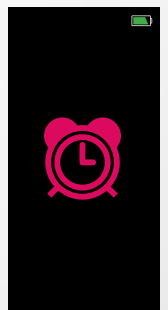
REMINDER
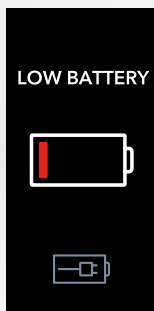
LOW BATTERY

LOW BATTERY
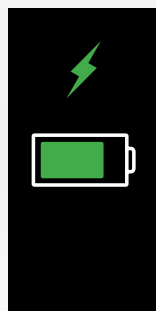
CHARGING
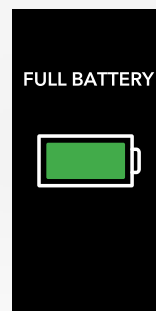
FULL BATTERY

FULL BATTERY

SWITCH OFF

6. WEARING

❚ DAILY WEAR

For all-day wear, we recommend you to wear ZeTrack on your non dominant hand above your wrist bone. A wristwatch should not be worn too tightly. If the watch leaves an imprint on your wrist, it means that its too tight and it should be loosened.

❚ EXERCISE & WORKOUT

During our workout, we suggest you to wear ZeTrack higher on your wrist for recording more accurate heart-rate reading.

- Make sure ZeTrack is in contact with your skin.
- Wear ZeTrack on your non-dominant hand.
- Do not fasten the wristband too tight for better comfort and not to restrict bloodstream.

7. PAIRING

Get the MyKronoz App

To set up your ZeTrack using your mobile device, your first need to get the MyKronoz App. Search for the MyKronoz App in the App Store or Google Play store, download and install the app on your mobile device.

Available on the App Store

ANDROID APP ON Google play

– iOS –

iOS9+ devices with Bluetooth 4.0 BLE
iPhone 4s, 5, 5c, 5s, 6, 6 Plus, 7, 7 Plus, 8, 8 Plus, X, XR, XS, XS Max

– ANDROID –

Select Android 6.0+ devices

that support Bluetooth 4.0 BLE

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

1. Enable Bluetooth on your mobile device.

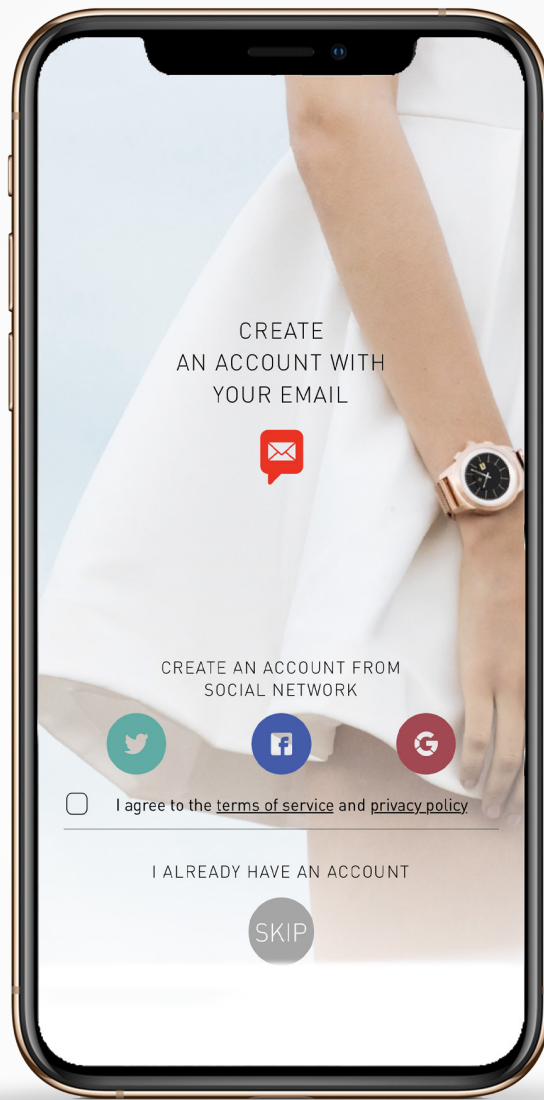**2.** Open the MyKronoz App on your mobile device. Sign up if you are a new member or login with your existing account. After entering your personal information, tap Select and pair your device.

