

***hama***

## APP GUIDE

Hama FIT move



**GB** Operating Instructions





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<b>1. Explanation of warning symbols and notes</b> .....	<b>4</b>
<b>2. Safety instructions</b> .....	<b>4</b>
<b>3. Setting up the smartwatch</b> .....	<b>5</b>
3.1 Downloading the "Hama FIT move" app .....	5
3.2 Pairing the smartwatch and smartphone .....	6
<b>4. Using the "Hama FIT move" app</b> .....	<b>8</b>
4.1 "Hama FIT move" overview .....	9
4.1.1 Workout data .....	10
4.1.2 Step measurement .....	11
4.1.3 Activity records .....	12
4.1.4 Sleep analysis .....	13
4.1.5 Heart rate measurement .....	14
4.1.6 Stress measurement .....	15
4.1.7 Blood oxygen (SpO2) .....	16
4.1.8 Ambient sound level .....	17
4.1.9 Weight .....	18
4.1.10 VO2max .....	19
4.1.11 Heart rate variability (HRV) .....	19
4.1.12 Body energy .....	19
4.1.13 Menstrual period .....	20
4.2 Training mode .....	21
4.2.1 Start an activity (with GPS) .....	22
4.2.2 Start an activity (without GPS) .....	24
4.3 Device settings .....	26
4.3.1 Home screen .....	27
4.3.2 Notifications .....	27
4.3.3 Calls .....	27
4.3.4 Alarm clock .....	27
4.3.5 Health monitoring .....	28
4.3.5.1 Body energy .....	28
4.3.5.2 Heart rate measurement .....	28
4.3.5.3 Stress measurement .....	28
4.3.5.4 Blood oxygen measurement .....	28
4.3.5.5 Drink reminder .....	28
4.3.5.6 Exercise reminder .....	29
4.3.5.7 Ambient sound level .....	29
4.3.5.8 Tracking the menstrual period .....	29
4.3.6 Event reminder .....	30
4.3.7 Other settings .....	31
4.3.7.1 Automatic activity detection .....	31
4.3.7.2 Type of activity .....	31
4.3.7.3 Telephone search .....	32
4.3.7.4 Music control .....	32
4.3.7.5 Arm movement activation .....	32
4.3.7.6 Menstrual period .....	32
4.3.7.7 Weather notification .....	32
4.3.7.8 World clock .....	32
4.3.7.9 Screen brightness .....	32

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4.3.7.10 Shortcuts . . . . .	32
4.3.7.11 Smartwatch language setting . . . . .	32
4.3.7.12 How to use . . . . .	32
4.4 User settings . . . . .	33
4.4.1 Personal data . . . . .	34
4.4.2 My medals . . . . .	35
4.4.3 My data . . . . .	35
4.4.4 Health report . . . . .	36
4.4.5 Messages . . . . .	36
4.4.6 Settings . . . . .	37
4.4.7 Help . . . . .	38
4.4.8 Questions and suggestions . . . . .	38
4.4.9 Keeping the app running in the background . . . . .	38
4.4.10 Check for updates . . . . .	38
4.4.11 About . . . . .	38
<b>5. Legal disclaimer . . . . .</b>	<b>39</b>
<b>6. Languages supported . . . . .</b>	<b>39</b>



We are delighted that you have chosen a Hama product.

Take your time and read the following instructions and information completely. Please keep these instructions in a safe place for future reference.

These operating instructions describe the "Hama FIT move" app via which you can use the full range of functions offered by the compatible Hama smartwatch.

It establishes a wireless connection to your smartphone via *Bluetooth*® enabling you to document the data on the app and, thus, constantly keep track of your success. Use it to check when you have reached your personal fitness goal!

## 1. Explanation of warning symbols and notes

### Warning



This symbol is used to indicate safety instructions or to draw your attention to specific hazards and risks.

### Note



This symbol is used to indicate additional information or important notes.

## 2. Safety instructions

### Warning



Take your time and read the following instructions and information completely. Information on using the product is provided in the relevant operating instructions.

- This product is intended for private, non-commercial use only.
- Use the product only for the intended purpose.
- Do not modify the product in any way. Doing so voids the warranty.
- While driving a car or using sports equipment, do not allow yourself to be distracted by your product and keep an eye on the traffic situation and your surroundings.
- Consult your doctor before starting an exercise programme.
- Always be aware of your body's response when you exercise, and speak to your doctor in an emergency.
- Consult your doctor if you have a medical condition and wish to use the product.
- This is a consumer product and not a medical device. Hence, it is not intended for the diagnosis, therapy, cure or prevention of illnesses.



### 3. Setting up the smartwatch

In order to have access to the full range of functions provided by the smartwatch, you must install the "Hama FIT move" app. The following sections contain information on downloading and setting up the app.

#### Note



Information on using your smartwatch is provided in the relevant operating instructions.

#### 3.1 Downloading the "Hama FIT move" app

##### Note



The following operating systems are supported:

- iOS 9.0 or higher
- Android 6.0 or higher

After switching on the smartwatch for the first time, you will be prompted to download the corresponding "Hama FIT move" app on your smartphone. A corresponding QR code appears in the display of the smartwatch.

- Scan the QR code with your smartphone or download the app from the Play Store (Android) or the App Store (iOS):



**Hama FIT move**

[link.hama.com/app/fit-move](http://link.hama.com/app/fit-move)

- To install the app, follow the instructions on your smartphone.



## 3.2 Pairing the smartwatch and smartphone

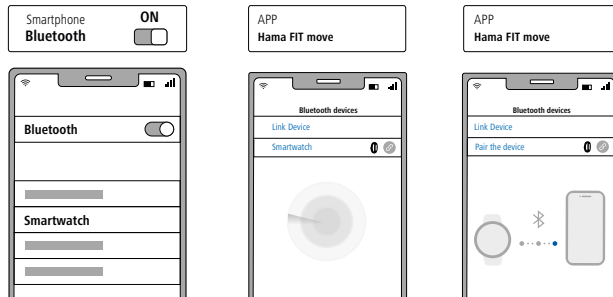
### Note



- In order for the smartwatch to display incoming calls, text messages, WhatsApp messages and other notifications, activate push mode for messages in your smartphone settings.
- While setting up the app, you will be asked whether the app has permission to access the functions of your terminal device. Agree to these prompts for the full functionality of your smartwatch.
- Start the app on your smartphone and agree to the privacy agreement. Answer any questions that may be asked.

