TITAN SMART

USER MANUAL

CONTENTS

Unboxing the Watch

Packaging contains
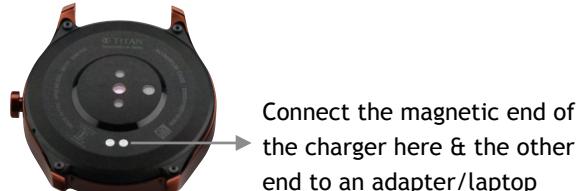
- Titan Smart Watch (watch head+strap)
- Magnetic charging cable
- Warranty card

To assemble the watch, adjust the metallic pins on both the straps and hook them to either ends of the watch head.

Charging the Device

The first charging process takes up to 60-90 mins. Battery status can be viewed on the face of the smartwatch.

Connect the magnetic end of the charger here & the other end to an adapter/laptop

Battery life

- Upto 14 days with standard usage .
- Upto 7 days with heavy usage.

Know Your Watch

Silicon Watch Band

Immersive
Crystal Display

Push Button

Metallic Finish Body

Wearing the Watch

Make sure your watch is
fitting well just above
your wrist

Please keep still

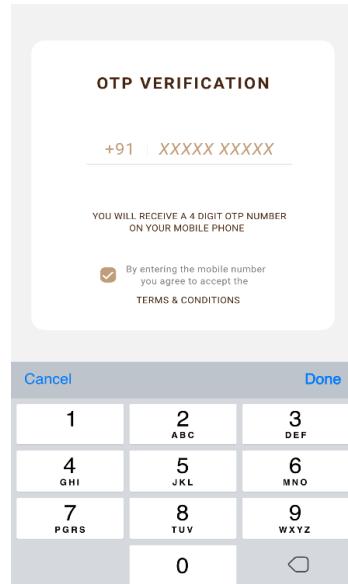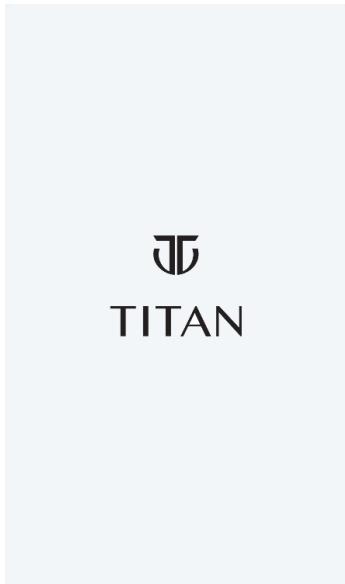Instructions on wearing
the watch properly

Setup and Get Started

Installing the Application

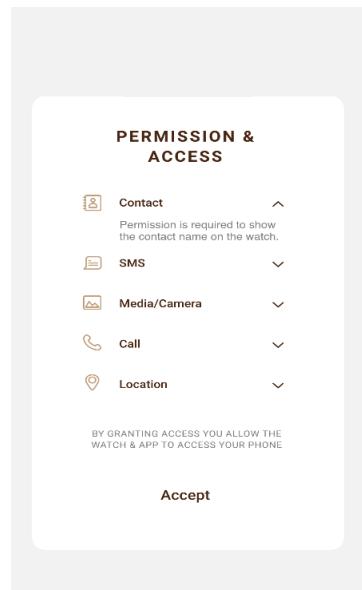Download and install the Titan Smart World App on your phone

TITAN SMART WORLD APP

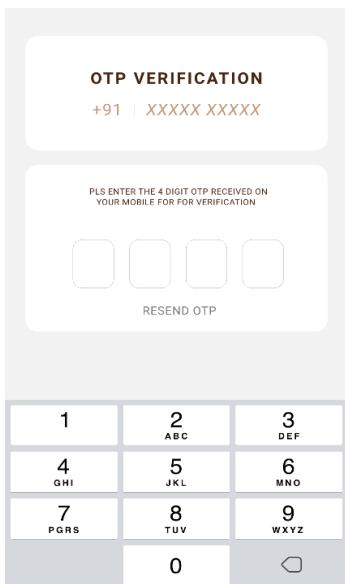**Available on the App Store**

GET IT ON Google Play

Signing Up

OTP VERIFICATION

+91 | XXXXX XXXXX

YOU WILL RECEIVE A 4 DIGIT OTP NUMBER ON YOUR MOBILE PHONE

By entering the mobile number you agree to accept the TERMS & CONDITIONS

Cancel		Done
1	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PGRS	8 TUV	9 WXYZ
	0	

Launch the Titan Smart World App
Swipe right

Sign Up
Enter your phone number to receive an OTP

OTP VERIFICATION

+91 | XXXXX XXXXX

PLS ENTER THE 4 DIGIT OTP RECEIVED ON YOUR MOBILE FOR FOR VERIFICATION

RESEND OTP

1	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PGRS	8 TUV	9 WXYZ
	0	

PERMISSION & ACCESS

Contact
Permission is required to show the contact name on the watch.

SMS

Media/Camera

Call

Location

BY GRANTING ACCESS YOU ALLOW THE WATCH & APP TO ACCESS YOUR PHONE

Accept

Fill in the OTP
Complete the registration process

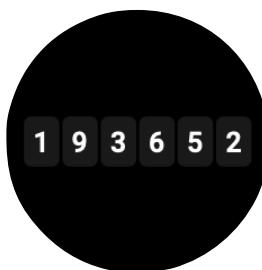**Grant Permission**
Get access to various Smart App functionalities

Connecting to Smartphone

Tap on **Pair and Connect** option on the app

Scan Code

Tap the scan button on the app to open camera on your smartphone. Scan the QR code on your watch
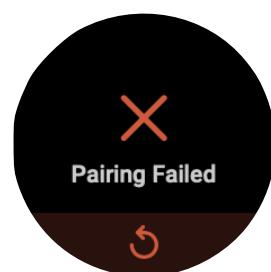
1 9 3 6 5 2

Enter Code

Enter the 6 digit code generated on your smartwatch on the app

Paired Successfully

Your watch has now paired successfully with your smartphone
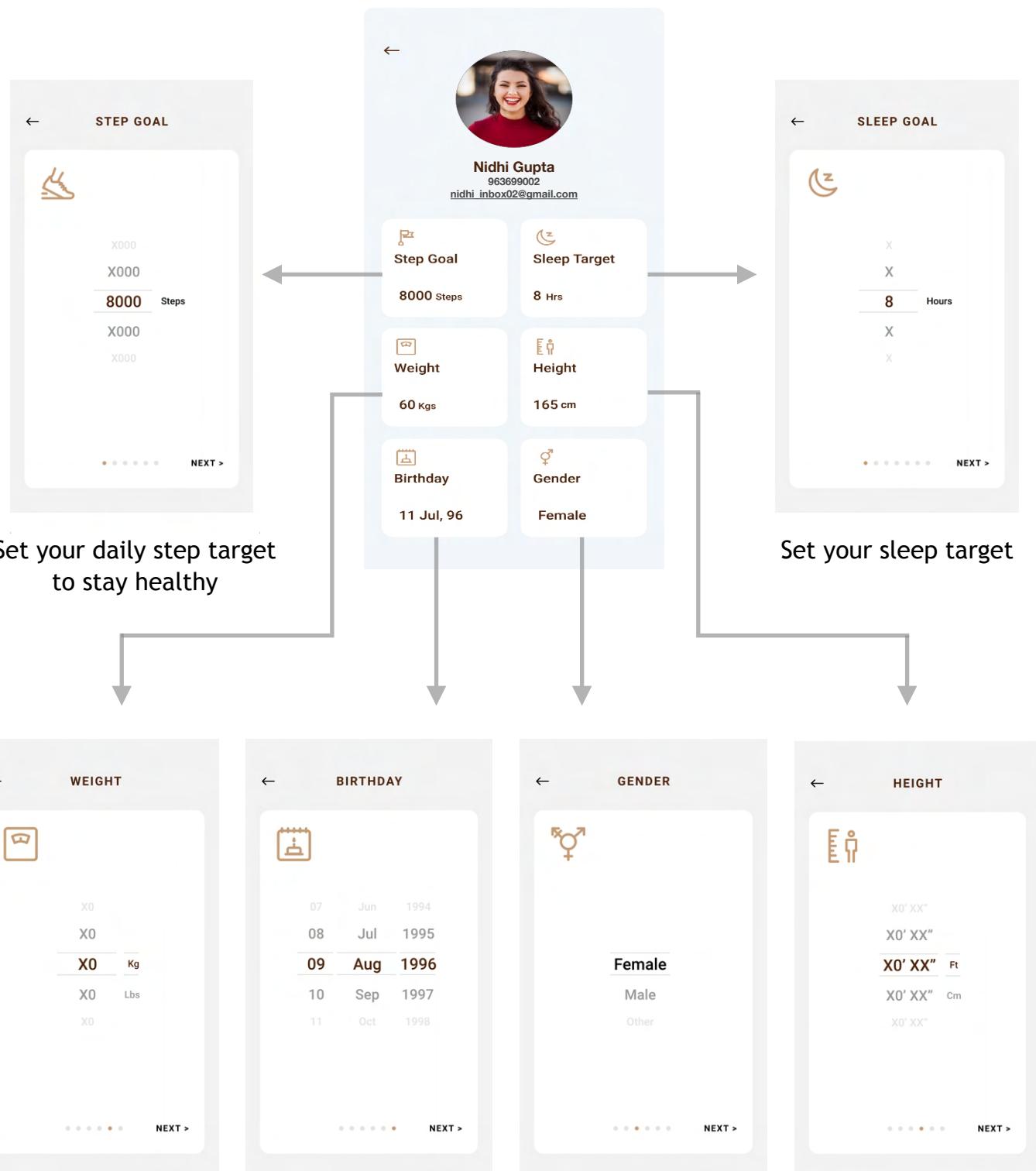
Pairing Failed

