



F  **OREVER**

fore
vigo4

Exactly, **what you want**



USER MANUAL

Smartwatch SW-330

Thank you for purchasing our product! Before first use, please read this manual carefully. Keep it for future reference, as it contains important information.

SAFE USE GUIDELINES

- Read and keep this manual. Follow the instructions carefully; failure to do so may permanently damage the device or cause it to malfunction.
- There are no user-serviceable parts inside the device.
- All repairs should be performed by a service technician. The manufacturer is not responsible for damage caused by unauthorized interference with the product.
- The device is powered by a rechargeable battery. Avoid exposing the battery to very low or very high temperatures (below 10°C / 50°F or above 45°C / 113°F). Extreme temperatures may affect the battery's capacity and lifespan. Avoid exposing the battery to liquids and metal objects, as this may cause partial or complete damage. Use the battery only as intended. Do not destroy, damage, or throw the battery into fire—this may be dangerous and cause a fire. Place used or damaged batteries in designated containers. Overcharging the battery may cause damage; do not charge longer than necessary. Installing an incorrect type of battery may cause an explosion. Do not open the battery. Dispose of the battery in accordance with the instructions. The device's battery is non replaceable and forms an integral part of the product. Do not attempt to replace it.
- Do not leave the device fully discharged for a long time.
- Do not use the product if it is damaged.
- The packaging is not a toy. Keep it away from children after unpacking.
- The device is not a toy. Keep it away from children. It should not be operated by persons (including children) with reduced physical or mental capabilities, or by persons without experience in operating electronic equipment. They may use it only under the supervision of persons responsible for their safety.
- Protect the product from falls and strong shocks.
- Do not bend or pinch the charging cable. When unplugging, hold the plug directly, never the cable itself.
- Clean the device only with a damp, soft cloth. Do not use highly acidic or alkaline agents.
- Always use the device in accordance with its intended purpose.

INTENDED USE OF THE DEVICE:

A Bluetooth smartwatch is a smart watch that connects to a mobile phone via Bluetooth technology, allowing data synchronization and access to various functions. It offers activity monitoring, call and message notifications, music control, access to apps, etc.

Always use the device as intended. Use beyond its intended purpose is unlawful and negatively affects the environment

Manufacturer / Customer Service

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50-428 Wrocław

Poland

Hotline: (+48) 71 327 20 00

E-mail: kontakt@forever.eu

Designed in Poland

Made in China

GENERAL INFORMATION

EN

Thank you for purchasing our product! Before first use, read this manual carefully. Keep it for future reference, as it contains important information.

Forever uses sensors and algorithms to provide data that can be used during sports or adventures. By choosing and applying appropriate modules used in production, we aim for the best possible measurements. Nevertheless, data provided by our products and services are estimates, and the resulting figures may not be precise. Calories, heart rate, blood pressure and other measurements may not correspond to actual results. Forever products and services are intended for recreational use only, not for medical purposes.

IN THE BOX

- 1 × Smartwatch SW-330
- 1 × Charging cable
- 1 × Additional silicone strap
- 1 × User manual

DESCRIPTION

- 1. MAIN BUTTON
- 2. Touchscreen
- 3. Charging area
- 4. Sensor



NOTE: Before using the product, check that the packaging is intact and that all parts are included. Remove all packing materials before use. If any parts are damaged or missing, contact the retailer.

Bluetooth frequency range	Bluetooth 2402–2480 MHz
Maximum transmit power BT/BLE	2,16 / -1,13 dBm EIRP
Strap width	20 mm
Strap length	220 mm
Weight	55 g

Battery	Li-Poly, 3,8 V $\approx$ 220 mAh, 0,836 Wh
Water resistance	IP68
Wireless charging	5 V $\approx$ 0,5 A, 2,5 W
Frequency range	110 – 205 kHz
Wyświetlacz	AMOLED 1,95" 410 x 502 px
Display	5.4
Standby time with Bluetooth on	up to 12 days
Compatibility	iOS $\geq$ 10.0, Android $\geq$ 6.0
Controls	touchscreen, side button
App name	Forever Smart

CHARGING THE SMARTWATCH

When the smartwatch indicates a low battery level, take out the included charging cable and connect its USB end to a power source.

