



Powerology

**SANAM Urban Sports
Smart Watch**

SKU : PSWBT290

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Product Overview

The Powerology Sanam Urban Sports Smart Watch features a vibrant AMOLED screen with dynamic watch faces, ensuring clear visibility in various lighting conditions. It supports Bluetooth smart calling, allowing you to make and receive calls directly from the watch. The watch also offers comprehensive health monitoring, including sleep tracking and stress level monitoring, helping you stay on top of your well-being. With over 100 workout modes, it is designed to support a variety of fitness activities. Additionally, it provides real-time notifications, so you never miss a message or alert. The watch offers up to 5 days of battery life, making it ideal for continuous use throughout the day. The connection app, available on both the App Store and Google Play, allows you to easily sync and manage your data.

Specifications

Screen Size	1.43" Amoled
Material	Zinc Alloy Frame
Strap Size	22MM
Bluetooth Version	V5.4
Battery Capacity	300mAh
Charging Time	2.5H
Working Time	Up to 5 days
Water Resistant Level	IP68
System Compatibility	Android +8.0, iOS +12
Bluetooth Frequency	2402~2480MHz

Bluetooth Connection

1. Scan the QR code to download the “Da Fit” app on your phone and open the app.

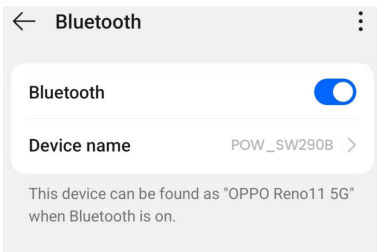


Scan the QR code with your phone to download the APP.

2. In the app, go to the device page and click "Add Device." Follow the on-screen instructions to pair the device via Bluetooth.

3. Once paired, a prompt will appear asking to pair with “POW_SW290B”. Click "Allow" to complete the pairing.

4. After pairing, the phone function will be activated. If pairing is not allowed, search for “POW_SW290B” in your phone’s Bluetooth settings and pair manually. Only after successful pairing can the phone function be used.



Notice:

1. Please do not pair directly in the Bluetooth list of the mobile phone system to avoid the "Da Fit" app being unable to connect to the watch.

2. Please allow the "Da Fit" app to obtain your phone's "location," "phone," "camera," and other permissions to ensure successful pairing.

Operation Instructions



Slide Up: Access the Smart Stacking feature.



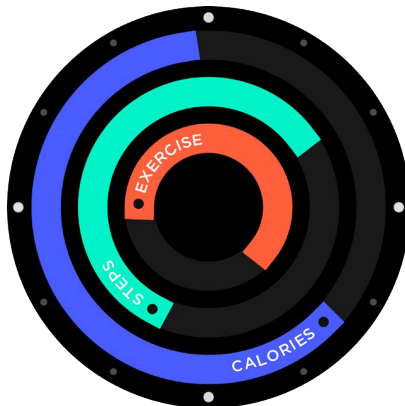
Swipe Down: Open the Control Center for quick settings and controls.



Swipe Right: View the current weather conditions.

Crown Function:

1. Turning the Device On/Off: Press and hold the crown to power the smartwatch on or off.
2. Navigating the Menu: Press the crown once to access the menu list. You can rotate the crown to scroll up or down through the menu options.
3. Returning to Previous Screen: Press the crown again to return to the previous screen or interface, allowing for easy navigation through various features without needing to touch the screen.



f. Button Function:

1. Entering the Exercise List: Press the down button to quickly access the exercise or fitness tracking list.
2. Returning to Previous Function: After selecting an option, pressing the down button allows you to return to the previous screen or function, making it easy to navigate between modes.

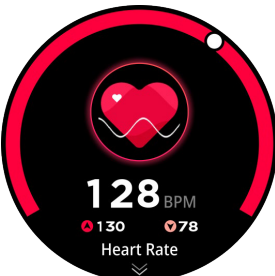
Features and Functions



Physical Activities: Track your daily steps, calories, and exercise duration. More detailed information, including analysis and data records, can be viewed in the app.