3. Make sure ZeTrack is nearby, select ZeTrack model and choose your device.

4. When ZeTrack is successfully paired, you will be notified on your mobile phone's screen.

At the end of the setup process, you might be prompted to install a new version of the watch firmware. We strongly advise you to do it before you start using ZeTrack. This will ensure that you have the most up-to-date software on your device and benefit from all the latest features. Before the update make sure to have more than 30% battery on your smartphone

After the initial pairing, ZeTrack will automatically connect to your phone as long as it is turned on and within range. If you want to pair your ZeTrack with another account or smartphone, you first need to unpair it from the current one. On the mobile app, go to settings > click on Paired watches > Unpair ZeTrack. Then, repeat the pairing procedure described above.

8. FIRMWARE UPDATE

MyKronoz will provide regular firmware updates which you will need to install in order to access our latest upgrades and features for your watch. With ZeTrack, all these updates need to be done by OTA (Over The Air) and through the mobile app. Updates are performed over the air using the mobile app. Before updating, make sure your phone and your watch have more than 30% battery.

I IN ORDER TO UPDATE YOUR WATCH

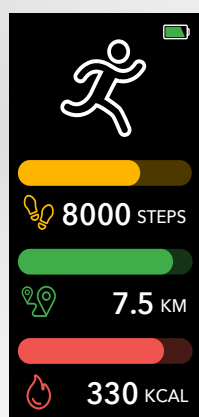ZeTrack tracks throughout the day:
- Connect your ZeTrack to the mobile app
- If a new update is available you will be prompted from the mobile app home page or the Paired watches section.
- You must click on the banner and confirm in order to start the updating process

i During remove all the whole update process you must keep your watch near to your smartphone and your application must be open. Avoid using your phone during the update process.

9. ACTIVITY

Your watch has a built-in 3-axis accelerometer that allows you to track your daily activity based on your movements. This, together with your profile information, allows your tracker to calculate your steps, walking distance and calories burned. In order to get the most accurate results we recommend you to wear your watch on your left wrist if you're a right-handed and to your right one if you are a left-handed.
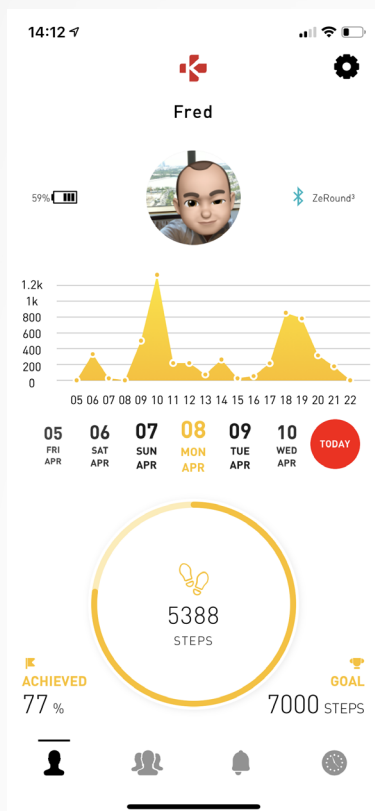
I VIEW YOUR STATS

ZeTrack tracks throughout the day:
- Number of steps taken
- Distance travelled
- Calories burned

You can view your daily activity in real-time from your device.

You can also monitor your activity data and history from the MyKronoz Mobile App. On the main activity screen, you can check your performance level against your daily goals. Click on any activity bar to get a detailed graph of your daily, weekly and monthly performance.

The activity tracker resets at midnight.
To save your latest activity, go to the Activity tab of the MyKronoz App. Your activity will sync automatically as soon as you open this page. To sync your data manually, slide your finger down the screen. ZeTrack has the ability to store up to 5 days of your activity data. Then, you will have to synchronize your ZeTrack with your mobile app in order to avoid loss of data.

