Instruction manual
ForeVive Lite
Model: SB-315

Thank you for buying the **Forever** brand product. Before use, read this instruction manual and keep it for future reference. Do not open the device on your own – any repairs should be carried out by a serviceman. Only use original parts and accessories supplied by the manufacturer. The device should not be exposed to direct sunlight, fire or other heat sources. We hope that **Forever** product will meet your expectations.

Specification
Display: 1.3" 240x240 px
Standby time: up to 10 days
Waterproofness: IP67
Battery: 155 mAh
Weight: 57 g
Band length: 250 mm
Bluetooth: 5.0
Compatibility: iOS ≥ 10.0; Android ≥ 5.0

Maximum radio frequency power emitted in the frequency range	
Frequency range	Bluetooth 2402-2480 MHz
Maximum emitted power	-0.55 dBm (EiRP)

1. General information

Product description

1. Display
2. Touch function button
3. Heart rate sensor
4. Charging port

Charging the battery

To charge the device, place it in the included charging bracket. Ensure that the device's charging connector and holder are in contact with each other. Then close the bracket cover and connect the USB cable to the power source. Once properly connected, a charging animation will appear on the screen.

1. Device charging connector
2. Bracket charging connector

Installing the "Forever Smart" application on your smartphone

Find the "Forever Smart" application in Google Play or App Store. You can also scan the QR code below. Then install the app on your phone.

Android/iOS

Connecting the smartwatch with your phone

1. Activate Bluetooth in your phone.
2. Launch the "Forever Smart" app on your smartphone, then enter your details – such as name, gender, date of birth, weight, height – in the user profile menu

and click "Save".
3. Select the smartwatch model you want to connect to.
4. Refresh the list of Bluetooth devices by dragging the screen down, then select the name of your device and wait for the connection to be established.

Disconnecting the device from your smartphone

1. Open the "Forever Smart" app on your smartphone.
2. Press "Disconnect Smartwatch" in the "Settings" menu, then confirm with "OK".
3. For iOS, to disconnect the smartwatch from your phone, click "Disconnect Device" in the "Settings" menu of the "Forever Smart" app, then go to your smartphone's Bluetooth settings and select "Forget this device".

Operating the device

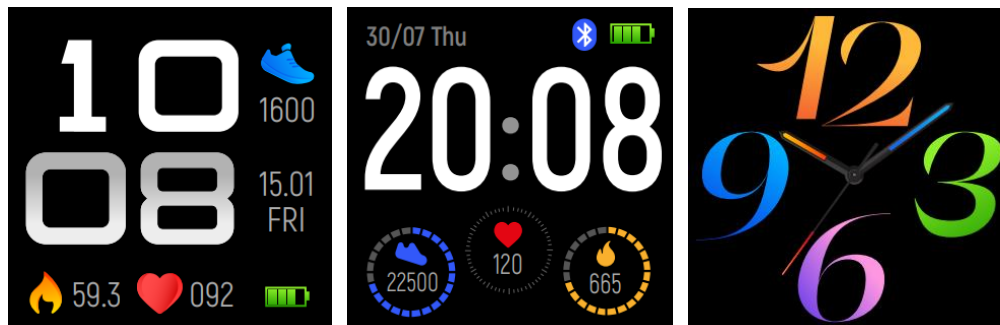**Turning on:** Press and hold the function button for 3 seconds.
Illuminating the screen: press the function button or move your wrist.
Viewing the functions: Press the function button to switch between particular functions.
Confirmation: hold down the function button to confirm the function selection.
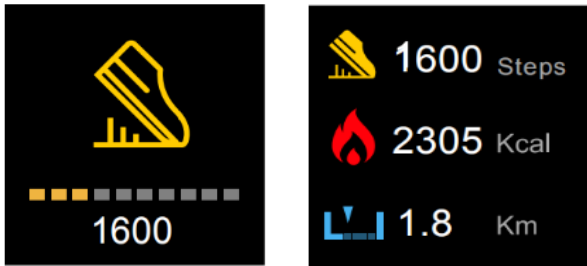
2. Functions

Watch dial interface

After connecting the device to the "Forever Smart" app, the watch dial will display the current time and date.
To change to a different watch dial, hold down the function button on the current dial screen. The dial will change – repeat the step until you obtain the desired watch dial.