Place the watch on the concave surface of the charger.

A charging icon will appear on the watch screen. When the smartwatch indicates a low battery, connect the included charging cable to the watch and the USB A end to a power source. We recommend using a power adapter with a 5 V $\approx$ output. (Adapter not included.)



PAIRING THE WATCH WITH THE APP

Install the “Forever Smart” app on the phone

Search for and install the “Forever Smart” app from Google Play or the App Store. Or scan the QR code below to install the app directly.

Android app



Forever Smart



iOS app



Pairing the watch with the app

1. Turn on Bluetooth on your smartphone.
2. Download and open the “Forever Smart” app on your smartphone, then enter all required information and grant the necessary permissions/consents.
3. Go to “Settings” in the bottom bar. Tap “Add new device”.
4. Select the SW-330 smartwatch model to connect.
5. During the connection process, grant any required permissions.

NOTE: Not granting the required permissions may affect device functionality.

NOTE: To keep the watch constantly connected to the smartphone, the app must run in the background. Do not close it. Some phone operating systems close apps to reduce battery usage. Open your phone settings and allow the app to run in the background to avoid disconnections.

Disconnecting the smartwatch from the mobile phone

1. To unpair the device, open the app on the phone and go to the settings tab.
2. Select “Disconnect smart device”, then confirm by choosing “OK”.
3. Alternatively, go to your phone’s Bluetooth settings and use the “forget this device” option.

POWERING THE DEVICE ON/OFF:

Turning on:

- Press and hold the main button. The main screen will appear.
- Connect the watch to the charger. The device will turn on automatically.

Turning off:

- Press and hold the main button for about 2 seconds. Confirm the choice.
- Go to Settings, find the power icon  and tap it.
- Go to Settings, find the power icon  and tap it.

WEARING AND USING THE SMARTWATCH

For the most accurate measurements, and to avoid restricting wrist movement, wear the device on the forearm, one finger width above the wrist joint.

Fasten the smartwatch leaving a slight gap between the device and the skin. Too tight a strap may irritate the skin; too loose may cause abrasions.

Do not look directly at the heart rate sensor LEDs. Never allow children to do so!

If the smartwatch becomes warm, remove it and let it cool. If excessive temperature occurs frequently, consult the retailer or manufacturer.

Always check that the heart rate sensors are not dirty. Foreign substances prevent even light reflection and may disrupt measurement.

If you believe heart rate or other measurements are incorrect, try repositioning the watch on the wrist slightly up, down, left, or right so that the sensors reflect light as accurately as possible. If this does not help, consult the retailer or manufacturer.

SHORTCUT MENU

On the home screen, swipe down from the top of the display. A shortcut menu with quick access to selected functions and information will appear.

- 1) Battery level
- 2) BT connection settings
- 3) Do Not Disturb mode
- 4) Power off
- 5) Settings
- 6) Screen brightness
- 7) Information



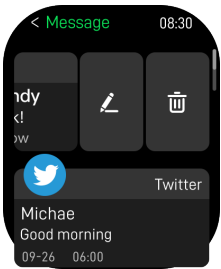
QUICK MENU:

Swipe right on the screen to open the QUICK MENU. A left side panel appears showing icons of recently used functions. The order changes with your last used function



NOTIFICATION OVERVIEW:

To access notifications, swipe up on the main watch face. Notifications may include incoming calls, text messages, and messages from various social media platforms such as Facebook, WeChat, WhatsApp and Twitter. After reading a notification, you can delete it.



FAVORITES

Swipe left on the screen. Here you can add favorite shortcuts by pressing the plus sign next to each function Phone (dialer, call history, contacts), Sleep, Sport, Weather, Heart Rate, Activity, Blood Oxygen, Stress, Alarm, Voice Assistant.

