

FOREVER

iGO WATCH 3

DAILY ACTIVITY TRACKER

Full Manual

Smartwatch JW-500

Thank you for purchasing a product by Forever. Before use, please refer to the User's manual, and save it for future reference. Do not disassemble the device on your own – all repairs should be done by a service technician. Use only original parts and accessories provided by the manufacturer. We hope that the product by Forever fulfills your expectations.

RULES FOR SAFE USE:

- Read and keep this manual. Read the instructions carefully, failure to follow them may permanently damage the device or cause it to function incorrectly.
- There are no user-serviceable parts inside the device.
- All repairs should be performed by a service technician. The manufacturer is not responsible for damage caused by tampering with the product.
- The device is powered by a rechargeable battery. Avoid exposing the battery to very low or very high temperatures (below 10°C / 50°F or above 45°C / 113°F). Extreme temperatures can affect battery capacity and life. Avoid exposing the battery to liquids and metal objects, as this can lead to total or partial damage to the battery. Use the battery only for its intended purpose. Do not destroy, damage or throw batteries into a fire – this can be dangerous and cause a fire. Used or damaged batteries should be placed in a special container. Overcharging the battery can damage it. Therefore, do not charge the battery longer than necessary. Installing an incorrect type of battery may cause the battery to explode. Do not open the battery. Dispose of the battery according to the instructions. The battery is not replaceable and is an integral part of the device. Do not attempt to replace it.
- Do not leave the device unattended while charging.
- Do not leave your device fully discharged for a long time.
- Do not use the product if it is damaged.
- The packaging is not a toy. Keep it away from children immediately after unpacking.
- Protect the product from falls and strong shocks
- Do not bend or pinch the charging cable. When pulling out the cable, grasp it directly by the plug, never by the cable itself.
- Use only a damp, soft cloth to clean the device. Do not use highly acidic or alkaline agents.
- The device should always be used in accordance with its intended use.

RULES FOR SAFE USE OF BATTERIES

Before first use, charge the battery pack according to the charging instructions. Avoid exposing the built-in battery to very low or very high temperatures (below 0°C / 32°F or above 45°C / 113°F). Extreme temperatures may affect its service life. Avoid exposing the battery pack to liquids and metal objects, as this may result in complete or partial damage to the

battery pack. Use the battery only for its intended purpose. Do not destroy, damage or throw the battery into a fire - this can be dangerous and cause a fire. Overcharging the battery can cause damage to the battery. Therefore, do not charge the battery longer than necessary to fully charge it. Do not disassemble or modify the battery pack. Do not short circuit!

If the battery bulges, dispose of the device. Place the used or damaged battery in a special container. To remove the battery, contact qualified personnel. Keep small batteries out of the reach of children. Ingestion can lead to burns, soft tissue perforation and death. Severe burns can occur within 2 hours of ingestion. Seek immediate medical attention if a cell or battery is swallowed. The battery is not replaceable by the user.

DESCRIPTION OF INTENDED USE:

A Bluetooth smartwatch is a smart watch that connects to a mobile phone via Bluetooth technology, allowing data synchronisation and access to various functions. It offers physical activity monitoring, message and call notifications, music control and access to apps, etc.

Always use the device in accordance with its intended purpose. The use of the device beyond its intended purpose is unlawful and adversely affects the environment.

Manufacturer Data/Customer Service Centre

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Designed in Poland

Made in China

GENERAL INFORMATION

EN

Thank you for purchasing our product! Please read the user manual carefully before first use. You should keep the manual for later reference as it contains important information.

Forever uses sensors and algorithms to provide data that can be used during sporting or adventurous activities. When selecting and deploying the appropriate modules used in production, we want them to provide the best possible measurements. However, the data provided by our products and services is estimated and the results generated may not be accurate.

Calories, heart rate, blood pressure and other measurements may not correspond to actual results. Forever products and services are intended for recreational use only and not for medical purposes.

1. IN THE BOX

- 1 x Smartwatch IGO 3 JW-500
- 1 x Charging cable
- 1 x User manual

2. DESCRIPTION

1. Main button
2. Touch screen
3. Bottom button



NOTE: Before using the product, check that the packaging is intact and that all parts are present. Remove all packaging materials before use.

If any part is missing or damaged, please contact the seller.

