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SILVERCREST FITNESS APP

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Contents

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1. About these instructions

These instructions are intended as an aid for the correct operation of the "SilverCrest Fitness App".

The printed safety instructions are an integral part of this product. They contain important safety information and instructions for use and disposal. Before using the product, please familiarise yourself with all safety instructions.

Do not use a smartphone, tablet or activity tracker while cycling, operating machinery or other vehicles.

When setting up and operating the app, you can "enable" or "disable" various settings using a digital switch.

If the digital switch has a coloured background, this means the corresponding setting is enabled.

⬛⚫	ON
⬛⚫	OFF

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2. Installation via Google Play Store® or Apple® App Store

Install the SilverCrest Fitness app to make use of the full range of functions on your activity tracker.

▸ Open the Google Play Store® or the Apple® App Store and search for "SilverCrest Fitness App".

▸ Then install the SilverCrest Fitness app. Follow the installation instructions on the screen.

NOTICE!

To install the application, an Internet connection is required and the system requirements (Android™ 5.0 or later, iOS 7.1 or later) must be fulfilled. The installation procure may differ from system to system.

3. Setup and connection

3.1. Creating a user account

NOTICE!

The user account serves to secure your data.

To get the full benefit of all the app's functions, you must first set up an account. To do so, proceed as follows:

▸ Start the SilverCrest Fitness app.
▸ Select the required language.

NOTICE!

The language used on the activity tracker is adjusted automatically.

The app opens its login window. Here you can start the app either with or without creating a user account.
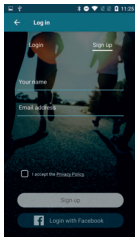
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▸ Tap on the "**Registerwith Silvercrest Fitness**" button.

NOTICE!

You can skip this step if you have already created a user account:

▸ Tap on "**Sign up**" to create a new user account.

▸ First, enter your name and a valid e-mail address.

▸ Read the general terms and conditions and the data protection information, and confirm that you accept them.

You will then receive a confirmation e-mail with your login data.

3.2. Logging in with a user account

▸ Tap on "**Login**" to log on using an existing user account.

▸ Enter your e-mail address and the password you received in the confirmation e-mail.

▸ Confirm the entry by tapping "**Login**".
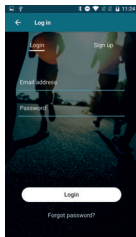
The app now starts with your profile page, where you can enter your personal data.

▸ Tap on "**OK**" to confirm the data you have entered.

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3.3. Searching and connecting

NOTICE!

You only need to create the device connection when you set up the device for the first time. Make sure that only one activity tracker is within Bluetooth range during Bluetooth pairing.

▸ Activate the activity tracker with a long press on the touch field until the display lights up.

The activity tracker is activated as soon as the touch field lights up.

▸ On the control field of your smartphone, tap "**Connect**" to start searching for devices.

The app now displays a list of all activity trackers within range.

▸ Select your activity tracker from the list.

▸ Confirm the SilverCrest app prompt.

The Smartcircle ⟲ is now displayed on your activity tracker for 10 seconds.

▸ Within 10 seconds, press and hold down the touch field on the activity tracker for at least 2 seconds to pair the devices.

Once the connection has been successfully established, your activity tracker ✓ and your mobile device both display the message "**The device is connected and ready to use.**"

▸ Tap the "**Finish**" control field to finish establishing the connection.
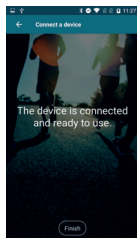
NOTICE!

If you have any problems establishing a connection between the activity tracker and your mobile end device, please refer to the section on troubleshooting.
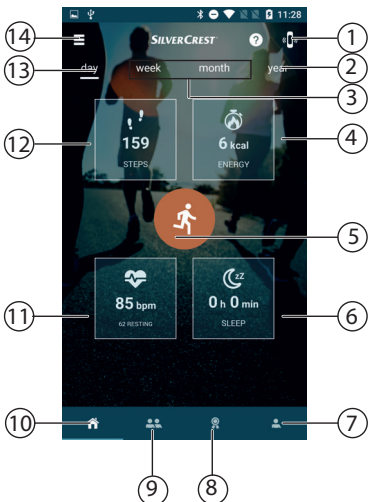
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4.   Home

This is where you see an overview of your current values and where you can start activities.

