



Please read the User Guide

It will help you get the best out of your product.

Still have questions?  
Call After Sales Support  
1300 002 534  
Or visit [tempo.org/support](http://tempo.org/support)

## Warranty returns

Should you for any reason need to return this product for a warranty claim, make sure to include all accessories with the product.

## Product does not work?

If you encounter problems with this product, or if it fails to perform to your expectations, make sure to contact our After Sales Support Centre on 1300 002 534.

## AFTER SALES SUPPORT



1300 002 534

[tempo.org/support](http://tempo.org/support)

Model: AFTW-1222

Product Code: 709843 12/2022

## Pedometer (Status)

On the main menu, tap on the icon to enter the Pedometer interface. The watch will track the number of steps taken, calories burnt and distance travelled. Synchronise the data to the GloryFit app to keep detailed records.

## Alarm

You can set alarms on the app. Select "Device" > "App" then tap "Save." When the set time is up, the watch will alert. You can set up to 3 alarms.

## Message

After your smart phone is connected to the watch, you can view new messages and other app notifications on the watch. The latest 10 notifications will be displayed on the watch. Your smart phone's "SMS reminder" must be set to on. You can set which app notifications to receive under "App reminder" on the GloryFit app.

**NOTE:** Under "permission settings" on the GloryFit app, enable the messages to run in the background.

13

## Sedentary Reminder

Set reminders to notify you to be active. Set the reminder times on the GloryFit app and the watch will alert you on the set time.

## Remote Camera

On the GloryFit app, go to Device and set "Take picture" to on. You can now use the watch as a camera remote for your smart phone. Once the smart phone is connected to the watch, tap the capture icon on the watch screen to remotely take a photo.

## Heart Rate

On the main menu, tap on the icon to measure your heart rate. Set measurement intervals and view more detailed data on the GloryFit app.

## Blood Pressure

On the main menu, tap on the icon to enter the blood pressure interface. Tap the touch screen to start measurement. Synchronise the data to the GloryFit app to keep detailed records.

14

## Blood Oxygen

On the main menu, tap on the icon to enter the blood oxygen interface. Tap the touch screen to start measurement.

When using the heart rate, blood pressure and blood oxygen functions, ensure the following:

- The smart watch has good contact with your wrist.
- Check that the sensor is clean and there is no dirt or debris covering it.
- It may take over 30 seconds before the first result is shown on the screen.

**NOTE:** The results and measurements of heart rate blood pressure and blood oxygen data cannot be used for medical reference and should be used as a guide only.

## Watch Face Screen

You can change the style of the watch interface. On the main screen, press and hold the touch screen or tap the icon on the settings menu for the watch face selection page. Swipe left/right for different options, then tap the touch screen again to confirm selection.

15

## Weather

On the main menu, tap on the icon to view live weather (you can see up to a 3 day forecast). You must be connected to the GloryFit app and can manually set the city on the app.

**NOTE:** You must have Internet/mobile connection for this function to work. Your phone location/GPS must also be turned on. You may also need to manually set the city/location on the GloryFit app.

## Shortcut menu



Swipe down to access the shortcut menu where you can adjust brightness, enter settings, turn on/off do not disturb mode and 'find phone.'

## Find Phone

After your smart phone is connected to the watch, tap the find phone icon and your smart phone will ring or vibrate.

16

## Settings

On the main menu, tap on the icon to enter the settings menu to change the below:

- : Change watch face screen.
- : Adjust touch screen brightness.
- : Display Bluetooth, Mac address and software version.
- : Turn off the watch.
- : Reset to factory settings.

## Function

On the main menu, tap on the icon to enter the function menu to access the below:

- Stopwatch
- Timer
- Flashlight
- Tap the icon and your smart phone will ring or vibrate.

