MYKRONOZ ACADEMY

SUPPORT KIT
FOR SALES TRAINERS & STORE STAFF

HOW TO BECOME A MYKRONOZ EXPERT

LEARN   **UNDERSTAND**   **MASTER**

MY KRONOZ
SMARTWATCH   DESIGNED IN SWITZERLAND

ZeFit³ HR

ACTIVITY TRACKER
WITH COLOR TOUCHSCREEN
& HEART-RATE SENSOR

TIME + ACTIVITY + NOTIFICATIONS

MYKRONOZ

MYKRONOZ ACADEMY

KEY FACTS

UNIQUE SELLING POINTS

PRICE

59,90 €

COMPATIBILITY

iOS, Android,
& Windows Phone

DESIGN

Color touchscreen and
interchangeable wristbands
Available in 6 colors

IN A FEW WORDS WHAT CAN I DO ?

COMMUNICATION

I tell time

I display incoming SMS, notifications of emails,
calendar events and social networks

I vibrate and show caller's ID and/or number

I notify you of the number of missed calls

Set up vibrating reminders

HEALTH

I track your steps and distance

I measure your heart-rate

I calculate your calories burned

I analyze your sleep quality

I remind you to stay active

Set up your daily goals

Follow your performance and progress

AND I WORK

Available on the **App Store**

ANDROID APP ON **Google play**

Download from **Windows Phone Store**

WITH... ?

02
25
PM

138 BPM

05 | 23

With a Smartphone

Bluetooth wireless setup and syncing

• iOS compatibility : iPhone 4s,5,5c,5s,6,6Plus, 7 and newer,

iPad 3rd, 4th, 5th Gen, iPad Mini, iPod Touch 5th Gen, IOS 8+

• Android: Select Android 4.3+ devices

• Windows Phone: Select Windows Phone 8+ devices

• Internet connection required

EVERYTHING YOU NEED TO KNOW

FEATURES

Time	✓
Steps, Distance, Calories	✓
Heart-rate	✓
Sleep	✓
Goals	✓
Smartphone Notifications	✓
Caller ID	✓
Vibrating reminders	✓
Anti-lost alert	✓
Camera remote	✓
Music control	✓
OTA update	✓

TECH SPECS

Screen	TFT Color Touchscreen 160*64 pixels
Size	47,5*20*10,3 mm
Weight	20g
Available colors	6
Operating temperature	-20°C to +40°C
Charger	Magnetic charger
Standby time	Up to 5 days
Bluetooth	4.0 BLE
Battery Li-ion	100 mAh
3-axis accelerometer / Optical HR sensor	✓

COMPATIBILITY

Mobile app	iOS 8.0+ Android 4.3+ Windows Phone 8.1+
Online dashboard	✓

MINI FAQ

How long does the battery last?
5 days

Is it waterproof?
ZeFit^{3HR} is compliant with IP67 rating.

Is the clock display always-on?
NO

Is it compatible with Windows Phone?
YES

Can I adjust the size of my steps?
NO

WHAT'S IN THE BOX?

ZeFit^{3HR}
+
User guide

+
Magnetic charger

DEVICES I AM COMPATIBLE WITH

MODEL	OPERATING SYSTEM VERSION	FIRMWARE VERSION V1.0
Samsung A3	5.0.2	✓
Samsung A5	6.0.1	✓
Samsung Galaxy Note 3	5.0.2	✓
Samsung Galaxy Note 4/5	6.0.1	✓
Samsung Galaxy S5/ S6	6.0.1	✓
Samsung Galaxy S6 Edge	6.0.1	✓
Samsung Galaxy S7	6.0.1	✓
Samsung Galaxy S7 Edge	6.0.1	✓
Huawei Honor 7/ Honor 8	6.0.1	✓
Huawei P8/ P9	6.0.1	✓
LG G3	5.0.1	✓
LG G4/G5	6.0.1	✓
Sony Xperia M2	5.0.1	✓
Sony Xperia Z2	6.0.1	✓
Sony Xperia Z4	5.0.2	✓
Sony Xperia Z5	6.0.1	✓
Asus Zenfone Max	5.0.2	✓
HTC Desire 825	6.0.1	✓
HTC M8	6.0.1	✓
HTC M9	6.0.1	✓