I DEFINE A DAILY GOAL

Reach the goals settings menu of the MyKronoz App to set daily goals for steps taken, distance travelled, calories burned and hours slept. On the Steps screen of your ZeTrack, a progress bar will show how close you are to your daily goal. Once you hit one of your daily goals, ZeTrack will gently vibrate and display a Goal achieved interface.

| 12000 STEPS | 06 KM | 300 KCAL | 08:00 HOURS |
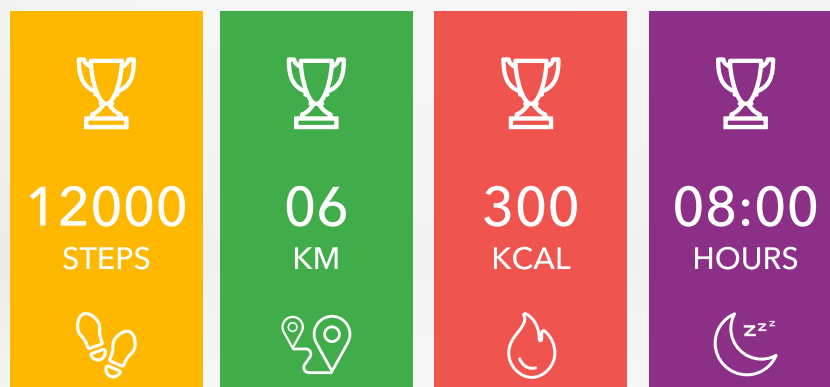
We recommend you to set ambitious but realistic goals in order to keep a healthy daily activity. You can obviously raise your goals over time to increase your performance. On average it is recommended to have at least 30 minutes of physical activity per day.

10. HEART RATE

Equipped with an optical heart rate sensor, ZeTrack measures manually or automatically your heart rate frequency throughout the day.
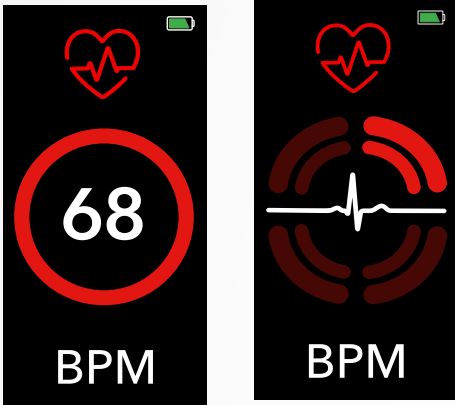
I MANUAL MODE

- Securely attach your ZeTrack around your wrist.
- Go to the heart rate menu of your watch.
- As soon as you reach at the HR interface, ZeTrack will start measuring your heart rate. It takes about 10 seconds for your device to give you accurate information.

I AUTO HR TRACKING

You can also enable automatic monitoring by going to the **Settings** tab of your mobile App > Click on **Heart rate** > enable **Automatic tracking**.
Once activated, two green LED lights will start flashing on the back of the device.

i   Setting automatic HR monitoring on a very regular basis will impact the battery life.

11. SLEEP

ZeTrack tracks the hours slept and the quality of your sleep (light sleep, deep sleep, awake times).
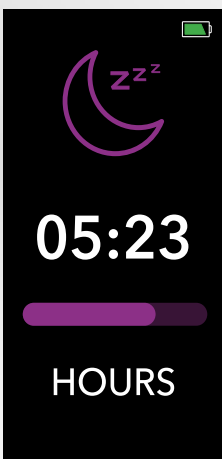
I ENABLE PRESET SLEEP MODE

Open the MyKronoz App > Go to the **Settings** menu > **Advanced Settings** > Click on **Sleep** to enter your desired bed and wake up times.
By default, ZeTrack will track your sleep from 11pm until 7am.
You can also view your last saved data directly from the device.

12. REMINDERS

Tap on the Reminders tab of the MyKronoz App to add daily life reminders. You can set up_ reminders, and choose the type of reminder and preferred time and day. ZeTrack will gently vibrate and display the corresponding reminder icon to alert you.