17

## Specifications

Display	1.7", 240 x 280 pixels
Ingress protection	IP68
Charging time	1.5 hrs (approx.)
Charging base input	5V=120mAh
Bluetooth Range	< 10m
Built-In Battery	Li-ion 3.7V 180mAh
Weight	47g
Dimensions (mm)	39 (W) x 51 (H) x 11.7 (D)

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18



## Warranty Information

The product is guaranteed to be free from defects in workmanship and parts for a period of 12 months from the date of purchase. Defects that occur within this warranty period, under normal use and care, will be repaired, replaced or refunded at our discretion, solely at our option with no charge for parts and labour. The benefits conferred by this warranty are in addition to all rights and remedies in respect of the product that the consumer has under the Competition and Consumer Act 2010 and similar state and territory laws.

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 to 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.

19

## Repair and Refurbished Goods or Parts Notice

Unfortunately, sometimes faulty products are manufactured, which need to be returned to the supplier for repair.

Please be aware that if your product is capable of retaining user-generated data (such as files stored on a computer hard drive, telephone numbers stored on a mobile telephone, songs stored on a portable media player, games saved on a games console or files stored on a USB memory stick) during the process of repair, some or all of your stored data may be lost. We recommend you save this data elsewhere prior to sending the product for repair.

You should also be aware that rather than repairing goods, we may replace them with refurbished goods of the same type or use refurbished parts in the repair process.

Please be assured though, refurbished parts or replacements are only used where they meet ALDI's stringent quality specifications.

If at any time you feel your repair is being handled unsatisfactorily, you may escalate your complaint. Please telephone us on 1300 002 534 or write to us at:

Tempo (Aust) Pty Ltd ABN 70 106 100 252  
PO Box 132, Frenchs Forest, NSW 1640, Australia  
Telephone: 1300 002 534 (Aust) - Fax: (02) 8977 3765  
Tempo Help Desk: 1300 002 534 (Aust)  
(Operating Hours: Mon-Fri 8:30am-6pm; Sat 9am-6pm EST)  
Email: [tempo.org/support](mailto:tempo.org/support)

20

## BAUHN®



## Smart Watch User Guide



## AFTER SALES SUPPORT



1300 002 534

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Model: AFTW-1222

Product Code: 709843 12/2022

## Parts of the watch



1. Touch screen
2. Side button
3. Microphone
4. Charging pins
5. Heart rate, blood pressure and oxygen sensor
6. Speaker

**NOTE:** The images in this guide are for reference only. Your watch may be a different colour.

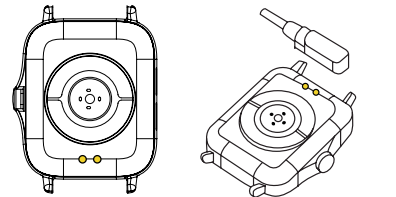
## First Time Use

Charge your watch before using for the first time, you will need to charge it for about 3 hours.

2

## Charging steps:

1. Align the charging pins on the back of the watch to the charging pins on the charging cable. It will snap into position once correctly aligned.
2. Connect the charging cable to a USB charging adaptor (not included) or a USB port on your computer.



3. Once fully charged, unplug the charging cable from the charger.

To keep the charging pins clean, please use a damp cloth and gently clean the charging pins weekly.

3

## GloryFit App

Search for the GloryFit app in the app store to download, or scan the QR code below for installation.



For Android



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For iOS



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4

## Turn on the Watch

Once the watch is fully charged, press and hold the side button for 3 seconds to turn on the watch. To turn off the watch, press and hold the side button for 3 seconds.

## Connect to the App

Open the GloryFit app. On the main page, tap "Profile" and set up your account. Select "Device" > "Add a new device" > "Select device" and it will automatically start to search for nearby devices. On the devices list, select "AFTW-1222(ID-XXXX)" to connect to the watch. On iOS devices, you may need to tap on "Pair" on a pop up window.

## Disconnect from the App

For both iOS and Android devices, open the GloryFit app on your smart phone. Tap "Device" and select "Unbinding Equipment" to disconnect the watch from the app. You will also need to open the Settings menu on your smart phone. Go to Bluetooth settings, tap on the "i" (for iOS) or "setting" (for Android) icon on the right side of "AFTW-1222" and then tap "Forget This Device" to finish disconnecting.

5

## Turn On the Screen

To turn on the screen, Raise your arm if you're wearing the watch, or press the side button. Press the button again to turn off the screen. Raising your arm too quickly or slowly may not turn the screen on.