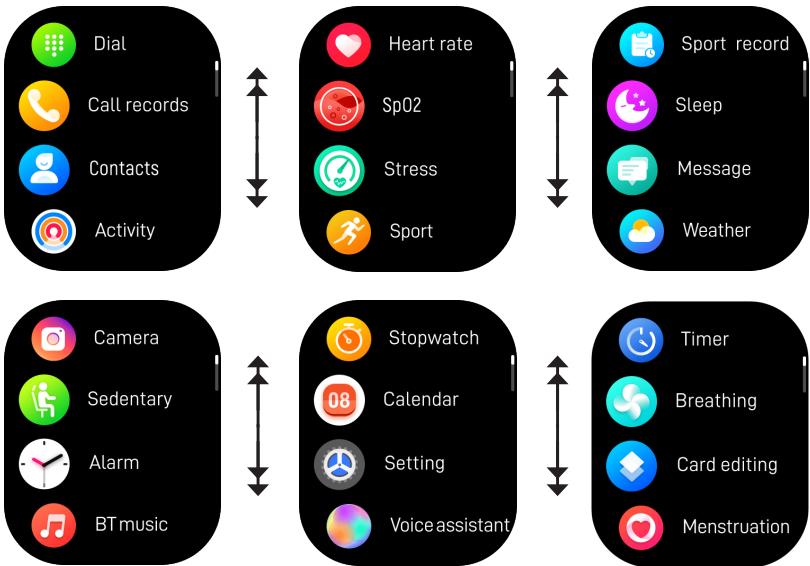
Press the arrow next to each function to set their display order



MAIN MENU

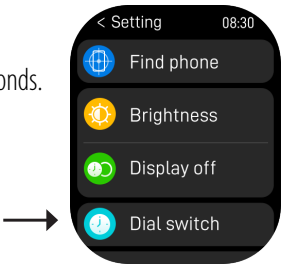
Press the Main Button to enter the main MENU.

To quickly change the display style, double press the main button.



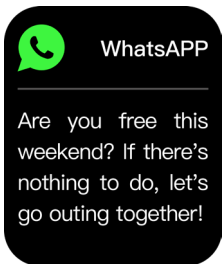
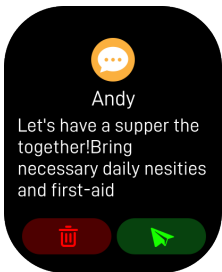
WATCH FACE

- To choose a different watch face, press and hold the display for 3 seconds.
- Watch face changes are also available in the watch settings.



NOTIFICATIONS

The watch’s notification function enables alerts from smartphone apps messages, emails, reminders to be displayed on the watch in real time.



QUICK MENU

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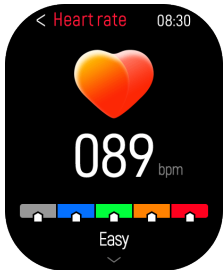
ACTIVITY

daily activity overview: steps, calories and distance.
Swipe to see details. You can also set activity goals here.



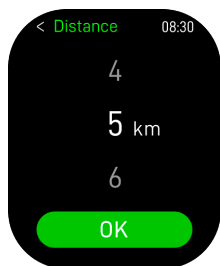
HEART RATE

Heart rate measurement. The watch uses an optical sensor to monitor changes in blood flow through vessels, allowing it to determine beats per minute. Tap to start a measurement. Average and resting heart rate are available.



SPORT MODE

Allows recording of sports activities. Tap the screen to start a workout; use the side button to pause/stop. The bottom button gives quick access to sports modes. In SETTINGS you can choose training targets such as distance, time, calories.



During training, swipe right to expand the additional menu.



**Lock
workout**



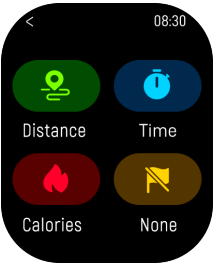
**Add new
workout**



End



**Pause/
Resume**



During training, swipe left to control the music being played. See the Music control section for details

SPORTS MODES

recommended sports: Running, Walking, Treadmill, Hiking, Cycling, Stair Climbing, Elliptical, Spinning, Cycling (Outdoor), Swimming, Badminton, Yoga, Pilates, Aerobics, Jump Rope, Training, Golf, Boxing, Table Tennis, Tennis, Gym, Skating.



