



Sentidant



Connection Watch

INSTRUCTION MANUAL

Please read these instructions carefully and keep them for future reference.



SEN-10001-BK/BL/SL

HIGHLIGHTS

- **Emotion suggestions:** on-watch sensors suggest which of 12 emotional states you may be in. You confirm or correct, and the watch learns your unique pattern.
- **Emotion sharing:** send an emotion to the people you choose. Friends without a watch can share and receive emotions in the Sentidant app.
- **Live heartbeat sharing:** feel your person's pulse on your wrist in real time. Both of you need a Sentidant watch.
- **Wellbeing:** heart rate, heart-rate variability (HRV) and sleep, plus an on-demand blood-oxygen check.
- **Workouts:** 9 activity modes, with GPS route tracking for outdoor activities.
- **Watch faces:** choose from several, including **Follow emotion** and one made from your own photo.
- **Calls and messages:** standalone 4G with a nano-SIM, no phone needed.
- **Connectivity:** Wi-Fi, Bluetooth and GPS, plus the companion Sentidant app for iPhone and Android.

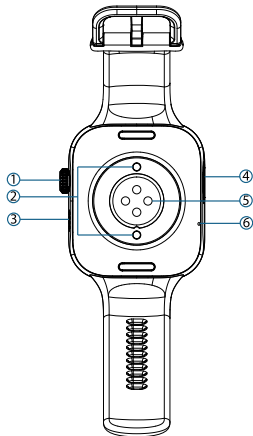
PACKAGE CONTENTS

- | | |
|----------------------------------|--|
| • Sentidant One Connection Watch | • Instruction manual |
| • Magnetic charging cable | • Quick-start guide with a QR code for the Sentidant app |
| • Silicone strap | |
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SPECIFICATIONS

Product	Sentidant One
Display	1.97" AMOLED touchscreen
Connectivity	4G LTE (nano-SIM), Wi-Fi 2.4 GHz, Bluetooth, GPS
Sensors	Optical heart rate (PPG), blood oxygen, accelerometer, barometer, ambient noise, geomagnetic sensor (compass)
Water resistance	IP68
Battery	500 mAh (rated)
Charging time	Approximately 2.5 hours
Materials	Middle frame and bottom case: plastic Decorative parts and buttons: aluminium alloy Strap: silicone

GETTING TO KNOW YOUR WATCH



1. Side button (crown)
2. Magnetic charging contacts
3. Speaker
4. Nano-SIM card slot
5. Optical heart-rate sensor
6. Microphone

GETTING TO KNOW YOUR WATCH (continued)

To do this	Do this
Wake the screen	Press the side button
Go to the watch face	Press the side button. During a live workout or heartbeat, this takes you back to it
Go back one step	Swipe in from the left edge of the screen
Open your emotions (My Emotions)	Tap the watch face
Share an emotion	Press and hold the watch face
Main menu	Swipe up from the watch face
Measure (workouts, heart rate, blood oxygen and more)	Swipe down from the watch face
Utilities (calls, messages, Wi-Fi, Bluetooth and more)	Swipe left from the watch face
Change the watch face	My Sentidant → Display & Sound → Watch face , or in the app

BEFORE FIRST USE

1. Remove all packaging and protective film.
2. Check the watch and cable for visible damage.
3. Make sure the charging contacts are clean and dry.
4. Charge the watch fully.
5. Insert a nano-SIM if you want to use 4G calls, messages and mobile data (see *Installing a nano-SIM*).
6. Download the Sentidant app (see *Get the app and pair your watch*).
7. Turn on the watch and follow the steps on screen to pair it with your phone.



CHARGING

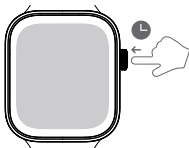
1. Make sure the watch and the charging contacts are completely dry.
2. Place the magnetic end of the cable on the contacts on the back of the watch.
The magnets align it.
3. Connect the cable to a USB power source.
4. Check that the watch shows the **Charging** screen. If it doesn't, re-seat the connector.
5. A full charge takes about 2.5 hours from low. A weak USB port can take longer.

Charging tips

- The watch can feel warm while charging. This is normal.
- Don't charge it while wet, under a pillow, in direct sun, or in very hot, cold or humid places.
- Don't force the connector into position or cover the watch while it charges.
- Disconnect the charger if the watch or cable becomes unusually hot.

TURNING THE WATCH ON AND OFF

- **To turn on:** press and hold the side button until the start-up animation appears. If the watch asks, tap **Start**.
- **To turn off or restart:** with the watch on, press and hold the side button, then follow the options on screen.
- If the watch won't turn on, charge it for a few minutes and try again.
- Only choose a factory reset if you want to erase all data from the watch.