ANDROID

MODEL	OPERATING SYSTEM VERSION	FIRMWARE VERSION V1.0
iPhone 4S	8+	✓
iPhone 5/5S/5SE	8+	✓
iPhone 6/6plus/6S/6Splus	8+	✓
iPhone 7/7plus	10+	✓
iPad 3 rd generation/ Mini	8+	✓
iPod Touch 5th generation	8+	✓

IOS

MODEL	OPERATING SYSTEM VERSION	FIRMWARE VERSION V1.0
Nokia Lumia 535	8	✓
Nokia Lumia 636	8.1	✓
Nokia Lumia 638	8.1	✓
Nokia Lumia 735	8.1	✓
Nokia Lumia 820	8	✓
Nokia Lumia 930	8.1	✓
Nokia Lumia 435	8.1	✓

WINDOWS PHONE

Available on the **App Store**

ANDROID APP ON **Google play**

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THAT'S ALL?
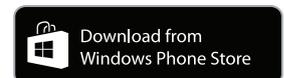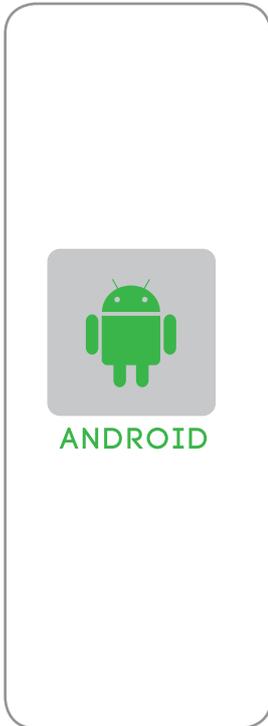
No, the above listing is updated regularly and is based on the devices tested for which we can guarantee full compatibility; however our products are constantly optimized to offer compatibility with more devices. If you want to report compatibility or incompatibility issues, contact us at support@mykronoz.com

FIRST USE OF MY ZEFIT3HR

Before pairing your ZeFit³ᴴᴿ for the first time, please charge your device. After charging the device, a SET UP message will prompt you to set up your ZeFit³ᴴᴿ using a mobile device.

HOW TO SYNC MY DATA ON ZEFIT3 APP?

To synchronize your data from your ZeFit³ᴴᴿ on your App, make sure that your ZeFit³ᴴᴿ is paired with your mobile device. Then, go to the Activity homepage of ZeFit³ App to sync your data to your mobile device. Slide your finger down the screen to synchronize your data.
You can also enable the continuous synchronization mode to synchronize your data every two minutes.

Warning! *Turning on this feature will have a noticeable impact on the battery.*

HOW TO CHANGE THE WATCH FACE ON MY ZEFIT3HR?

• **Directly from your ZeFit³ᴴᴿ**

Go to the menu of your ZeFit³ᴴᴿ, click the icon Applications, select the watch face icon 🕐 and swipe your finger from left to right to see the different watch faces available. Click on the watch face that you want to select

• **From ZeFit³ mobile app**

Go to the Settings tab and click Watch faces and select the watch face you want.

HOW TO NAVIGATE ON MY ZEFIT3HR SCREEN?

• **Wake the device**
To activate yourZeFit³ᴴᴿ, please double tap the touchscreen ZeFit³ᴴᴿ. Screen turns off when not used

• **Exit a menu**
To exit a menu, double tap the touchscreen

• **Move between screens**
Swipe left or right (horizontal mode) up or down (vertical mode). Please know that you can orient the screen of your device by going to the settings menu and then pressing the following icon 🔄 on your watch or via the watch faces section of the mobile App.

Tips
To ensure your ZeFit³ᴴᴿ precisely responds to pressure, we recommend using your finger and not your fingernail.