Sleep: Record the total sleep time from the previous night, including both light and deep sleep duration. Detailed information and data records are available in the app.



Heart Rate: Measure your current heart rate, and enable 24-hour heart rate monitoring via the app. The data can be accessed in the app for review. (Note: These values are for reference only and cannot be used for medical purposes.)



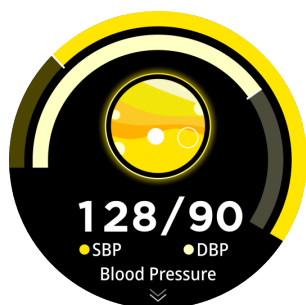
Phone: You can make and receive calls, view call records, and add contacts directly through the app. When using the phone function, ensure the connection between the smartwatch and the phone is stable.



Exercise: Track various activities such as walking, running, outdoor cycling, skipping, badminton, basketball, football, mountaineering, tennis, rugby, golf, yoga, fitness, dancing, baseball, elliptical machine, and more. Over 100 sports modes are available. Detailed analysis and data records can be viewed in the app.



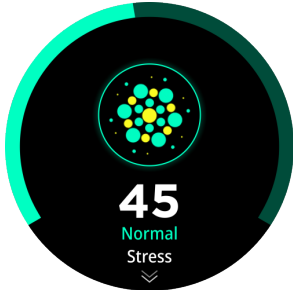
Exercise Records: Record your latest 5 exercise activities. Data records are available in the app.



Blood Pressure: Measure the current blood pressure (SBP and DBP) and record the latest 7 blood pressure measurements. More detailed information and data records are available in the app. (Note: These values are for reference only and cannot be used for medical purposes.)



SpO2: Measure the current blood oxygen level and record the latest 7 blood oxygen measurements. Detailed information analysis and data records can be viewed in the app. (Note: These values are for reference only and cannot be used for medical purposes.)



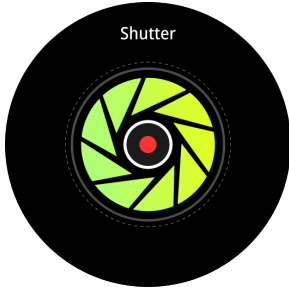
Stress: Measure the current stress level. You can enable 24-hour stress monitoring via the app. More detailed information and data records can be viewed in the app. (Note: These values are for reference only and cannot be used for medical purposes.)



Weather: Displays the weather conditions for the current day and the next 6 days. Weather information needs to be connected to the app to obtain data. If the connection is disconnected for a long time, the weather information will not be updated.



Messages: Sync notifications from your phone and view the latest 8 messages. (Note: Turn on the corresponding notification switch in the app.)



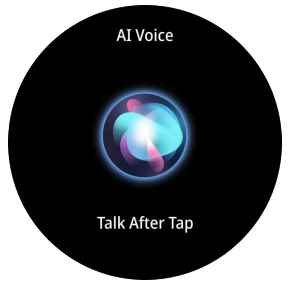
Shutter: After connecting to the app, open the photo control in the app and click to remotely control the photo taking.



Music Control: After connecting to the app, the watch can control music playback ,including play/pause, previous song/next song, and volume adjustment on your phone.



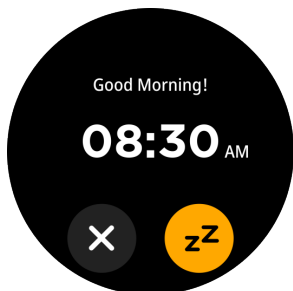
Stress Relief and Sleep Aid: Choose the appropriate mode to relax and relieve stress, such as "Stressed" or "Falling Asleep."



