

AVON

UK Avon Kiah Smart Watch

Thank you for purchasing your smart watch.
Your smart watch has a variety of features to get to know.
This short guide will have you up and running in no time!



COMPATIBLE WITH APPLE IOS 8.0+
COMPATIBLE WITH ANDROID VERSION 6+

Watch Face



To adjust 'Watch Face' press and hold the touch button at the bottom of the watch screen to select different face options. Press and hold the touch button to confirm your selected face for your watch.

Pedometer



The Kiah Watch will automatically record your daily activity. To view your steps, calories and distance covered, select the foot icon, then press the hold the touch button. After syncing with the AVON SMART V2 app, you can check your sport data on your smart phone.

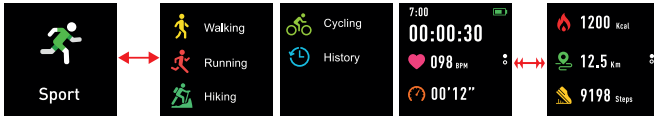
Heart Rate



The heart rate feature will allow you to view your current heart rate, whilst walking, running, hiking and cycling. Your watch will continue to detect your heart rate as long as you wear it... even when you sleep! Use the touch button until you select the heart rate icon you can then view your BPM by holding down the touch button. If you want this feature to be active during certain times, you can do this through the AVON SMART V2 app by selecting Settings and Advance Settings then select Heart Rate and set the time you wish the feature to be active.

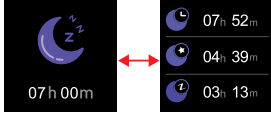
'This function should only be used as an indication of your body's metabolic rate during exercise and should not be used for diagnostic purposes. If you have any concerns about your overall health and wellbeing, please seek the advice of a medical professional'

Multi-Sport



Track steps, calories, heart rate and distance while walking, cycling, running, or hiking. Use the touch button till you select the Sports. You can choose to form the following 4 modes to track your exercise activity. After your activity is complete, press and hold the touch button to save the data. The watch will transfer the data to AVON SMART V2 app for you to review. Set personal goals and targets to achieve on a daily or weekly basis.

Sleep



The sleep monitor helps track your quality of sleep and how well you have rested when wearing your watch to bed. This feature will monitor your heart rate and sleep in 3 stages. Light, Deep and Rapid Eye Movement. Use the touch button to select the Sleep icon and hold down the touch button to see the stages. The watch will transfer the data to AVON SMART V2 app for you to review. By selecting 'Reminder' on the app, you can set daily sleep and wake alarms to monitor your sleep.

Messages



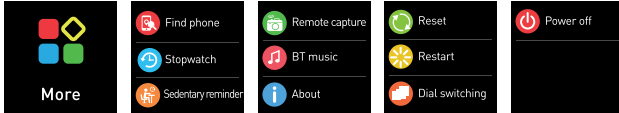
The Kiah watch will notify you of any text message, WhatsApp, incoming call, and social media notifications you have set up. To activate your select apps for notifications, open AVON SMART V2 app and go to your Settings, select Advanced Settings and select which apps you wish to receive notifications.

Weather



To sync the weather to your location, open AVON SMART V2 app, go to your Settings and select weather. You can then sync this to your Kiah Watch.

More



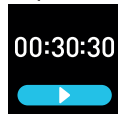
There are more features available in the 'More' section. Use the touch button to locate the 'More' option, hold down the touch button to find additional features; Find Phone, Stopwatch, Sedentary Reminder, Remote capture, BT music, About, Reset, Restart, Dial switching and power off option. More detail available when you link your watch to the AVON SMART V2 app.

Alarm



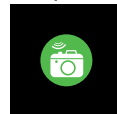
View your list of alarms and reminders on the Kiah watch. You can set your Alarms by selecting reminder on the AVON SMART V2 app.

Stopwatch



This feature will stop and start using the touch button on the Kiah Watch

Take photo



To access this feature, go to your settings in the app and select 'Take Photo'. You can take a picture on your phone by pressing the touch button on your watch. The photo will automatically save onto your phone gallery for an Android device, or the option is given to save or retake on an iOS device.

About



To view your watch address, device name and system version select the 'About' feature using the touch button. This can be found under the 'More' setting on the Kiah Watch.

Phone Find



This 'Find my Phone' feature allows you to track where you have placed your phone. To do this press and hold the touch button and this will activate an alarm on your phone.

Sedentary



With this feature you can set timed alerts to get you up when you are sitting down for too long. To set this up, go to Settings then go Advance settings on your AVON SMART V2 app.

Music Control



To control your music, open your default music app. Hold down the touch button to access BT music. Click the interface to control your music: Play, Stop, Next song and Last song.

