



ALTORA™ EVERYDAY SLIM

Smartwatch

User manual

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USER MANUAL - SMARTWATCH 3MK ALTORA™ EVERYDAY SLIM

A. GETTING STARTED

1. First Start

- a) Before first use, charge the smartwatch fully (100%).
- b) To turn on the device, hold the side button (top) for 3-5 seconds.
- c) Follow the instructions displayed on the watch screen.

2. Installing the Mobile App

To fully utilize the watch's features, install the dedicated H Band app.

- a) Scan the QR code from the box/watch or search for "H Band" in Google Play store (Android) / App Store (iOS).
- b) Install and launch the app.
- c) Important: Grant the app all required permissions (notifications, location, phone, contacts, background operation) to ensure stable connection.
- d) Software updates: The manufacturer provides security and functional updates through the mobile app. Regularly check for updates in the app settings.

3. Pairing with Phone (Setup)

Note: Pairing must be done directly in the H Band app, not in the phone settings!

- Enable Bluetooth and Location (GPS) on your phone.
 - Open the H Band app and create an account (or select the login-free mode).
 - Go to the device settings tab (watch icon) → select "Add Device" / "Scan".
 - Find 3mk Altor Everyday Slim in the list and select it.
 - Accept the pairing request displayed on your phone.
- Full description of features and menu structure is available in the watch interface and in the app.

4. Resetting the Device

To restore factory settings:

- Wake the watch screen and enter the Main Menu.
- Select Settings → System → Reset.
- Confirm the operation on the screen.

Alternatively: Hold the main button for a few seconds and select the appropriate option for turning off/resetting. Select Settings → System → Reset. Confirm the operation on the screen.

Alternatively: Hold the main button for a few seconds and select the appropriate option for turning off/resetting.

5. Charging the Battery

- Connect the USB cable to a power source (computer or mains charger with a maximum voltage of 5V/1A). Do not use fast chargers (Fast Charge / Quick Charge) exceeding 2A, as this may damage the battery.
- Bring the magnetic end of the cable close to the contacts on the back of the watch – the magnets will automatically align the connection.
- Ensure that the pins fit perfectly. A charging icon will appear on the screen.

- Do not force the connection or twist the cable at an angle.
- Warning: Do not bend the cable and do not connect a wet device to the power supply. The contacts must be clean and dry. Do not use the cable if the magnet is damaged or the pins are exposed/bent.

B. TROUBLESHOOTING

1. No Bluetooth Connection / Watch Disconnects

Possible causes: Bluetooth turned off, lack of location permissions, app being "killed" by the power-saving system.

Solution:

- Restart your phone and watch.
- Ensure the H Band app is running in the background.
- If the device is paired in the phone's Bluetooth system but not in the app – select "Forget Device" on the phone and pair again through the H Band app.

2. No Notifications on the Watch

Check in sequence:

- ✓ Is the "Notifications" (Message Push) function enabled in the H Band app for selected messengers?
- ✓ Does the app have permissions on the phone: notifications, SMS, phone?
- ✓ Is the app being restricted by power saving? (Path: Phone Settings → Apps → H Band → Battery → No Restrictions).

C. IDENTIFICATION DATA

Trade name: Smartwatch 3mk Altor™ Everyday Slim
 Model: 3MK1SWALES002
 Manufacturer: 3mk Protection sp. z o.o., ul. Krotoszyńska 35 B-02 Lok. 4A, 63-400 Ostrów Wielkopolski, Poland
 Serial number: 122025
 EAN: 5903108741552

D. TECHNICAL SPECIFICATIONS

Power:

- Battery type: Lithium-polymer
- Communication and radio parameters
- Capacity: 300 mAh
- Input voltage: 5V DC (USB)
- Operating voltage: 3.7 - 4V

- Charging current: 1A
- Power: 5W
- Charging method: 2-pin magnetic cable
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- Charging current: 1A
- Power: 5W
- Charging method: 2-pin magnetic cable
- Charging time: approx. 2 hours

Communication and radio parameters

- Compatibility: Android 5.0+ / iOS 9.0+
- Bluetooth: Version 5.3
- Operating frequency: 2402-2480 MHz
- Maximum transmission power: < 10 dBm (EIRP)

Physical Parameters:

- Ingress protection class: IP68 (Complete dust-tightness and protection against continuous immersion in water. Do not use in hot water/saunas).
- Operating temperature: 0°C – 45°C
- Storage temperature: -40°C – 75°C
- Screen: 1.39" TFT, resolution 360x360 px, 60Hz
- Processor: AB5681G

- Memory: 208 KB RAM + 128 Mb Flash
- Case dimensions: 46 × 46 × 11.7 mm
- Material: Metal (zinc alloy) + Plastic
- Strap: Replaceable, width 22 mm

E. SAFETY AND USAGE RULES

Battery: The device contains a non-replaceable lithium battery. Do not disassemble, puncture, throw into fire, or expose to high temperatures (>50°C).

Charging: Use only the included cable or certified replacements that are 5V. Avoid contact of the charging contacts with metal objects (keys, jewelry) during connection – risk of short circuit.

Water: After contact with water (especially salt or chlorinated), rinse the watch with fresh water and dry. Do not charge a wet device.

Health: If skin irritation occurs, remove the device. The product is not a medical device.

Children: The product is not a toy. Contains small parts – risk of swallowing. Not suitable for children under 3 years

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F. LEGAL INFORMATION AND CERTIFICATIONS

The product meets the requirements of EU directives:

- RED 2014/53/EU (Radio Equipment)
- RoHS 2011/65/EU (Restriction of Hazardous Substances)
- WEEE 2012/19/EU (Waste Electrical Equipment)

G. WARRANTY:

Improper use or incorrect placement of this product by users may result in a shortened lifespan or damage, and any resulting damage is not covered by the warranty or is not the manufacturer's liability. The warranty covers manufacturing defects and material flaws. The manufacturer's warranty is 24 months.

H. DISPOSAL (ENVIRONMENTAL PROTECTION)

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Medical devices: The device emits radio waves. Exercise caution when using near medical devices (e.g., pacemakers).

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The obligation to dispose of at e-waste collection points applies to both the watch and the included charging cable. The symbol of the crossed-out bin signifies the obligation to return the used equipment to an e-waste collection point. Lithium batteries must be disposed of separately. Do not throw the device or cable into domestic waste.

Declaration of conformity: The full text of the EU declaration of conformity is available at: [http://3mk.pl/altora-everyday-slim-user-manual] or by scanning the QR code.

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Made in China.