During training, swipe right to expand the additional menu

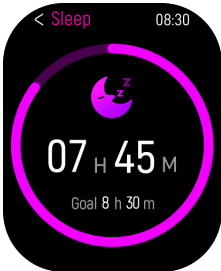
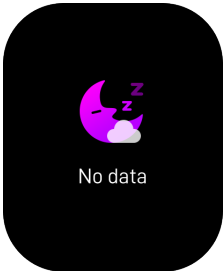


When the set goals are achieved, the app displays milestones. To finish exercising, press the bottom button and tap the “Stop” icon. This will save the workout data (requires a minimum of 200 steps or more than two minutes).



1.11 SLEEP

The sleep monitoring function analyzes the user’s sleep patterns, recording time spent in stages such as light, deep and REM sleep, and provides information on quality and duration.



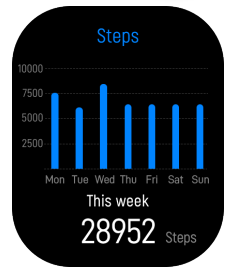
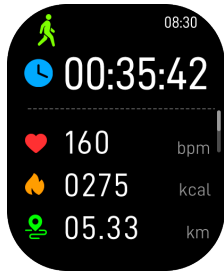
WEATHER

The weather forecast function displays current conditions and forecasts for the coming days, based on meteorological data integrated with the device or synchronized from the smartphone app



ACTIVITY HISTORY

The watch shows a detailed view of recorded sports activities, such as number of steps, distance, calories burned and time of physical activity, based on built in motion sensors and the accelerometer.

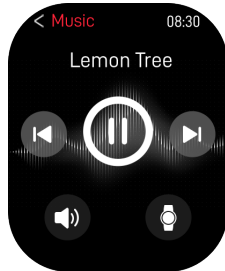
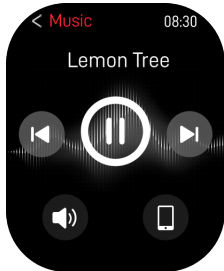
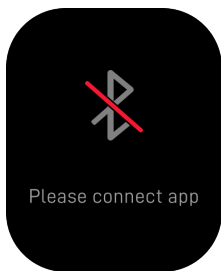


MUSIC

The music function allows playback directly on the device or remote control of the smartphone’s music player, making it convenient to listen during workouts or daily life. Swipe for more details.



NOTE: Location sharing permission on the phone is required for correct reading.



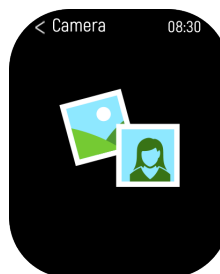
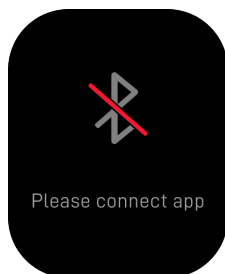
STOPWATCH

Enables precise measurement of elapsed time from start, with the ability to stop, resume and reset as needed.



CAMERA

Allows taking photos and recording videos often via remote control from the watch making it easier to capture moments without reaching for the phone.

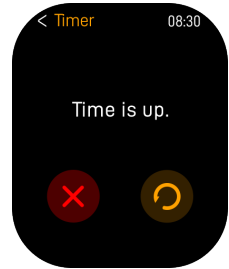
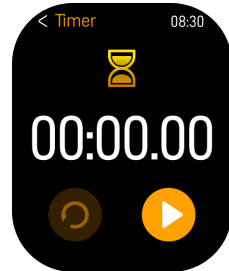
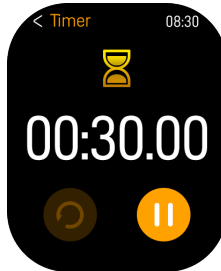
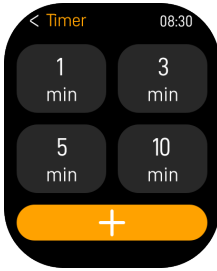


TIMER

Allows setting a specific time after which the device will alert with a sound or vibration useful for cooking, workouts or other tasks.