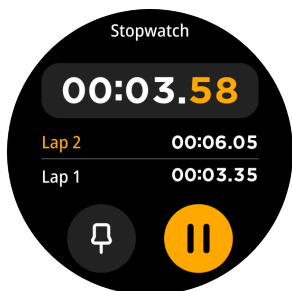
Voice Assistant: Tap on the voice assistant and speak the function you want to activate. (Note: The watch must be connected to your phone via Bluetooth for this feature to work.)



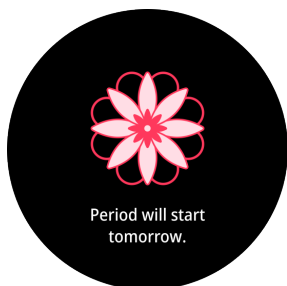
Timer: Set a custom timer, such as 1 minute, 5 minutes, or 10 minutes, based on your needs.



Alarm Clock: You can set up to 8 alarms and customize the reminder time. The alarm will vibrate and light up the screen at the set time.



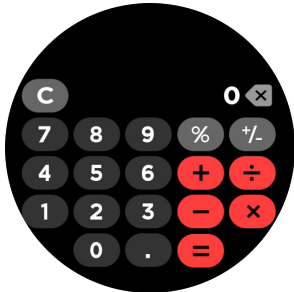
Stopwatch: Supports up to 99 time recordings for accurate timing of activities.



Menstrual Period: Set the menstrual period function in the app, and the watch will display the corresponding menstrual period, predicted menstrual period, and ovulation period reminder.



Flashlight: Turn on the flashlight to illuminate your surroundings, then click the flashlight page to turn it off.






Calculator: Supports basic calculation functions such as addition, subtraction, multiplication, and division.



Find Phone: Click "Find phone," and your phone will vibrate and ring to help you locate it.



Game: Play "Jumping Bird" anytime and anywhere during your spare time.

	<p>Settings: Adjust the display brightness, vibration & ringing, screen-off settings, wrist raise to light up the screen, screen-off by overlay, encoder vibration, do not disturb mode, power-saving mode, call settings, media audio, call reset, and system information.</p>
	<p>Screen Clock: Choose between a digital or analog clock, which will be displayed when the watch screen is off. (Note: Enabling this function will reduce battery life.)</p>
	<p>Media Voice: Turn on/off to control the sound of the watch while playing music, browsing TikTok, watching videos, or movies. This controls the sound of the watch, not the phone. (It mainly manages the sound played by third-party apps.)</p>

Other Functions:

- a. Electronic business card
- b. Drainage function
- c. Watch search
- d. 24/12-hour time system
- e. Online watch face push/custom watch face push
- f. Unit settings
- g. Water drinking reminder
- h. Sedentary reminder

- i. Low battery reminder
- j. Power saving mode
- k. High heart rate reminder
- l. Goal achievement reminder

Charging Instructions

1. Place the watch on the charging pad, ensuring that the charging contacts on the back of the watch align completely with the metal contacts on the charging pad.
2. Connect the charging cable to a standard USB charger with an output voltage of 5V and an output current of 0.5A or higher.
3. Before using the charging cable again, please clean the charging contacts to remove any sweat or moisture residue to ensure proper charging.

Waterproof Maintenance

To keep the watch waterproof, do not open the watch case or immerse it in hot water, tea, or other harmful liquids.

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 **Powerology** website or shop come with a 24-month warranty.

The 24-month warranty applies to products purchased directly from our **Powerology** website or store. If **Powerology** products are bought from any of our verified retailers, then the product is eligible for only a 12-month warranty. To extend your product's warranty, visit our website **<https://www.powerology.me/warranty>** and fill in your details in the provided form along with an uploaded picture of the product to process your request. Once approved, you will receive a confirmation email of the extended product warranty. Upload the required information within 48 hours of purchase to be eligible for a 24-month warranty period.

For more info, please check:

<https://www.powerology.me/warranty>

Contact Us

If you have any questions about this Privacy Policy, please contact us at: **hey@powerology.me**

Website: **<https://www.powerology.me/>**

Instagram: **[powerology_official](#)**

Facebook: **[powerology.ME](#)**