FOREVER

TIRON

Full Manual

Smartwatch SWM-300

GENERAL INFORMATION

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.

1. IN THE BOX

- 1 x Smartwatch FOREVER Tiron SWM-300
- 1 x Exra strap
- 1 x Charging cable
- 1 x User manual

2. FRONT & BACK VIEW

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

Frequency range	Bluetooth 2402 - 2480 MHz
Maximum emitted power	6.80 dBm EiRP
Wristband width	20 mm
Wristabnd lenght	250 mm
Weight	50 g
Battery	Li-Poly, 3.8 V ⎓ 250 mAh, 0.95 Wh
Waterproof	IP67
Power supply	5V ⎓ 1 A
Display	Amoled 1.96" 410 x 502px
Display protection	tempered Gorilla Glass
Bluetooth	5.0
Charger frequency range	110 - 205 kHz

Standby time with Bluetooth on	up to 4 days
Compatibility	iOS ≥ 11.0, Android ≥ 5.0
Controls	touch screen, digital crown, side buttons
Application name	Forever BeFit

3. Charging your Smartwatch

1. When the smartwatch notifies you that the battery is low, remove the included charger and connect its USB end to a power source such as a 5V mains adapter.

2. Place the watch on the included charger. A loading icon will appear on the screen.

3. The icon indicates full charge. Disconnect the watch from the charger.

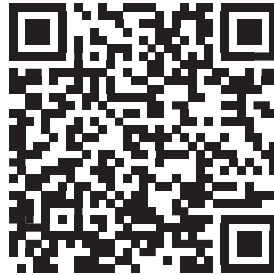Use of a power supply with 5V output is recommended. The power adapter is not included.

Install "Forever BeFit" app on the phone

Search and install the "Forever BeFit" 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 „Forever BeFit" app on your smartphone, then enter all the required information and give the relevant consents.

3. Go to „Device" in the bar at the bottom of the screen. Press „Add 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 for the watch to be permanently connected to the smartphone. Do not close it.

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 "Forever BeFit" app on your smartphone.
2. Open the "Device" tab and click on "Disconnect Smartwatch" button, confirm by clicking "OK".
3. Go to the Bluetooth settings on your smartphone, then access and select the "Forget This Device" option.

Operation introduction
Switching on:
- Press and hold the side button. The main menu will appear on the screen.
- Put the watch on the charger. The device will switch on automatically.
Switching off:
- Go to the main menu. Swipe through the list and enter the settings. Find „General" and then „Power off" and press this icon. Confirm your choice.
- Press the side button for approx. 3 seconds. Confirm your choice by moving the switch slider across the screen.

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.

Watch dial
- Press the touchscreen for a longer period of time, then slide your finger across the screen to select the dial that suits you.
- The change function is also available in the main menu settings. Here, you can unlock the wallpaper change function lock.
- The watch dials can be changed using the main button dial.
NOTE: Use the padlock icon at the bottom of the screen next to the dial change to lock the dial change function.

HOW TO USE

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.
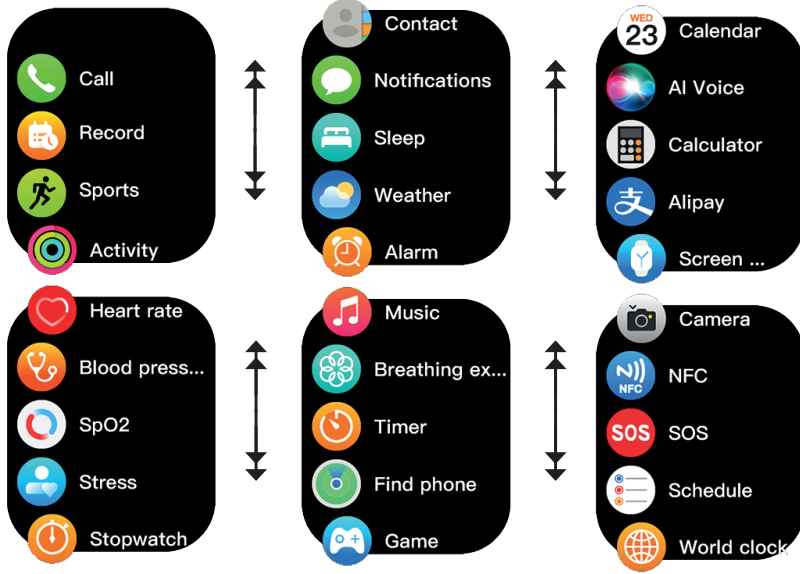
To return to the home screen, press the home button. If you want to go back swipe right on the screen. The main button is equipped with a rotary function. The rotary dial allows scrolling through screens, lists and content without touching the screen. The user can rotate the crown to move through menus, notifications or apps. Swipe up/down or left/right to see more options.