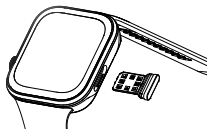


INSTALLING A NANO-SIM

Switch the watch off before inserting or removing the nano-SIM.

1. Open the SIM cover.
2. Insert a standard nano-SIM in the direction shown by the slot guide.
3. Make sure it is seated correctly, then close the cover completely.
4. Turn the watch on.

The SIM gives your watch its own mobile connection, so calls, texts and sharing work away from Wi-Fi. Use a SIM with an active plan that includes mobile data. For calls and texts, the plan must include them too.



GET THE APP AND PAIR YOUR WATCH

1. Scan the QR code with your phone's camera and install the Sentidant app.
2. Open the app, create your account and tap **Let's begin**.
3. Turn on your watch. It shows **Scan to connect** with a code. If it asks, tap **Start** first.
4. Your watch needs the internet before it can pair. If it shows **Getting a pairing code...** or **Can't reach Sentidant**, swipe back from the pairing screen, open **Wi-Fi → Choose a network** and join a 2.4 GHz network, or insert a nano-SIM with mobile data.
5. In the app, tap **Start pairing** and scan the code on your watch. You can also tap **Type the code instead** and enter the code shown on the watch.
6. Keep the app open near your watch until it says **Linked**.



Scan to get the
Sentidant app

Both the watch and the phone need an internet connection: Wi-Fi (2.4 GHz) or mobile data. Bluetooth must be on. The code on the watch refreshes by itself if it expires.

To pair later: in the app, go to **Profile → My Sentidant → Sentidant Watch → Link with Watch**.

ADD YOUR PEOPLE

To share emotions and heartbeats, add your friends in the app.

- In the app, tap the **People** icon, then **Add a friend**.
- Search for someone and tap **Invite**, or tap **Invite friends** to send them a link.
- When they accept, they appear on your watch's **Share with** list.

A friend request you receive appears in the app under **People → Requests**. Tap **Accept**.

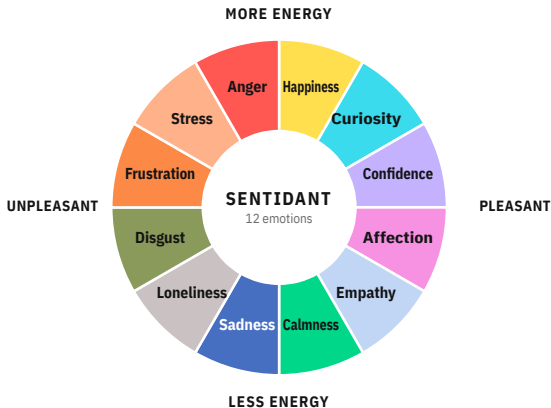
HOW SENTIDANT UNDERSTANDS EMOTION

Your watch reads your heart rate, the rhythm between your heartbeats (HRV) and your movement. From these it suggests which of 12 emotional states you may be in, measured against your own normal, not anyone else's.

It asks. You answer. It learns you. Every time you confirm or correct a suggestion, the watch learns a little more about how your body shows what you feel. The first days are when it learns the most.

When the signals are unclear, the watch shows **Listening...** or asks you instead of guessing. You are always the judge of how you feel.

THE 12 EMOTIONS



The 12 emotions sit on two scales: how pleasant a feeling is, and how much energy it carries.

CHECK-INS: TEACHING YOUR WATCH

About every 30 minutes while you wear it, your watch asks: **Want to name it?**

- Tap **Yes**. The watch shows its suggestion and asks **Close?**
- If it's right, tap **Yes**. If not, tap **No** and choose the emotion that fits better. This is how it learns.
- Then choose **Keep** (only you see it) or **Share**.
- If you ignore a check-in, it closes by itself.

The watch may also ask when it notices a change: **Your Sentidant felt something shift just now.**

Your settings

- How often it asks: **My Sentidant → Emotions → Detect frequency** (30 minutes to 4 hours).
- What happens after you name an emotion: **Emotion recording: Keep / Share required, Auto-keep or Auto-share**. The same settings are in the app under **Profile → My Sentidant → General**.

SHARING AN EMOTION

1. Press and hold the watch face, or answer a check-in.
2. Choose the emotion you want to share.
3. Tick the people you want to share with and tap **Share**.

Their watch plays that emotion's pattern, sound and colour, and they can reply. You can also share from the app. Nothing is shared unless you choose to share it.

If your watch is on 4G only, away from Wi-Fi and your phone, a share can take up to about an hour to arrive, and a heartbeat invitation can be missed.