Frequency range	Bluetooth 2402 - 2480 MHz
Maximum emitted power	5.49 dBm EIRP
Wristband width	20 mm
Wristband length	220 mm
Weight	55 g

Battery	Li-Ion 3.7V 180mAh, 0.666Wh
Waterproof	IP67
Power supply	5V 0.5 A
Display	IPS, 1.83" 240x286px
Bluetooth	5.0
Standby time with Bluetooth on	up to 6 days
Compatibility	iOS ≥ 9.2, Android ≥ 4.0
Controls	touch screen, digital crown, side buttons
Application name	FitPro

3. Charging your Smartwatch

When the smartwatch notifies you that the battery is low, use the included charging cable and connect its USB end to a power source such as a 5V AC adapter.

Attach the other end with the magnetic end to the pins on the watch. The magnetic holder will connect the connectors correctly. The charging icon will appear on the screen.

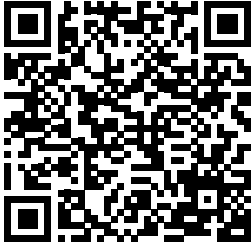
An icon on the screen will inform you that it is fully charged. Disconnect the watch from the charger.

It is recommended to use a power supply with output parameters of 5V. The power supply is not included.

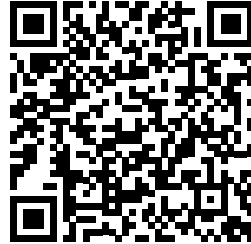


Install “FitPro” app on the phone

Search and install the “FitPro” app from Google Play or App Store. Or scan the following QR code to directly install the app.



for Android



for iOS

Connecting the smartwatch to the app

1. Turn on Bluetooth on your smartphone.
2. Download and open the „Fit Pro“ app on your smartphone, then enter all the required information and give the relevant consents.
3. Go to Settings in the bar at the bottom of the screen. Press „Connect device“
4. Select your smartwatch model to connect.
5. During the connection process, provide any required consents.

NOTE: Failure to give the appropriate consents may affect the functionality of the device.

5. Approve the connection request on the watch.

NOTE: The app must be running in the background for the watch to be permanently connected to the smartphone.

Some phone operating systems close the application to reduce battery consumption. Go into your phone's settings and set the app to run in the background so that the connection is not interrupted.



Unbind the smart watch with mobile phone

1. Open the "FitPro" app on your smartphone.
2. Open the Settings tab and click on Remove button, confirm by clicking "OK".
3. Go to the Bluetooth settings on your smartphone, then access and select the "Forget This Device" option.

Turning the device on and off

Turning on:

- Press and hold the bottom button. The main menu will appear on the screen.
- Connect the watch to the charger. The device will turn on automatically.

Turning off:

- Press the bottom button for approx. 3 seconds.

Wearing and using the smartwatch

For the most precise measurements and so that the watch does not restrict wrist movement, wear the device on the forearm, one finger above the wrist.

Wear the smartwatch leaving a slight gap between your body and the device. Fastening too tightly can cause skin irritation, and too loose, chafing.

Do not look directly at the heart rate monitor diodes. Absolutely do not let your children do this!

If the smartwatch gets hot, take it off to cool down. When the problem of excessive temperature occurs frequently, consult your seller or the manufacturer.

Always check that the heart rate sensors are not dirty. Foreign bodies prevent the light from reflecting evenly, which can interfere with the measurement.

If you feel that the measurement of your heart rate or other functions is incorrect, try placing the watch on your wrist and elsewhere, gently moving up down, left right so that the sensors reflect the light as precisely as possible. When this does not have the desired effect, consult your seller or the manufacturer.

The watch is operated using a touchscreen. Sliding your finger up and down the screen moves between the various functions, and a function is selected by pressing the screen.