A single tap on your ZeTrack Navigation button can dismiss the reminder. If not dismissed, the same alert will repeat according to the saved snooze time.
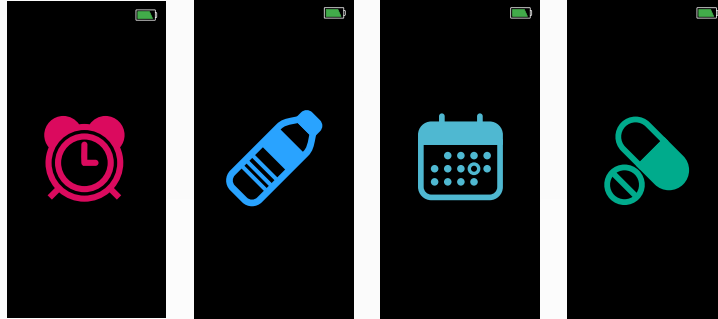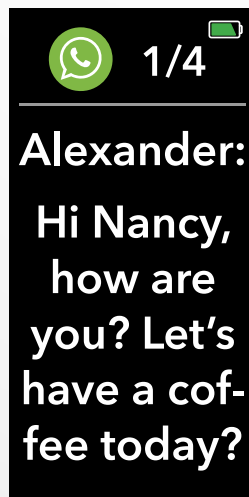
i For each alarm, ZeTrack will vibrate and ring continuously for 1 minute. You can snooze wake up alarms several times. Snooze length can be set in the advanced settings from the mobile app.

13. NOTIFICATIONS
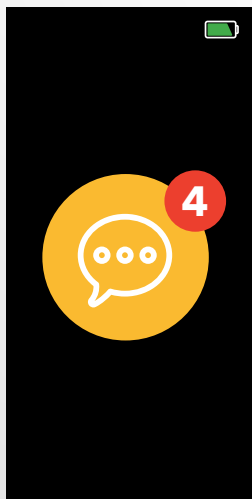
ZeTrack shows notifications of incoming calls, SMS, email, social media activity & emails.

Open the MyKronoz App, tap on the **Settings tab**> **Notifications** to select the notifications you want to receive onto your ZeTrack. If you wish to disable certain notifications types, swipe the selection button to the left.

I SETTING UP NOTIFICATIONS FOR IOS USERS

- Go to the settings of your iOS device.
- Tap on Notification Center.
- Select which type of notifications you wish to receive on ZeTrack.
- Enable "Show in Notification Centre" and to receive the notification on ZeTrack.

i ZeTrack supports showing 10 of the most recent notifications and 3 screens of detailed information for each notification. For some very popular applications, ZeTrack displays the original application icon. For other applications, ZeTrack displays a generic icon.

14. WEATHER

To check the current weather, go to the Weather interface on your ZeTrack. By default, the weather screen shows your current location.

To change the temperature unit or set your location manually, go to the settings of the MyKronoz App > Click on **Advanced** > Select **Weather**.

i If the weather condition for your current location seems wrong or doesn't appear, make sure that the location services for the MyKronoz App are switched ON.

15. INACTIVITY ALERT

Thanks to these particular alerts, you'll always make sure to have the right amount of activity throughout the day. You can set up when and how frequently you want to your ZeTrack to alert you.
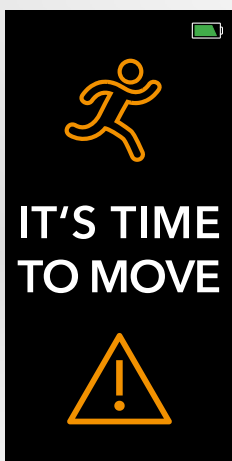
I ENABLE PRESET SLEEP MODE

- Go to the **Settings** menu of the MyKronoz App.
- Click on **Advanced settings** and select **Inactivity alert**.
- Simply customize your inactivity alert pattern and click on save to enable it.

To dismiss an incoming inactivity alert, simply touch the screen or press any button on the watch.

16. CAMERA REMOTE

This feature is useful for group photos or selfies.

Shake your wrist to take a picture

Open the camera from the MyKronoz App > Click on the **Settings** tab > Select **Camera** > **Move your wrist** to release the camera shutter.
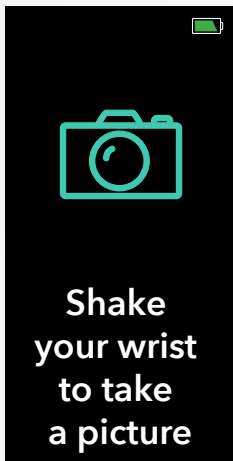As soon as you open the camera from the MyKronoz App, a message will pop up on the ZeTrack screen to confirm that the feature is enabled. Just shake your wrist to launch the counter and take a successful photo.

i   This feature only works if you open the camera from the MyKronoz App.