Activity measurement

The device automatically gathers your daily activity data.
Press the function button to move between screens showing the number of steps, distance traveled and calories burnt.
Once the data is synced to your phone, you can check your activity history in the app.
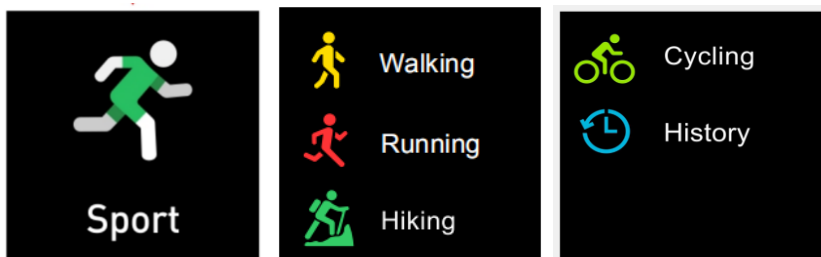
Heart rate
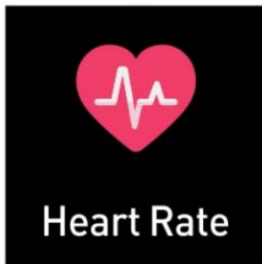
To start measuring your heart rate, go to the heart rate measurement screen. Hold down the function button and the device will start measuring and display the result.
Once the data is synced to your phone, you can check your measurement history in the app.

Sport mode

Go to the "Sport" screen, then hold down the function button to view the sport modes.
The device has four modes: Walking, Running, Hiking, Cycling. You can select the mode of interest by holding down the function button and start your workout. The device will start recording data.
The data is displayed on the screen during your workout.

Once your workout is complete, hold down the function button to finish the data measurement and save the result. Press the function button to see the collected data.
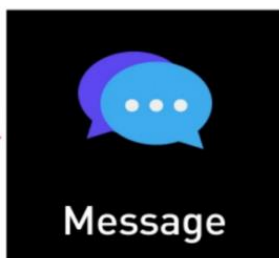
If the workout time is less than 5 minutes, the data will not be saved.

Sleep monitoring

Put the device on your wrist overnight (between 9 pm and 9 am). In the morning, the total number of hours slept will be displayed on the "Sleep" screen. If your device is connected to a smartphone, you can check detailed sleep data in the app.

Notifications / messages

The device displays the number of unread notifications on the "Messages" screen. Hold down the function button to read messages or check notifications.

Weather

If the device is connected to the "Forever Smart" application via Bluetooth, it will display the current weather forecast.
It is recommended to set the location manually, but you can also let the "Forever Smart" app do it automatically.

Reminders

Go to the "Reminders" screen, then hold down the function button. Your device will display the reminders you have set in the app. When the reminder time comes, the device will vibrate.

More
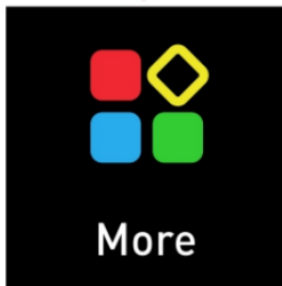
Go to the "More" screen and hold down the function button. The following functions will be displayed: "Find Phone", "Stopwatch", "Inactivity Reminder", "Remote Camera", "Music Control", "About", "Reset", "Restart", "Dial Switching", "Power off".

Find phone

If the smartwatch is connected to the "Forever Smart" app, hold down the function button on the "Find Phone" function. Your phone will sound so you can find it.

Stopwatch
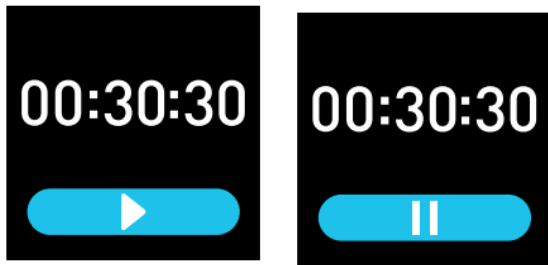
To start the function, hold down the function button on the "Stopwatch" function. The device will start measuring time. To stop/resume the measurement also press the function button.
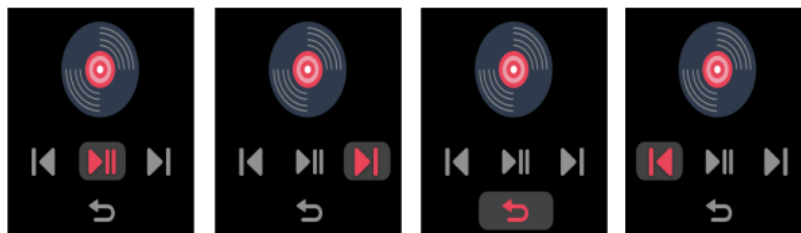
Remote camera

After connecting the app to your device, select the Self-timer function. To take a picture, hold down the function button.
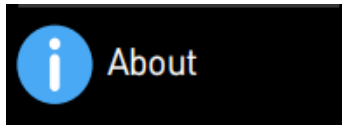NOTE: the application must be open and the phone screen active before the function can be activated.
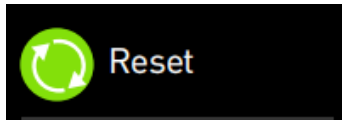
Music

Open a music app on your smartphone. Then select a function on your device by holding down the button on the "Music" icon. You can now control your music with the following commands: previous song, next song, pause/resume.
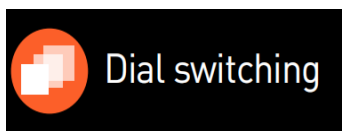
About

Hold down the function button on the "About" icon to display information: Bluetooth name, MAC address, software version.