▶   Tap on the ☰ symbol and then on "**Home**" to access the home page.

▶   On the home page, swipe from the top to the bottom to synchronise the data.

The following controls are available:

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1) **Devices Menu**
▸ Tap here to open the Devices menu (see „4.2.1. Devices menu").

2) **Year**
▸ Tap here to display the Detail view for the year (see „4.4. Detail view").

3) **Week/Month**
▸ Tap here to display the Detail view for a week or a month (see „4.4. Detail view").

4) **Energy**
▸ Tap here to display the Detail view for how many calories you've burned in the selected time period (see „4.4. Detail Ansicht").

5) **Starting activity...**
▸ Tap here to start the activity (see „4.3. Starting activity...").

6)   **Sleep** day/week/month/year

This shows how long you've spent asleep in the selected time period.

▸ Tap here to display the Detail view (see „4.4. Detail view").

7)   **Your bio profile**

▸ Tap here to open your user profile (see „4.5. usre profile").

8)   **Goals / achievements**

▸ Tap here to set your goals and view your achievements (see „4.6. Goals ans achievements").

9)   **Leaderboard**

▸ Tap here to open your user profile (see „4.5. user profile").

10)   **Home**

▸ Tap here to return to the home screen.

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11) Average **Heart rate** rate and resting
pulse rate per day/week/month/year

▸ Tap here to display the Detail view (see
„4.4. Detail view").

NOTICE!

Your resting pulse is measured in the morning
after you get up. To enable the activity tracker to
accurately measure your resting pulse, the activity tracker must be worn overnight.

12) Number of **steps** per
day/week/month/year

▸ Tap here to display the Detail view (see
„4.4. Detail view").

13) **Detail view**

▸ Tap here to display the Detail view for one
day.

14)   **Main menu**

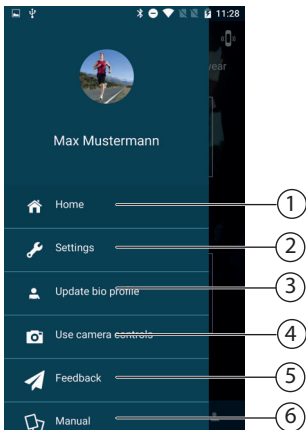▸   Tap here to open the main menu (see „4.1. Main menu").

NOTICE!

In several submenus, it is possible to open the app instructions by tapping the ❓ field.

4.1.   Main menu

▸   Tap ☰ to open the main menu.

The main menu is where you make "**Settings**", select "**Use camera controls**" or return to the "**Home**" screen, amongst other things.

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- Home — ①
- Settings — ②
- Update bio profile — ③
- Use camera controls — ④
- Feedback — ⑤
- Manual — ⑥

1) **Home**
▶ Tap on the "**Home**" control field to return to the home screen ("4. Home").

2) **Settings**
▶ Tap on the "**Settings**" control field to open the settings page ("4.2. Settings").

3) **Update bio profile**
▶ Tap on the "**Update bio profile**" control field to amend profile settings (see "4.5. Update bio profile").

4) **Use camera controls**
▶ Tap on the "**Use camera controls**" control field to use the activity tracker as a remote control for the camera on your smartphone.
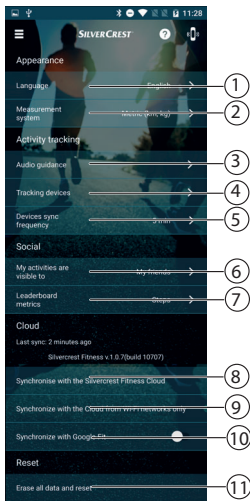
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5) **Feedback**

▸ Tap on the "**Feedback**" control field to send feedback regarding usability or errors to the app developers.

6) **Maual**

▸ Tap on the "**Maual**" control field to open the digital manual.

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4.2.   Settings

This menu enables you to amend various settings, for example **Appearance**, **Activity tracking**, **Cloud** or **Reset** the smart fitness band.

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1) Language

Select the language you want to use for the app and the tracker

▶ Tap on the "**Language**" control field to set your preferred language.

2) Measurement system

Set the units of measurement

▶ Tap on the "**Measurement system**" control field to set the units of measurement.

