

Garrett Quantum



User manual

TABLE OF CONTENTS

SAFETY RULES	3
PRODUCT DESCRIPTION	4
INSTALLATION	4
OPERATION	5
CHARGING	7
PAIRING	8
ADDITIONAL PAIRING	8
MAIN MENU	9
TAKING MEASUREMENTS	13
GARETT SMART APP	14
TECHNICAL SPECIFICATION	19
WARRANTY/COMPLAINT	20

SAFETY RULES

Before use, please read this manual carefully and keep it for future reference. The manufacturer is not responsible for any damage/injuries caused by improper use. Depending on the batch of the smartwatch, some functions may differ from the functions described in the user manual.

- The use of this device in the vicinity of medical devices may interfere with their operation. Special attention should be paid when using the smartwatch in the vicinity of medical instruments, such as pacemakers, hearing aids and other electronic medical devices.
- It is forbidden to throw devices into fire as there is a risk of battery explosion and, as a consequence, a threat to life and health.
- Protect the device against heat sources and direct sunlight.
- Do not store the device in humid places or at high temperatures, as this may cause electric shock or fire.
- Do not immerse the device in hot water.
- Do not dive while wearing the device.
- In the event of damage/failure, please stop using this product and contact the Garrett service. Any attempts to repair the device by yourself may damage it and will invalidate the warranty.
- Clean the device only with soft slightly damp cloth. For this purpose, do not use strong detergents or other stimulants to clean the product.

ⓘ Garrett Quantum is not a medical device. The smartwatch and the Garrett Smart application are not intended for medical diagnosis, treatment or as a preventive measure against disease or illness. Before changing your sleep and exercise habits, consult your doctor first.

PRODUCT DESCRIPTION



- 1 Touchscreen display
- 2 Rotary function button (on/off/wake-up/shutdown/return)
- 3 Charging port
- 4 Set of measurement sensors
- 5 Interchangeable bracelet

INSTALLATION

Put the watch on your wrist and adjust the length of the band so that it is not loose.

Adjusting the length of the bracelet:

1. Place the adjustment tool on the side of the bracelet, aiming the needle at the holes, and gently twist to push out the telescopic rod.
2. Remove the telescopic rod and remove the selected link. Repeat the process until you achieve the desired length for your wrist.

3. Once the bracelet is the right length, insert the telescopes back into the holes to reconnect the links.
4. Make sure all telescopes are securely seated and the bracelet is stable.



OPERATION

Turning On/Off



To turn on the device, press and hold the **function button (2)** for about **5 seconds**. To turn off, repeat the process, select "Turn Off" option, and confirm the shutdown.

❗ In case the smartwatch does not start, try charging it.

After turning on



The smartwatch is operated using the **touchscreen** and the **rotary function button**.

Changing the watch face



Touch and hold on the home screen to display the **watch face change menu**. **Swipe right/left** to select a face, and then confirm the selection by **touching** anywhere on the screen.

❗ More watch faces are available in the **Garett Smart app**.

Function selection



Press 2x the **function button (2)** while on the home screen to access the **main menu**. Touching the screen will enter the selected function. After entering the function, pressing the **function button (2)** again returns to the home screen.



Swipe right on the home screen to access the **popup menu**, i.e.: recently used applications.



Swipe left on the main screen to access the quick menu, featuring options such as activity, sleep data, heart rate, blood pressure, blood oxygen, stress, weather information.



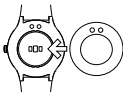
Swipe down on the home screen to access the settings bar. It allows to quickly change selected smartwatch functions.



Swipe up on the home screen to access recent notifications.

CHARGING

1. The smartwatch charges using the charging pad included with the device.
2. Place the charging pad so that the watch is in contact with it. Then connect the other end of the cable to the USB port of the power adapter. If connected correctly, the charging animation will appear on the watch screen.



① If there is no animation, make sure the watch is properly connected. When the battery is completely discharged the animation may only appear after several minutes. We recommend charging the watch for about 2 hours before turning it on for the first time.

The charging voltage should not exceed 5V.

We recommend using a power supply with a maximum charging current of 1A.

PAIRING

Pairing process

1. Enable Bluetooth on your phone.
2. Ensure the smartwatch is on.
3. Open the **Garett Smart** app, grant it all permissions, and enter smartwatch user data.
4. Go to the **Watch** tab, click **Pair watch**, then select the **Quantum** device.
5. During pairing, place the watch near the phone with which it is pairing.
6. Once paired successfully, data will be fully synchronized.

The **Garett Quantum** smartwatch is compatible with smartphones supporting **Bluetooth 5.3**. It is also compatible with **Android 8.0 (and later)**, and **iOS 13.0 (and later)**.

❶ Before pairing, be sure to grant the app the necessary permissions for proper operation. If permissions are denied, selected functions may operate incorrectly or be unavailable.