For an optimal user experience, you should create a user account. By creating a user account, you can access your personal data if you change smartphones. This means that your personal data is available at all times. However, creating a user account is not a prerequisite for using the app.

- To create a user account, tap on **[LOG IN]** and select **[REGISTER NOW]** at the bottom edge of the screen. Enter an email address and a password and then tap on **[NEXT STEP]**.
- Enter the verification code which is sent to you according to the email address specified. It may be necessary to check your Spam folder.
- When registration has been completed successfully, you can enter a user name, your personal data and assign a profile picture. Please tap on **[NEXT STEP]** to continue the set-up process.
- The search for your smartwatch then begins.
- Follow the instructions in the app on your smartphone to connect your smartwatch. Your smartphone will establish a Bluetooth connection to your smartwatch.



- Select your smartwatch (e.g. "Smartwatch 7000") and tap on **[PAIR THE DEVICE]** to connect the smartwatch to the app.
- Tap on the **[✔]** symbol in the app on the smartphone to confirm the connection and conclude setting up the app.
- If there is a timeout, repeat the process.



- Then define your personal settings. These can be adapted in the app later.
- Your smartwatch is now linked with the app and synchronisation begins.

### Note



- Please synchronise your smartwatch with the app before using it for the first time. If you record an activity before your smartwatch has been synchronised with the app for the first time, the activity will not be transferred to the app afterwards.
- To manually start a synchronisation of the smartwatch with the app, drag the screen downwards on the app home page.
- Due to the limited storage space on the smartwatch, you should synchronise your smartwatch with the app regularly (at least once a week) to avoid data loss.

### Note



- After the first synchronisation with the app, your smartwatch automatically assumes the time, date and language from your smartphone.
- The display language of your smartwatch depends on your selection in the app. As long as the set-up work has not been finalized, the display language remains English. Select the required display language in the app.
- The app will alert you when a firmware update is available for your smartwatch. Perform the update in the app to ensure the smartwatch continues to work properly.



### 4. Using the "Hama FIT move" app

The following sections explain the individual menu items (cards) and the various setting options within the app in more detail.

#### Note



- The descriptions and illustrations in these operating instructions are based on using the Hama Fit Move app version 1.5.4 and Smartwatch 8900 implementing firmware version 1.01.00.
- Please note that updates to the app or smartwatch could lead to deviations from the names and illustrations used. The basic way to use the app is identical for all compatible Hama smartwatches.
- The function range varies according to the smartwatch model used.
- Not all menu items (cards) are displayed on the home screen by default. Unhide the required menu items (cards) as necessary.

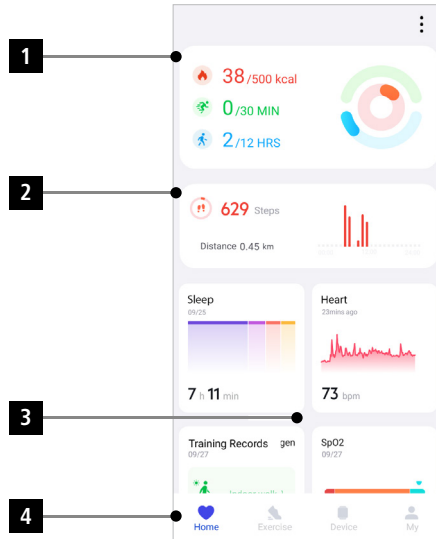




## 4.1 "Hama FIT move" overview

The home screen represents the starting point for using the "Hama FIT move" app. The following overview explains the most important control elements and views:

1. Display of workout data
2. Display of steps
3. Display of other cards
4. Menu bar



- Tap on **[EDIT CARD]** at the bottom of the home screen to select the cards to be displayed on the home screen. You can choose from a total of 8 different cards. You can hide cards and alter the sequence of the cards.
- The cards that are at the top of the list and are marked by the **[-]** symbol are currently displayed on the home screen. The cards that are at the bottom of the list and marked by the **[+]** symbol are not displayed.
- Tapping on the **[-]** symbol or the **[+]** symbol removes a card or adds a card respectively.
- You can also change the sequence of the cards saved by pressing and holding the **[≡]** symbol and moving the corresponding cards to the respective positions.



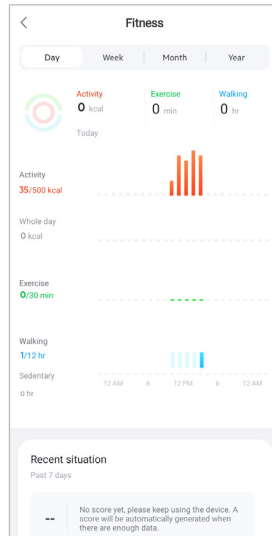
## 4.1.1 Workout data

- Open the home screen and tap on the first graphic at the top to view your workout data.
- An overview of the following workout data is provided here:
  - the calories burned
  - the duration of the activities with moderate to high intensity
  - the pause time ("walking" = hours in which you stood for at least 1 minute and moved)
- Normally, the daily view of the workout data is displayed. Select the period displayed in the top menu bar
- To obtain more information, swipe upwards on the smartphone screen. Further down, you can see detailed information on the Activity, Exercise and Walking categories.

 38 / 500 kcal


 0 / 30 MIN


 2 / 12 HRS

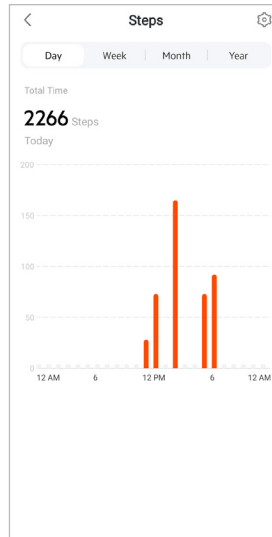




## 4.1.2 Step measurement

- Tap on the second graphic at the top of the home screen to view the steps recorded.
- An overview of the steps made in the current day is provided here.
- Normally, the daily view of the step measurement is displayed.  
Select the period displayed in the top menu bar Day Week Month Year . Swiping to the left and right on the diagram for a longer time enables you to scroll forward and back between the individual days (or weeks/months/years). In addition, your set steps goal is also displayed graphically in the diagram.
- Tap on the  symbol to define further settings (see Chapter **4.4.3 My data**).