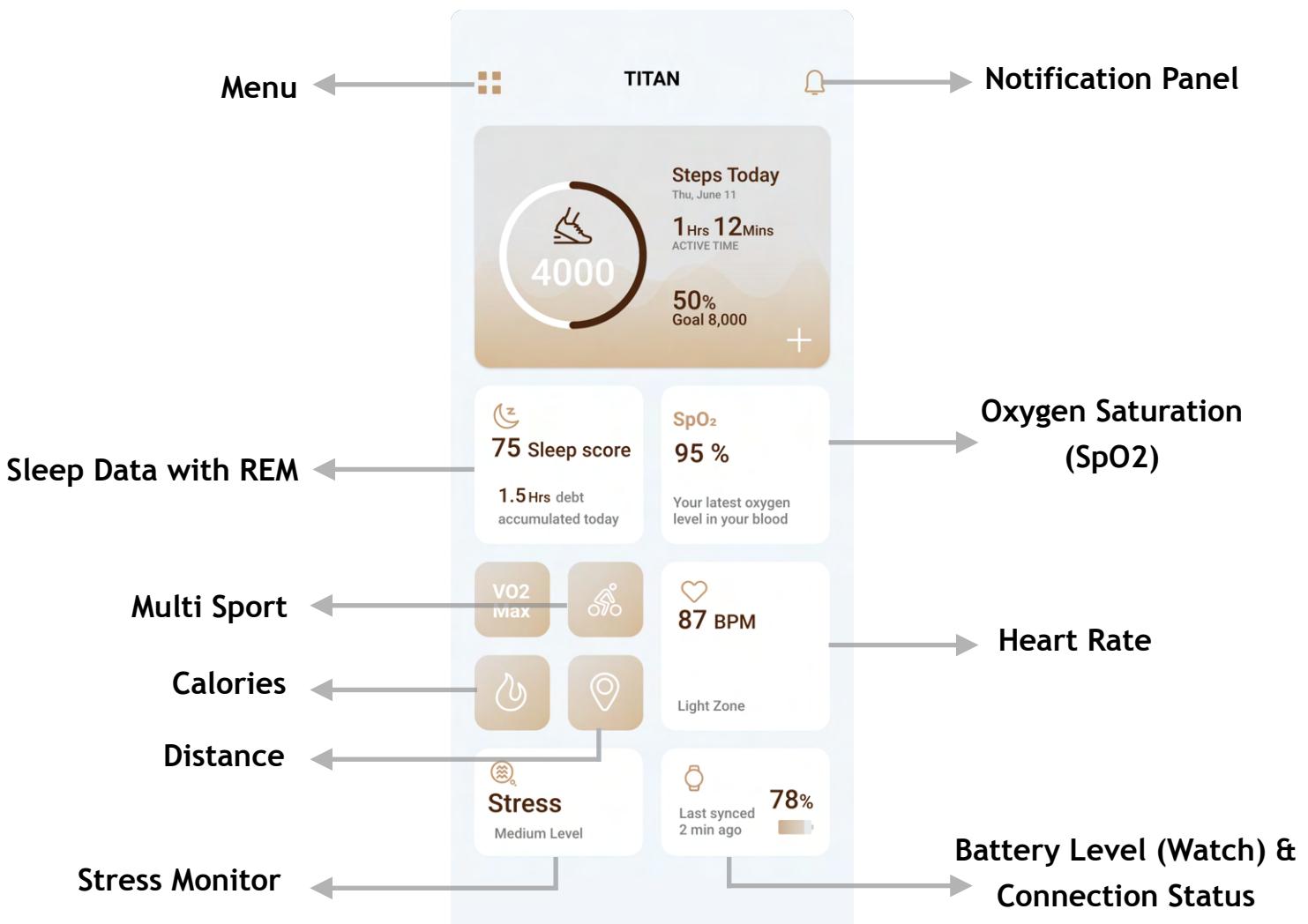Scan the QR code again and repeat the steps

Ready

Your Smartwatch is ready to use

Create Profile: Introduce Yourself

STEP GOAL

X000
X000
8000 Steps
X000
X000

NEXT >

Set your daily step target
to stay healthy

Nidhi Gupta
963699002
nidhi_inbox02@gmail.com

Step Goal
8000 Steps

Sleep Target
8 Hrs

Weight
60 Kgs

Height
165 cm

Birthday
11 Jul, 96

Gender
Female

SLEEP GOAL

X
X
8 Hours
X
X

NEXT >

Set your sleep target

WEIGHT

X0
X0
X0 Kg
X0 Lbs
X0

NEXT >

BIRTHDAY

07 Jun 1994
08 Jul 1995
09 Aug 1996
10 Sep 1997
11 Oct 1998

NEXT >

GENDER

Female
Male
Other

NEXT >

HEIGHT

X0' XX"
X0' XX"
X0' XX" Ft
X0' XX" Cm
X0' XX"

NEXT >

Ensure that the above details are accurate for
precise calculation of your activity metrics

Application Dashboard

Menu

Notification Panel

TITAN

Steps Today
Thu, June 11

1 Hrs **12** Mins
ACTIVE TIME

4000

50%
Goal 8,000

Sleep Data with REM

75 Sleep score

1.5 Hrs debt
accumulated today

SpO₂
95 %

Your latest oxygen
level in your blood

Oxygen Saturation
(SpO2)