## Functions On the Home Screen

- Swipe right to get to the main menu. From here, swipe up/down for the menu screens.
- Swipe left for the quick access settings to Bluetooth calls, music, pedometer, heart rate and sleep monitor.
- Swipe up for the notifications screen.
- Swipe down for the shortcut menu.

## Functions in any Screen

- Swipe right or press the side button to return to the previous screen or main screen.
- Tap on any icon to get into the sub screen.

## Applications

Please allow permission and enable the notification settings on the respective smart phone application.

6

## Sports (Training)

On the main menu, tap on the icon to enter the multi-sport screen. There are 24 sport modes for you to choose from.

When you want to pause/stop the activity, tap the screen once to display the pause/stop icon. Tap the icon to pause/stop.

You can also start the activity on the GloryFit app on your smart phone and it will sync data to the watch.

GPS connection: select the icon on the GloryFit app to enter the Sports menu. Select the sport mode or you can tap "+" to add desired sport mode.

Tap "GO" on the screen and select OK to confirm GPS access. The sport mode will start on the app and watch and synchronise.

Tap the icon to display the GPS map. Tap the icon to return to the sport menu. Tap the pause icon to pause the sport and tap and hold the stop icon to stop the sport. The GPS exercise data will be saved.

7

**NOTE:** The smart watch will only save data if the distance is more than 200 steps/5 minutes in duration. GPS function must be turned on mobile and be connected to the mobile network.

## Bluetooth Calls

On the main menu, tap on the icon to enter the Bluetooth call menu where you can view call history, contact list and dialer. Tap the "Switch" to turn the Bluetooth call function on. The function will automatically turn off after 15 minutes if not connected with your smart phone.

**NOTE:** Your smart phones Bluetooth must be paired to "AFTW-1222" to use the function.

To enable the watch for your smart phone's Bluetooth calls, music playback and remote capture, please refer to the below:

For Android devices: Go to your mobile settings > Bluetooth. Select "Add new device" and select "AFTW-1222" from the list.

For iOS devices: Go to your mobile settings > Bluetooth. Select "Add new device" and select "AFTW-1222" from the list.

Please ensure the shortcut menu shows 8

8

## Call Operation

After your smart phone is connected to the watch, you can directly answer/reject incoming calls through the watch.

To answer an incoming call, tap the icon. To reject the call, tap the icon. During the call, tap the icon to mute/unmute. Tap the icon and swipe up/down to adjust the volume.

## Bluetooth Music Playback

- On the main menu, tap the icon to enter the Bluetooth music playback menu.
- Open the music app on your smart phone.
- Tap play/pause icon to play/pause music.
- Tap previous/next icon to play the previous/next song.

Your smart phones Bluetooth must be connected to "AFTW-1222" to use the function.

**NOTE:** For iOS devices, music playback and remote capture will not work if you do not pair "AFTW-1222(ID-XXXX)" on the pop up screen.

9

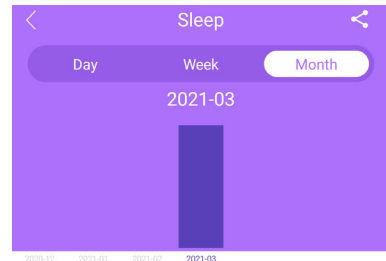
## Sleep Monitor

The watch has a dedicated built-in sleep monitor that automatically activates and records your sleep details when you fall asleep (you must be wearing the watch during the sleep duration for the function to work). Whether you are taking an afternoon nap or a nights sleep, the sleep monitor will automatically activate at any time of the day.

On the main menu, tap on the icon to enter the Sleep interface and view the sleep summary where you can see information on your total sleep, deep sleep and light sleep. You can view more detailed records on the GloryFit app as the data on the watch will be synchronised to the app.

The watch will record your daily, weekly and monthly sleep data and generate reports accordingly.

10



From the reports you can view:

- Average sleep duration (sleep, deep sleep, light sleep)
- Earliest sleep time
- Latest sleep time
- Earliest time woken up
- Latest time woken up

**NOTE:** If the sleep duration is less than 3 hours, the data will be not recorded.

11