astrum



# SMART

Lifestyle Watch

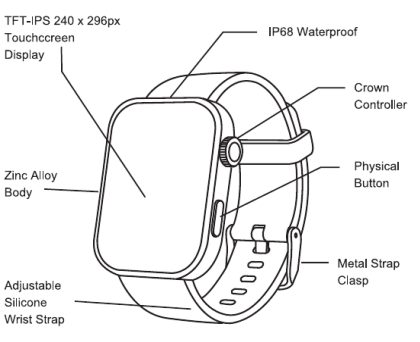
User Guide

## INTRODUCTION

Thank you for choosing the Astrum SW200T Smart Watch. This manual provides comprehensive instructions to help you set up, operate, and customize your device for the best possible experience. Please read it carefully before use.

## PRODUCT OVERVIEW

| | |
|---|---|
| **Touchscreen Display:** | 2.01" TFT capacitive touchscreen (240 x 296) |
| **Side Buttons:** | Two physical buttons for power on/off, menu access, and workout shortcut |
| **Charging Pins:** | 2-pin contact points on rear of watch case |
| **Heart Rate Sensor:** | Optical sensor on rear case |
| **Case Material:** | Zinc Alloy + PC |
| **Strap:** | Soft silicone, sweat-proof and hypoallergenic |

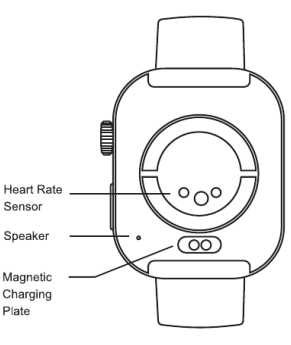



## HARDWARE LAYOUT

| | |
|---|---|
| **Upper Button:** | Power/Menu - Short press to wake or toggle menu; long press for power on/off. |
| **Lower Button:** | Workout/Fitness shortcut: short press to enter workout mode. |
| **Rotary Encoder:** | Rotate to switch watch faces or scroll through menus. |
| **Touchscreen:** | High-definition display for navigation and interaction. |

**Heart Rate/SpO2 Sensor:** Located on the back panel for health monitoring.

**Magnetic Charging Pins:** Connect to the included charging cable.




## PACKAGE CONTENTS

- Astrum SW200T Smart Watch with strap
- Magnetic 2-pin USB charging cable
- User Guide

## GETTING STARTED

### CHARGING YOUR WATCH

- Align the magnetic pins of the 2-pin USB charging cable with the contacts on the back of the SW200T.
- Connect the USB end to a certified power adapter. 5V/1A is recommended.
- A charging icon will appear on the screen. The battery fully charges from empty in approximately 2 hours.

### POWERING ON / OFF

**Power On:** Long press the Upper Button until the screen lights up.

**Power Off:** Long press the Upper Button from the home screen to access the power-off menu, or navigate to Settings > Shutdown

### PAIRING WITH YOUR PHONE

For full functionality including call management, notifications, and data sync, pair the SW200T with your smartphone via the dedicated app.

- Scan the QR code on the watch screen under Settings > About/QR Code, or search for the companion app in the Apple App Store or Google Play Store.
- Enable Bluetooth on your smartphone.
- Open the app, create an account or log in, then follow the on-screen instructions to bind your SW200T.

> ⚠ **Important for BT Calling:**
> After app pairing, ensure your phone's standard Bluetooth settings also show "Astrum SW200T" as a paired audio device. The watch uses BLE for data sync and BT for calling.

## BASIC NAVIGATION & GESTURES

Master navigation with the touchscreen, buttons, and rotary encoder.

**Wake Screen**
Short press the Upper or Lower Button, or raise your wrist when Raise to Wake is enabled.

**Watch Face Switching**
Long press the home watch face to enter face selection, or rotate the Rotary Encoder on the home screen.

**Quick Access Cards**
Swipe left from the home screen for frequently used features such as heart rate, weather, and activity summaries.

**Control Centre**
Swipe down from the home screen for quick settings such as Bluetooth, brightness, DND, and find phone.