Multi Sport

VO2 Max

Calories

Distance

87 BPM

Light Zone

Heart Rate

Stress
Medium Level

Last synced
2 min ago

78%

Stress Monitor
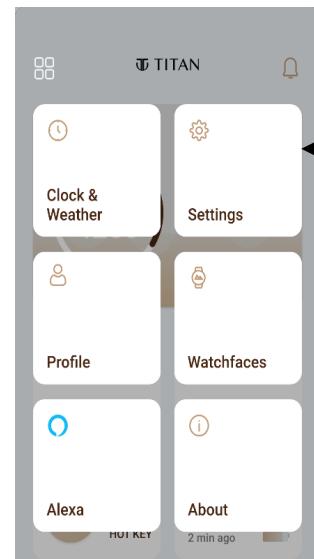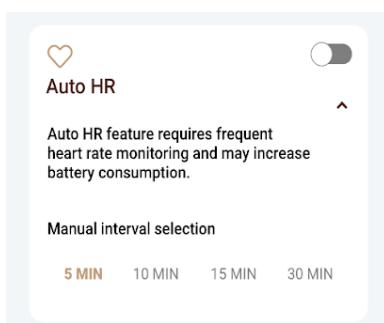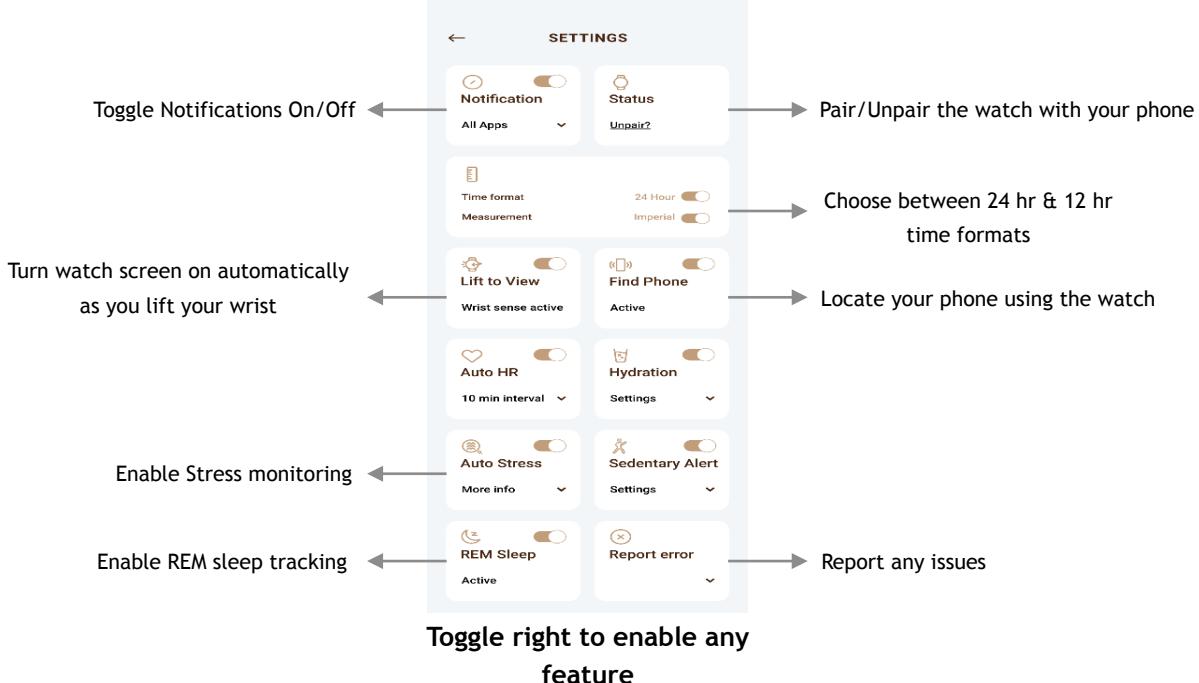
Battery Level (Watch) &
Connection Status

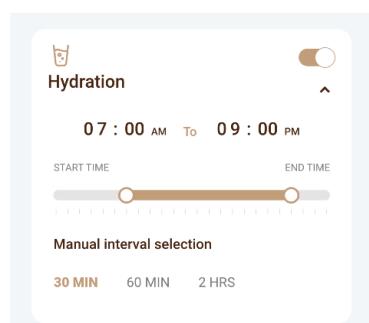# Application Settings

Tap here

Application Dashboard

Application Settings

Quick Access Menu

Toggle Notifications On/Off

Pair/Unpair the watch with your phone

Choose between 24 hr & 12 hr time formats

Turn watch screen on automatically as you lift your wrist

Locate your phone using the watch

Enable Stress monitoring

Enable REM sleep tracking

Report any issues

Toggle right to enable any feature
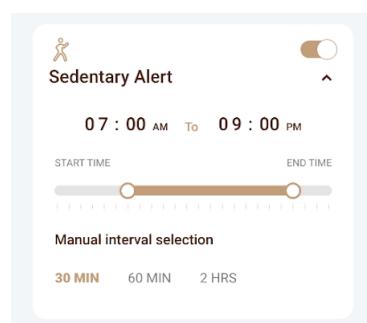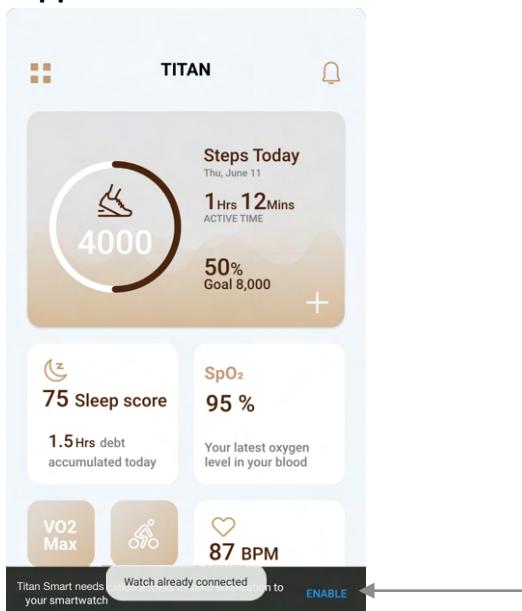

Monitor your heart rate

Get alerts to avoid sittings for too long

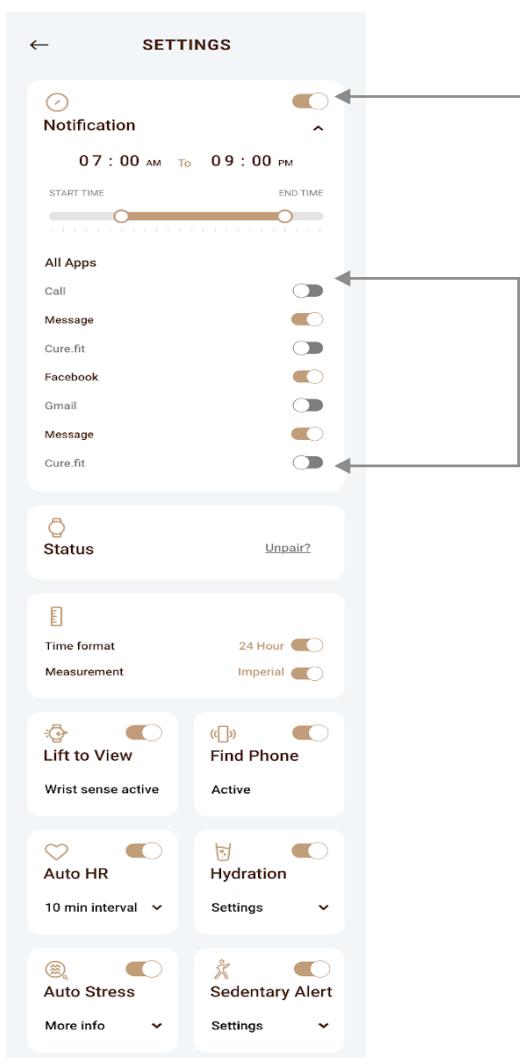Keep a track of your daily hydration

9

Notifications: Access & Customisation

Application Dashboard

Click on Enable to give Titan Smart access to
CALLS, MESSAGES & OTHER NOTIFICATIONS

Notification Panel

Turn on/off the Notifications for **ALL APPS**

Turn on/off the Notifications for **INDIVIDUAL APPS**

***Note:** If the Notification setting (time frame) is set for a duration, say from 7 am to 7pm, then it bypasses the individual notifications like Sedentary & Hydration.*
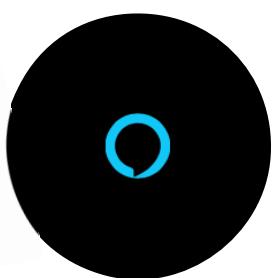
Access, Functionalities & Interface

Quick Access Panel

12:30AM SUN 26

↑ Swipe Up

Alexa

Swipe
Left to Right

Primary Watch Screens

My Fitness
56720
6270 Cal
20.00 km

Swipe
Right to Left

🜋 TITAN
JUL 20, MON
10:08 AM
7089
80%

↓ Swipe Down

luisrock
Dear Mr. Li Jie , you are now
invited to the celebrati... party

29 remind
Don't forget that you have
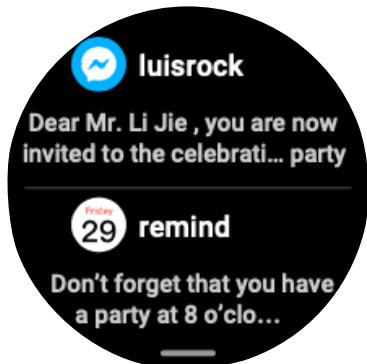a party at 8 o'clo...

