



Green Lion

Communicate Smart Watch

SKU: GNCO55SWTC

Model No: GL-SWA55

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Preface

Thank you for choosing our product!

To gain a comprehensive understanding of and use this device, please read this manual first to become familiar with all its features and the simple operation method.

Safety Precautions

1. Although the watch is IP68-rated, do not expose it to hot water, saunas, or high-pressure water (e.g., showers or water jets), as this may damage internal components.
2. Ensure the watch is completely dry before charging. Do not charge the device when wet or in damp environments to avoid electric shock or short circuits.
3. Use the smartwatch within the recommended temperature range (typically 0°C to 40°C). Extreme temperatures may cause malfunction or reduce battery performance.
4. Keep the watch away from strong magnetic fields (e.g., speakers, magnetic mounts), as features like Remote Capture and Call Records may be affected.
5. If you notice skin irritation or allergies when using sports modes or wearing the watch for extended periods, remove the device and consult a physician.

Remark

This product has a built-in rechargeable lithium battery. Safety warnings for battery use: do not disassemble, strike, squeeze, or put into fire; if the battery is severely swollen, do not continue to use it; do not place it in a high-temperature environment; do not use the battery after it has been immersed in water.

Do not use the product when exposed to hot showers, baths, or saunas, as the vapors may enter the device, potentially damaging the peripheral components. These issues are beyond the scope of the warranty.

This product is not a medical device. The health data and suggestions provided are for reference only and should not be used as a basis for diagnosis or treatment.

Notifications Settings

In the app, go to Device → Notifications, select the corresponding apps, and turn ON the switch.

Troubleshooting

The watch only synchronizes phone notifications from the notification center, such as incoming calls, SMS, WhatsApp, WeChat, etc. If the phone doesn't receive notifications in the notification center, the watch won't receive them either. Ensure that your phone is set to receive notifications from the corresponding apps, and turn ON the notification permission in the phone's settings.

Enter the app to unbind the watch. After unbinding, enter the mobile phone's Bluetooth settings to search for the device "GL-SWA55". If the device is listed, cancel the pairing, turn off your phone's Bluetooth, then turn it on again to reconnect.

Connection

To connect the watch to your phone, first download the app using the following methods.

Android/iOS Phone: Scan the QR code with your browser or any QR code scanner to download the app.

After installation, turn on Bluetooth on your phone and open the app.

Confirm that notifications and all other permissions requested by the app are enabled, then fill in your personal information. Tap "Add device," search for "GL-SWA55" (ensure GPS is enabled on your phone before binding), and tap connect.

If the previous steps do not resolve the notification issue, uninstall the app and download it again.



Firmware Upgrade

When connected via Bluetooth, open the app and tap Device → Firmware Version. It will notify you if a new version is available for update. During the update, a progress bar will appear. Wait for the update to complete. The watch will restart and reconnect with the phone app. Do not operate the watch during the update process. The update takes 3–5 minutes.

Charging Instructions

This product uses a wireless charger that supports mobile phone chargers within 5V and computer USB ports. Simply place the watch on the charging puck, and it will automatically begin charging. A full charge takes about 3–4 hours.

Main Features

Phone Connect Watch Audio: Enter the status bar on the standby interface, click the Bluetooth icon to turn it off, and then click again to turn it on.

Phonebook: After connecting to the phone app, you can add up to 500

frequently used contacts to the watch's phonebook.

Language/Time/Date: Synchronize the language, date, and time between the mobile phone and the Smart Watch after connecting.

Standby Watch Faces: There are several watch faces available. Long press for 3 seconds on the home screen to switch between different watch faces. You can also download new watch faces from the app and customize your photos as watch face backgrounds.

Sleep Monitor: Sleep monitoring will automatically activate from 10:00 PM to 8:00 AM the next day. You can check the details of sleep quality in the app.

Notifications: Synchronize and display app notifications such as Facebook, WhatsApp, SMS, Email, etc., between the mobile phone and the Smart Watch. Up to 8 notifications can be displayed on the watch. Please adjust the settings in the MActive Pro app and allow notifications to be displayed (app permissions). You can also decline incoming calls via the watch.

Stopwatch Function: Press the start and pause buttons, then press stop to stop the timer.

Activity Info: Track workout and health data including Steps, Distance, and Calorie consumption. This data will be saved until midnight (12:00 AM) every day, then reset to 0 values for the following day. You can also look up previous data in the History section.

Activity Info: Displays workout and health data, including Steps, Distance, and Calorie consumption. This data will be saved until midnight (12:00 AM) every day and then reset to 0 values for the following day. You can view previous data in the History section.

Exercise: Select a sport mode to record your workout. To start the activity, enter the mode, swipe right to pause the workout, and tap to end it. The device records the duration, calories, heart rate, etc.

Heart Rate Monitoring Function: When this function is activated, the heart rate is measured by the device scanning the surface capillaries of the skin using green optical diodes. Please allow about 2 seconds for the device to start measuring and recording. To stop measuring, slide to other menus.

Please refer to online resources for information about average heart rate, heart rate while exercising for your age group and gender, or consult your medical practitioner for advice.

Please note: The device is not a medical device. Any values shown are for reference only

Upper Crown: Rotate to scroll through the menu up and down. Click to enter the main menu. After entering the main menu, double-click to switch the menu style. Press and hold to enter the voice assistant standby interface. Double-click to enter the background management.

Bottom Button: Long press to turn the device on/off, short press to access the shortcut menu and status bar, and also to customize functions. Press and hold for 15 seconds to reset the device if it crashes.

Remote Control (Music): Allows you to activate and control music playback on your phone via the Smart Watch (a music playback app must be installed on the phone).

About: Check the model number, Bluetooth address, and version number.

Reset: Tap to reset all data (factory mode).

Alarm Function: You can set several alarm times via the Green Lion app on the phone.

Sedentary, Drink Reminder: Set a time for exercise and/or a reminder to drink via the app.

Find Phone Function: As the device and phone are connected, the Find Phone function can help locate your mobile phone. Tap "Find Phone" and locate your phone via the ringtone/sound coming from your phone.

Wrist Wakeup: You can "wake up" the watch with wrist movement. Please set this function in the app. Please note that this might increase power consumption.



Specifications

Model No.	GL-SWA55
Case Material	Alloy Vacuum Plating
Strap Material	Silicone
Battery	380mAh
Display	2.07" IPS
Bluetooth Version	BT 5.4+3.0
RAM+ROM	684KB+256 MB
Storage Memory	1GB Flash
Charging Type	Wireless Charging
Charging Time	2.5 Hrs
Working Time	3-5 Days
Waterproof	IP68
Product Weight	55 g
Product Dimensions	46*39.8*9.7 mm

Disposal

This product must not be disposed of as unsorted household waste. It is important to separate such waste for proper treatment and recycling, in compliance with local waste management regulations.

Warranty

Products that you buy directly from our **Green Lion** website or shop come with a 24-month warranty.

When you buy **Green Lion** products from any of our approved sellers, you only get a 12-month warranty. If you want to extend this warranty, go to our website at <https://www.greenlion.net/warranty> and fill out the form with your information. Don't forget to upload a picture of the product too. After we've checked and accepted your request, we'll send you an email to confirm that your product's warranty has been extended.

For more info, please check:
<https://www.greenlion.net/warranty>

Contact Us

If you have any questions about this Privacy Policy, please contact us at:

Website: <https://www.greenlion.net/>

Sales: sales@greenlion.net

Service Support: Support@greenlion.net

Telegram: [@greenlion_global](https://www.instagram.com/greenlion_global)

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