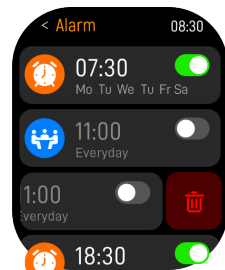
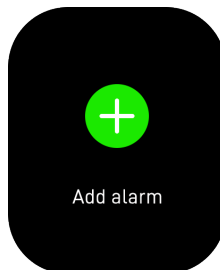
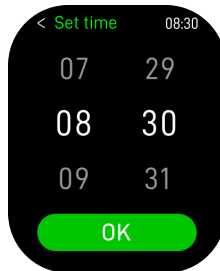
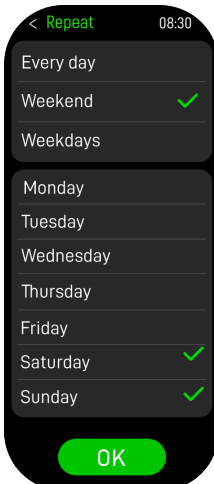
Available presets: 1, 3, 5, 10 minutes. A custom time can also be set.





ALARM CLOCK

Allows setting reminders that alert with sound or vibration at a set time useful for waking up or for important tasks..



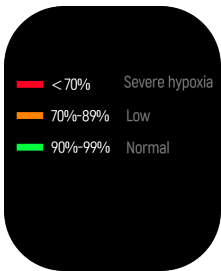
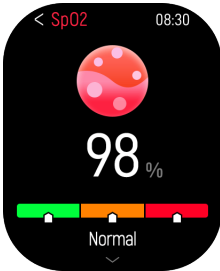
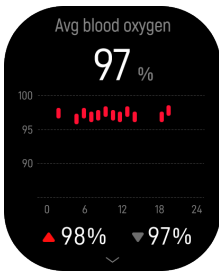
BREATHING

Guided breathing exercises help with relaxation, stress reduction and overall well being, with on screen visualizations and prompts.



BLOOD OXYGEN

SpO₂ measurement uses an optical sensor to analyze oxygen level in the blood by monitoring light reflection from blood vessels. Tap the screen and the measurement starts automatically.



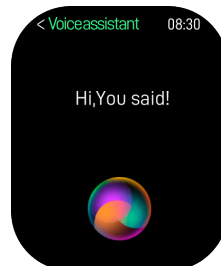
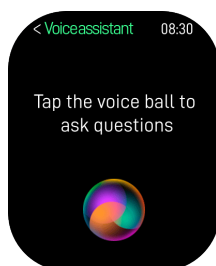
STRESS

Stress measurement analyzes heart rate variability (HRV) and other biometric data such as breathing and activity to assess the user's stress level in real time



VOICE ASSISTANT

Voice assistant function allows operating the device using voice commands



CALENDAR

Swipe up to see the previous month; swipe down to see the next month.



WORLD TIME

In the app you can add current time in other cities worldwide:

Settings ⇒ Smart Device Settings ⇒ World Clock.

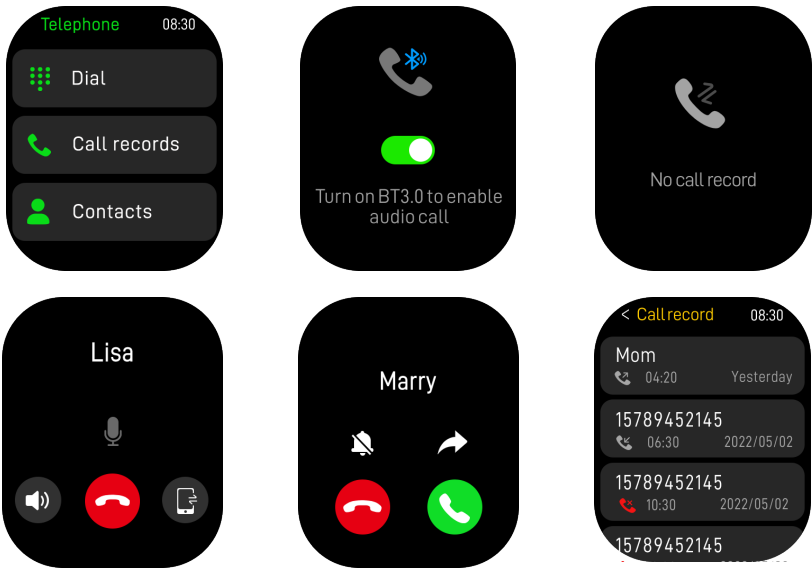
Tap the plus to open the list of available cities. After synchronization, the times will be available on the watch.