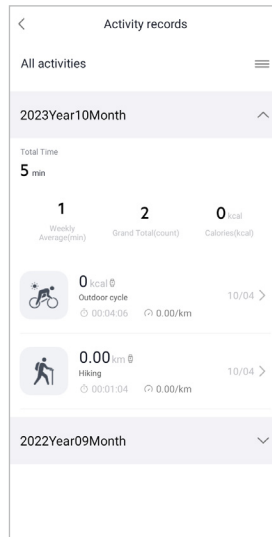
 **629** Schritte  
Entfernung 0.45 km





## 4.1.3 Activity records

- Tap on the **[ACTIVITY RECORDS]** card to obtain an overview of your training activities.
- This provides an overview of the activities arranged according to days. The overview includes the total time, average weekly duration, accumulated exercise and calories burned.
- Tap on the [∨] symbol to expand the selected month and display the respective training activities. Tap on the [∧] symbol to collapse the day.
- To display the activities related to a specific type of sport, tap on the [≡] symbol.
- To open the detailed view of a recorded activity, tap the activity. You will then see detailed data recorded on the activity. For example, you can see the course of the route that was recorded via GPS as well as the duration of the activity, the steps taken and the distance covered, the calories burned or your pace. You also receive a detailed evaluation of your heart rate.



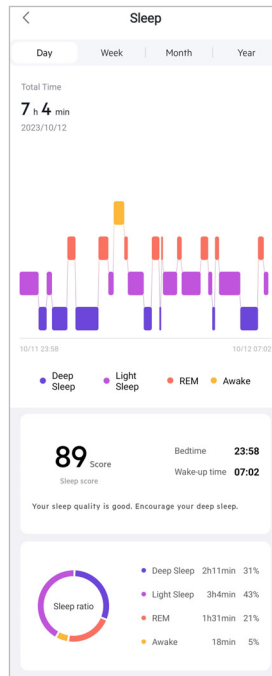


## 4.1.4 Sleep analysis

- Tap on the **[SLEEP]** card to obtain an overview of your sleep analyses.
- Here you can see an overview of the total sleep time as well as the distribution of your sleep time into deep sleep, light sleep, waking phases and REM phases. In the centre of the screen you can also see the start and end times of the sleep.
- Normally, the daily view of the sleep analysis is displayed.


Select the period displayed in the top menu bar **Day** **Week** **Month** **Year** . Swiping to the left and right on the diagram for a longer time enables you to scroll forward and back between the individual days (or weeks/months/years). Here you can see an overview of your sleep patterns for a week, a month or a year. At the bottom of the screen you will see the following data related to a week, a month or a year:

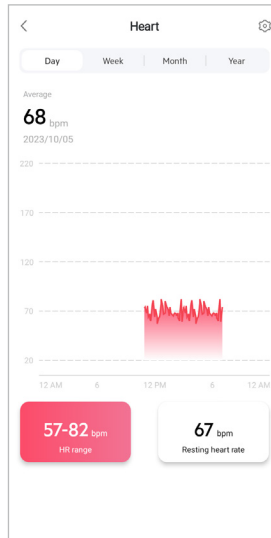
- Average duration of sleep per day
- Average deep sleep phase on one day
- Average light sleep phase on one day
- Average start of sleep phase
- Average end of sleep phase
- Average REM phase
- Average waking phase






## 4.1.5 Heart rate measurement

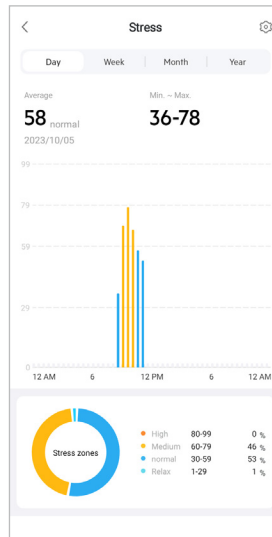
- Tap on the **[HEART]** card to obtain an overview of your heart rate measurement.
- You can view all the heart rate measurement values recorded here (automatic and manual) as well as an overview of your average heart rate, heart rate range and resting heart rate for the respective day. By swiping lightly to the left and right on the diagram, you can call up the individual values with the respective time.
- Normally, the daily view of the heart rate measurement is displayed.  
Select the period displayed in the top menu bar **Day** **Week** **Month** **Year** . Swiping to the left and right on the diagram for a longer time enables you to scroll forward and back between the individual days (or weeks/months/years).
- Tap on the  symbol to define further settings.





## 4.1.6 Stress measurement

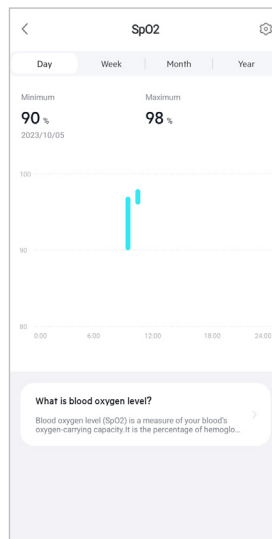
- Tap on the **[STRESS]** card to obtain an overview of your stress measurement.
- You can view all the stress measurement values recorded here (automatic and manual) as well as an overview of your average stress level, stress range and a graphic of your stress zone for the respective day. By swiping lightly to the left and right on the diagram, you can call up the individual values with the respective time.
- Normally, the daily view of the stress measurement is displayed.  
Select the period displayed in the top menu bar **Day** **Week** **Month** **Year** . Swiping to the left and right on the diagram for a longer time enables you to scroll forward and back between the individual days (or weeks/months/years).
- Tap on the  symbol to define further settings.