Notification Panel
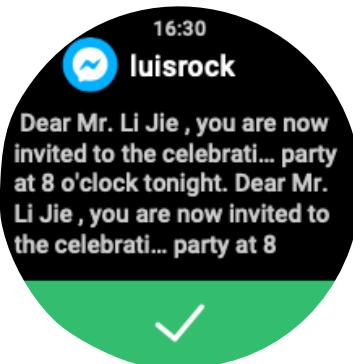
Press and hold to switch
between watch faces

Swipe Down

Notification List

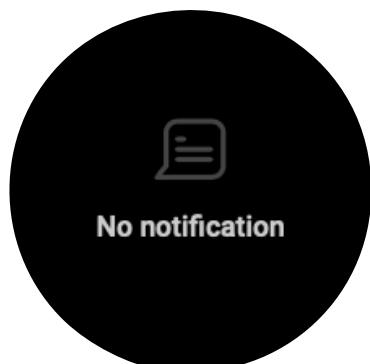Click on
any notification

View Specific Notification

Swipe Down from
first notification
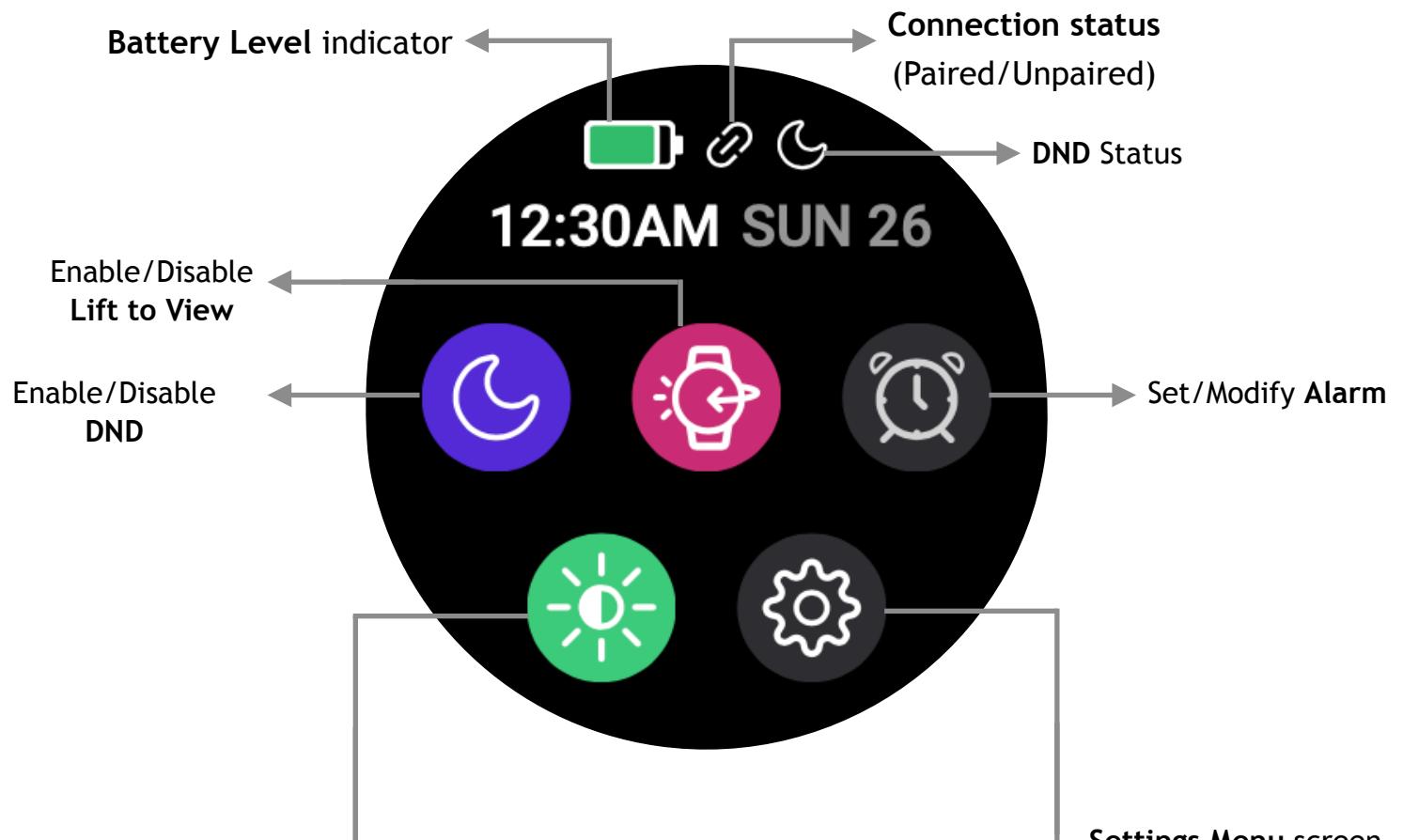
Swipe Left

**Delete All
Notifications**

**Delete Specific
Notification**

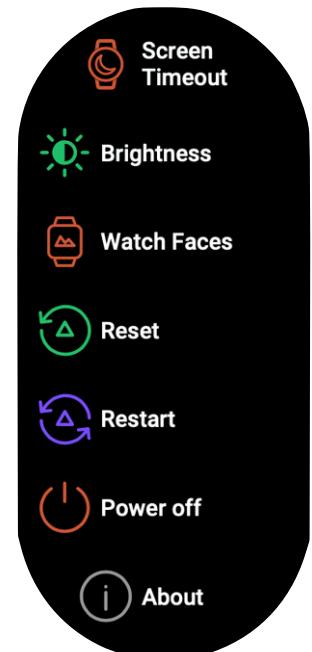**No Notifications**

Swipe Up

Quick Access Panel

Battery Level indicator

Connection status
(Paired/Unpaired)

DND Status

12:30AM SUN 26

Enable/Disable
Lift to View

Enable/Disable
DND

Set/Modify **Alarm**
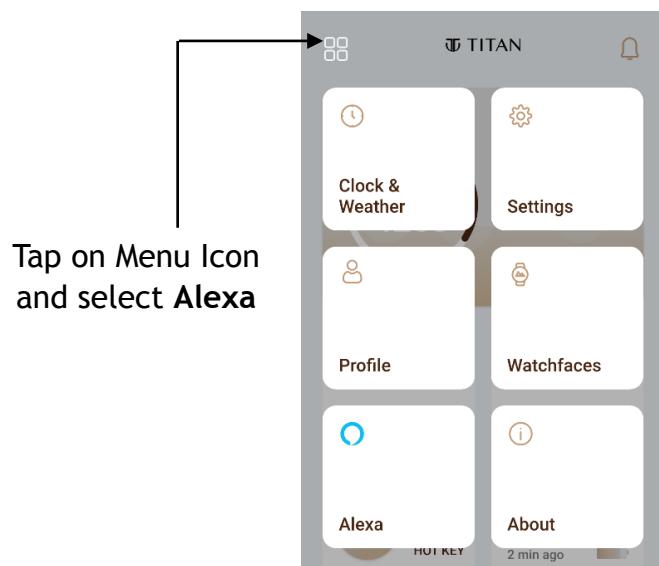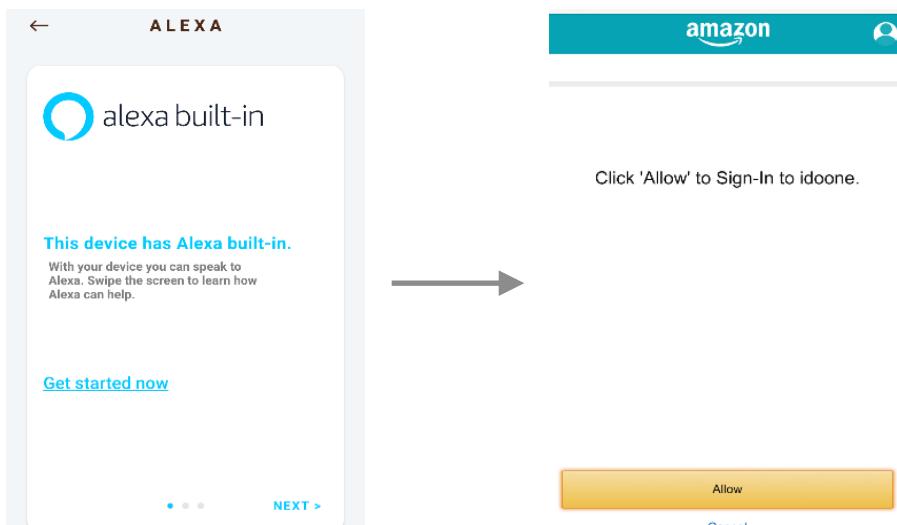
Adjust **Brightness Levels**