PHONE

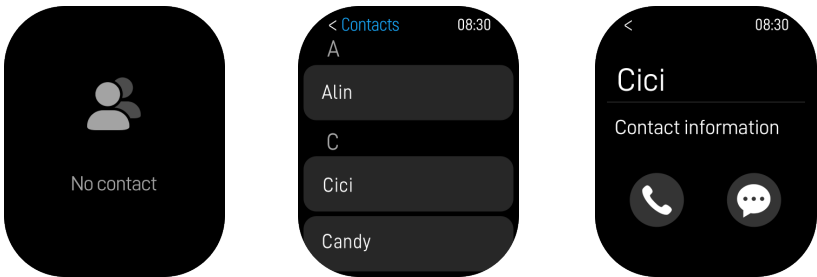
The phone call function allows making and answering calls directly from the smartwatch without using the phone, thanks to the built in microphone, speaker, and Bluetooth connection.

Tap the icon to access contacts, call history, and to dial numbers directly from the watch keypad.



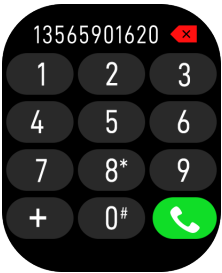
CONTACTS

Allows saving and viewing stored phone numbers.
Contacts are entered in the dedicated app.



KEYPAD

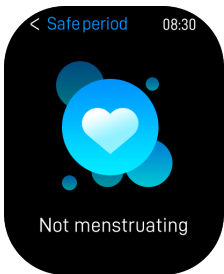
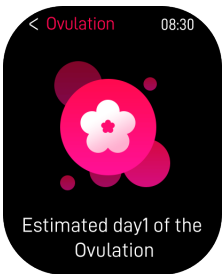
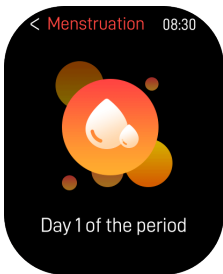
Phone call function allows making and receiving calls directly from the smartwatch without using the phone, thanks to the built in microphone, speaker and Bluetooth. Tap to dial numbers directly from the device keypad



MENSTRUAL ASSISTANT

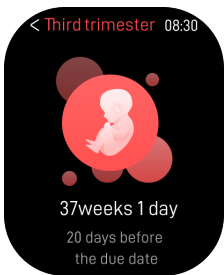
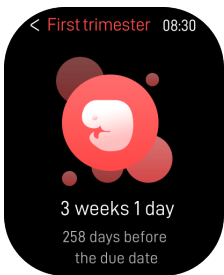
After entering specific information, the watch will help during the menstrual cycle by informing about expected ovulation and menstruation.

NOTE: This feature is for informational purposes only and must not be relied upon as an effective contraceptive



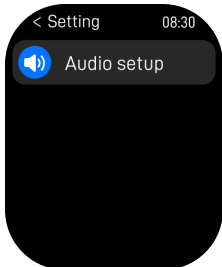
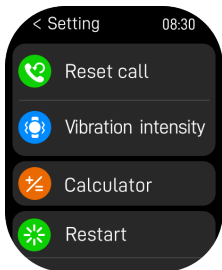
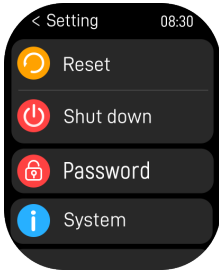
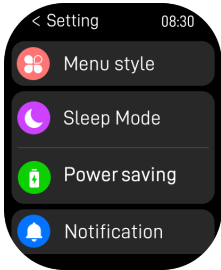
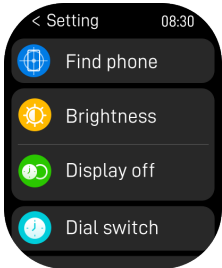
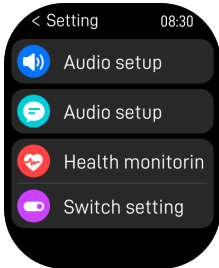
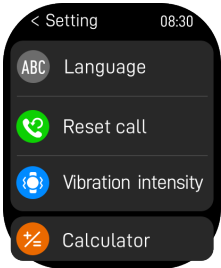
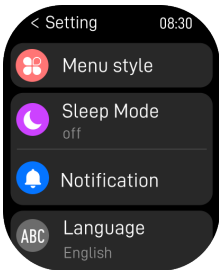
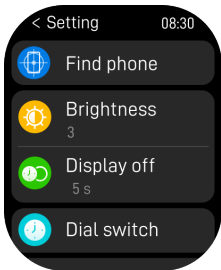
RECORDING PREGNANCY INFORMATION