## 4.1.7 Blood oxygen (SpO2)

- Tap on the **[SPO2]** card to obtain an overview of your blood oxygen measurements. The measurement can be completed manually via your smartwatch.
- Alternatively, set the automatic blood oxygen measurements:  
Tap on the **[⚙️]** symbol to complete the necessary settings.
- An overview of all the values recorded for the blood oxygen measurements as well as the lowest and highest values are displayed for the respective day. By swiping lightly to the left and right on the diagram, you can call up the individual values with the respective time.
- Normally, the daily view of the blood oxygen measurement is displayed.  
Select the period displayed in the top menu bar **Day** **Week** **Month** **Year** . Swiping to the left and right on the diagram for a longer time enables you to scroll forward and back between the individual days (or weeks/months/years).

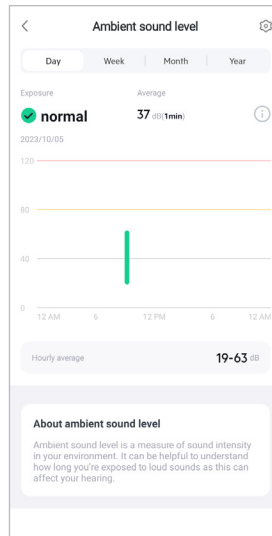






## 4.1.8 Ambient sound level

- Tap on the **[AMBIENT SOUND LEVEL]** card to obtain an overview of ambient sound level measurement. The measurement can be completed manually via your smartwatch.
- An overview of all the values recorded for the ambient sound level as well as the lowest and highest values are displayed for the respective day. Recordings for other days can be displayed by swiping lightly to the left and right on the diagram.
- Normally, the daily view of the ambient sound level is displayed. Select the period displayed in the top menu bar **Day** **Week** **Month** **Year** . Swiping to the left and right on the diagram for a longer time enables you to scroll forward and back between the individual days (or weeks/months/years). The measured values are also displayed as a curve graph.

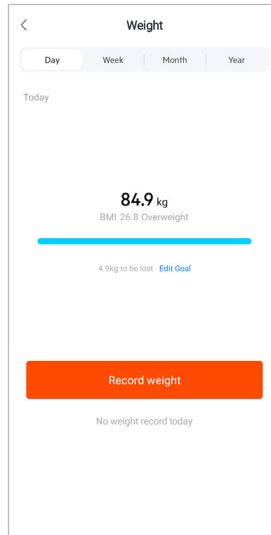




## 4.1.9 Weight

- Tap on the **[WEIGHT]** card to obtain an overview of your weight record.
- Your weight history, BMI and set target value are displayed here.
- Tap on **[RECORD WEIGHT]** to enter your current weight.
- Tap on **[EDIT GOAL]** to edit your target weight.
- Normally, the daily view of the weight record is displayed.

Select the period displayed in the top menu bar **Day** **Week** **Month** **Year** . Swiping to the left and right on the diagram for a longer time enables you to scroll forward and back between the individual days (or weeks/months/years). The measured values are also displayed as a curve graph.








## 4.1.10 VO2max

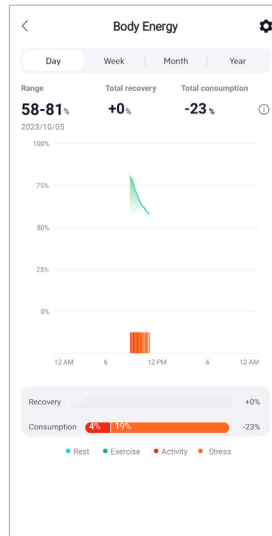
- Tap on the **[VO2MAX]** card to obtain an overview of your relative VO2max (oxygen per minute per kilogram of body weight).
- A condition for establishing the VO2max is that workouts are completed in **Outdoor running, Trail running** or **Orienteeing** sport modes. In this case, the heart rate measurement for the workout must contain a minimum period of 90 seconds at over 75% of your theoretical maximum heart rate. This is established using the personal data you have entered.

## 4.1.11 Heart rate variability (HRV)

- Tap on the **[HEART RATE VARIABILITY (HRV)]** card to obtain an overview of your heart rate variability (HRV).
- A condition for establishing the heart rate variability (HRV) is that the continuous heart rate measurement function is activated in the app:  
Tap on the  symbol to define the relevant settings.

## 4.1.12 Body energy

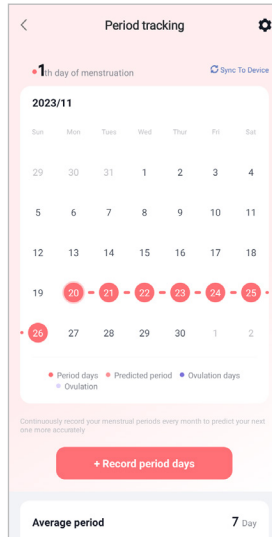
- Tap on the **[BODY ENERGY]** card to obtain an overview of your body energy. The body energy value is derived from a combination of the heart rate variability, stress, sleep and activities completed and estimates your energy reserves for the current day.
- Normally, the daily view of the body energy is displayed.  
Select the period displayed in the top menu bar . Swiping to the left and right on the diagram for a longer time enables you to scroll forward and back between the individual days (or weeks/months/years).
- A condition for displaying the body energy on the smartwatch is that the **Automatic detection of the body energy** function has been activated in the app:  
Tap on the  symbol to define the corresponding settings.





## 4.1.13 Menstrual period

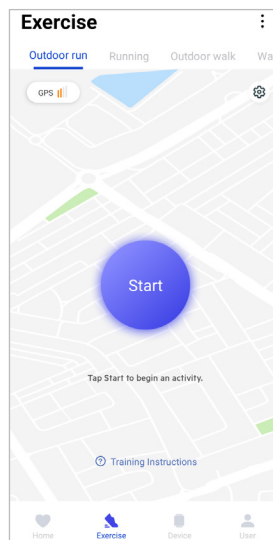
- Tap on the **[PERIOD TRACKING]** card to obtain an overview of your menstrual cycle.
- Tap on **[+ SRECORD PERIOD DAYS]** to enter your current menstruation.