1.2 Main Menu

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

Call	Contact	Calendar
Record	Notifications	AI Voice
Sports	Sleep	Calculator
Activity	Weather	Alipay
	Alarm	Screen ...
Heart rate	Music	Camera
Blood press...	Breathing ex...	NFC
SpO2	Timer	SOS
Stress	Find phone	Schedule
Stopwatch	Game	World clock

1.3 Watch face

Once the smartwatch is turned on, the watch face will be displayed. In order to select a different watch face, you may press and hold for 2 seconds.

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) Screen backlight
2) Wake on wrist raise
3) Flashlight
4) Do not disturb mode
5) Brightness
6) Settings
7) BT connection
8) Calculator
9) Find my phone
10) Battery level
11) Stopwatch
12) Screen lock
13) Airplane mode
14) Calendar
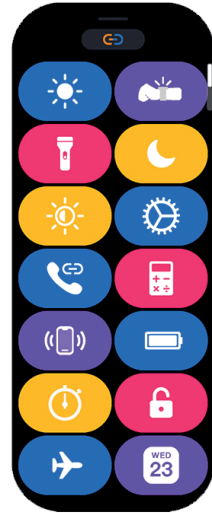
1.5 Notifications:

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.
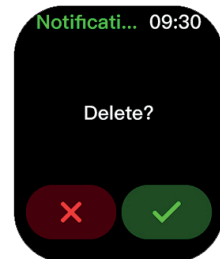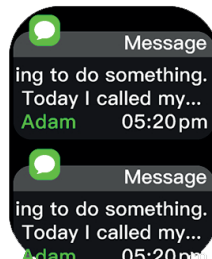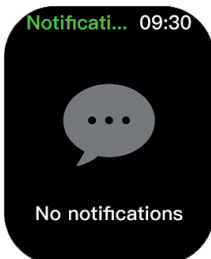
1.6 Quick menu

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.
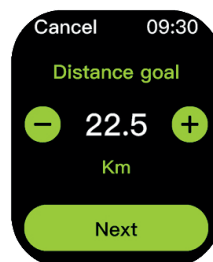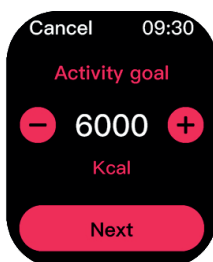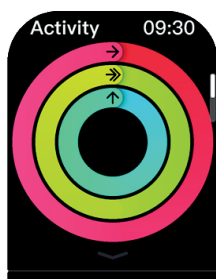
1.8 Pulse

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. 100 sports modes are available. Press the screen to start measuring, use the side button 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.
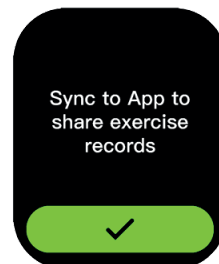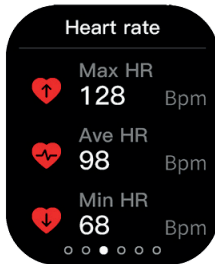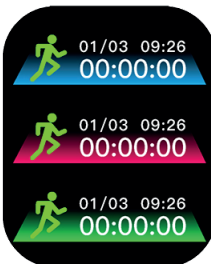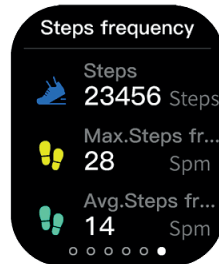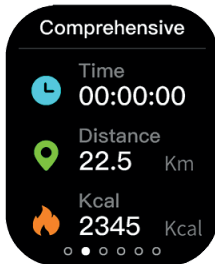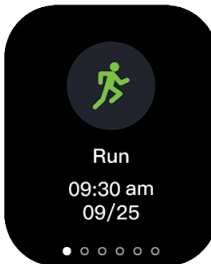
Sports modes

Recommended sports: Running, Walking, Climbing, Treading, Cycling, Basketball, Badminton, Football, Yoga, Free exercise.

FITNESS: Spinning, Weightlifting, Physical training, Step, Stepper, Abdominal training, Pull-ups, Squats, Push-ups, Plank, Orbiter, Dumbbells, Rowing machine, Aerobic exercise, Aerobics, Rock climbing, Climbing, Back training, Crossfit, Hiit, TRX.

