



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

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


Model: AFTWS-0825-R

Product Code: 720415 08/2025

Timer

On the main menu, tap on the  icon to enter timer interface. Select from 5/10/30/60 minutes and longer, the watch will alert you when the selected time is up.


Alarms

On the main menu, tap on the  icon to view your alarms. Set your alarms on the H Band app. When the set time is up, the watch will alert. You can set up to 10 alarms.

Torch

On the main menu select the Torch  icon to activate the torch.

Find phone

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


Voice assistant

On the main menu, tap on the  icon to launch the voice assistant function of the connected smart phone.


Calculator

On the main menu, tap on the  icon to enter the calculator interface.

Game

On the main menu tap on the Game icon  to enter the game sub menu.

Calendar

On the main menu, tap on the Calendar  icon to enter the calendar interface. Swipe up/down to select the month.

Sedentary Reminder

Set reminders to notify you to be active. On the H Band app, go to "Mine" > "My device" select the connected device "AFTWS-0825-R" and select "Health Reminders"

Settings

On the main menu, tap on the  icon to enter the settings menu and make changes to the settings.

Watch Face Screen

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

Shortcut menu

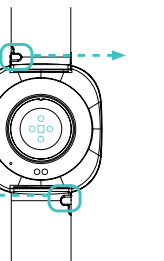
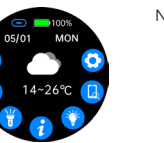
Swipe down to access the shortcut Menu where you can adjust the brightness, enter settings, find phone, view system version, torch, Bluetooth call/audio hands-free mode, Do not disturb mode.

Change The Strap

Your watch comes with:
1 x Interchangeable Strap
To change the strap, turn the watch over and push the pins as illustrated overleaf to take off the original strap, then fit the new strap.

Warning

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



Notes

Specifications

Display	1.46"
Ingress protection	IP68
Charging time	2 hrs (approx.)
Charging base input	5V = 200mA
Bluetooth Range	< 10m
Built-In Battery	Li-ion 3.8V, 390mAh
Weight - with silicone strap	45g (approx.)
Dimensions (mm)	47 (W) x 47(H) x 12.5 (D)

The RCM is a visible indication of a product's compliance with all applicable ACMA regulatory arrangements, including all technical and record-keeping requirements.



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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.

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 6097, North Sydney, NSW,2059, 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

BAUHN®



Smart Watch
with Interchangeable Strap

User Guide



AFTER SALES SUPPORT

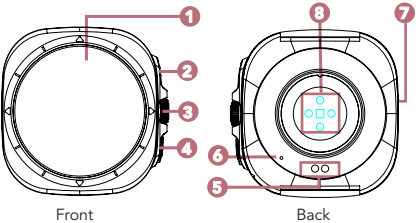
☎ 1300 002 534

tempo.org/support

Model: AFTWS-0825-R

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Parts of the watch



- | | |
|------------------|----------------------|
| 1. Touch screen | 5. Charging pins |
| 2. Torch light | 6. Microphone |
| 3. Rotary button | 7. Speaker |
| 4. Side button | 8. Heart rate sensor |

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

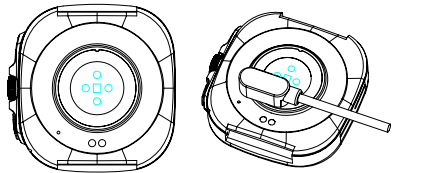
First Time Use

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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Note: If the Smart watch is extremely low on power when you begin charging it, the screen display may be blank for up to 2 minutes before the charging image appears.

H Band app

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



For Android



For iOS



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Turn on the Watch

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

Connect to the App

Open the H Band app. On the main page, tap "Mine" and set up your account. Select "My device" > "Device connection" > "Search" and it will automatically start to search for nearby devices. On the devices list, select "AFTWS-0825-R" to connect to the watch. On iOS devices, you may need to tap on "Pair" on a pop up window.