### 4.2 Training mode

- Use the bottom menu bar to tap on **[EXERCISE]** to start an activity via the app. Parallel to this, the activity is also started on your smartwatch. The activity can then be controlled either via the app or directly on the smartwatch.
- Swipe to the left and right to move forward and back between the individual activities.
- The following activities are activated in the app by default:
  - Outdoor running
  - Indoor running
  - Outdoor walking
  - Indoor walking
  - Hiking
  - Outdoor cycling
- Tap on the [⋮] symbol at the top right and then on **[EDIT SPORTS MODE]** to select the activities which are displayed. You can choose from a total of 6 different activities. You can hide activities and alter the sequence of the activities.
- The activities that are at the top of the list and marked by the [⊖] symbol are displayed. The activities that are at the bottom of the list and marked by the [⊕] symbol are not displayed.
- You can tap on the [⊖] symbol or the [⊕] symbol to remove or add an activity, respectively.
- You can also change the sequence of the activities by pressing and holding the [≡] symbol and moving the corresponding activities to the respective positions.
- Tap on the [⚙️] symbol to define the following settings:
  - Set a training goal (distance, calories, steps, duration).
  - Activate an alarm to sound on reaching the goal (1, 3, 5, 10 km).
  - Set a heart rate zone and activate an alarm.



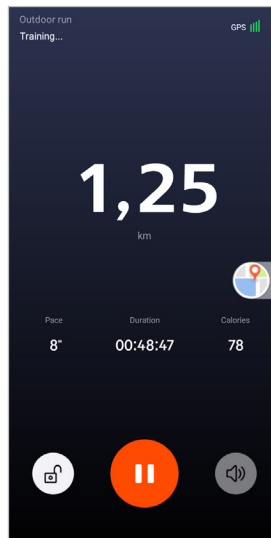


### 4.2.1 Start an activity (with GPS)

- The following activities are recorded with GPS support:
  - Outdoor running
  - Outdoor walking
  - Hiking
  - Outdoor cycling
- Tap on **[START]** to start the activity. The activity starts on the smartphone and the smartwatch.
- While the activity is in progress, you can see the cumulative number of kilometres covered so far for the selected activity, the current pace, the time elapsed and your current heart rate.

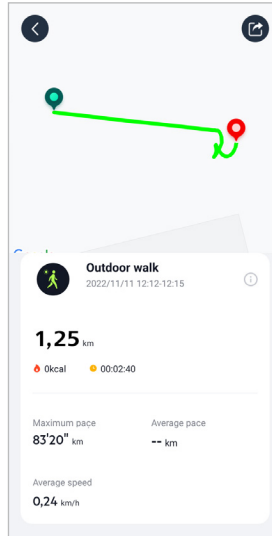
### Operation using the smartphone

- To display a map containing your current location and distance covered so far while an activity is in progress, tap on the [📍] symbol.
- To lock the overview of the recording while an activity is in progress, tap on the [🔒] symbol.
- To interrupt the activity, tap on the [⏸] symbol.
- To end the activity, tap on the [🔴] symbol and keep your finger pressed until a circle closes around the symbol and the activity is ended.





- After ending an activity, an overview of the activity is displayed. The overview contains the total number of kilometres covered so far, the calories burned, the average heart rate and duration of the activity. It also includes more detailed information on the pace and steps. Use your finger to swipe from the bottom to the top to display details of the heart rate measurement and pace.
- You can print out the results of the activity or forward them as a screenshot.



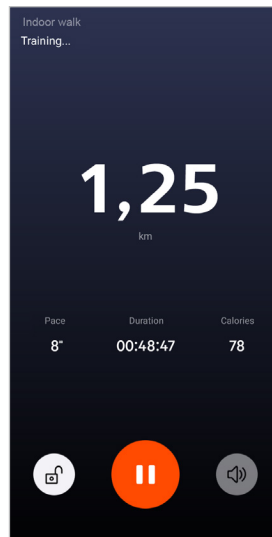


### 4.2.2 Start an activity (without GPS)

- The following activities are recorded without GPS support:
  - Indoor running
  - Indoor walking
- Tap on **[START]** to start the activity. The activity starts on the smartphone and the smartwatch.
- While the activity is in progress, you can see the cumulative number of kilometres covered so far for the selected activity, the current pace, the time elapsed and your current heart rate.

### Operation using the smartphone

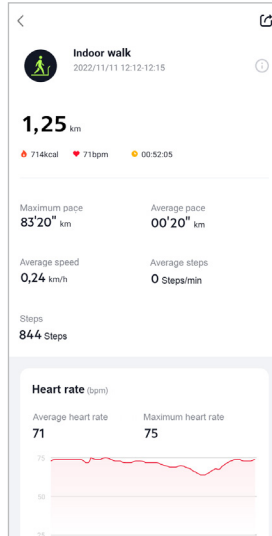
- To lock the overview of the recording while an activity is in progress, tap on the [🔒] symbol.
- To interrupt the activity, tap on the [⏸] symbol.
- To end the activity, tap on the [🔴] symbol and keep your finger pressed until a circle closes around the symbol and the activity is ended.







- After ending an activity, an overview of the activity is displayed. The overview contains the total number of kilometres covered so far, the calories burned, the average heart rate and duration of the activity. It also includes more detailed information on the pace and steps. Use your finger to swipe from the bottom to the top to display details of the heart rate measurement and pace.
- You can print out the results of the activity or forward them as a screenshot.