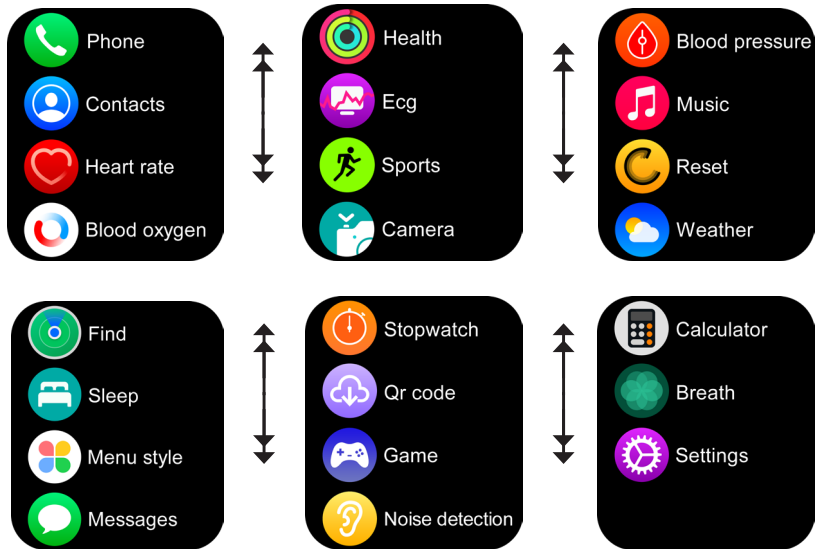
To return to the home screen, press the bottom button. If you want to go back swipe right on the screen or press the home button.

The main button is equipped with a rotary function. The rotary dial allows scrolling through screens, lists and content without touching the screen. The user can rotate the button to move through menus, notifications or applications.



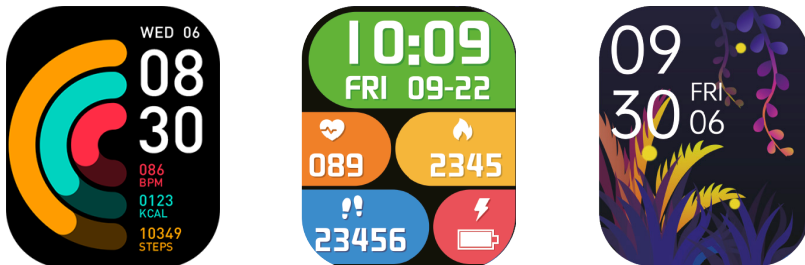
1.2 Main Menu

You can access main menu by pressing main button meanwhile being on watch face screen.



1.3 Watch face

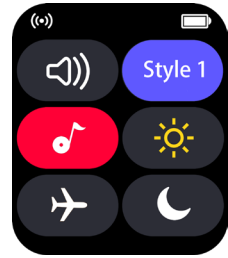
Changing the face watches is done by rotating the digital crown.



1.4 Shortcut menu

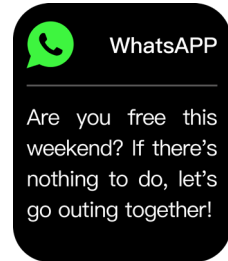
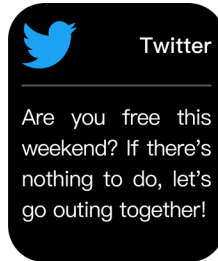
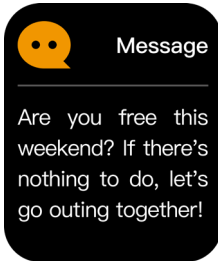
On the home screen, swipe down from the top of the display. A shortcut menu will appear on the screen, giving you quick access to specific features and information.

- 1) BT connection
- 2) Music
- 3) Airplane mode
- 4) Menu style
- 5) Screen brightness
- 6) Do not disturb mode



1.5 Notifications:

The watch's notifications function allows you to receive alerts from smartphone apps, such as messages, emails or reminders, displaying them on the watch screen in real time.



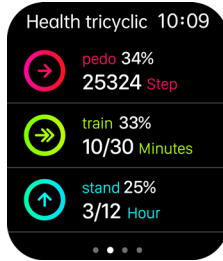
1.6 Quick menu

To access the QUICK MENU, swipe right on the screen. A menu will appear on the left-hand side, showing icons for recently used functions. The order displayed will change with the last function selected.



1.7 Activity: Record number of steps, calories and kilometers.

Preview of daily physical activity - steps, calories and distance. Swipe across the screen to see the details. Activity targets can also be set here.

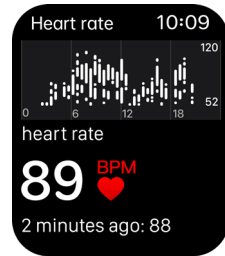


1.8 Pulse

Heart rate measurement. Measuring heart rate from the watch involves using an optical sensor to monitor changes in blood flow through the blood vessels to determine the number of heart beats per minute. Tap the current one to take a measurement.