LEISURE: Indoor walking, Skipping, Hula Hop, Darts, Rollerblading, Skiing, Skating, Pilates, Hiking, Frisbee, Swimming, Surfing, Skateboarding, Trampoline, Scooter, Water bike, Water skiing, Horse riding, Archery, Leg stretching, Fishing, Tai Chi, Parachuting, Body balancing.

ATHLETICS: Marathon, Gymnastics, Boxing, Teakwondo, Martial Arts, Karate, Long jump, High jump, Javelin, Horse-riding, Cross--country biking, Motocross, Sailing, Kayak, Rowing, Hammer throw, Discus throw, Fencing, Muay Thai, Wrestling, Body Combat, Tae Bo.

BALL: Table tennis, Lawn Tennis, Volleyball, Baseball, Hockey, Golf, Handball, Billiards, Racquetball, Bowling, Rugby, Ball Pushing, Tennis (doubles), Water Volleyball, Cricket, Softball, Jai ball, Indoor Football.

DANCE: Dance, Hip Hop, Contemporary Dance, Jazz, Square Dance, Zumba, Ballet, Pole Dance, Disco, Stepping.
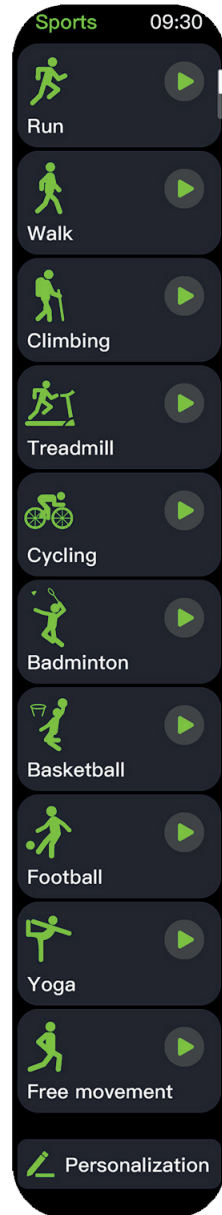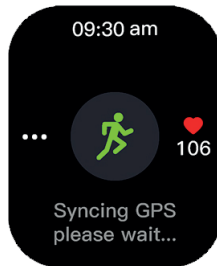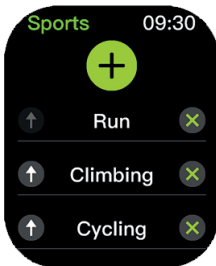
A reminder will pop up if your sport data is achieved your goal set.

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.
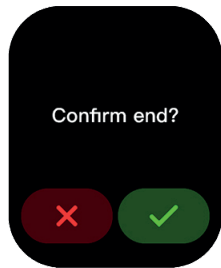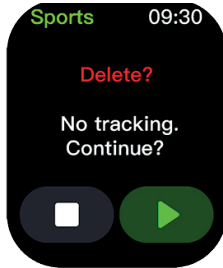

1.10 Activity log

The activity log from the watch shows us a detailed view of the sports activities performed, such as number of steps, distance, calories burned and physical activity time, based on the built-in motion sensors and accelerometer.
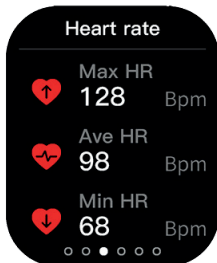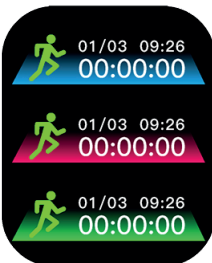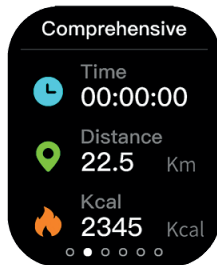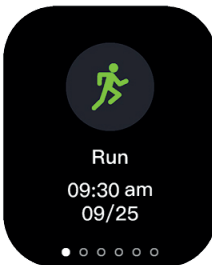
1.11 Sleep monitor