**Notification Panel**
Swipe up from the home screen to view SMS, call logs, and social media notifications.

**Main Menu**
Short press the Upper Button from the home screen to enter the full application list.

## BUTTON FUNCTION QUICK REFERENCE

| Action | Upper Button | Lower Button | Rotary Encoder |
|---|---|---|---|
| Screen Off | Short Press: Turn on screen | Short Press: Turn on screen | |
| Home Screen (On) | Short Press: Enter Main Menu<br>Long Press: Power Off/Restart | Short Press: Enter Workout Mode | Rotate: Switch Watch Face |
| Workout Page | – | Short Press: Go Back | |
| Menu Interface | – | – | Rotate: Scroll / Switch Menu Icons |

## CORE FEATURES & APPLICATIONS

**Bluetooth Calling & Contacts**
Use the SW200T as a hands-free Bluetooth speaker and dialer. Manually dial numbers, view synchronized call records, redial missed calls, and sync multiple contacts from the app.

**Activity & Exercise Records**
Automatically tracks daily steps, calories, and walking distance. Press the Lower Button to choose from 100+ sports modes and sync workout history to the app.

**Health Monitoring Suite**
Track heart rate, SpO2, sleep quality, stress/pressure, and women's health reminders. Wear the watch snugly and remain still during measurements.

**Smart Utilities & Reminders**
View notifications, set alarms, use remote photography, check weather, start the stopwatch, use the calculator, and control phone music playback.

## HEALTH MONITORING NOTES

- **Heart Rate:** Wear the watch just above the wrist bone. Tap the heart rate app for real-time readings or configure continuous monitoring in the companion app.
- **Blood Oxygen (SpO2):** Measurement starts in the Blood Oxygen app. Keep your hand flat and remain still. Data appears after approximately 15 seconds.
- **Sleep Monitoring:** Automatically tracks deep sleep, light sleep, REM, awake periods, duration, and sleep quality.
- **Pressure Monitoring:** Monitors stress/pressure levels throughout the day to help identify moments of tension.
- **Women's Health:** Log and track menstrual cycle details in the app to display predictions and reminders on the watch.

> ⚠ **Medical Disclaimer:**
> This device is not a medical instrument. All health data is for fitness and wellness reference only. Do not use for diagnosis or treatment.

## CUSTOMIZATION & SETTINGS

Navigate to the main menu and select the Settings icon to configure your SW200T.

**Interface & Personalization**
Choose menu style, dial settings, theme switch, and animation transitions. Menu layouts include curved list, waterfall, circular honeycomb, and more.

**Display & Sound**
Set screen-on duration, brightness, ringtone volume, media volume, silent mode, and Do Not Disturb mode.

**System & Security**
Toggle Raise to Wake, enable numeric passcode lock, choose language, restore factory settings, and view device information.

**Language Support**
Supported languages include English, Hungarian, French, German, Spanish, Portuguese, Italian, Dutch.

- **Restore Factory Settings:** Erases personal data and restores all settings to defaults. Use this function if the watch experiences unexpected software glitches.
- **About:** View watch model, Bluetooth name, MAC address, and software version.

## SMART WATCH APPLICATION

Scan the QR code to download Smart-Time Pro fitness application to your mobile device to use with your SW200T Smart Lifestyle Watch.

GET IT ON Google Play | Download on the App Store

## MAINTENANCE & PHYSICAL ADJUSTMENTS

### REPLACING THE STRAP

The SW200T features a quick-release strap for easy customization.

- Turn the watch over to expose the back.
- Locate the small buckle/pin on the connection end of the strap.
- Push the buckle slider horizontally inward to detach the spring bar from the watch lug.
- Align the new strap's spring bar with the lug holes, push the slider back, and release to lock it in place. Ensure it is firmly attached before wearing.

### WATERPROOFING

The SW200T is built with a high-level water and dustproof rating, meaning it withstands rain, sweat, hand washing, and shallow-water swimming.

> ⚠ **Important:** Not suitable for hot showers, saunas, deep diving, or high-velocity water sports. Rinse seawater off with fresh water. The touchscreen may not function correctly underwater. Ensure the watch is completely dry before charging.

### CLEANING

Use a soft, lint-free cloth lightly dampened with fresh water to clean the watch body and strap. Avoid chemical cleaners or alcohol, which may damage the lens, frame finish, or strap material.

## SAFETY

**Battery Warning**
Do not disassemble, puncture, or expose the battery to high heat. Use only the provided charging cable.

**Medical Disclaimer**
This is a consumer-grade fitness tracker, not a certified medical device. Consult a doctor before beginning a new fitness regimen or acting on health readings.

**Warranty**
Refer to the included warranty policy for coverage terms against manufacturing defects.

**Charging Safety**
Ensure the watch and charging pins are fully dry before charging. Keep the charging cable away from water and excessive heat.

## WARRANTY

This product is covered by Astrum's limited warranty against manufacturing defects.

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