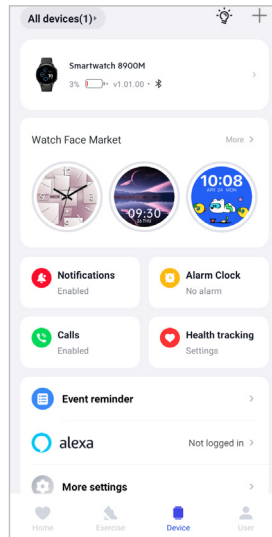
## 4.3 Device settings

- Tap on **[DEVICE]** in the bottom menu bar to activate and set various functions of the smartwatch and to adapt the smartwatch to your individual needs.
- In this menu, you will also see an overview of various items of data from your connected smartwatch at the top of the screen.
- Tap on **[+]** to pair more devices to the smartphone.
- Tap on your device to obtain information on your smartwatch or execute advanced functions.
- Tap on **[DEVICE UPGRADE]** to check whether the latest firmware version has been installed on your smartwatch or there is a new firmware version available to be downloaded and installed on your smartwatch.
- Tap on **[RESTART THE DEVICE]** and confirm the subsequent prompt to restart your smartwatch. Before restarting, your data will be synchronised with the app.
- Tap on **[DEVICE RESTORE THE FACTORY DEFAULT SETTING]** and confirm the subsequent prompt to reset the smartwatch to its default factory settings. This deletes all recorded user data.
- Tap on **[DELETE DEVICE]** to revoke the pairing between the smartwatch and smartphone. All personal data will be deleted from your smartwatch.

### Note



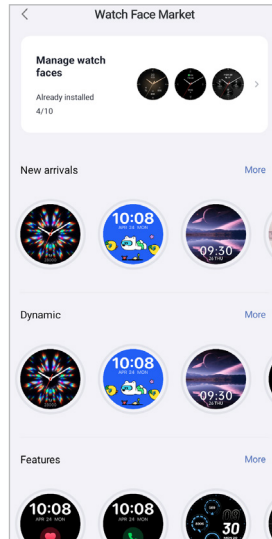
To display the time at which the last synchronisation between your smartwatch and app occurred, tap on your device displayed at the top and on the **[ABOUT]** button.





### 4.3.1 Home screen

- Tap on **[WATCH FACE MARKET]** to install additional watch faces for the home screen of your smartwatch. You can select between various watch faces. Tap on the respective watch face which you want to set-up on the smartwatch and then confirm your selection with **[INSTALL]**. If you have reached the maximum number of watch faces that may be installed on the device, you will be requested to delete existing watch faces.



### 4.3.2 Notifications

- Tap on **[NOTIFICATIONS]** to activate the notification function for various apps and services. When this function is activated, you receive notification on the smartwatch when a message is received on your smartphone. Depending on the app, you will either only receive a notification with a display of the app in question and the sender or you will also see a preview of the respective message.
- You must select whether notifications should be permitted, muted or deactivated for each app and health function.

### 4.3.3 Calls

- Tap on **[CALLS]** to activate the notification for incoming calls. When this function is activated, you receive a notification on the smartwatch in the event of an incoming call. You can see who is calling, and you can reject the call if necessary.
- Tap on **[]** on the right-hand edge of the screen to activate the function. You can then set-up the **[FREQUENT CONTACTS]** function.

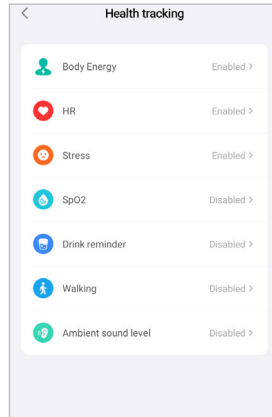
### 4.3.4 Alarm clock

- Tap **[ALARM CLOCK]** to set alarm times or reminders.
- To add a new reminder, tap on **[+]** in the centre of the screen.
- Tap on **[]** on the right-hand edge of the screen to activate the alarm clock just set-up.
- You can edit the reminder created by tapping on it. You can use the submenu to set the reminder type, the respective weekdays and the time for the reminder and more details.



### 4.3.5 Health monitoring

- Tap on **[HEALTH MONITORING]** to set functions which monitor your health and remind you to exercise and/or drink water.



#### 4.3.5.1 Body energy

- Tap on **[BODY ENERGY]** to be able to activate/deactivate this function in the submenu by tapping on **[**].

#### 4.3.5.2 Heart rate measurement

- Tap on **[HR]** to define further settings.
- Select whether notifications should be permitted, muted or switched off.
- Tap on **[**] to activate continuous heart rate measurement. The measuring frequency is based on an intelligent monitoring method, 24 hours a day.

#### 4.3.5.3 Stress measurement

- Tap on **[STRESS]** to define further settings.
- Select whether notifications should be permitted, muted or switched off.
- Tap on **[**] to activate automatic stress measurement. The measuring frequency is based on an intelligent monitoring method, 24 hours a day.

#### 4.3.5.4 Blood oxygen measurement


- Tap on **[SPO2]** to define further settings.
- Select whether notifications should be permitted, muted or switched off.
- Tap on **[**] to activate automatic blood oxygen measurement. The measuring frequency is based on an intelligent monitoring method, 24 hours a day.

#### 4.3.5.5 Drink reminder


- Tap on **[DRINK REMINDER]** to activate/deactivate this function in the submenu by tapping on **[**]. You can then define further settings related to the reminder function. Your smartwatch then automatically reminds you to drink something at a set interval by means of vibration and notification.




### 4.3.5.6 Exercise reminder

- Tap on **[WALKING]** to activate/deactivate this function in the submenu by tapping on . You can then define further settings related to the reminder function. Your smartwatch then automatically reminds you to exercise a little at a set interval by means of vibration and notification. Further information is provided in the text below in the app.

### 4.3.5.7 Ambient sound level

- Tap on **[AMBIENT SOUND LEVEL]** to activate/deactivate this function in the submenu by tapping on . Further information is provided in the text below in the app.

### 4.3.5.8 Tracking the menstrual period

- A condition for using this function is that it is activated in the app:  
**[OTHER SETTINGS] > [MENSTRUAL PERIOD]**
- By activating this function, you can set different dates related to your menstrual cycle and receive reminders about your next period or your fertile phase.
- Use the submenus to define the length of time of the menstrual period, the length of the menstrual cycle and the date of the last day of menstruation.
- Tap on the  symbol to define further settings.



### 4.3.6 Event reminder

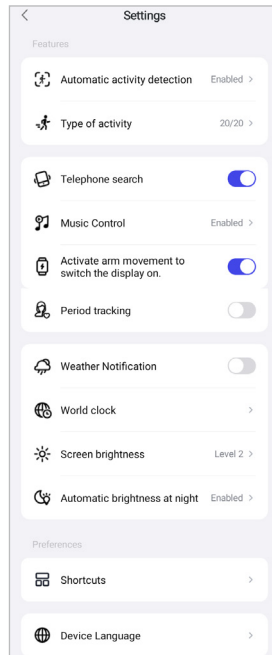
- Tap on **[EVENT REMINDER]** and tap on the **[ADD]** button to add individual events to be reminded of.
- Tap in the input field to enter text. Then define the date, time and number of repeats of the reminder.