The watch's sleep monitoring function analyses the user's sleep patterns, recording the time spent in different sleep phases, such as light sleep, deep sleep and REM sleep, and providing information on the quality and length of sleep.
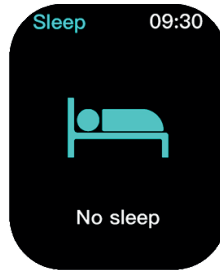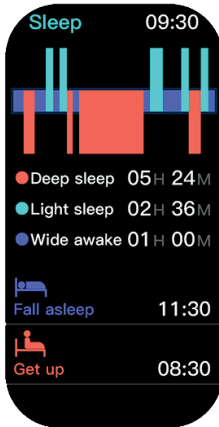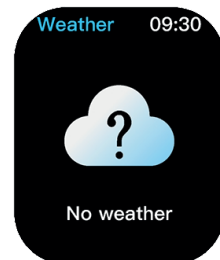

1.12 Weather

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.
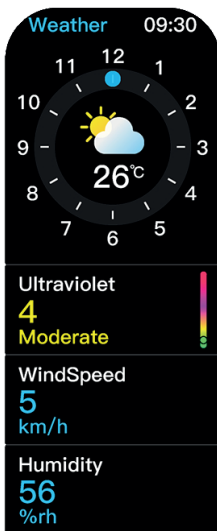
1.13 Sedentary reminder

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.


1.14 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.
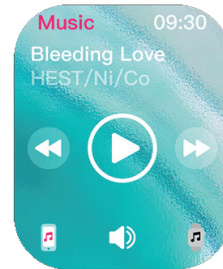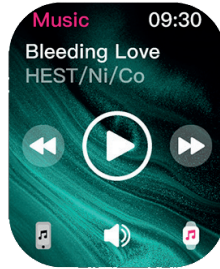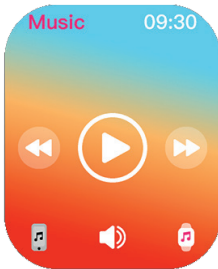
1.15 Alarm

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.
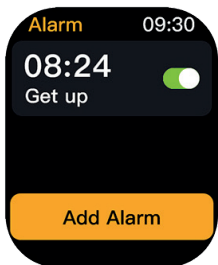
1.16 Camera shutter

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*
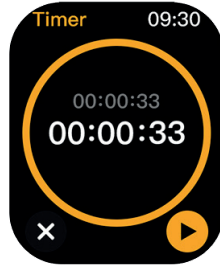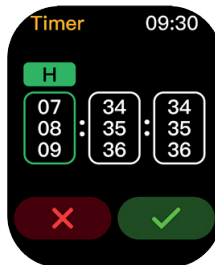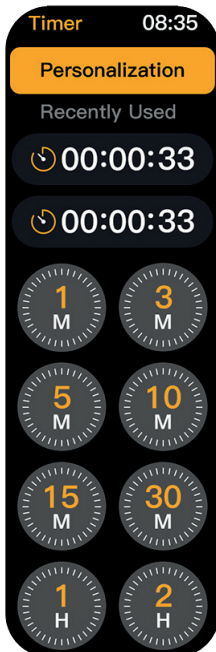
1.17 Timer

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.

Countdowns of 1,3,5,10,15,30, minutes 1 and 2 hours are available. You can also set the time yourself.
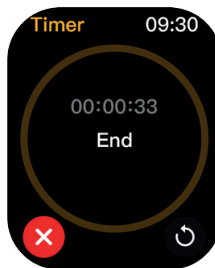
1.18 Breathing exercises

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.
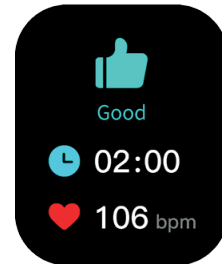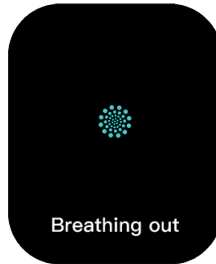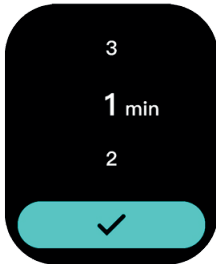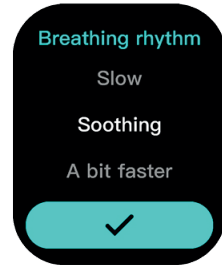
1.19 Stopwatch

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.

1.20 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.

1.21 Stress

Measurement of stress from the watch relies on analysis of heart rate variability (HRV) and other biometric data such as breathing and activity to assess the user's stress levels in real time.