Settings Menu screen

Screen Timeout

Brightness

Watch Faces

Reset

Restart

Power off

About
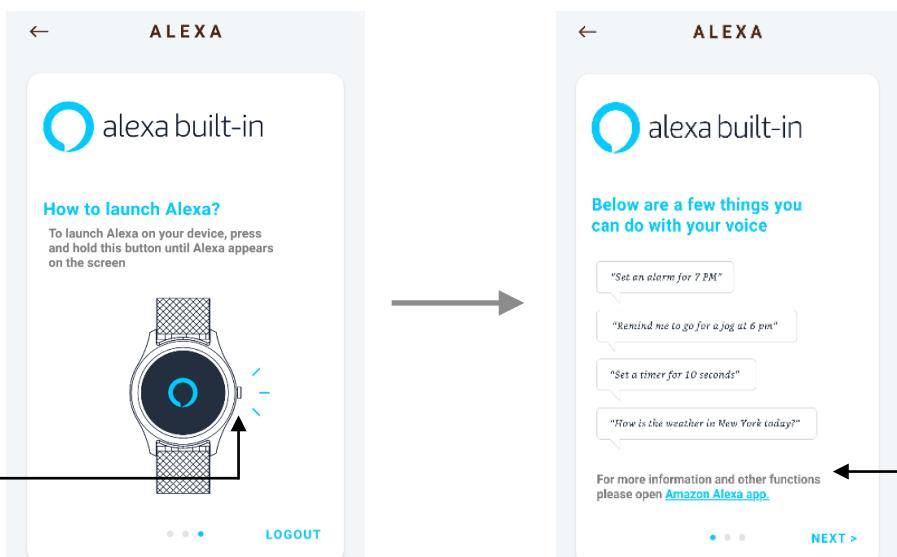
Enabling Alexa Voice Assistant

Tap on Menu Icon and select **Alexa**

Tap on **Get Started Now** to launch Amazon homepage

Sign In with your Amazon credentials
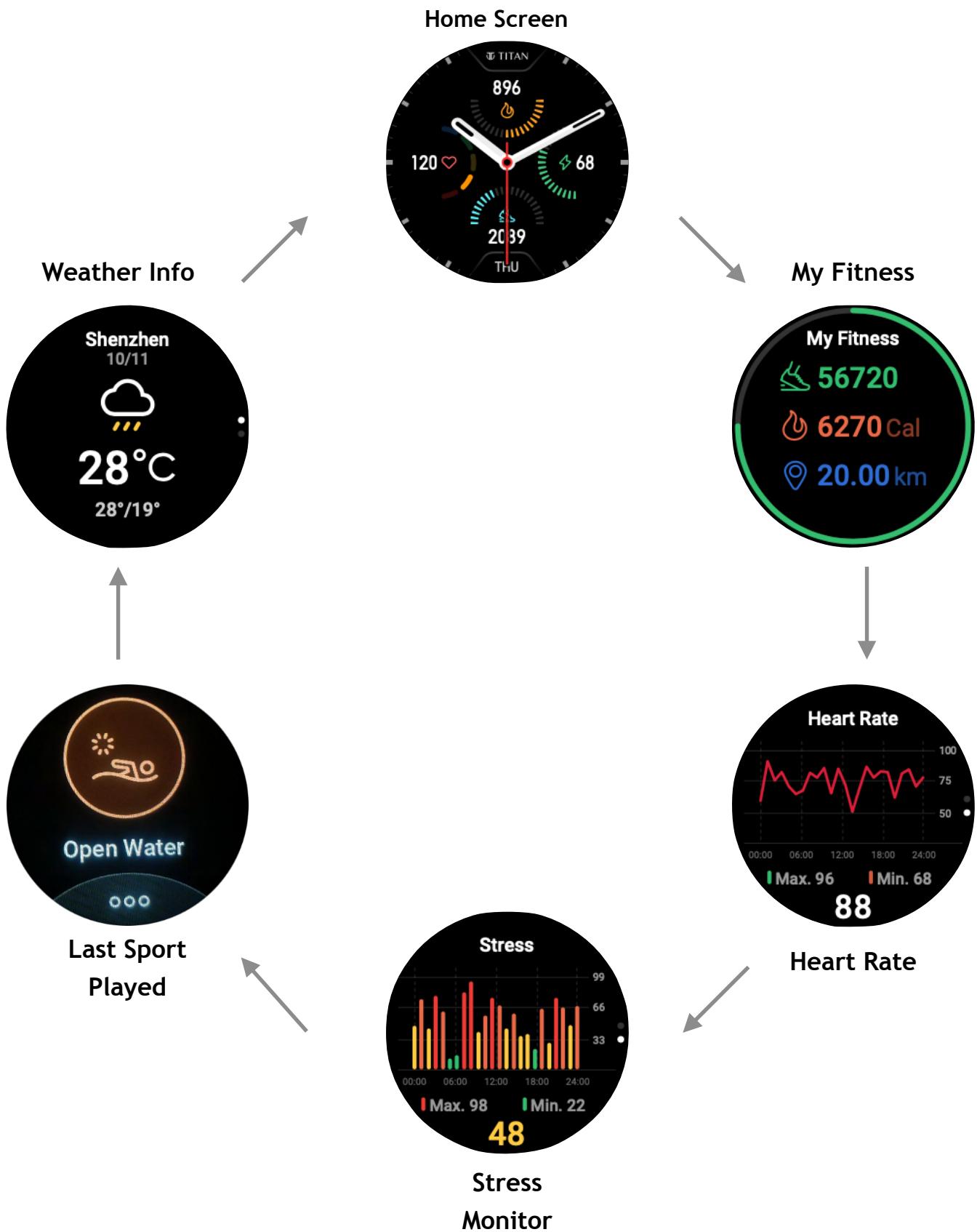
Long press **Push Button** until Alexa appears

Alexa built-in is ready to use
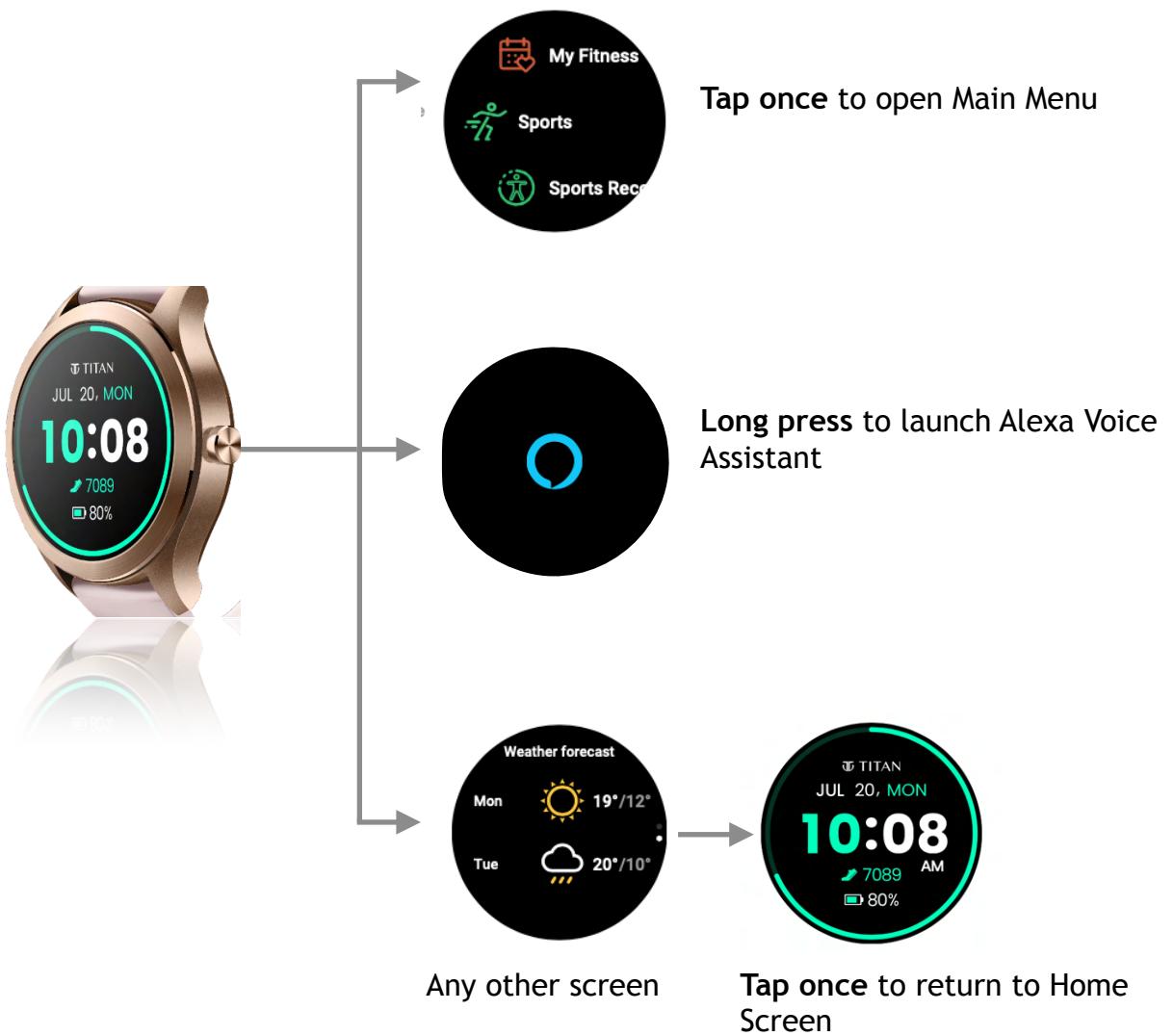
Swipe Right to Left