3) Enable audio guidance

• Activate voice notifications for activities

▶ Tap on the digital switch for the "**Enable audio guidance**" field.

• Set the playing interval

▶ Tap on the respective control field to set the playing interval and voice.

▶ Tap on ← to exit this menu.

4) Tracking devices

▶ Tap here to open the devices menu ("4.2.1. devices menu").

5) **Devices sync frequency**
▸ Tap here to set the synchronisation interval.
▸ Tap on **Cancel** to cancel the setting and exit the menu.

6) **My activities are visible to**
▸ Tap here to specify who can view your activities and the goals you have achieved.

7) **Leaderboard metrics**
▸ Tap here to specify whether the number of steps you've travelled or the distance you've covered are to be displayed on the leaderboard.

NOTICE!

The settings **Leaderboard metrics** and **My activities are visible to** can only be set if there is an existing friends list. If no friends list is available, these settings are not displayed.

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8) **Synchronise with the Silvercrest Fitness Cloud**

If you already have a SilverCrest account, you can synchronise the data with the SilverCrest Fitness Cloud here. For example, if you change mobile phone, this data can then be transferred to the new phone.

▸ Tap here to synchronise the data collected with the Silvercrest Fitness Cloud.

9) **Synchronize with the Cloud from Wi-Fi networks only**

Additional charges may be incurred when data is transferred using the mobile phone network.

▸ Tap here to allow synchronisation exclusively via a connected WLAN.

10) **Synchronize with Google Fit /
Apple Health**

▸ Tap here to set whether fitness data (steps, calories etc.) is to be synchronised with your Google Fit/Apple Health account.
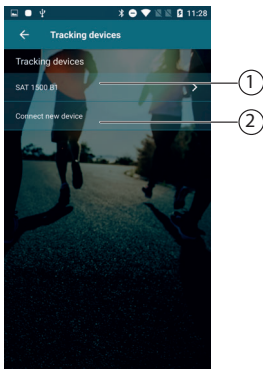
11) **Erase all data and reset**

▸ Tap here to reset the app to the factory settings.

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4.2.1. Tracking devices

▶ First, tap 🔐 to call up the Devices menu.
The Devices menu is where you make settings,
such as the notification function, for your cur-
rently connected activity tracker or link a new
activity tracker to your mobile end device.

1)   **Activity Tracker Menu**

▸ Tap here to open the Settings menu for the displayed activity tracker.

2)   **Connect new device**

▸ Tap here to add a new activity tracker to your mobile end device.

▸ Follow the steps described in section „3.3. search and connect".

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4.2.2.   Activity Tracker Menu

The Activity Tracker menu is where you can view detailed information about the connected activity tracker or make the settings listed below.
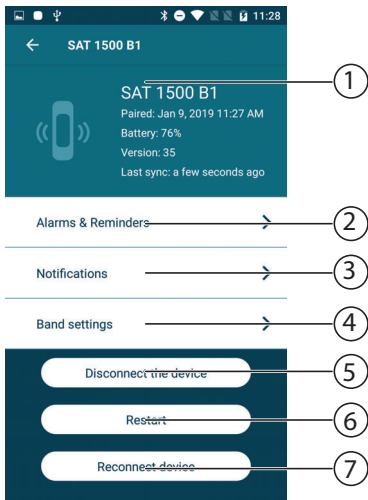
1) Information about:

- Connection time
- Battery level
- FW version
- Time of last synchronisation

2) **Alarms & Reminders**

Alarms

▸ Tap on the "**Alarms**" control field to program an alarm clock or select an alarm that has already been programmed.

▸ Now tap on the wake-up time that has already been programmed.

▸ If no wake-up time has been programmed, tap on ⊕.

▸ Now enter the required time and day of the week for the alarm.

▸ Tap on the activity tracker's touch field to cancel the vibration alarm.

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Reminders

▸ Tap on the "**Reminders**" control field to set or program the movement reminder function.

This is where you can set the parameters for the movement alarm such as:

- **Time split**
  Set the alarm interval of 15 min., 30 min., 60 min., 90 min., 2 h., 3 h., or 4 h here.

- **Start time**
  Set the desired time for the start of the movement reminder here.

- **End time**
  Set the desired time for the end of the movement reminder here.

- **Days of week**
  Set the days of the week, on which the movement reminder is to be active here.