17. APPS

Several applications can be found in this menu:

I STOPWATCH

From the stopwatch interface, single press to start the stopwatch and press once to pause. To restart the stopwatch, make sure that the timer is in paused and long press the Navigation button.
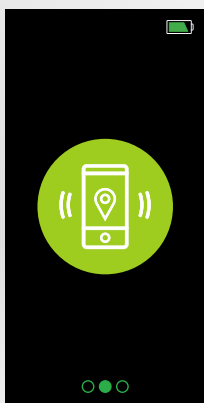
I FIND MY PHONE

To enjoy this feature, make sure ZeTrack is connected to your smartphone via Bluetooth. Enabling the Find my phone function will make your phone ring and help you find it. Press the Navigation button to start and stop the searching mode.

i   To quit the Apps menu, access to the exit door interface 🚪 and long press the Navigation button.

18. SETTINGS

Several applications can be found in this menu:

- 15 -
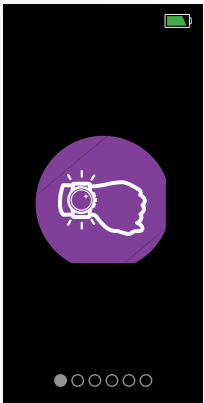
I WRIST FLICK

The wrist flick mode will enable you to light-up your screen by simply lifting your wrist towards your face. By default this feature is disabled in order to save battery life.

I VIBRATION

Tap the Navigation button to set the vibration ON or OFF
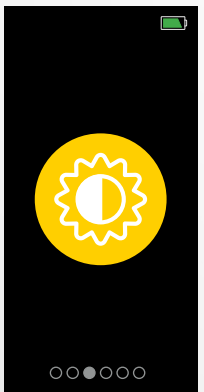
I BRIGHTNESS

Tap the Navigation button to set the brightness

I WATCH INFO

To quit the Settings menu, access to the exit door interface and long press the Navigation button. You can also find other settings such as do not disturb mode, inactivity alert and time format settings from the MyKronoz App.

No SIM   10:42

⊗
PAIRED WATCHES

IN USE

UNPAIR

RESET

UPDATE

ZeTrack_90D2
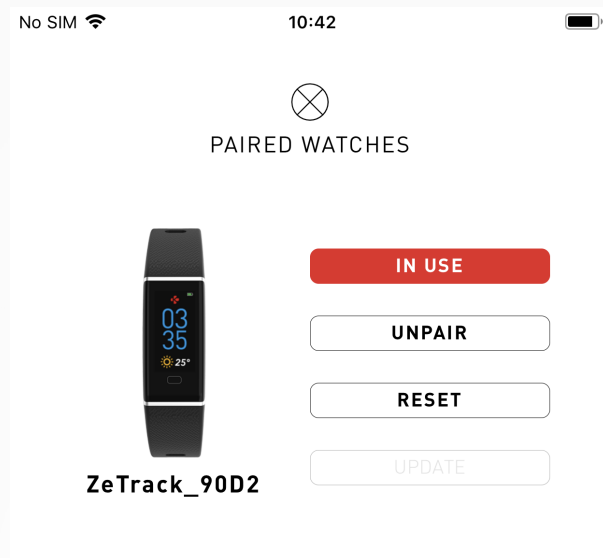
I UNPAIR

If you want to pair your ZeTrack with another smartphone, pair another MyKronoz device, give it to another person or return it, go to the MyKronoz App > **Settings** menu > Click on **Paired watches** > Click on **Unpair**.

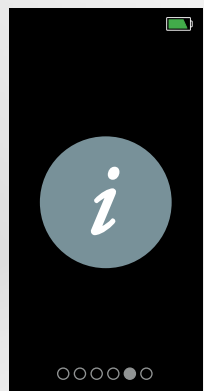For iOS users, make sure to forget the device from the **Bluetooth settings** of your phone.