MY ZEFIT3HR IS NOT DETECTED BY THE MOBILE APP, WHAT CAN I DO?

If your ZeFit³ᴴᴿ is not detected by the mobile App, we suggest to carry out a manual reset.
To do this, follow the steps below :
• Put ZeFit³ᴴᴿ on the magnetic charging dock
• Plug the magnetic charging dock to a suitable power supply.
• While ZeFit³ᴴᴿ is charging, insert a small pin into the hole located on the back of ZeFit³ᴴᴿ dock/charger
• Press and hold down for 3/5 seconds and then release
• A message « MyKronoz » will appear confirming the success of the operation.
• After this procedure, perform a new pairing process via the ZeFit³ mobile App

HOW DO I ACTIVATE SLEEP MODE ON MY ZEFIT3HR?

ZeFit³ᴴᴿ tracks the hours slept and the quality of your sleep.

Start / Exit sleep mode
 • *From the device*
Tap on the sleep icon from the main menu page.
To enable sleep mode from the sleep interface press during 3 seconds the sleep icon. To exit sleep mode and switch to activity mode, press the sleep icon during 3 seconds.

• *From the mobile app*
To start/end sleep mode, open ZeFit³ App, tap on the bottom purple sleep bar, click on "…" at the top > Start Sleep now/Awake

Preset sleep
Open ZeFit³ App > Go to Settings > Advanced settings > Click on Preset sleep to enter your desired bed and wake up times. By default, ZeFit³ᴴᴿ will track your sleep from 11pm until 7am

HOW TO ACTIVATE THE HEART RATE MONITOR ON MY ZEFIT3HR ?

In order to activate the heart rate monitor, please select the heart rate interface on your device. Then, tap once the screen to start monitoring your heart rate.

You can also enable automatic monitoring by going to the Settings tab of your mobile App, then click Heart Rate section and enable automatic tracking.

Once activated, the device emits a green light via two LEDs located at the back of the unit. The pulse sensor displays your pulse by observing your bloodstream.

To stop tracking your heart rate, simply double tap on the heart rate interface of your ZeFit³ᴴᴿ.
Please note that you can also set your monitoring frequency and set alerts if you reach a heart rate level too low or too high directly through the ZeFit³ App.

HOW CAN I UPGRADE MY ZEFIT3HR WITH THE LATEST FIRMWARE AVAILABLE?

ZeFit³ᴴᴿ features OTA technology (Over The Air) that allows you to do the firmware upgrade directly with your mobile phone. Once an update is available, you will receive a warning on the application. You just need to accept the update in the settings of the App, the update will then proceed automatically.

HOW TO DELETE MY ACCOUNT?

To delete your account associated with your ZeFit³ᴴᴿ, please contact our technical support by email: support@mykronoz.com
Please send us by mail the email address used to register.

HOW TO RECEIVE NOTIFICATION ON ZEFIT3HR?

Once Bluetooth is enabled and the ZeFit³ᴴᴿ application is installed on your smartphone, ZeFit³ᴴᴿ shows notifications of incoming and missed calls, SMS, email, social media activity, calendar events and anti-lost alert.
To enable them, open ZeFit³ App, tap Settings > Notifications to select the notifications you want to receive onto your ZeFit³ᴴᴿ.
When you receive a notification, you will be notified on your ZeFit³ᴴᴿ.

Setting up notifications for iOS users
• Go to Settings of your iOS device:
• Tap «Notification center»
• Select which type of notifications you wish to receive on ZeFit³ᴴᴿ
• Enable «Show in Notification Center» to receive the notification on ZeFit³ᴴᴿ

Tips
*If you can not receive your notifications on your ZeFit³ᴴᴿ, disable them one by one on the App and then activate them all. After this, perform a new test.
Enable the Bluetooth and your internet connection (3G/4G) in order to receive notifications on your ZeFit³ᴴᴿ.*

WANT TO KNOW MORE?

