



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: ADMSW-0424-S

Product Code: 715493 04/2024

## Message

Swipe up from the home screen to view messages. After your smart phone is connected to the watch, you can view new messages and other app notifications on the watch. The latest 9 notifications will be displayed on the watch. On the QWatch Pro app, under the notification settings, enable "allow", turn on SMS and select which app notifications to receive.

**NOTE:** Under "Background Operation Protection Guide" on the QWatch Pro app, enable the messages to run in the background.

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## Sedentary Reminder

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


## Drink Water Reminder

Set reminders to notify you to be hydrated. Set the reminder times on the QWatch Pro app and the watch will alert you on the set time.

## Watch Face Screen

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

## Find Phone

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


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## Shortcut menu

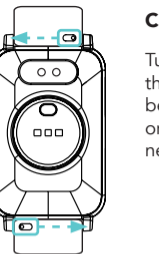


Swipe down to access the shortcut menu where you can turn on/off do not disturb mode, adjust brightness, see messages, shut down and enter settings.

## Settings

On the main menu, tap on the  icon to enter the settings menu to change the below: Preferences, Dial setting (Watch face), Find my phone, Language, System, QR code, Factory reset.

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## Warning

The chain strap consists of a magnet which in close proximity to other metallic objects, may become attached and/or loosen the strap.

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## Change The Straps

Turn the watch over, push the needle as illustrated below to take off the original strap, then fit the new strap.

## Specifications

Display	1.57", 200 x 320 pixels
Ingress protection	IP67
Charging time	2 hrs (approx.)
Charging input	5V=100mA
Bluetooth Range	< 10m
Built-In Battery	Lithium 3.7V 180mAh
Weight	42g (approx.) (silicon strap)
Dimensions (mm)	30 (W) x 45 (H) x 11.4 (D)

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## Notes



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## 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.

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## 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)

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**BAUHN®**



Smart Watch

User Guide



AFTER SALES SUPPORT

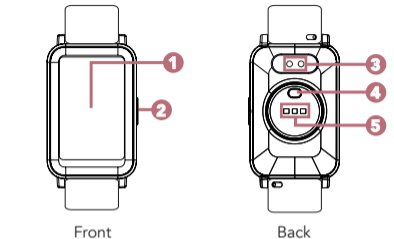
1300 002 534

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Model: ADMSW-0424-S

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## Parts of the watch



1. Touch screen
2. Side button
3. Charging pins
4. Temperature sensor
5. Heart rate sensor

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

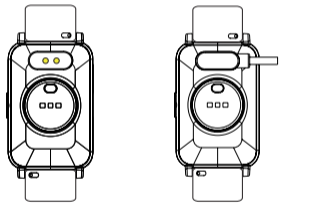
## First Time Use

Charge your watch before using for the first time, you will need to charge it for about 2 hours.

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## 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 soft cloth and gently clean the charging pins weekly.

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## QWatch Pro App

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

For Android



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For iOS




Download on the App Store

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## 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 until "shutdown" icon appears, tap the  to turn the watch off.

## Connect to the App

Open the QWatch Pro app. On the main page, tap the  icon and select "Add" at the "Add device" menu. It will automatically start to search for nearby devices. On the devices list, select "ADMSW0424S" 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 QWatch Pro app on your smart phone. Tap "Device" and select "Unbind" 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 "ADMSW0424S" and then tap "Forget This Device" to finish disconnecting.

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## Turn On the Screen

To turn on the screen, press the side button or raise your arm if you're wearing the watch. Press the side 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 access the main menu.
- Swipe left to access the function cards. Press and hold any card to edit the order of the cards: Activity, Heart rate, Sleep monitor, Weather, Sports and Bluetooth music playback.
- Swipe up for the notifications screen.
- Swipe down for the shortcut menu.
- Press the side button to return to the main 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.

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## Applications

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

## Pedometer (Steps)


On the main menu, tap on the  icon to view data on your steps taken, distance travelled and calories burnt. The watch will record your data automatically. Tap on the touch screen when on the interface to view more detailed data.

## Sports (Training)

On the main menu, tap on the  icon to enter the multi-sport screen. There are 22 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.

## Sport record


On the main menu, tap on the  icon to enter the sports recording interface. It will display the latest 10 recordings.

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## Heart Rate

On the main menu, tap on the  icon to measure your heart rate. You can also swipe left twice to access the interface. Set measurement intervals and view more detailed data on the QWatch Pro app.

## Temperature

On the main menu, tap on the  icon to enter the body temperature interface. Tap the centre of the screen to start measuring your temperature.

Tap the Setting icon on the upper left corner to select unit measurement (C° or F°).


Tap the Record icon on the upper right corner to turn on automatic recording, which will automatically monitor temperature every 30 minutes. Tap the Record icon again to show the data for the past 24 hours.

**NOTE:** it is recommended to wear the watch for more than 3 minutes for a stable body temperature recording.

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


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## Sleep Monitor

On the main menu, tap on the  icon to view sleep data (you must be wearing the watch during the sleep duration for the function to work). You can also swipe left four times to view the data. View more detailed records on the QWatch Pro app as the data on the watch will be synchronised to the app.


**NOTE:** If the sleep duration is less than 1.5 hours, the data will be not recorded.

## Alarm Clock

On the main menu, tap on the  icon to view your alarms. Tap "+" to set your alarms. When the set time is up, the watch will alert. You can set up to 10 alarms.

## Bluetooth Music Playback

You must be connected to the QWatch Pro app to use the function.

- On the main menu, tap the  icon to enter the Bluetooth music playback menu.
- Open the music app on your smart


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## phone.

- Tap play/pause icon to play/pause music.
- Tap previous/next icon to play the previous/next song.
- Tap the volume icon to increase/decrease volume level.

**NOTE:** For iOS devices, music playback and remote capture will not work if you do not pair "ADMSW0424S" on the pop up screen.

## Breath Training


On the main menu, tap on the  icon to enter the breathing training function. Select the breathing training mode and time, then inhale/exhale according to the rhythm displayed on the watch.

## Stopwatch


On the main menu, tap on the  icon to enter stopwatch interface. Tap the play icon to start the stopwatch, tap the pause icon to pause and the reset icon to reset the time.

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## Timer


On the main menu, tap on the  icon to enter timer interface. Select from 1/3/5/10/20/30/custom minutes, and the watch will alert when the selected time is up.

## Camera

On the main menu, tap on the  icon on the watch or select "Take Pictures" on the QWatch Pro app to use the watch as a camera remote for your phone. Tap the icon on the watch screen to remotely control the app to take a photo.

**Note:** The remote capture function is for the app only.

## Weather

On the main menu, tap on the  icon to view live weather. You must be connected to the QWatch app.

**NOTE:** You must have Internet/mobile connection for this function to work. Your phone location/GPS must also be turned on. The weather displayed may not be the same as your phone's default weather app.

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