To record information, you must configure pregnancy monitoring in the Forever Smart app. Swipe to display the women’s health monitoring overview.



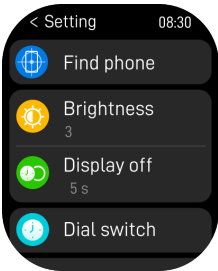
SETTINGS

Settings allow personalization and adjustment of the device to individual needs.



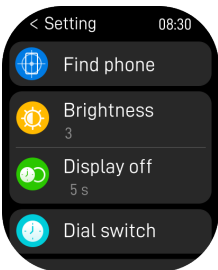
FIND MY PHONE

Remotely triggers the ringtone on the phone to help locate it nearby.



SCREEN BRIGHTNESS

Swipe the bar to adjust display brightness.

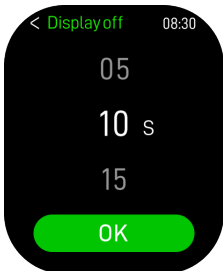
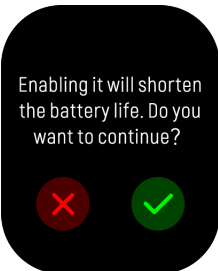
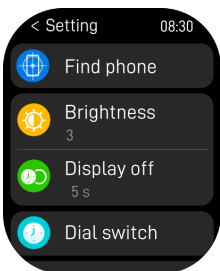


SCREEN BRIGHTNESS

Swipe the bar to adjust display brightness

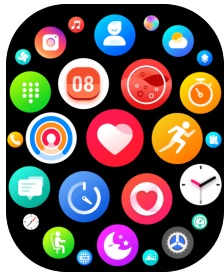
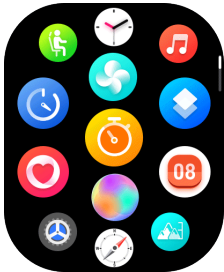
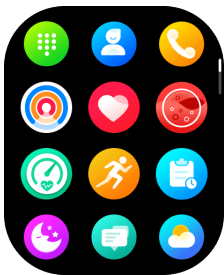
SCREEN TIMEOUT

Set the screen backlight duration



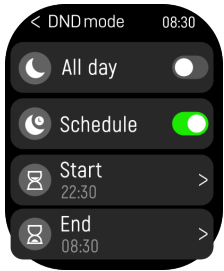
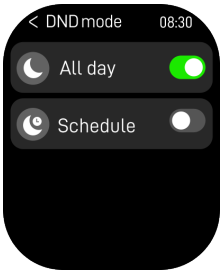
STYLE CHANGE

Allows changing the function display style. Six options are available



DO NOT DISTURB

Watch mode in which notifications from the phone are muted. You can set it for the whole day or define a custom schedule



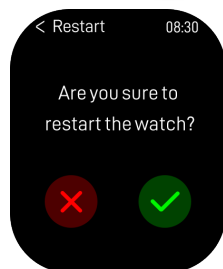
VIBRATION INTENSITY

Three levels: Off – Light – Strong



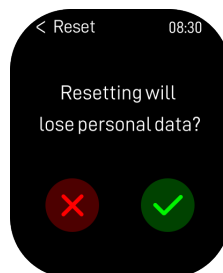
RESTART

Restarts the watch.