1.22 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.
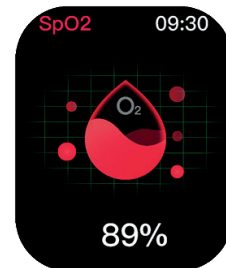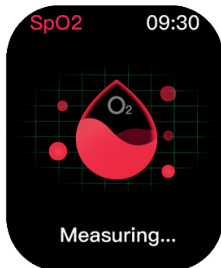
1.23 Stock exchange

The watch's stock exchange function allows you to track current quotes for stocks, indices and other financial instruments, often with the ability to receive alerts on changes in value and analyse market trends in real time.

NOTE: only available to logged-in users
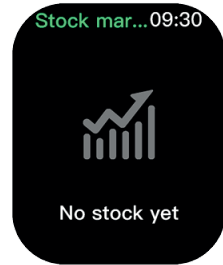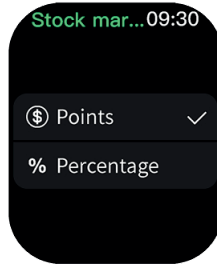
1.24 Calls

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.
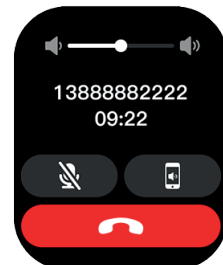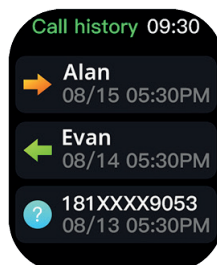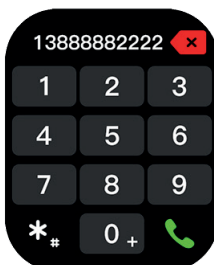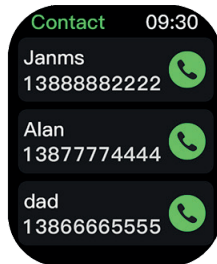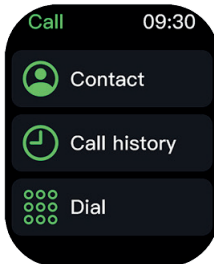
1.25 Voice Assistant

The assistant voice function on the smartwatch allows you to operate the device using voice commands.

1.26 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
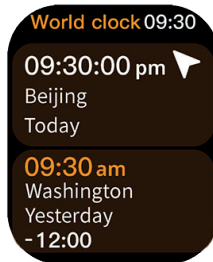
1.27 Contacts

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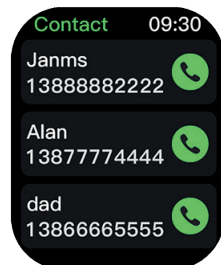
1.28 Find my phone

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.
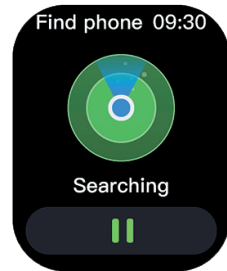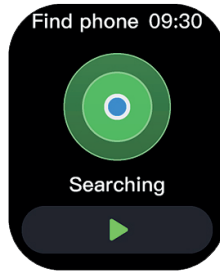
1.29 Calculator

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.
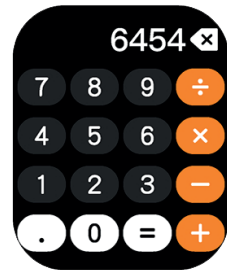
1.30 Password

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.
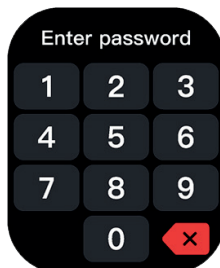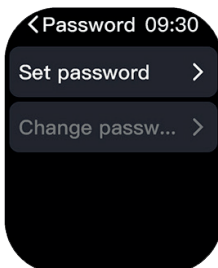
1.31 Emergency contacts

The watch's emergency contacts function allows important phone numbers to be stored that can be quickly dialled in an emergency, allowing the user to quickly access help or loved ones.

When switched on, press and hold the watch's „Main button" for 5 seconds on the dialling interface the phone will automatically call the emergency contact.

1.32 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.
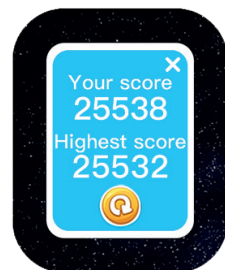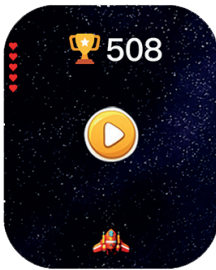
1.33 Menstrual assistant

After providing certain information, the watch will assist you during your menstrual cycle by informing you about expected ovulation and menstrual bleeding. It is important to note that the app is for informational purposes only and should not be relied upon as an effective contraceptive measure.