▶ Tap on the digital switch in the "**Motion alarm**" field to switch on the alarm.

The app now reminds you to move at the time set.

3) **Notifications**

▶ Tap on the "**Notifications**" control field to specify which notifications are to appear on the activity tracker's display.

The following notifications can be set:

• **Notify on incoming calls**
Displays incoming calls.

• **Notify on text messages**
Displays a notification when a new, unread SMS is received.

• **WhatsApp**
Displays a notification when a new, unread WhatsApp message is received.

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- **Twitter**
  Displays a notification when a new, unread tweet is received.
- **Facebook Messenger**
  Displays a notification when a new, unread Facebook message is received.

Remember that programmes from third-party suppliers (such as WhatsApp, Facebook), will require extended access to be enabled on your mobile device.

4) **Settings**
▸ Tap on the "**Settings**" control field to switch the following settings options on or off.
- **Enable „hand up" gesture**
  The activity tracker is activated as soon as the sensor detects wrist movement.
- **Do not disturb**
  No notifications are displayed on the activity tracker.

- **Heart rhythm sensoe**
  The heart rhythm sensor is enabled.

- **Enable anti-lost**
  The activity tracker vibrates as soon as the Bluetooth connection to the end device is interrupted.

NOTICE!

The anti-loss function must be activated to enable the activity tracker to report when the Bluetooth connection is lost.

- **Use music controls**
  Set or display music for the workout.

- **Synchronize weather**
  Update the activity tracker's weather display.

▸ Tap on the "**Design**" control field to select one of three possible themes.

▸ Slide the **screen brightness** slider to the desired **Brightness and vibration**.

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5) **Disconnect the device**

▸ Tap on the "**Disconnect the device**" control field to disconnect the activity tracker from the currently connected smartphone.
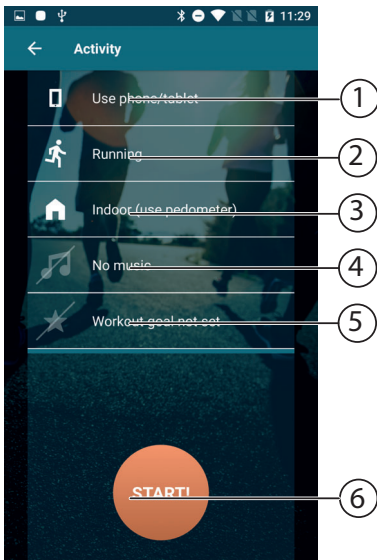
6) **Restart**

▸ Tap on the "**Restart**" control field to restart the activity tracker.

7) **Reconnect device**

▸ Tap on the "**Reconnect device**" control field to re-establish a connection between the activity tracker and a previously connected end device.

4.3. Start activity

Once an activity has been started in the home menu, you can now start the workout. Select the type of workout here and if, for example, music is to be played.

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Activity

① Use phone/tablet

② Running

③ Indoor (use pedometer)

④ No music

⑤ Workout goal not set

⑥ START!

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1) **Use phone/tablet**

▸ Tap here to select the end device, and not the activity tracker, for data collection and data storage:

- Smartphone/tablet
- Activity tracker

2) **Choose activity type**

▸ Tap here to select the activity. You can select one of the following:

• Walking	• Fitness
• Jogging	• Yoga
• Cycling	• Basketball
• Hiking	• Football
• Climbing	• Tennis

3) **GPS**

▸ Tap here to enable or disable GPS.

NOTICE!

Use this to switch on the GPS sensor of the connected end device. The GPS-enabled end device must also be carried in order to correctly record the GPS data.

4) **Music**

▸ Tap here to start music playback.

The music library opens and you can now display the songs stored in the "**Music**" folder of your end device sorted by **Artists**, **Albums** or **Playlists**.

All music tracks stored in the "**Music**" folder are displayed.

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NOTICE!

The music must already be stored in the appropriate folder on your smartphone. The folder name may vary depending on the operating system. Please refer to the operating instructions for your end device.

5) **Workgoal**

▸ Tap here to select a workout goal.

You can select a desired **Distance**, workout **Duration** or number of **Steps** as the workout goal.

▸ First tap on **Goal type** to define the type of workout goal and then tap **Goal value** to enter the desired value.