I UPDATE

Make sure to update your ZeTrack to get the latest improvements and device updates.

When a new update is available, a notification appears in the MyKronoz App and the pai-red watches section. After starting an update, a progress bar appears in the MyKronoz App and an Upgrading message appears on the screen of the ZeTrack until the update is fully complete.

To avoid any issue, make sure to keep your tracker and smartphone close to each other during the process.

I RESET

If you can't sync ZeTrack, go to the **Settings** menu > Click on **Paired Watches** > Click on **Unpair** > Then click on **Use** or **enable the Bluetooth** on your phone and enable it again.

If the issue persists, reset your device from the MyKronoz App > **Settings** menu > Click on **Paired Watches** > Click on **Reset**.

I DELETE

To erase a device from your list of paired watches, go to the MyKronoz App > Click on the **Setting**s menu > Click on **Paired Watches** > Click on **Delete**.

20. TECH SPECS

Dimensions	41 x 20 x 10,6 mm
Watch band size	16 mm (width)
Weight	20 gr
Display size and resolution	IPS-LCD 0.96" / 128 x 64 px
Material	Polycarbonate, aluminium, silicone
Battery type	Lithium polymer 90 mAh
Battery life	Up to 5 days
Connectivity	Bluetooth® BLE 4.0
Memory	7 days of activity
Sensors	3-axis accelerometer & Optical Heart rate
Water resistance	IP67
Operating temperature	-10°C to + 60°C
Compatibility	iOS & Android
Accessories included	USB Cable - Quick start guide
International warranty	1 year

WARNING

❚ Connecting the built-in USB port improperly may cause serious damage to the device. Any damage caused by misuse is not covered by the warranty. Unplug ZeTrack when it is fully charged.

❚ This product is not a medical device and should not be used to diagnose or treat any medical condition.

❚ This device is not waterproof so keep it away from all sources of heat or humidity. Do not use it near sink or other wet areas. Do not place it in water. ZeTrack only conforms to IP67 protection.

ABOUT THIS MANUAL

The features of **ZeTrack** and the contents of the user manual are subject to change.

To get the latest instructions on how to use this product, please refer to the online user manual available on **www.mykronoz.com**

SUPPORT

If you have any question or require assistance regarding our product, please visit **www.mykronoz.com/support/** submit a request at **https://support.mykronoz.com/hc/en-us/requests/new**

SAFETY INSTRUCTIONS

Before using the device, read these instructions carefully.

• ZeTrack has built-in batteries. Do not disassemble the battery on your own. KRONOZ LLC is not responsible for any damage or personal injury caused by the removal of the battery or any component.

• Do not expose your product to extremely high or low temperatures. Excessive temperature during charging could cause heat, smoke, fire or deformation of the battery or even explosion. Do not expose the battery in the sun, excessive smoke or dust. Charge the battery in a cool, ventilated room.

• Do not open, crush, bend, deform, puncture or shred secondary cells or batteries. In the event of a battery break or leak, prevent battery liquid contact with skin or eyes. If this happens, immediately flush the areas with water (do not rub the eye) or seek medical help.

• Do not short-circuit. Short-circuiting can occur when a metallic object, such as coins, causes direct connection of positive and negative terminals of the battery. Short-circuiting may damage the battery.

• Do not use batteries that have been damaged or have been exhausted.

• Keep the batteries out of children's reach and in a safe place to prevent danger.

• Do not place the batteries in the water. Do not expose your product to water at high pressure, such as ocean waves or waterfall. Do not use your product in a sauna or steam room.

• Do not dispose of batteries in fire as they may cause explosion. Dispose of used batteries in accordance
 with your local regulations (such as recycling). Do not dispose as household waste.

• Use only the USB cable supplied to charge this battery. Do not charge for more than 24 hours.

• Do not attempt to repair or maintain the watch by yourself, service and maintenance should be performed
 by authorized technicians.

• Risk of explosion if battery is replaced by an incorrect type.

• Dispose of used batteries according to these instructions.