1.32 Settings

The settings functions on the smartwatch allow you to personalise and customise the operation of the device.
Brightness, Language, Theme Off, Restart, Factory settings, Information.

Screen brightness, you can tap the brightness icon to adjust (+/-) the screen

Theme, you gain acces to change theme of user's UI
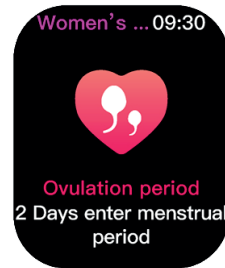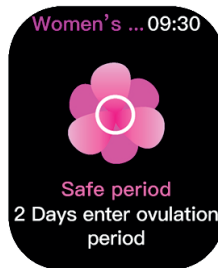
Language switching, you can select the corresponding regional language switching, the corresponding language of the watch can also be switched on the application.

Language	09:30
Auto sync	⬤
English	✓
中文	
日本語	
Español	

Turn off the watch.Reset the device. After clicking Reset, all data on the watch will be cleared

Reboot	09:30
Reboot?	
✗	✓

Power off	09:30
Power off?	
✗	✓
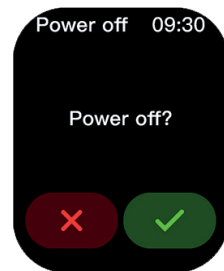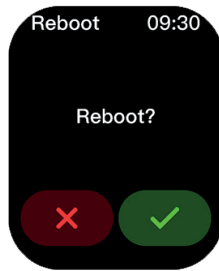
About, to find the MAC address and software version of your Smartwatch.

About	09:30
Device:	
Mac:	
Ver:	
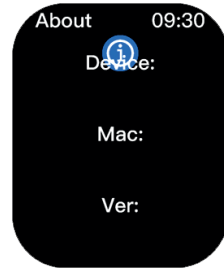
Standby Dial, you can chose from two types of a standby watch face

‹ Standby...	09:30
Standby dial	⬤
Digital dial	✓
Pointer dial	

12
9   3
WED 25
6

AM
08:35
WED 25
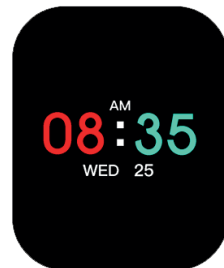
Thank you for purchasing a product by Forever. Before use, please refer to the User's manual, and save it for future reference. Do not disassemble the device on your own – all repairs should be done by a service technician. Use only original parts and accessories provided by the manufacturer. We hope that the product by Forever fulfills your expectations.

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 SWM-300 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/SWM300

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

Symbol for flat cardboard (packaging material).

RULES FOR SAFE USE:

• Read and keep this manual. Read the instructions carefully and failure to follow them may permanently damage the device or cause it to work improperly.

• There are no user-repairable parts inside the device.

• All repairs should be performed by a service technician. The manufacturer is not responsible for damage caused by independent interference with the product.

• Use only original parts/accessories supplied by the manufacturer.

• The device should not be exposed to direct fire or other heat source. This may permanently damage the product.

• The device is powered by a rechargeable battery. Avoid exposing the battery to very low or very high temperatures.

• Extreme temperatures can affect the capacity and life of the battery. Do not charge the battery longer than necessary, overcharging may damage the battery.

• Do not leave the device unattended while charging.

• Do not use the product when it is damaged.

• The packaging is not a toy. Immediately after unpacking, keep it away from children.

• Protect the product from falling and strong shocks

• Use only a wet and soft cloth to clean the device. Do not use highly acidic or alkaline agents.

Always use the device for its intended purpose. The product is a portable device that uses a Bluetooth connection to communicate with a phone, including monitoring activities , receiving calls, displaying notifications, etc. Use of the device beyond its intended purpose is illegal and adversely affects the environment.

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℃ / 32℉ or above 45℃ / 113℉). 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.

ACCURACY OF MEASUREMENTS

Relates to models with the function of measuring calories, heart rate pressure, etc. We use sensors and algorithms to provide data that can be used during sports activities or adventures. By selecting and using the right modules used in production, we want them to make the best possible measurements. Nevertheless, the data provided by our products and services are estimates, and the results generated may not be precise. Calories, heart rate, blood pressure and other measurements may not correspond to real results. The device is intended for recreational use only and not for medical purposes.