Average heart rate and resting measurement are available.



1.9 Sport mode

Allows sports activities to be recorded. 8 sports modes are available. Press the screen to start measuring, swipe from left to right to stop.

The bottom button gives you quick access to the sports modes.

NOTE: for a workout to be saved, it must contain a minimum of 200 steps or a duration of at least 2 minutes.



1.10 Sports modes

Running

Cycling

Strength training

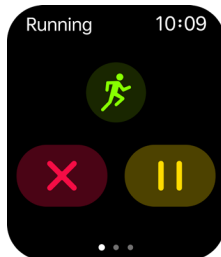
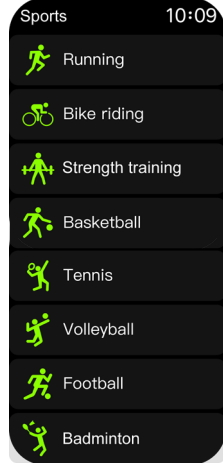
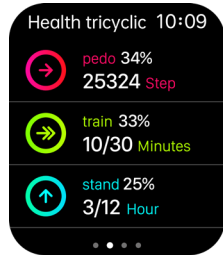
Basketball

Tennis

Volleyball

Football

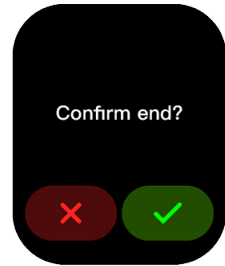
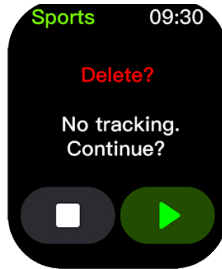
Badminton



A reminder will pop up if your sport data is achieved your goal set.



To conclude the exercise, kindly press the button located at the bottom and proceed to tap the ,stop' icon. By doing so, the exercise data will be saved, which includes a minimum of 200 steps or more than two minutes.

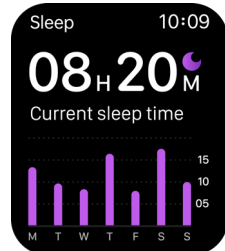


1.11 Sleep monitor



The latest 7-day records are displayed locally on the sleep details page, and the sleep data details can be viewed by connecting to the APP.

Note: Only when the app is connected and the smartwatch is worn to sleep will the sleep data be uploaded to the app and sleep detection will start at 10 pm.



1.12 QR code

QR code for the dedicated application that the device works with.



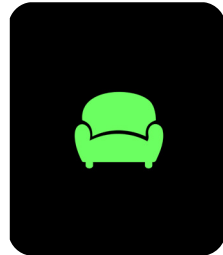
1.13 Weather

The watch's weather forecast function displays current weather conditions and predictions for the coming days, using meteorological data integrated into the device or synchronised with the smartphone app. For the weather to work properly, you must go into your phone's settings and allow the FitPro app to access your device's location.



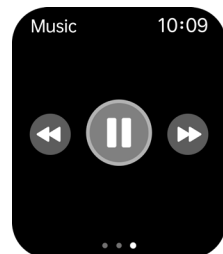
1.14 Sedentary reminder

This feature can be customized to suit your preferences. It will gently remind you to stay active at regular intervals throughout the day, with customizable frequency, repeatability, and intensity settings measured in steps. The watch may also remind yo of hydration and other scheduled reminder.



1.15 Music

The watch's music function allows you to play songs directly on your device or remotely control your smartphone's music player, making it convenient to listen to music during physical activity or in everyday life.



1.16 Alarm

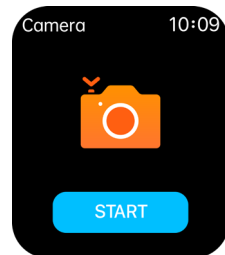
The watch's alarm function allows the user to set a reminder that sounds or vibrates at a specific time, allowing the user to be woken up or reminded of important tasks.



1.17 Camera shutter

The watch's camera function allows you to take photos and videos, often via remote control from the device, making it easy to capture the moment without having to reach for a smartphone.