LIVE HEARTBEAT SHARING

1. Swipe up from the watch face and open **My Wellness** (the heart icon in the middle).
2. Tap **Share my heartbeat**, choose a friend and tap **Share**.
3. When they accept, you each feel the other's pulse on your wrist. Tap **End** to finish.

Both people need a Sentidant watch. The app shows your shared heartbeat history.

HEALTH AND ACTIVITY

- Heart rate, HRV and sleep are recorded automatically while you wear the watch, and shown in the app.
- Blood oxygen is an on-demand spot check: swipe down → **Blood oxygen** → **Start**, and keep still for up to 20 seconds.
- Workouts: swipe down → **Workout** and choose one of 9 activities. Outdoor activities record your GPS route.

CALLS, MESSAGES AND SOS

A nano-SIM with an active plan is required.

- **Calls:** swipe left → **Call**. The first time, allow Sentidant to be your phone app.
- **Messages:** swipe left → **Message** → **SMS**. The first time, allow Sentidant to be your messaging app. Picture messages (MMS) are not supported.
- **SOS:** set your contact in **My Sentidant** → **Emergency SOS** → **Emergency contact**. To call them, press and hold the red button for 3 seconds. The first time, allow Sentidant to make calls.

SOS calls your saved contact, not the emergency services. To reach the emergency services, dial the emergency number (for example 112 or 911) on the keypad.

WATCH FACES

Go to **My Sentidant** → **Display & Sound** → **Watch face**, or choose one in the app. Your choice syncs between the watch and the app. Faces include **Follow emotion**, whose colour follows your emotions, and a **Photo** face made from a picture on your phone.

LANGUAGE

This guide and the Sentidant app are available in English, Français, Español, Deutsch, Italiano, Português and 简体中文.

- **Guide in your language:** scan the QR code or visit sentidant-1.com/guide.
- **App:** **Profile** → **My Sentidant** → **General** → **Language**.
- **Watch:** the watch's own screens are in English for now. More watch languages will follow in a software update.



Guide in your language

BATTERY TIPS

- Charge every day, ideally at a time you're not wearing the watch.
- The watch uses less battery on Wi-Fi or near your phone than on 4G alone.
- Lower the screen brightness and the check-in frequency to save power.

PRIVACY AND YOUR DATA

- Your feelings are yours. Nothing is shared unless you choose to share it, and you decide who sees what. You can delete your account and data at any time in the app.
- Full privacy notice: in the app and at sentidant-1.com/privacy.

TROUBLESHOOTING

Problem	Try this
The watch says Can't reach Sentidant	Connect the watch to Wi-Fi (2.4 GHz) or insert a SIM with mobile data
The watch won't pair	Check both have internet and Bluetooth is on. Wait for a fresh code on the watch, or use Type the code instead
The app doesn't say Linked	Keep the app open near your watch until it says Linked
My friend isn't on my watch's list	Check they accepted your invitation in the app. Give the watch a minute to sync
A shared emotion arrived late	On 4G only, away from Wi-Fi and your phone, a share can take up to about an hour. It catches up when connected
The suggestions don't match how I feel	Keep answering check-ins. The watch learns from every correction
The watch won't charge	Clean and dry the contacts, re-seat the cable and look for the Charging screen
No reading during a heartbeat share	Make sure the watch is snug on your wrist and try again. Check the internet connection and that Bluetooth is on

CLEANING AND CARE

- Switch the watch off if necessary and disconnect it from the charging cable.
- Wipe the watch with a clean, soft cloth.
- Keep the charging contacts and the sensors on the back free from dirt and residue.
- Dry the watch thoroughly before charging.
- Do not use household cleaning chemicals, abrasive cleaners or sharp objects.
- Do not immerse the watch in cleaning solution.
- Keep cleaning products out of the nano-SIM card slot, microphone and speaker.

Storage

When the watch will not be worn for a long time, store it in a cool, dry place, away from direct sunlight, extreme temperatures and moisture. Don't place heavy objects on the watch, and store the cable without sharp bends.

SAFETY PRECAUTIONS

- Do not expose the watch or its accessories to extreme temperatures or fire.
- Avoid strong impacts, drops and excessive vibration.
- Do not crush, puncture, disassemble, modify or try to repair the watch yourself. If it malfunctions, contact an authorised service provider.
- Do not charge the watch while it is wet, handle the charger with wet hands, or use damaged charging equipment.
- Do not insert objects into the nano-SIM card slot or other openings. Use only a standard nano-SIM and make sure the SIM cover is closed properly.
- Do not wear the watch excessively tightly.
- Stop using the watch if it becomes damaged or unusually hot.
- Water resistance can weaken over time through wear, impacts or damage to the seals.

