



Altora™ Vivid Lady Smartwatch

Smartwatch

User manual

EN

User manual for Altora™ Vivid Lady Smartwatch

A. USER MANUAL:

1. Initial Setup

- Before first use, **fully charge the smartwatch**.
- After charging, power on the device and follow the on-screen instructions.

2. Downloading the Da Fit App

- Download the app by scanning the QR code or searching for "Da Fit" in Google Play / App Store.



- Grant all required permissions: notifications, SMS, contacts, Bluetooth, background activity.
- Follow the app's instructions.

3. Pairing the smartwatch with the phone

- Enable Bluetooth on your phone.
- From the list of devices, select **3mk Vivid**.
- Open Da Fit → search for device → pair.
- **Note:** pairing must be done in the app – simply connecting in the BT settings is not enough.

4. Resetting the device

- Enter "options" in the smartwatch.
- Select "Restart."

5. Charging method

- Connect the magnetic cable to a 5V power source.
- Bring the end close to the back of the watch – the magnet will align it automatically.
- Charging will start automatically.
- **Do not bend the cable or rotate the end at an angle.**

B. TROUBLESHOOTING

1. No Bluetooth connection

Possible causes:

- Bluetooth is off or the phone is not visible,
- missing app permissions,
- the device is already paired with something else.

Solutions:

- Restart your phone,

- disconnect and pair again.

2. No notifications on the watch

Check:

- Are notifications turned on in Da Fit?
- Have permissions been granted on the phone: notifications, SMS, background activity?
- Is the app being limited by battery saving?
- → Settings → Battery → Da Fit → **No restrictions**
- Is Bluetooth connected both system-wide and in the app?

C. IDENTIFICATION DATA

- **Product name:** 3mk Altora™ Vivid AMOLED
- **Device model:** 3MK-SWAL-G003
- **Manufacturer name and full address:** 3mk Protection Sp. z o.o.
Krotoszyńska 35, B-02/4a
63-400 Ostrów Wielkopolski
VAT ID PL 6222833086

- **Serial number / batch number:** 042026

Regulation (EU) 2023/1542 regarding batteries

- **Battery Category and Identification (Art. 38(6)):** portable battery 401430

- **Location of Battery Cell Production:** Shenzhen, China
- **Battery production date:** 042026
- **Weight:** 3.1 g
- **Capacity:** 180 mAh
- **Chemistry:** lithium cobalt oxide
- **Hazardous Substances:** None (except for Hg / Cd / Pb)
- **Fire Extinguishing Agent:** chemical powders, CO2
- **Critical Raw Materials (>0.1% m/m):** lithium, cobalt, natural graphite
- **Manufacturer identification:** 3mk Protection Sp. z o.o.
Krotoszyńska 35, B-02/4a
63-400 Ostrów Wielkopolski
VAT ID PL 6222833086
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- **VAT ID:** PL6222830385 | 3mk@3mk.pl

D. COMPLETE TECHNICAL SPECIFICATION

Battery and charging:

- **Battery type:** Lithium polymer battery
- **Battery capacity:** 180 mAh
- **Input voltage (USB):** 5 V
- **Operating voltage of battery:** 3.45 V – 4.35 V
- **Charging current:** 150 mA
- **Charging power:** 1 W

- **Type of charging connector:** 2-pin magnetic charging cable (USB 5 V)
- **Charging time:** approx. 2 hours (standard)
- **Communication and radio functions:**
 - **Compatible systems:** Android / iOS
 - **Bluetooth:** 5.4
 - **Radio frequency range:** 2402–2480 MHz
 - **Maximum radio power:** –3.00 dBm
 - **Antenna gain:** –2.70 dBi
- **RF notes:** the device may interfere with the operation of medical devices – maintain a minimum distance of 15 cm from pacemakers, insulin pumps, etc.

Physical and technical parameters:

- **Protection rating:** IP68
- **Operating temperature range:** –20–60°C
- **Storage temperature range:** –30–70°C
- **Processor:** JL7074A7
- **Memory:** 128 Mb+ FLASH 16 Mb
- **Materials:** Metal (zinc alloy) + aluminium (button) + plastic
- **Case dimensions:** 46.9 mm × 8.7 mm
- **Strap width:** 20 mm

E. SAFETY INSTRUCTIONS

- The smartwatch contains a lithium battery – **do not disassemble, expose to fire or high temperatures.**
- Use only the original charging cable or certified 5 V replacements.
- **Do not charge the device or cable if they are wet.**
- When charging, avoid contact of the magnetic pins with metal objects (rings, keys) – this may lead to overheating.
- If skin irritation occurs, remove the device.
- Do not use the smartwatch while children are sleeping.
- The product is not a toy – **not suitable for children under 3 years old** (small parts, choking hazard).
- Avoid using the device immediately after heavy exposure to water – leave it to dry completely.

F. REQUIRED LEGAL INFORMATION:

The product complies with the directives:

- RED 2014/53/EU
- RoHS 2011/65/EU (2015/863)
- WEEE 2012/19/EU
- Regulation 2023/1542

Short declaration of EU conformity

Hereby, 3mk Protection Sp. z o.o. declares that this product is in compliance with the relevant European

harmonised legislation 2014/53/EU; 2011/65/EU. The full text of the declaration of conformity is available at: 3mk.global/manual.

G. ENVIRONMENTAL INFORMATION:

- The symbol of the crossed-out bin indicates the obligation to return the equipment to a collection point for electronic waste.
- Lithium batteries must be disposed of separately.
- Do not throw the device or cable in household waste.

H. 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 the manufacturer's liability. The warranty covers manufacturing defects and material defects. Manufacturer's warranty: **24 months**.

Designed in Poland by: 3mk Protection Sp. z o.o.
Krotoszyńska 35, B-02/4a
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VAT ID PL 6222833086
3mk@3mk.pl **Produced in China.**