Primary Watch Screens

Home Screen

TITAN

896

120 ♡   ⚡ 68

20:39

THU

Weather Info

Shenzhen
10/11

28°C
28°/19°

My Fitness

My Fitness

👟 56720
🔥 6270 Cal
📍 20.00 km

Last Sport Played

Open Water

ooo

Heart Rate

Heart Rate

100
75
50

00:00 06:00 12:00 18:00 24:00
Max. 96   Min. 68

88

Stress Monitor

Stress

99
66
33

00:00 06:00 12:00 18:00 24:00
Max. 98   Min. 22

48

Push Button: Functionalities

Tap once to open Main Menu

Long press to launch Alexa Voice Assistant

Any other screen

Tap once to return to Home Screen
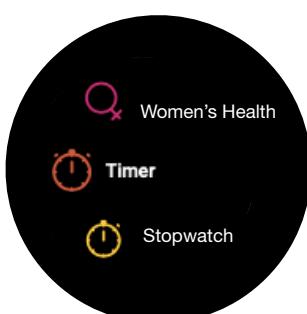
Main Menu: Access and Screens

Keep scrolling down
to access the features

My Fitness

Sports

Sports Record

Amazon Alexa

Heart Rate

Sleep

Weather

Find Phone

Settings

TITAN
JUL 20, MON
10:08
7089
80%

Press Push
button to view list

SpO2

Stress

Breathe

Women's Health

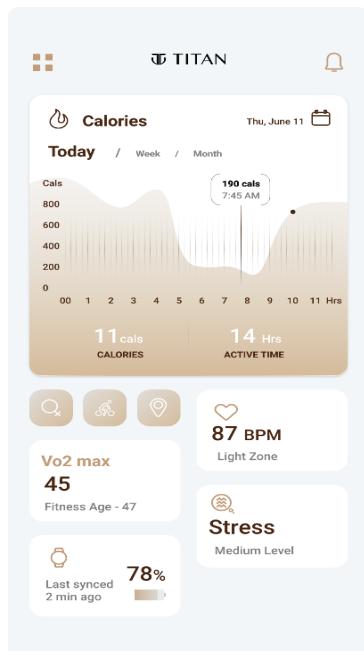Timer

Stopwatch

Alarm

Music

Camera

Titan Smart: Features

My Fitness

The watch displays **number of steps walked, calorie count, distance covered and active time**
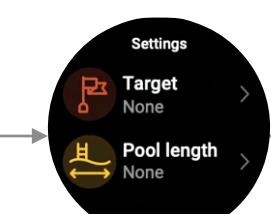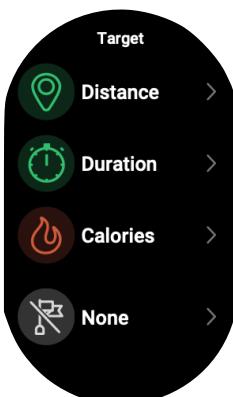

The same can be accessed on
Titan Smart World App
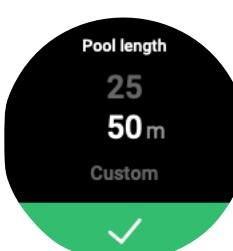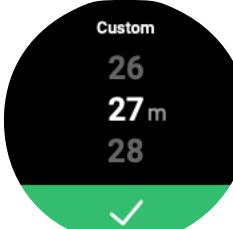
Multi-Sports Tracking

Outdoor Run ⚙	
Indoor Run ⚙	
Outdoor Walk ⚙	
Indoor Walk ⚙	
Outdoor Cycle ⚙	
Indoor Cycle ⚙	
Pool Swim ⚙	
Open Water ⚙	
Hiking ⚙	
Yoga ⚙	
Rowing ⚙	
Elliptical ⚙	
Cricket ⚙	
Others ⚙	

Choose from 14 different types of **indoor and outdoor sports**
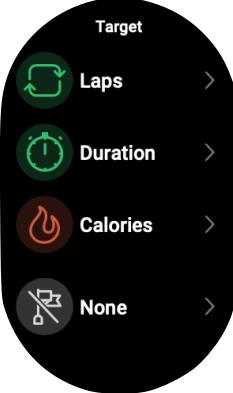
⚙ Click on the **Settings** icon

Settings

Target None ›
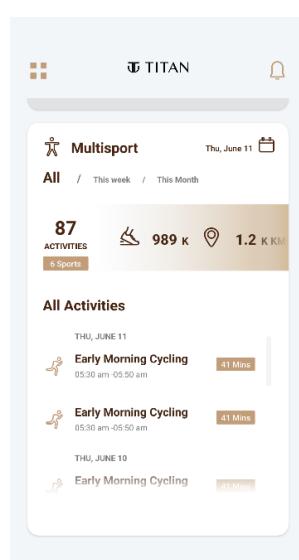
Settings for **regular sports**

Target

🔵 Distance ›
⏱ Duration ›
🔥 Calories ›
🚫 None ›

Target

🔁 Laps ›
⏱ Duration ›
🔥 Calories ›
🚫 None ›

Settings

Target None ›
Pool length None ›

Settings for **swimming**

Custom

26
27 m
28
✓

Pool length

25
50 m
Custom
✓

Multisport
Thu, June 11

All / This week / This Month

87 ACTIVITIES
6 Sports

989 K
1.2 K KM

All Activities

THU, JUNE 11

Early Morning Cycling
05:30 am - 05:50 am — 41 Mins

Early Morning Cycling
05:30 am - 05:50 am — 41 Mins

THU, JUNE 10

Early Morning Cycling

Access Multi-sport on **Titan Smart World App**
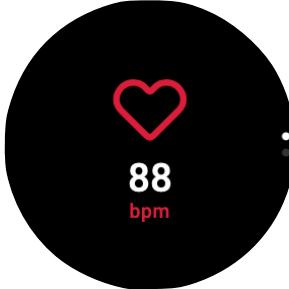
19

Sports Record

Keep a track of your
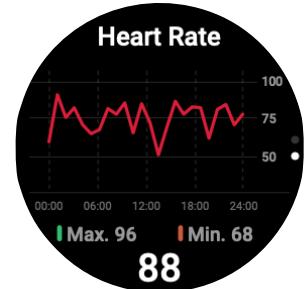sports-related activities

Heart Rate

Heart Rate Measuring

Heart Rate data display

Scroll down

On Heart rate mode, the watch
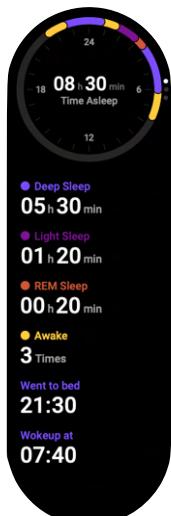automatically calculates the heart rate

Heart Rate trend display

Graphical presentation of
heart rate trend data

*User tip: Place the watch on your wrist, well fastened and in proper contact with skin,
to get accurate results*

Sleep

Sleep quality is categorised into 4 buckets:

Awake Time
Deep Sleep
Light Sleep
REM Sleep

REM Sleep is characterised by **brain
activity, rapid eye movements,
fluctuating blood pressure & breathing
speed**

REM starts about **90 mins** after you fall
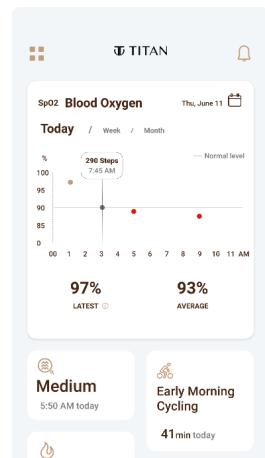asleep