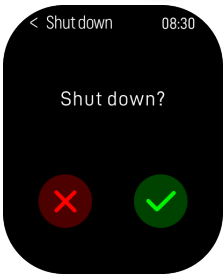
RESET

Restores factory settings. This will erase collected data and settings.



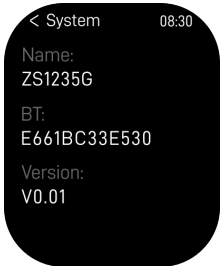
POWER OFF

Turns the watch off.



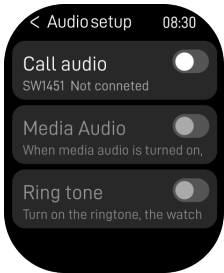
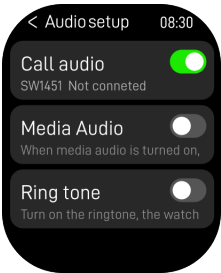
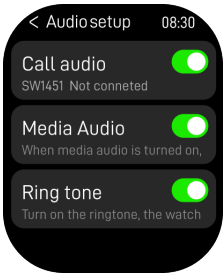
SYSTEM

Information about the watch name, Bluetooth version, and software version.



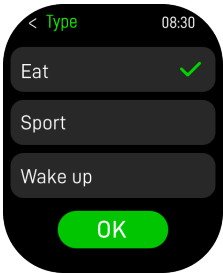
SOUND SETTINGS

Allows enabling or disabling media sounds and notifications.



ADDITIONAL FUNCTIONS

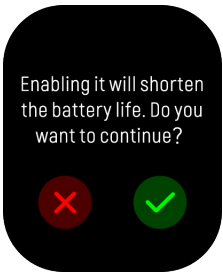
- Activity reminder
- Wake the screen with a wrist raise
- Hydration reminder



POWER SAVING

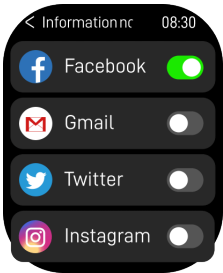


HEALTH MONITORING



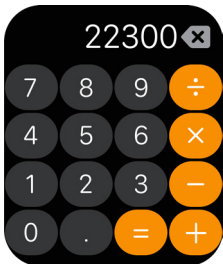
NOTIFICATIONS

Select the apps you want to receive notifications from.



CALCULATOR

The calculator function allows performing basic arithmetic operations.



PROPER DISPOSAL OF USED EQUIPMENT



This device is marked with a crossed out wheeled bin symbol, in accordance with European Directive 2012/19/EU on waste electrical and electronic equipment (WEEE). Products bearing this symbol must not be disposed of with household waste after their useful life. Users are obliged to dispose of electrical and electronic waste by delivering it to designated collection points where such hazardous waste is recycled. Collecting this type of waste in designated places and proper recovery contributes to the protection of natural resources. Proper recycling of electrical and electronic equipment has a positive impact on human health and the environment. For information on where and how to safely dispose of electrical and electronic waste, contact your local authorities, waste collection point, or the retailer where the equipment was purchased.

PROPER DISPOSAL OF USED BATTERIES



According to EU Regulation 2023/1542 on batteries and waste batteries, this product is marked with the crossed out wheeled bin symbol. This means that the batteries used in this product must not be disposed of with unsorted municipal waste but must be treated in accordance with the regulation and local laws. Users must use the available collection network that enables return, recycling and disposal. In the EU, battery collection and recycling are subject to separate procedures. To learn more about local battery recycling procedures, contact your city office, waste management authority or landfill.

EU DECLARATION OF CONFORMITY



TelForceOne S.A. hereby declares that the Bluetooth smartwatch SW 330 complies with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at: <http://manual.forever.eu/SW-330>



This manual and the device packaging should be recycled in accordance with local recycling guidelines.



Symbol denoting flat cardboard (packaging material).



FR

Cet appareil et
ses accessoires
sont recyclables.

À DÉPOSER
EN MAGASIN



À DÉPOSER
EN DÉCHÈTERIE



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