Reset

Hold down the function button on the "Reset" icon to restore the device to factory settings.

Dial switching

To activate the function select the "Dial switching" icon. Press the function button to browse the available dials and hold it down to confirm your selection.

Restart
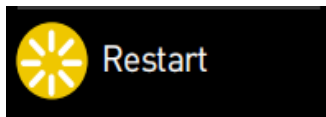
Hold down the function button on the "Restart" icon to restart the device.

Power off

To switch off the device, hold down the function button on the device "Power off" icon.

Inactivity reminder

To enable/disable the "Inactivity Reminder" function from within the device, hold down the function button.

Hydration reminder

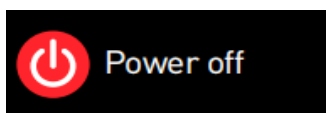Enable the hydration reminder function in the "Forever Smart" app on your phone (you can find it in "Advanced Settings"). You can choose the time interval and frequency of reminders.

Reminders

You can set reminders in the "Forever Smart" app. When adding a new reminder, select its type, frequency (day of the week) and time. The smartwatch will let you know when it's time for an alarm.

Activate the display with a wrist movement

Using the "Forever Smart" application in the advanced settings, you can enable/disable the function of activating the display with a wrist movement. This function allows you to wake up the display by raising your hand.

3. Safety of use

Read the instructions given here carefully. Failure to follow these instructions may be dangerous or illegal.

—CHILDREN—

The device is not a toy. Keep the device, its accessories and its packaging out of the reach of children. Cables and foil wraps can get wrapped around a child's neck or be swallowed, which can result in choking or suffocation.

—DO NOT RISK—

Do not switch on the device in places, where the use of electronic devices is prohibited, or where it may cause interference or other hazards. Comply with all prohibitions, regulations and warnings given by the personnel of the place where you want to use the device. Do not use the device near flammable materials.

—PROFESSIONAL SERVICE—

This product may only be repaired by the manufacturer's qualified service department or by an authorized service center. Repair by unqualified or unauthorized service personnel

may damage the device and void the warranty.

—MODIFICATIONS—

The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications. Likewise, when using non-original connection cables and chargers.

—PHYSICALLY OR MENTALLY DISABLED—

This device should not be operated by persons (including children) with limited physical or mental abilities or lack of experience in operating electronic equipment. They may use it only under the supervision of persons responsible for their safety.

—BLUETOOTH—

The device emits radio frequency electromagnetic waves in the range of 2.402 GHz to 2.480 GHz with a maximum power level of 2.35 dBm EIRP. Device complies with safety standards and radio frequency guidelines. All wireless devices can cause interference that affects the operation of other devices.

—WATER AND OTHER LIQUIDS—

Do not expose the device to water or other liquids. Avoid working in high humidity environments – foggy kitchens, bathrooms etc. Water droplets can cause moisture to appear in the device, and this adversely affects the electronics and can damage the equipment.

—ENVIRONMENT—

The device should not be operated in dusty environments. It should be placed on stable surfaces, so that it cannot be damaged and so that it does not pose a danger to humans or animals. Children and pets should not have access to the device – they may damage it. Do not expose the unit to direct sunlight or place it in close proximity to equipment that emits a lot of heat. Plastic parts can become deformed, which can affect the operation of the device or cause it to break down entirely.

—BATTERIES—

Avoid exposing the battery to very low or very high temperatures (0ºC – 45ºC / 32ºF – 113ºF). Extreme temperatures can affect the capacity and life of the battery. Avoid exposing the battery to liquids and metal objects, as this may result in complete or partial damage to the battery. 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. Place a used or damaged battery in a special container. Overcharging or over-discharging the battery can cause its damage. Therefore, do not charge the battery longer than necessary to fully charge it, or leave a completely discharged device for a long time without charging. The battery in the device is not user-replaceable.

Proper disposal of used 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 battery

In accordance with EU Directive 2006/66/EC, as amended by Directive 2013/56/EU on the disposal of batteries, this product is marked with a crossed-out garbage container symbol. This symbol means that the batteries used in this product should not be disposed of with ordinary household waste, but handled in accordance with the directive and local regulations. Do not dispose of batteries with unsorted municipal waste. Battery users must use available collection network for these items, that allows for their return, recycling and disposal. Within the EU, the collection and recycling of batteries is governed by separate procedures. To learn more about existing battery recycling procedures in your area, contact your city hall, waste management agency or landfill.

Declaration of Conformity with European Union Directives
TelForceOne Sp. z o.o. hereby declares that the SB-315 Forevive Lite is in compliance with Directive 2014/53/EU. The full text of the EU Declaration of Conformity is available at the following web address:
https://www.manual.forever.eu/