SPO2

SPO2 measuring

Measure your
Oxygen saturation level
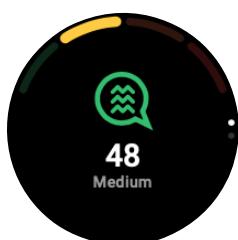

Wearing alert

Detailed trend data of SPO2 is available on
Titan Smart World App
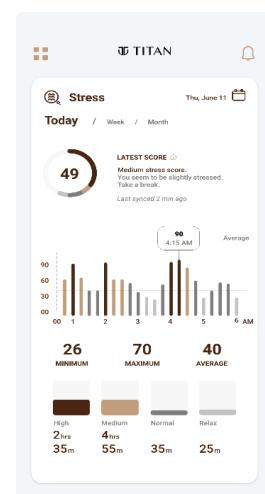
Stress Monitor

Stress measuring

Stress Level Result

Access Stress Level data on
Titan Smart World App

Stress Level Categories
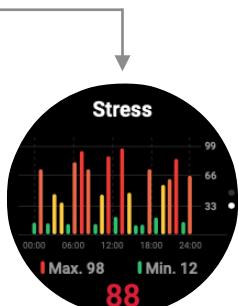
Relax Level
Stress 1-29

Normal Level
Stress 30-59

Medium Level
Stress 60-79

High Level
Stress 80-99

Breathe (Activity)

TITAN

JUL 20, MON

10:08 AM

7089

80%
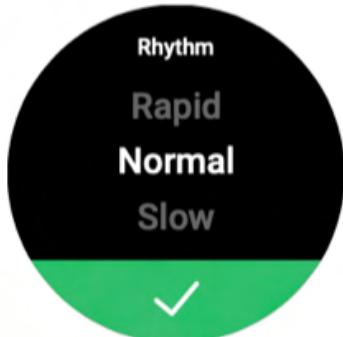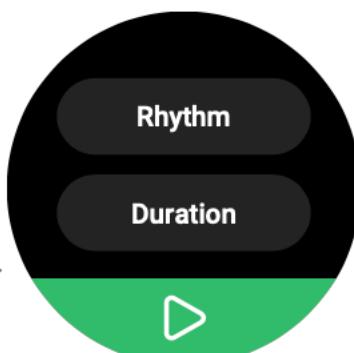
Press for a short time & scroll down

SpO2

Stress

Breathe

Choose a Mode

You can choose between Rhythm and Duration mode

Rhythm

Duration

Rhythm Mode

You can make a choice between normal, slow and rapid breathing.

Rhythm

Rapid

Normal

Slow

Duration mode

You can set breathing duration between 1-5 minutes.

Duration

5

1 min

2

Relax and focus on your breath

Inhale

Exhale

Well done!

120 → 74

Well done!

120
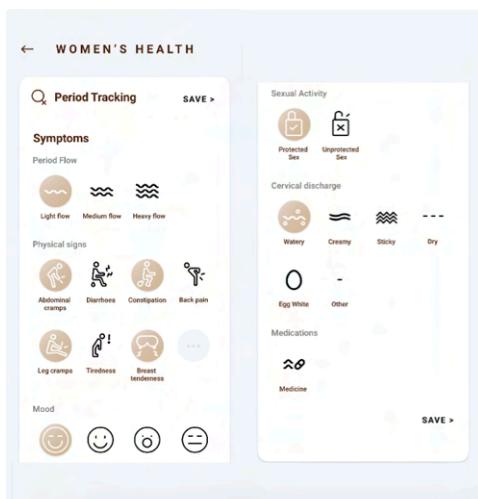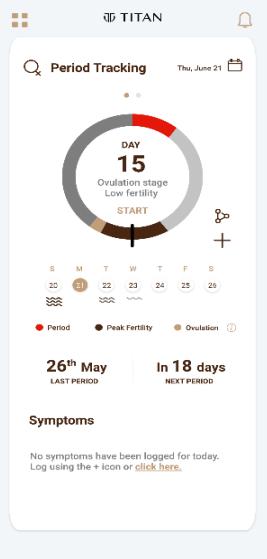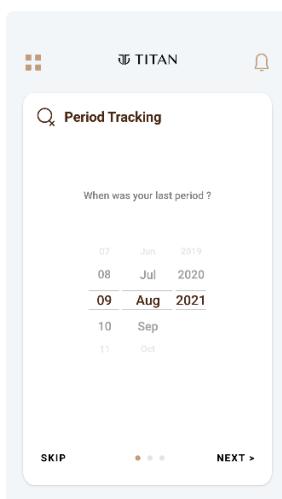
Women's Health

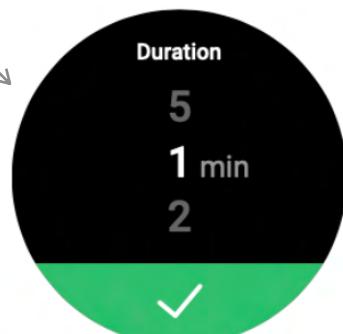The Titan Smart World application maintains a complete record of women's health data for our female users.

HOW IT WORKS

This feature can be accessed from the main menu list that appears after pressing the push button. On the app, it can be accessed from the app home page.

Update your last cycle dates

To set up the tracking feature, female users are required to feed in their last cycle start date, end date & their usual cycle length.

App keeps a record
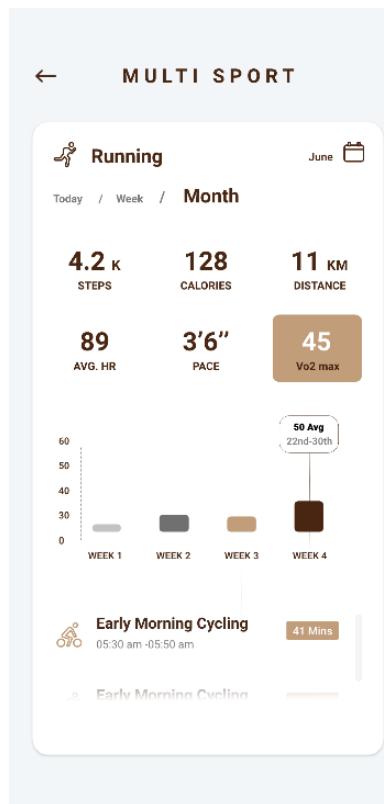
The app keeps a track record of period and ovulation cycle along with peak fertility

Monitor your health
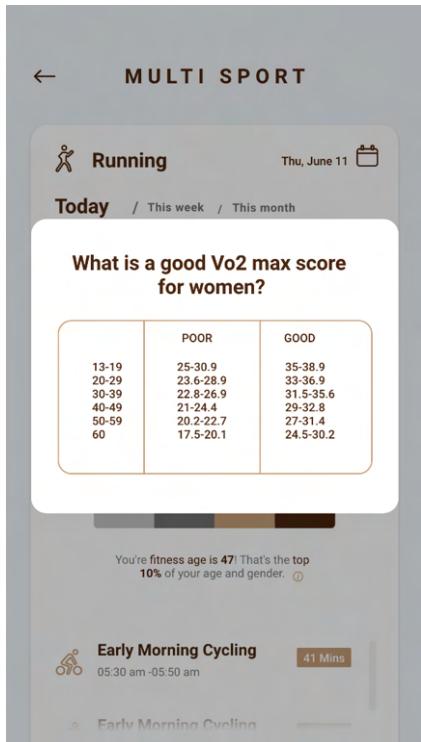
The smart app also enables users to keep a track of their symptoms such as amount of flow and mood swings.

VO2 Max
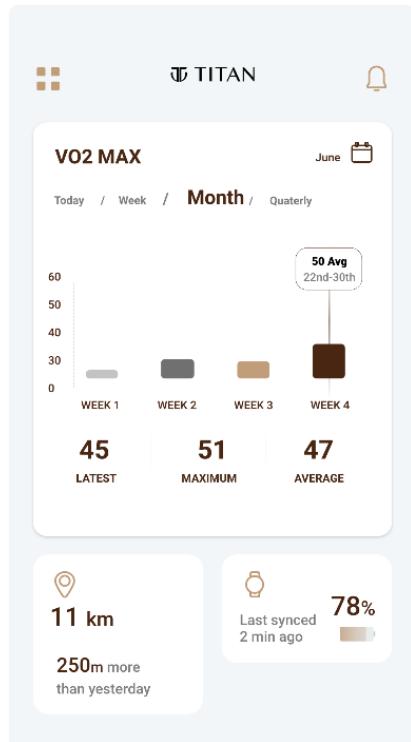
This feature measures the maximum oxygen utilisation during physical activities. The measurement is restricted only to indoor & outdoor running.