Visit our online FAQ or contact us at www.mykronoz.com/support/

— SET-UP AND PAIRING —

Available on the **App Store**

ANDROID APP ON **Google play**

Download from **Windows Phone Store**
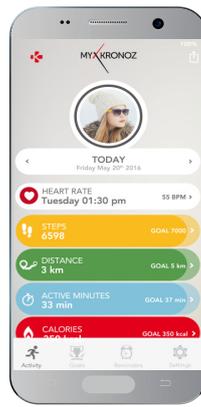
1. FIRST, DO NOT FORGET TO CHARGE ME

Before the first set-up, we recommend you to charge your ZeFit³ᴴᴿ for about 1h30. Make sure to well align the charging clip posts with the contacts on the back of ZeFit³ᴴᴿ . Plug the USB cable to a power source. A battery indicator will be displayed on the screen.

2. SET-UP AND PAIRING

You can set-up your ZeFit³ᴴᴿ with a **smartphone**. In order to know if your device is compatible or not, please refer to the section « **Devices I am compatible with** »

Set-up with a smartphone

iOS users

PAIRING WITH MOBILE APP

Download ZeFit³ App
for iOS from the App store

Sign up if you are a new member or **Log in** with
your existing account

Enable Bluetooth on your iOS device
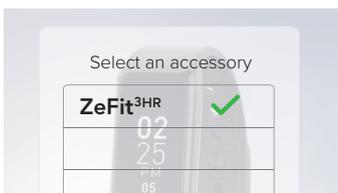
Make sure your ZeFit³ᴴᴿ is nearby and select ZeFit³ᴴᴿ
from the list of available devices
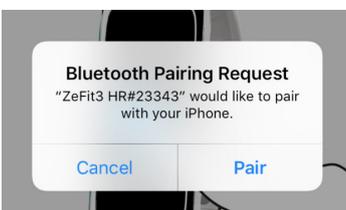
You will receive a pairing request on your mobile phone,
accept it

A pairing request will be displayed on the screen
of your ZeFit³ᴴᴿ. Tap on ZeFitᴴᴿ to accept it

If the pairing process failed, repeat the same steps.

PAIRING WITH MOBILE APP

Download ZeFit³ App
for Android from the Google Play Store

SIGN UP   **LOG IN**

Sign up if you are a new member or **Log in** with your existing account

Bluetooth

Enable Bluetooth on your Android phone

Select an accessory
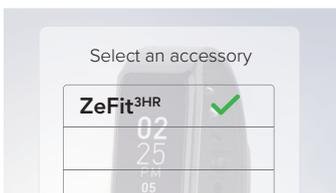
ZeFit³ᴴᴿ

Make sure your ZeFit³ᴴᴿ is nearby and select ZeFit³ᴴᴿ from the list of available devices

A pairing request will be displayed on the screen of your ZeFit³ᴴᴿ. Tap on ZeFit³ᴴᴿ to accept it

If the pairing process failed, repeat the same steps.

PAIRING WITH MOBILE APP

Download ZeFit³ App
for Windows Phone from Windows Phone store

Download from
Windows Phone Store

SIGN UP **LOG IN**

Sign up if you are a new member or **Log in** with your existing account

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PARAMÈTRES
Bluetooth
État
Activé

Enable Bluetooth on your Windows phone

ZeFit3HR #59648
connecté

Go to your Smartphone Bluetooth settings and tap on ZeFit³ᴴᴿ to connect to the watch

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Select an accessory
ZeFit³ᴴᴿ ✓
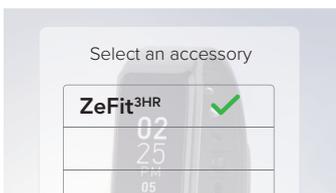
Go back on the app and tap on the corresponding ZeFit³ᴴᴿ watch

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A pairing request will be displayed on the screen of your ZeFit³ᴴᴿ. Tap on ZeFit³ᴴᴿ to accept it

If the pairing process failed, repeat the same steps.