NOTE: to take a photo, go into the application and select the Camera function



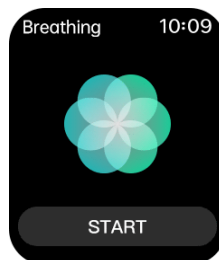
1.18 Timer

The timer on the watch allows you to set a specific time after which the device beeps or vibrates, which is useful for measuring short periods of time during cooking, workouts or other activities.



1.20 Breathing exercises

The watch's breathing exercises function offers to guide the user through various breathing techniques, helping to relax, reduce stress and improve overall wellbeing with visualisations and on-screen guidance.



1.21 Stopwatch

A function in the watch that allows precise measurement of the elapsed time from the moment it is started, with the ability to stop, resume and reset the measurement according to the user's needs.



1.22 Blood pressure

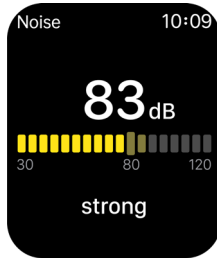
Blood pressure measurement from the watch uses optical sensors and algorithms to analyse the pulsation of blood vessels and estimate systolic and diastolic blood pressure values.

NOTE: You are required to keep your hand at rest during the measurement, sit comfortably, do not speak during the measurement. Press the screen, the device automatically starts measuring.



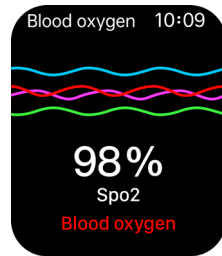
1.23 Noise analysis

The smartwatch's noise analysis function monitors ambient sound levels to alert the user to excessive noise that could threaten hearing health. It alerts the user when noise levels exceed safe values, helping to avoid prolonged exposure to harmful sounds.



1.24 Saturation

Measuring saturation from the watch involves using an optical sensor to analyse oxygen levels in the blood by monitoring the reflection of light from blood vessels. Tap the screen the measurement will start automatically.



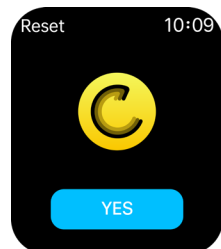
1.25 ECG

The smartwatch's ECG function enables monitoring of heart activity, recording its rhythm and detecting potential arrhythmias. This allows the user to quickly obtain information about his or her health status and to consult the results with a doctor.



1.26 Reset

When pressed, the device is reset.

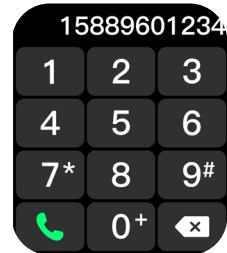
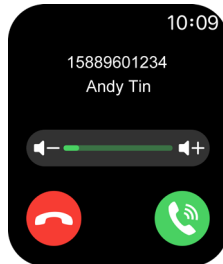


1.27 Calls



The smartwatch's phone call function allows you to make and receive calls directly from the device, without the need for a phone, thanks to the built-in microphone, speaker and Bluetooth connectivity.

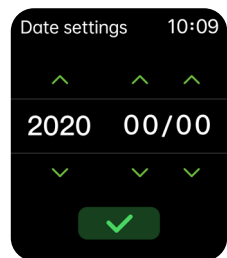
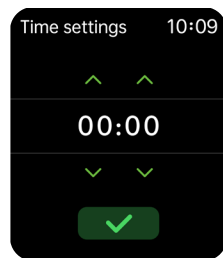
When you click on the icon, you get access to the contact list, the call inventory and the ability to dial numbers directly from the device's keypad.



1.28 World time

The watch's „world time“ function allows the current time to be displayed in different time zones, making it easy to keep track of the time in different locations around the world and plan trips or contacts in other countries.

NOTE: Countries are added through the app



1.29 Contacts

The watch's contacts function allows you to save and view a list of stored phone numbers.



1.30 Find my phone

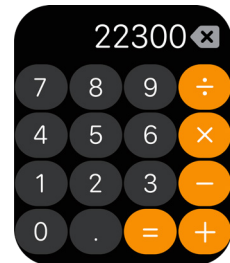


The watch's „find my phone“ function allows you to remotely trigger the ringtone on your phone, making it easier to locate your phone when you can't find it nearby.