CAUTION

• This device has a recording function. Please be sure to comply with the relevant laws and regulations on the use of these features. In accordance with relevant regulations, without permissions any personal characteristic sound recording being copied and disseminated may be seen as an invasion of privacy. Inappropriate use of photography, video and photo, audio recording function records could violate the copyright owner's right. For this, the user must assume full responsibility. KRONOZ LLC is not responsible for any damage caused by improper use of the device.

• This device is not waterproof. Do not immerse the device in water or any other liquids.

REGULARY NOTICE

USA

FCC STATEMENT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions : (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

CAUTIONS

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

FCC NOTICE

This equipment complies within the limits of a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protections against radio and TV interference in residential areas. However, even during normal operation, this equipment may cause TV or radio interference. If the equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try one or more of the following corrective measures:

• Reposition the receiving antenna.

• Increase the distance between the equipment and receiver.

• Connect the equipment into an outlet on a circuit different from which the receiver is connected.

• Consult the dealer or an experienced radio/TV technician for help.

RF EXPOSURE STATEMENTS

This equipment complies with FCC radiation exposure requirement set forth for an uncontrolled environment.End users must follow the specific operating instructions for satisfying RF exposure compliance.

FCC ID: 2AA7D-ZTRA

CANADA

INDUSTRY CANADA (IC) STATEMENT

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions : (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device. Cet appareil est conforme à la norme CNR d'Industrie Canada applicable aux appareils radio exempts de licence. Son utilisation est soumise aux deux conditions suivantes: (1) cet appareil ne doit pas provoquer d'interférences et (2) cet appareil doit accepter toute interférence, y compris les interférences qui peuvent causer un fonctionnement indésirable du dispositif.

IC: 12131A-ZTRA

RF EXPOSURE STATEMENTS

This device complies with the ISED RSS-102 RF exposure requirement set forth for an uncontrolled environment and are safe for intended operation as described in this manual.

Cet appareil est conforme aux exigences d'exposition RF de l'ISED RSS-102 définies pour un environnement non contrôlé et est sûr pour le fonctionnement prévu comme décrit dans ce manuel.

EUROPEAN UNION
CE DIRECTIVE

CE

Declaration of conformity with regard to the EU Directive 2014/53/EU.

Kronoz LLC hereby declares that this device is in compliance with the essential requirements and other relevant provisions of the RE Directive 2014/53/EU. The complete declaration of conformity is available at: www.mykronoz.com/assets/certifications-ce-zetrack.pdf

Déclaration de conformité à l'égard de la directive européenne 2014/53/EU.

Kronoz LLC déclare que cet appareil est conforme aux exigences essentielles et aux autres dispositions pertinentes de la directive RE 2014/53/EU. La déclaration de conformité complète est disponible sur: www.mykronoz.com/assets/certifications-ce-zetrack.pdf

RUSSIA
CUSTOMS UNION CERTIFICATION

EAC

視力保護注意事項：

（1）使用30 分鐘請休息10 分鐘。
（2）未滿2歲幼兒不看螢幕，2歲以上每天看螢幕不要超過1 小時。

依據低功率電波輻射性電機管理辦法
第十二條
※經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。
第十四條
※低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。
-前項合法通信，指依電信法規定作業之無線電通信。
-低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

ACCESS TO THE REQUIRED INFORMATION ON THE E-LABEL

Users can access the E-Label screen on ZeTrack by going to Settings > General > Regulatory. No special access codes or permissions are required to go through the above steps beyond entering a user-defined password to protect against unauthorized access to the device. Additional regulatory information are in « Regulatory notices » of this document. The information is stored on the device, no special accessories or supplemental plug-ins (e.g., a SIM/USIM card) are required to access the information.

DISPOSAL AND RECYCLING INFORMATION

After the implementation of the European Directive 2012/19/EU in the national legal system, the following applies : electrical and electronic devices may not be disposed of with domestic waste. Consumers are obliged by law to return electrical and electronic device at the end of their service lives to the public collecting points set up for this purpose or point of sale. Details to this are defined by the national law of the respective country. This symbol on the product, the instruction manual or the package indicates that a product is subject to these regulations. By recycling, reusing the materials or other forms of utilizing old devices, you are making an important contribution to protecting our environment.

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