The screenshot shows the 'Event reminder' app interface. At the top, there is a back arrow on the left, the title 'Event reminder' in the center, and a 'Finish' button on the right. Below the title is a large text input field with the placeholder text 'Please enter reminder details' and a character count '0/75' at the bottom right. Underneath is a 'Notes' section with a text input field and a character count '0/150'. Below the notes are four rows of settings, each with an icon, a label, and a value: a calendar icon for 'Date' with the value '2023/11/20', a clock icon for 'Time' with the value '12:00', and a circular arrow icon for 'Repeat' with the value 'once'.




## 4.3.7 Other settings






- Tap on **[OTHER SETTINGS]** to define further settings and activate useful functions.



### 4.3.7.1 Automatic activity detection


- Tap on **[AUTOMATIC ACTIVITY DETECTION]** and activate/deactivate the function in the submenu for specific activities (walking, running, cross trainer, rowing) by tapping on **[**]. When this function is activated, the smartwatch automatically detects when you engage in an activity for a longer period of time and records this activity after confirmation. Further information is provided in the text below in the app.

### 4.3.7.2 Type of activity



- Tap on **[TYPE OF ACTIVITY]** to select the activities that will be stored on the smartwatch. There are 110 types of activity available for selection whereby 20 can be displayed on your smartwatch. You can hide activities and alter the sequence of the activities. Following the next synchronisation with the smartwatch, the activities will be displayed according to your settings.
- The activities that are at the top of the list and marked by the **[**] symbol are currently displayed on the smartwatch. The activities that are at the bottom of the list and marked by the **[**] symbol are not currently displayed.
- You can tap on the **[**] symbol or the **[**] symbol to remove or add an activity, respectively.
- You can also change the sequence of the activities stored by pressing and holding the **[**] symbol and moving the respective activity to the respective position.




### 4.3.7.3 Telephone search

- Tap on [  ] in [TELEPHONE SEARCH] to activate the function. By activating this function, you can find your mislaid smartphone again via the smartwatch.


### 4.3.7.4 Music control

- Tap on [MUSIC CONTROL] and activate/deactivate the function in the submenu by tapping on [  ]. When this function is activated, you can control various music or streaming services on the smartphone via the smartwatch. You can start or stop music and skip tracks forward or backward.
- Tap on [  ] beside [SONG'S TITLE] to display the track title in the display of the smartwatch.


### 4.3.7.5 Arm movement activation

- Tap on [  ] beside [ACTIVATE ARM MOVEMENT TO SWITCH THE DISPLAY ON] to activate this function. By activating this function, you can switch the smartwatch display on by turning your wrist.

### 4.3.7.6 Menstrual period

- Tap on [  ] beside [PERIOD TRACKING] to activate this function. By activating this function, you can track your menstrual period on your smartwatch.

### 4.3.7.7 Weather notification

- Tap on [  ] beside [WEATHER NOTIFICATION] to activate this function. By activating this function, you can view the weather forecasts for the respective day and for the following 6 days on the smartwatch.

### 4.3.7.8 World clock






- Tap on [WORLD CLOCK] to view the current world clocks (Berlin, London, New York, Tokyo) or add more world clocks. You can view the world clocks on the smartwatch.

### 4.3.7.9 Screen brightness

- Tap on [SCREEN BRIGHTNESS] to set the brightness of the smartwatch display to one of 5 levels.

### 4.3.7.10 Shortcuts

You can open the shortcuts on the smartwatch display by swiping over the home screen to the left or right.

- Tap on [SHORTCUTS] to select the shortcuts to be saved on your smartwatch. You can choose from various different shortcuts. You can hide shortcuts and alter the sequence of the shortcuts. Normally, the daily view of the workout data and measurement of heart rate and stress are set. Following the next synchronisation with the smartwatch, the shortcuts will be displayed according to your settings.
- The shortcuts that are at the top of the list and marked by the [  ] symbol are currently displayed on the smartwatch. The activities that are at the bottom of the list and marked by the [  ] symbol are not currently displayed.
- Tap on the [  ] symbol or the [  ] symbol to remove or add shortcuts, respectively.
- You can also change the sequence of the shortcuts stored by pressing and holding the [  ] symbol and moving the respective shortcut to the respective position.

### 4.3.7.11 Smartwatch language setting

- Tap on [DEVICE LANGUAGE] to set the language required on your smartwatch.
- Select [FOLLOW SYSTEM] if the language on the smartwatch should be identical to that on the app or smartphone.
- Alternatively, you can choose between eight languages and set them manually by tapping on the respective language.

### 4.3.7.12 How to use

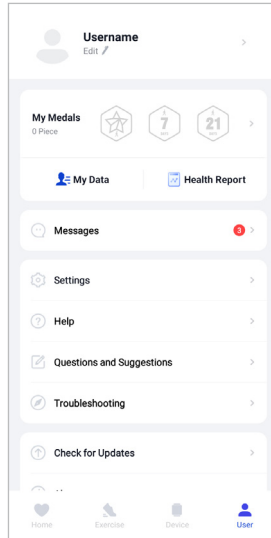
- Tap on [HOW TO USE] to obtain useful tips.





## 4.4 User settings

- Tap on **[USER]** in the bottom menu bar. You can manage your user account here as well as define your personal data and goals. You can also call up further information on the app, which is shown in the following sections.





### 4.4.1 Personal data

- Tap on **[EDIT]**, underneath your user name, in order to edit your name, gender, date of birth as well as your height and weight. You can also set a profile picture, if required. Tap on the entry that you want to edit.
- Tap on **[YES]** to confirm your input.