▸ Press **Set** to accept the goal or **Annuler** to delete the workout goal.

6)   START!

▸   Tap here to begin the workout.

During the workout, the app displays the following information:
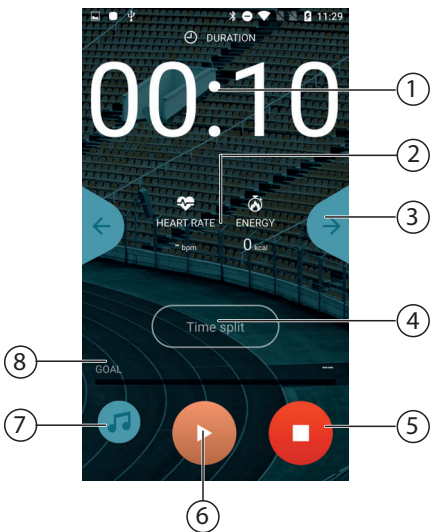
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1) **Duration**

   The current duration of your workout is displayed here.

2) **Vital statistics**

   The latest vital statistics sent from your activity tracker are displayed here:

- Heart rate
- Calories
- Distance
- Min/km
- Steps

3) Tap repeatedly to scroll through the latest vital statistics.

4) **Time split**

   Tap here to specify how often the data on your activity tracker is updated.

NOTICE!

This setting is only possible if you have defined a workout goal before starting the activity.

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5) **Pause** or **Stop** the workout

▸ First, tap here 🅟 to pause the current workout.

The ⬤ symbol is displayed when in pause mode.

▸ Tap ⬤ to end the workout

The activity finishes and the app returns to the home screen.

6) **Start**

▸ Tap here to start the activity.

7) **Music**

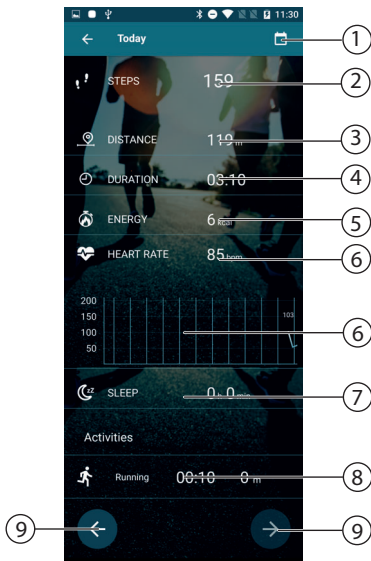▸ Tap here to access the music controls („4.3. start activity").

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NOTICE!

The music must already be stored in the appropriate "**Music**" folder on your smartphone.

4.4. Detail view

In the **HOME** menu, tap on one of the listed areas to access the Detail view:

- Calories
- Sleep
- Pulse
- Steps

The following information for the selected time period is displayed here:

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1) **Calendar**

▸ Tap here to view an overview of the current month.

The calendar now displays the individual days and date, with the steps taken shown beneath the date.

▸ Alternatively, you can also display other months by tapping ◀ or ▶ next to the month.

2) **steps**

Steps taken during the selected period.

3) **Distance**

Distance travelled on foot in the selected period.
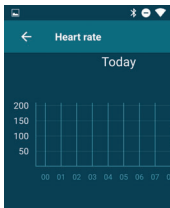
4) **Duration**

Workout duration in the selected period.

5) **Energy**

Calories burned in the selected period.

6)   **Heart rate**

   Average heart rate in the selected period.

▶ Tap on **Heart rate** to display the Detail view.

If enough data has been recorded, the following graphic is displayed:

▶ Tap on ← to return to the Detail view.

7)   **Sleep**

   Average sleep during the selected period.

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8) **Activities**

Brief description of all activities listed during the selected period.

▸ Tap on the listed, desired activities to show the corresponding Detail view.

The following detailed information is shown in addition to your progress toward your goal:

▸ Tap on ⤴ or ⨍ to share workout information on Facebook or by a messenger service such as WhatsApp.

▸ Tap on ← to return to the Detail view.

9)   Next/previous period

▸ Tap on → to access the "following" day/
  week/month/year.

▸ Tap on ← to access the "previous" day/
  week/month/year.

4.5.   User profile

NOTICE!

The settings can only be made if you have regis-
tered with SilverCrest Fitness and are logged in.