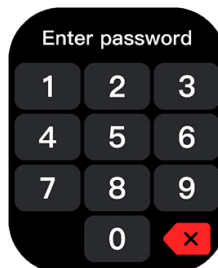
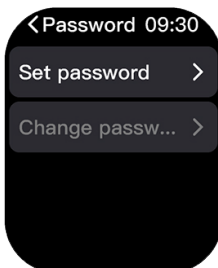
1.31 Calculator

The watch's calculator function allows you to perform basic mathematical operations such as addition, subtraction, multiplication and division, offering a simple interface for quick calculations.



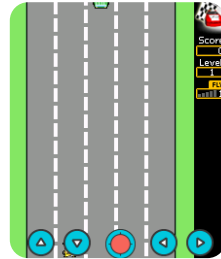
1.32 Password

The watch's password function allows you to protect the device from unauthorised access by setting a PIN code to be entered before unlocking functions and data.



1.33 Game

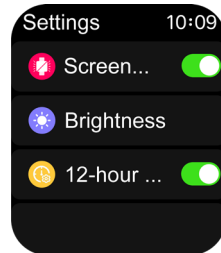
The watch's game function offers a simple game that can be played on the device's screen, often using a touchscreen interface, keeping you entertained and relaxed at your leisure.



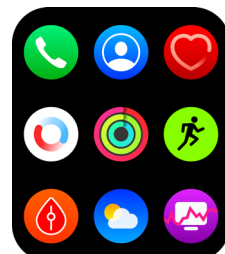
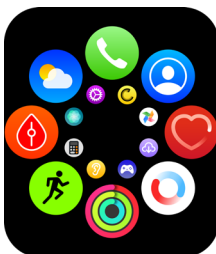
1.34 Settings

The settings functions on the smartwatch allow you to personalise and customise the operation of the device.

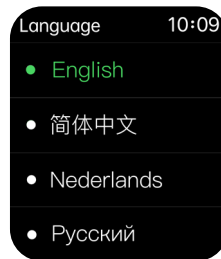
Voice assistant, Information, Set language, Set time, Set date, Backlight time, Back to dial, Screen saver, Brightness, 12h format



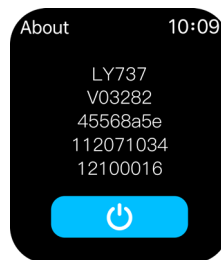
Theme, you gain access to change theme of user's UI



Language switching, you can select the appropriate language available from the list on your device.



About, to find the MAC address and software version of your Smartwatch.



Correct disposal of used electrical and electronic equipment



This device is marked with a crossed-out garbage container symbol, in accordance with the European Directive 2012/19/ EU on Waste Electrical and Electronic Equipment (WEEE). Products marked with this symbol should not be disposed of or discarded with other household waste at the end of their service life. The user is obliged to dispose of waste electrical and electronic equipment by delivering it to a designated point, where such hazardous waste is recycled. The collection of this type of waste in separate locations and the proper recovery process contributes to the conservation of natural resources. Proper recycling of waste electrical and electronic equipment is beneficial to human health and environment. For information on where and how to dispose of used electronic equipment in an environmentally safe manner, the user should contact the relevant local authority, the collection point or the point of sale where the equipment was purchased.

Proper disposal of used batteries



In accordance with EU Directive 2023/1542 on batteries and waste batteries, this product is marked with a crossed-out rubbish bin symbol. The symbol indicates that the batteries used in this product should not be disposed of with normal household waste, but treated in accordance with the directive and local regulations. Do not dispose of batteries with unsorted municipal waste. Users of batteries must use the available take-back network for these items, which allows them to be returned, recycled and disposed of. Within the EU, the collection and recycling of batteries and is subject to separate procedures. To find out more about existing battery recycling procedures in your area, contact your municipality, waste management authority or landfill site.

Declaration of Conformity with European Union Directives



TelForceOne S.A. hereby declares that the JW-500 Bluetooth smartwatch radio device type is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: <http://manual.forever.eu/JW-500>



Recycle this user manual and the appliance packaging in accordance with local recycling guidelines.



Symbol for flat cardboard (packaging material).



FR

Cet appareil et ses accessoires sont recyclables.

À DÉPOSER EN MAGASIN



À DÉPOSER EN DÉCHÈTERIE



OU

Points de collecte sur www.quefairedemesdechets.fr
Privilégiez la réparation ou le don de votre appareil !