ADDITIONAL PAIRING

(Required for optional Bluetooth functions)

To use additional Bluetooth features such as voice calls via the smartwatch or phonebook synchronization from the phone, an additional connection must be made directly from the phone's Bluetooth settings.

1. Enable Bluetooth on the phone.
2. Go to **Bluetooth Settings**, click **Add Device**, then select the **Quantum** device.
3. Once activated, the device will automatically pair with the phone.
4. Confirm pairing with the smartwatch, i.e.: **Quantum**. If automatic pairing fails, search for it in the phone's Bluetooth settings and connect to the device.
5. Once connected, grant contact sync permissions for Bluetooth functions to work properly.

MAIN MENU

-  - **Activity:** Daily activity summary (**step count, calories burned**).
-  - **Sleep:** Information on the last sleep session. **Swipe up** for detailed data.
-  - **Heart Rate:** Heart rate monitor function. Measurement begins **automatically** upon entering the function. **Swipe up** for detailed data.
-  - **Calls:** Allows remote calling from the smartwatch. **Additional pairing in the phone's Bluetooth settings is required for the function to work properly.**
 -  - **Recent Call:** Recent call history.
 -  - **Dial Pad:** Allows dialing any number and starting a call.
 -  - **Contacts:** List of contacts previously saved in the app. To make a call, select a contact from the list — the call will start **automatically. The watch can store up to 8 contacts at a time.**
-  - **Training:** Sports modes. To start recording activity, select it from the list; exercise recording will begin automatically. To save workout progress, press the **function button** and end the activity. Data will be saved and available in the **Garett Smart app**.
-  - **Training history:** Stores data from previous workout sessions.
-  - **Blood Pressure:** Blood pressure monitor function. Measurement begins **automatically** upon entering the function. **Swipe up** for detailed data.

-  - **SpO2:** Oximeter function. Measurement begins **automatically** upon entering the function. **Swipe up** for detailed data.
-  - **Stress:** Measures stress. Measurement begins **automatically** upon entering the function.
-  - **Weather:** Current weather information downloaded from the app.
-  - **Notifications:** Recent phone notifications.
-  - **Remote camera:** Remotely takes photos with the phone's camera. **Tap** anywhere on the watch screen to take a photo. The camera is activated through the app.
-  - **Player:** Allows control of music playback from both phone and watch.
-  - **Breath training:** Guided breathing exercise.
-  - **Voice assistant:** Activates the voice assistant on the phone connected to the smartwatch.
-  - **Timer:** Timer function.
-  - **Alarm:** Configures alarms on the watch and views those set in the app.
-  - **Stopwatch:** Stopwatch function.
-  - **Menstrual calendar:** Displays menstrual cycle information.
-  - **Flashlight:** Flashlight function.

-  - **Find Phone:** Smartphone-finding function.
-  - **Calculator:** Simple math calculator function.
-  - **Gry:** Arcade games.
-  - **Settings:**
 -  - **Display:**
 -  - **Brightness:** Adjusts display brightness level.
 -  - **Sleep:** Ability to select the time of backlighting of the screen when it is awakened.
 -  - **Watch face:** Ability to change the default watch face.
 -  - **Menu style:** Ability to change the style of the menu.
 -  - **Raise to wake:** Automatically lights up the screen when raising the wrist.
 -  - **Work mode:** Ability to choose the watch mode and vibration intensity level.
 -  - **DND mode:** Activating this mode disables notifications.
 -  - **Battery saving mode:** On/off watch battery saving mode.
 -  - **Calls:** Ability to enable/disable remote call function, enable/disable multimedia audio, and call function reset option.
 -  - **Always on Display:** Enables/disables always-on screen function.



- System:



- Restart: Allows restarting the smartwatch.



- Power off: Allows powering off the watch.



- Reset: Allows restoring factory settings.



- Information:



- Software: System information (MAC address and detailed smartwatch firmware data).



- App: QR code for dedicated app and user manual.

ⓘ Depending on the firmware version of the device, the smartwatch features described above may vary. For any issues, please contact our Technical Support Department: contact@garett.eu

TAKING MEASUREMENTS



Ensure the sensor is touching your skin **before commencing the measurement**. The measurement area should be kept clean as dirt may negatively affect the result.

To get started, go to the desired function on your smartwatch (**Heart rate, Blood oxygen or Blood pressure**). The measurement commences **automatically** and should last about 1 minute for an optimal result.

Keep your body relaxed and still during the tests. **Hold the device at the same height as your heart, and do not speak during the test.**

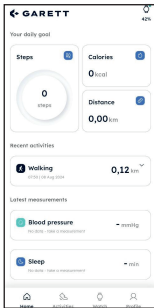
GARETT SMART APP

1 Home

Information about activities, sleep data, and health function measurements.