REGULATORY INFORMATION

Product: Sentidant One · Model: IDA01. Regulatory information is also on the watch: **My Sentidant → System → About watch → Regulatory information.**

USA (FCC)

- FCC ID: 2AHFT890. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.
- Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
- Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

REGULATORY INFORMATION (continued)

- If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: reorient or relocate the receiving antenna; increase the separation between the equipment and receiver; connect the equipment into an outlet on a circuit different from that to which the receiver is connected; consult the dealer or an experienced radio/TV technician for help.

Canada (ISED)

- IC: 23023-2AHFT890. CAN ICES-003(B) / NMB-003(B). This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions: (1) this device may not cause interference; (2) this device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage ; (2) l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

REGULATORY INFORMATION (continued)

RF exposure (SAR)

Region	Position	Highest SAR	Limit
EU / UK (10 g)	Front of face, 10 mm	0.374 W/kg	2.0 W/kg
EU / UK (10 g)	Limbs (wrist), in contact	2.118 W/kg	4.0 W/kg
USA / Canada (1 g)	Head, 10 mm	0.37 W/kg	1.6 W/kg
USA / Canada (10 g)	Limbs (wrist), in contact	0.93 W/kg	4.0 W/kg

This watch complies with EU RF exposure limits (Council Recommendation 1999/519/EC; tested to EN 50566). When held in front of the face, keep it at least 10 mm (1 cm) away. When worn on the wrist, it is tested in direct contact.

REGULATORY INFORMATION (continued)

Frequency bands and maximum output power (EU model)

Band	Maximum power
GSM 900	33 dBm
GSM 1800	30 dBm
WCDMA bands 1, 8	23 dBm
LTE bands 1, 3, 38, 41	22 dBm
LTE bands 7, 8, 20, 40	23 dBm
Wi-Fi 2.4 GHz (802.11 b/g/n)	15 dBm
Bluetooth / BLE 2.4 GHz	7.5 dBm
GPS 1575.42 MHz	Receive only

Manufacturer: Shenzhen DO Intelligent Technology Co., Ltd, 1st/2nd/East of 3rd/4th Floor of Building 1, 1st/14th/15th Floor of Building 6, Changyi Industrial Park, No. 1 of Lirong Road, Xinshi Community, Dalang Street, Longhua District, Shenzhen, Guangdong, P.R. China, 518110. Made in China.

HEALTH AND EMOTION DISCLAIMER

- Health and wellbeing functions are for general wellness purposes only. Results can vary with your body, how the watch fits, your surroundings and your activity.
- Emotion suggestions are estimates based on body signals. They are not a diagnosis of any mental or medical condition.
- This watch is not a medical device and must not replace professional medical advice. Always consult a qualified healthcare professional about medical concerns.
- All product and company names are trademarks™ or registered® trademarks of their respective holders. Their use does not imply any affiliation with or endorsement by them.

ENVIRONMENTALLY FRIENDLY DISPOSAL

Important information for the correct disposal of electrical and electronic equipment.

- At the end of its working life, the product must not be disposed of as household waste. Take it to a designated local electronic-waste collection centre or a dealer providing this service. Disposing of an electronic device separately avoids possible negative consequences for the environment and health, and lets its materials be recovered, saving energy and resources. As a reminder, the product is marked with a crossed-out wheeled-bin symbol.
- Never dispose of used electronics with ordinary waste, as they contain harmful substances.
- Always dispose of used electronics according to local regulations for batteries and electronics. If there are none, use a collection bin for electronic devices.



WARNING: Lithium-ion batteries and products that contain them can expose you to chemicals including cobalt lithium nickel oxide and nickel, which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.



WARRANTY

The Sentidant One Connection Watch comes with a standard 12-month limited warranty against manufacturing defects and faults. If the product has faulty parts, poor finishing or visible damage, or fails to work because of a manufacturing defect or poor workmanship, return it with your proof of purchase (receipt or invoice) to the store or seller you bought it from, for an exchange or repair according to their returns policy.

The warranty starts on the date of purchase. Please keep your proof of purchase and the packaging for the warranty period.

The warranty does not apply to a product that:

- a.** has failed through excessive wear and tear beyond reasonable use;
- b.** has been misused or neglected;
- c.** has been damaged accidentally or by force majeure, including fire and flooding;
- d.** has been used or operated contrary to the instructions in this manual.

This warranty is in addition to your statutory rights as a consumer, which it does not affect.

SUPPORT

Questions or problems: info@sentidant.com or sentidant-1.com/support.

To delete your account and data: sentidant-1.com/delete-account.



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