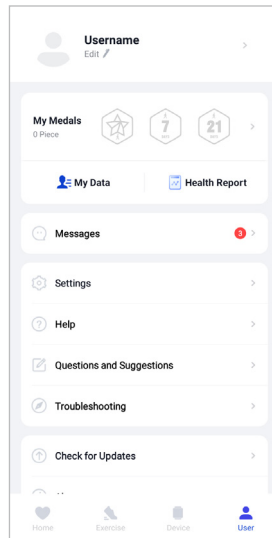
The screenshot displays the 'Personal data' editing interface. At the top left is a back arrow. Below it is a circular profile picture placeholder with a camera icon. Underneath the profile picture is the text 'Username /'. The main content area consists of several input fields:

Gender	Male
Birthday	1984/03
Height	178cm
Weight	84,9kg
E-mail	
Region	Germany



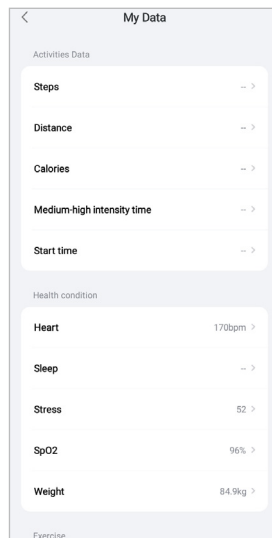
## 4.4.2 My medals

- **[MY MEDALS]** displays your personal successes (medals). Tap on an entry to obtain more information.



## 4.4.3 My data

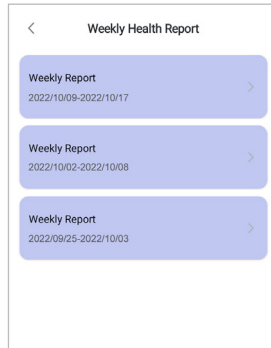
- **[MY DATA]** displays the records related to your measurements. Tap on an entry to obtain more information.





### 4.4.4 Health report

- **[WEEKLY HEALTH REPORT]** displays the weekly records of your workout data and activities. Tap on a corresponding weekly report to obtain detailed information.



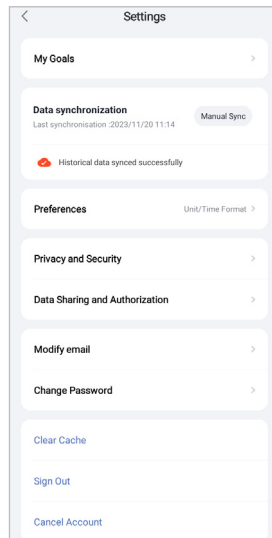
### 4.4.5 Messages

- **[MESSAGES]** displays an overview of news concerning the app, such as new functions or updates for example.



### 4.4.6 Settings

- **[SETTINGS]** can be used to define various settings and call up information. You can change the email address stored as well as the password for your user account. You also have the option of logging out from your user account or cancelling the user account completely.
- Tap on **[MY GOALS]** to define personal targets for steps to complete or your weight.
- Tap on **[MANUAL SYNC]** to trigger synchronisation of the data between the smartwatch and app manually.
- Tap on **[PREFERENCES]** to define the units for distance, height, weight and temperature. In addition, you can also define which weekday is the first of the week from which your data will be processed.
- Tap on **[PRIVACY AND SECURITY]** to define which data in the app should be synchronised with the cloud. To delete all data, tap on **[CLEAR PERSONAL DATA ON THE CLOUD]**.
- Tap on **[DATA SHARING AND AUTHORIZATION ]** in order to allow the recorded data to be shared with other apps (e.g. Apple Health, Google Fit, Strava).
- Tap on **[MODIFY EMAIL]** to change the email address of your user account.
- Tap on **[CHANGE PASSWORD]** to change the password of your user account.
- Tap on **[CLEAR CACHE]** to delete the temporary data from the app. No recorded data is lost in this case.
- Tap on **[SIGN OUT]** to log off from the current user account.
- Tap on **[CANCEL ACCOUNT]** and confirm the following prompt to delete your user account. All settings and recorded data are lost in this case.





### 4.4.7 Help

- Tap on **[HELP]** to open an overview of answers to frequently asked questions. Tap on the respective question to obtain more information.
- If your question is not answered, check the information in the Section Keeping the App Running in the Background (see Chapter **4.4.9 Keeping the app running in the background**) or send your query to the Hama advisory service (see Chapter **4.4.8 Questions and suggestions**).

### 4.4.8 Questions and suggestions

- Tap on **[QUESTIONS AND SUGGESTIONS]** to send a query or feedback to the Hama advisory service.
- Select a subject area and then describe your enquiry in more detail. You can also add images to your request and share the log of the connections between the smartwatch and the app. Always specify your email address with every query.
- Tap on **[SUBMIT]** at the bottom to send a query.

### 4.4.9 Keeping the app running in the background

- Tap on **[KEEPING THE APP RUNNING IN THE BACKGROUND]** to open an overview of answers to frequently asked questions. Tap on the respective question to obtain more information.
- If your question is not answered, please send query to the Hama product advisory service (see Chapter **4.4.8 Questions and suggestions**).

### 4.4.10 Check for updates

- Tap on **[CHECK FOR UPDATES]** in order check for a newer version of the "Hama FIT move" app. You are automatically forwarded to Google Play (Android) or the App Store (iOS).

#### Note

When your smartphone is in its default setting, you should be automatically informed about app updates.



### 4.4.11 About

- Tap on **[ABOUT]** to open information concerning the app, such as the app version used, privacy policy and usage agreements.
- Tap on **[WITHDRAW CONSENT]** if you want to withdraw your consent to the privacy policy and usage agreements. Please note that use of the app is not possible without this consent.



### 5. Legal disclaimer

Hama GmbH & Co KG assumes no liability and provides no warranty for damage resulting from improper installation/assembly, improper use of the product or from failure to observe the operating instructions and/or safety information.

### 6. Languages supported


The following list contains a summary of the languages supported by the "Hama FIT move" app:


	English	German	French	Spanish	Italian	Swedish	Czech	Polish	Finnish	Hungarian	Dutch	Portuguese	Russian	Romanian	Slovakian	Bulgarian	Greek	Norwegian	Danish	Serbian	
Hama FIT move	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x

# ***hama***

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