Access VO2 max on the Multi Sport page of your Titan Smart watch app

Contains information about the desirable scores for you

Maintains your daily/weekly/ monthly/quarterly records

Time Features

Timer

Timer

00:04:49

✕ 00

Set your own time limit

Stopwatch

Stopwatch

00:05.99

⏱ 00

Track your time

Alarm

Alarm setting

11:00 AM ›

S M T W T F S ›

✓
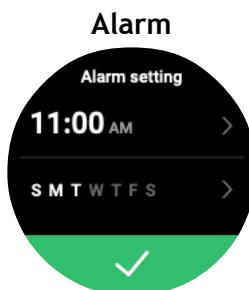
Wake up on time

Camera

Titan Smartwatch works as a remote to capture images through your phone camera.

Camera

Tap on Camera icon

→

3 **2** **1**
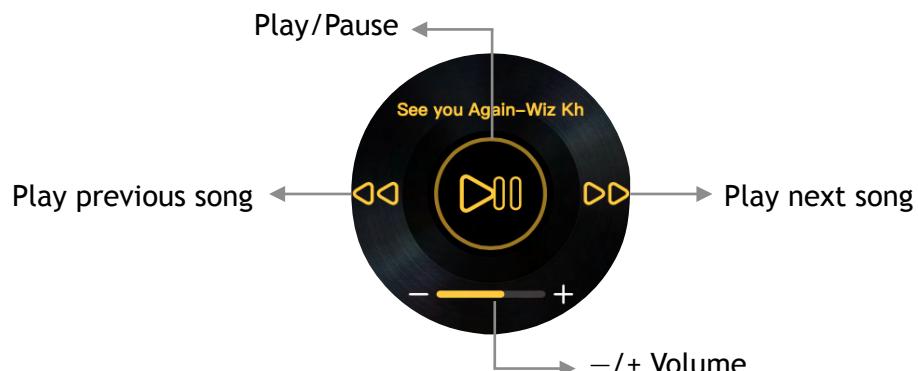
3 second countdown in progress

→

Camera

Image captured

Music

Play/Pause ←

See you Again—Wiz Kh

Play previous song ← ▷❙❙ → Play next song

— Volume +

─/+ Volume

Weather

Shenzhen
10/11

28 °F

28°/19°

Weather info in
Fahrenheit

Shenzhen
10/11

28 °C

28°/19°
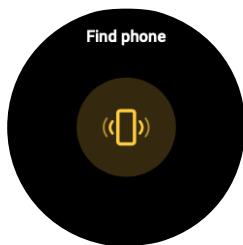
Weather info in
Celsius

Weather forecast

Mon ☀ 19°/12°

Tue ☁ 20°/10°

Weather forecast of
next 2 days

Find My Phone

The feature allows users to locate their phone using their smartwatch.

Tap **Find Phone** to ring the phone

Tap on watch screen again
to turn it off
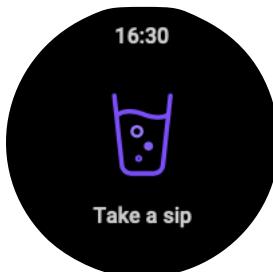
Note: For this feature to work, there should be an active connection between the watch & phone.

Bring to see

Automatically turn on the display of
watch when you move your wrist

Hydration Alerts

Reminder to drink water
at regular intervals

Sedentary Alerts

Reminder to move if you've been
sitting for too long

*Note: Hydration and Sedentary alerts need to be set
on the Titan Smart World app.*
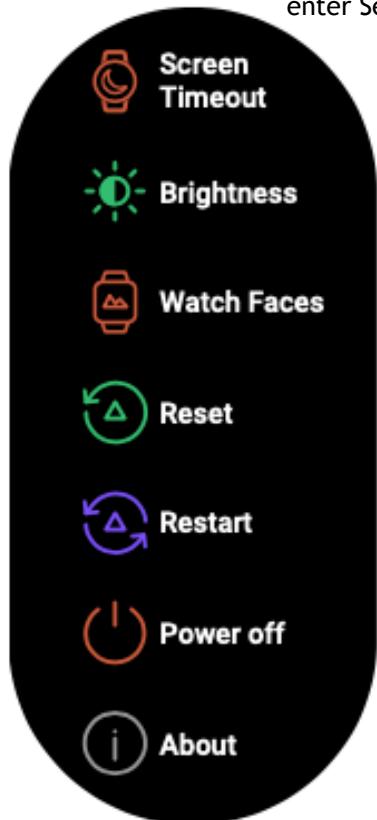
Watch Settings
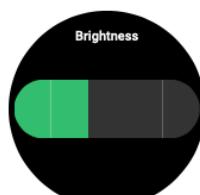
Scroll up

Single click to enter Settings

Screen Timeout

06
07s
08

Choose how long your screen stays on for

Brightness

5 levels of brightness

Watch Faces

TITAN
JUL 20, MON
10:08 AM
7089
80%

50+ watch faces to choose from; custom design your own using Titan World App

Reset

This will erase all data Are you sure?

You can erase all stored data and reset your watch

Restart

Are you sure

One-click restart

Power off

Are you sure

Press and hold the crown button to restart the watch

About

Name
Titan_90137_0814

Version
V16

Mac
00-F8-78-36-A3-00

FCC
2AK9F-90137

All your Titan Smart details in one place

Device Specifications

S.NO	DESCRIPTION	TITAN SMART
1	Model Number	90137
2	Weight of the watch (With/Without strap)	48.2g/30.6g
3	Display Type	Immersive Crystal Display (TFT-LCD)
4	Display Size (inches)	1.32"
5	Pixel Density (sharpness)	320 DPI
6	Screen Resolution	360*360
7	Thickness of watch head	11.55 mm
8	Dimensions for the Case (Watch Head)	46.1*44.2*11.5 mm
9	Case Material	Aluminium case + PC back cover
10	Band/Strap Material	Silicon
11	Mode of Operation	Touch screen + Push button (single - 3H)
12	Accelerometer	6 axes
13	Battery Capacity	300 mAh
14	Battery Life (Average)	Standard usage: 14 days Heavy usage: 7 days
15	Compatibility	Android 6.0 & above iOS 12.1 & above
16	Bluetooth Version	Version 5.0

Troubleshooting

For common issues related to the Titan Smart Watch, please follow the instructions below:

Unable to switch on the watch: Press the push button for 3 seconds. If it still doesn't start, please charge the watch.

Automatic Shutdown: In case of low battery power, please charge the watch.

Firmware Update: If the watch gets stuck on firmware update, Switch off and on your phone's Bluetooth to bring the back to normal state.

FAQs

Q: Does the Titan Smart watch come with a warranty?

A: Yes. There is a 1 year warranty on the watch against any manufacturing defects.

Q: How many watch faces are available on the Titan Smart watch?

A: There are 100+ watch faces that you can choose from and users can have up to 5 watch faces on their smartwatch at one time.

Q: How many sports does the watch support?

A: 14 different types of indoor & outdoor sports are supported by the Titan Smart watch. For example: Outdoor Walk, Indoor Walk, Pool Swim, Open water swim, Biking, Hiking, Yoga, Rowing etc.

Q: What does the metric SPO2 signify?

A: This feature measures your blood oxygen level. Resting blood oxygen levels of 90% or above are considered to be normal.

Q: What does VO2 Max stand for?

A: This feature measures the maximum oxygen utilisation during physical activities. The measurement is restricted only to indoor & outdoor running.

Q: How does the Titan Smart watch measure Stress?

A: The watch uses a proprietary algorithm that utilizes parameters such as age, weight, and heart rate to calculate your Stress level. The stress monitor buckets the results into four categories - Relax. Normal, Medium & High.

Q: What does the Women Health Monitor do?

A: Women can track their menstrual cycles and predict the subsequent cycle date using this feature. The smart watch also provides accurate predictions for low and high fertile windows and the ovulation time.

For any technical assistance, reach us on:
Toll Free no: 1800 266 0123   **Email:** smartdesk@titan.co.in
(Mon-Sat, 10 AM to 7 PM)

FCC Statement

1. 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.
(2) This device must accept any interference received, including interference that may cause undesired operation.

2. 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.

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.

Disclaimer
Note on the accuracy of Fitness

Fitness Watches like Titan Smart are intended to be tools to provide you with information on your lifestyle and training performance and to encourage an active and healthy lifestyle. The watch relies on sensors that track your movement, heart rate and other metrics.

The data and information provided by these devices are intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate, including the steps, distance, strokes, calorie, stress, heart rate, spO2 (Blood oxygen), etc.

P.S - Accurate user data (height, weight, gender and age) information improves the accuracy of the algorithms that process the activity data.

Titan Smart is not a medical device and the data should not be used for medical purposes like diagnosis, treatment, cure, or prevention any physiological conditions.

We recommend you consult your doctor before engaging in any exercise routine.