- **Heart Rate:** Data on the last heart rate measurements.
- **Blood Pressure:** Latest pressure measurement data.
- **Sleep:** Last sleep data.
- **Blood Oxygenation:** Data on recent measurements of saturation.

The **Garett Smart app** allows you to customize the home screen according to your preferences. You can edit the information displayed on the home screen using the available icons and functions.



ⓘ Depending on the version of the Garrett Smart application and the operating system of the phone, the appearance and functions of the application may differ. In case of any problems, please contact our Technical Assistance Department: contact@garett.eu

2 Filter activities

Possibility to start recording sports activities using the GPS function on your phone.

- **Filter activities:** Allows filtering of saved activities.

This section shows the watch's records of various physical activities, such as the number of activities, activity duration, calories burned and distance.

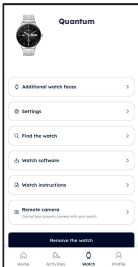
The data will be saved and available on the watch/app.



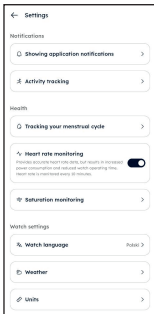
3 Watch

Smartwatch feature settings.

- **Additional watch faces:** Choosing and changing the watch faces to customize the look to your preferences.
- **Settings:**
 - **Notifications:** Enable or disable notifications from various applications.
 - **Activity monitoring:** Set physical activity reminders and reminder frequency.
 - **Menstrual cycle tracking:** Menstrual cycle monitoring.
 - **Heart rate monitoring:** Tracking and recording the user's heart rate.
 - **Watch language:** Selection of the language displayed on the watch.
 - **Weather:** Select your location to receive weather forecasts.
 - **Unit:** Set distance and temperature units.
 - **Time format:** Time format selection.



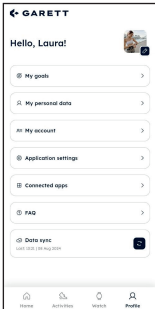
- **Other:**
- **Raise your wrist to activate the screen:** Option to activate the watch's screen by raising the wrist.
- **Contact synchronization:** Importing contacts into the watch.
- **Find the watch:** Watch search function. It triggers a sound and vibration alarm on the smartwatch.
- **Watch software:** Smartwatch software update option.
- **Watch instructions:** Redirect to the Garrett website, where you can download a user guide for your smartwatch model.
- **Remote camera:** Control the phone's camera using the watch.
- **Remove the watch:** Removing the watch from the list of connected devices.



4 Profile

Settings related to the app and the user's personal data.

- **My goals:** Set daily step count, with automatic calculation of calories burned and distance traveled.
- **My data:** Personalization of data such as user name, gender, date of birth, photo, weight, height.
- **My account:** User account management, including phone number and Google, Facebook and Apple account synchronization options.
- **Application settings:** Configure the app's language, theme (light, dark, automatic) and access the terms of service, privacy policy, contacts and license.
- **Connected apps:** Synchronization with third-party apps such as **Strava**.
- **FAQ:** A section with answers to frequently asked questions.



TECHNICAL SPECIFICATION



Bluetooth:
5.3



Processor:
JL7013



Battery:
200 mAh



Weight:
max. approx. 102 g



Display:
AMOLED 1,43"



Dial dimensions:
43 x 43 x 7,5 mm



Interchangeable bracelet



Waterproof:
IP68



Dedicated application:
Garrett Smart



Warranty:
24 months

More information about this device is available at www.garett.eu. Visit our website to learn more about our products and accessories.



GARETT SPÓŁKA Z O. O. hereby declares that the product is in compliance with Directive 2014/53/EU. The full text of the EU Declaration of Conformity is available at the following web address: www.garett.eu

Maximum radio frequency power emitted in the frequency range	
Frequency range	Bluetooth 2400 - 2483,5 MHz
Maximum emitted power	10 dBm

WARRANTY/COMPLAINT

The product is covered by a 24-month manufacturer's warranty. The warranty does not cover defects and damage caused by the fault of the user or because of improper use (not in accordance with the intended use), mechanical damage and resulting from the use of accessories other than those included in the set, and consumables.

Contact details available on the website:

www.garett.eu

Manufacturer/person responsible within the EU:

GARETT sp. z o.o.

Sandomierska 209 Street

25 - 330 Kielce

www.garett.eu

contact@garett.eu



Correct Disposal of This
Product (Waste Electrical &
Electronic Equipment)

The marking on the product or in related texts indicates that it should not be disposed of with other household waste at the end of its working life. To avoid harmful impact on the environment and human health due to uncontrolled waste disposal, please separate the product from other types of waste and recycle responsibly to promote the reuse of material resources as permanent practice. Household users can obtain information on where and how to recycle this product safely for the environment from the retailer where they purchased the product or from local authorities. Business users should contact their supplier and check the terms of the purchase contract. The product should not be disposed of with other commercial waste.