You can display your profile data and update
your profile here.

▸ Tap on the ▣ symbol to access the user pro-
  file.

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1) **Settings**

▶ Under Settings, tap on ⚙ to make the following settings:

- Sex
- Birthday
- Weight
- Height
- Step length
- Amend profile name
- Changing the password
- Change profile image
- Log out
- Delete account?

2) **Overview**

All recorded activities are displayed here:

- Total steps taken
- Total calorie consumption
- Distance covered
- Total sleep

3) **Activities**

▶ Tap on **Activities** to view all registered activities.

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▸ Tap on the desired activity to view this in detail (see „4.4. Detail view")

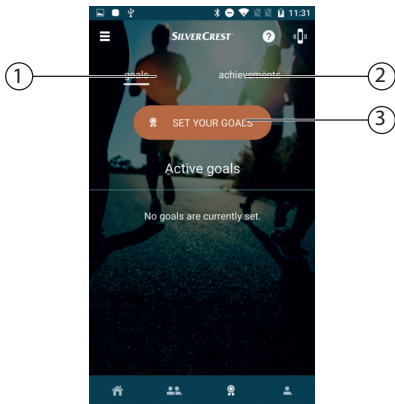▸ Tap on ← to return to the Profile view.

4.6. Goals and achievements

NOTICE!

The settings can only be made if you have registered with SilverCrest Fitness and are logged in.

Here you can set goals for yourself and assess your goals and achievements.

▸ Tap on the 🔋 symbol to display the Goals and achievements area.

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1) **goals**

▸ Tap on **goals** to display previously set goals.

2) **achievements**

▸ Tap on achievements to display the goals you have achieved.

3) **Set your goals**

▸ Tap on **Set your goals** to set yourself goals.

▸ Tap on the desired period (**Day**, **Week**, **Month**), in which the desired goal (**Distance**, **Steps**, **Energy**) is to be measured.

▸ Now select the desired distance, desired step count or desired calorie consumption.
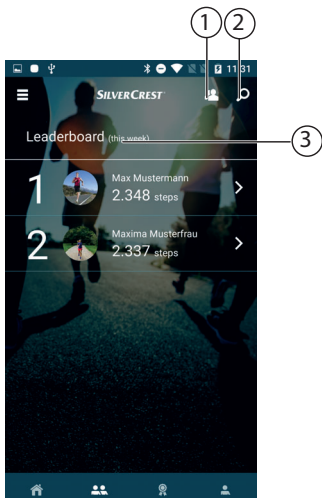
NOTICE!

The **Sleep** goal is active every day and cannot be set separately for the week or month.

4.7. Social

You can check your ranking and how you compare to your friends here.

▶ Tap on the ⬛ symbol to access the Social area.

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1) **Friends**

▸ Tap on **Friends** to display friends registered in the Silvercrest network.

If you don't have any friends in your friends list, you can tap on **Find on Silvercrest** to find your friends and add them to your friends list.

2) **Search**

▸ Tap on **Search** to find friends using your "Silvercrest username" and add them to your friends list.

3) **Leaderboard**

Ranking list detailing your achievements and your friends' achievements.

▸ Tap on **>** to access the respective user profile (see „4.5. user profile").

NOTICE!

The function can only be used if you have registered with SilverCrest Fitness and are logged in.

5. Troubleshooting

Problem	Solutions
Fault with the Bluetooth connection	▸ Delete all Bluetooth devices from the list of Bluetooth devices on your end device.
	▸ Start the pairing again, as described in section „3.3. Search and connect".
	▸ Ensure that location sharing is enabled for the app on your end device.
	▸ Install the app again from scratch and pair your device again, as described under „3.3. Search and connect".

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Synchronisation does not work properly	▶ Ensure that you have a SilverCrest Fitness Cloud account and are logged in.
	▶ Ensure that there is an Internet connection.
	▶ Ensure that location sharing is enabled for the app.
	▶ Restart the app.
Notifications are not displayed on the tracker	▶ Ensure that this function has been enabled on the app.
	▶ Ensure the app has authorisation to access the notifications.
	▶ Reinstall the app.

Adjust the time	▸ Synchronise the app as described under „4. Home".
	▸ End the Bluetooth connection and the re-establish it, as described under „4.2. Settings".

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