NOTE: If the connected watch has been reset, please unbind the watch in the app before reconnecting a new smart phone.

To ensure the stability of the watch connection, tap "Mine", select "Permission management" on the H Band app, and then select "Run in background" to allow

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the app to run in background. This setting may not apply to your phone.

Disconnect from the App

Open the H Band app. Select "Mine", tap the connected device then tap "Disconnect" to disconnect the watch. On iOS devices, you will also need to open the settings menu on your iPhone. Go to Bluetooth settings, tap on the "i" icon on the right side of "AFTWS-0825-R" and then tap 'Forget This Device' to finish disconnecting.

Turn On the Screen

To turn on the screen, press the rotary button or raise your arm if you're wearing the watch. Raising your arm too quickly or slowly may not turn the screen on. The screen will turn off after the preset screen off time.

NOTE: you will need to turn on the "Raise to Wake" function on the H Band app for the function to work.

Settings through the H Band App

Open the H Band app, Select "Mine" > "My device" , tape the connected device "AFTWS-0825-R" to access the detail settings.

Functions On the Home Scree

- Swipe up for the notifications screen.

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- Swipe down for the shortcut menu.
- Swipe right to access the quick menu, weather and recently run functions.
- Swipe left to access phone call, activity, sleep monitor, heart rate, weather, and more widgets.

- Press the rotary button to access main menu.
- Press and hold the watch face for 3 seconds to change the interface, swipe left/right to switch and tap to confirm.


Functions in any Screen

- Swipe right or press the rotary 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.


Workout

On the main menu, tap on the  icon to enter the multi-sport screen. There are more than 20 sport modes for you to choose from.

When you want to pause/stop the activity, swipe left and tap the screen icons.


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Heart rate

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


When using the heart rate 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.

- On the main menu, tap on the  icon to enter the settings menu, you can turn the heart rate monitor on/off. Battery life will be reduced when this function on.

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

Activity (Pedometer)


On the main menu, tap on the  icon to measure view data on your steps taken, distance traveled and calories burnt. The watch will record your data automatically.

Emergency Contact (SOS)

In case of emergency, press and hold the rotary button for 3 seconds, and swipe right the SOS icon to make a SOS call.


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Sleep


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 view more detailed records on the H Band app as the data on the watch will be synchronised to the app.

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


Breath training

On the main menu, tap on the  icon. Select the training time, then you can inhale/exhale according to the rhythm displayed on the watch.


Bluetooth Call

On the main menu, tap on the  icon to enter the Bluetooth call menu where you can view dialer, contacts, and call history.

NOTE: Your smart phone's Bluetooth must be paired to "AFTWS-0825-R" to use the function.

On the watch home screen, swipe down for the shortcut menu, please ensure the shortcut menu shows .

Cycle Tracking for Women

On the main menu, tap the  icon to display the reminder for cycle tracking. To use this function


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You can add the emergency phone number through the app.

Message (Notifications)

After your smart phone is connected to the watch, you can view new messages and other app notifications on the watch. The latest 5 notifications will be displayed on the watch. Your smart phone's "SMS reminder" must be set to on. Open the H Band app, Select "Mine" > "My device" , tape the connected device "AFTWS-0825-R" to access the detail " Message Notification" settings.

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.
- Tap the Volume Up/Down icon to increase or decrease volume level.

NOTE: Note: Make sure the shortcut menu "Bluetooth call/audio hands-free" mode is on.

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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you need to open the H Band app, select "Mine", and change your account profile to female, and then select "Dashboard" > "Female", enter your information and turn on the reminder.

You will see a corresponding number of days remaining in the cycle.

Remote Camera


On the H Band app, go to "Mine" > "My device" select the connected device "AFTWS-0825-R" and select "Shake to Take Photo". Your watch will display a camera icon, tap the icon or shake the watch to use as a camera remote for your smart phone.

Weather

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

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

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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