



# TITAN SMART



## USER MANUAL



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# 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



## Wearing the Watch



Instructions on wearing the watch properly

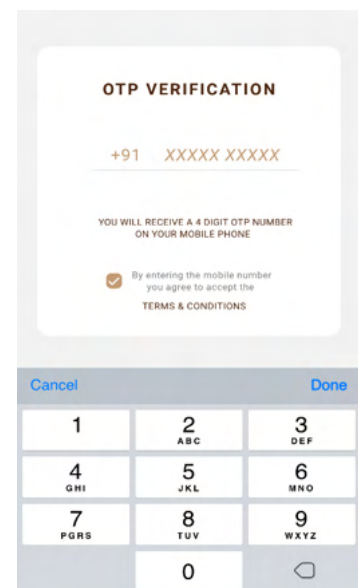
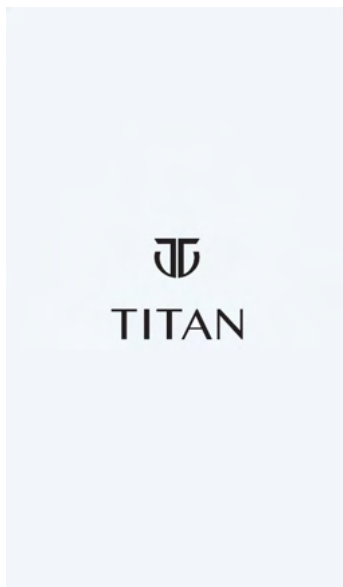
# Setup and Get Started

## Installing the Application

Download and install the Titan Smart World App on your phone

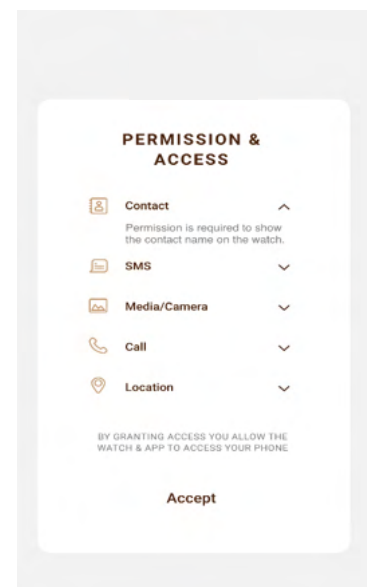
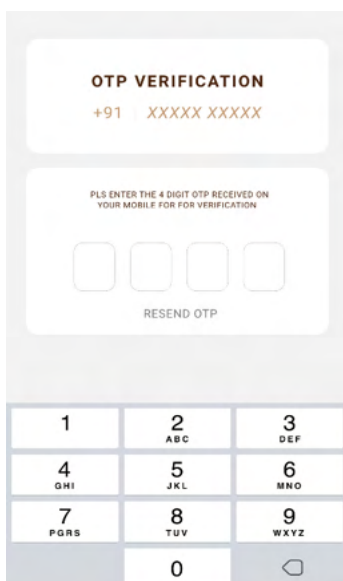


## Signing Up



**Launch the Titan Smart World App**  
Swipe right

**Sign Up**  
Enter your phone number to receive an OTP



**Fill in the OTP**  
Complete the registration process

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

# Connecting to Smartphone



## Scan Code

Tap the scan button on the app to open camera on your smartphone. Scan the QR code on your watch

Tap on Pair and Connect option on the app



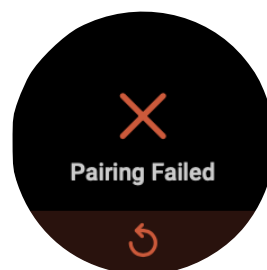
## Enter Code

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

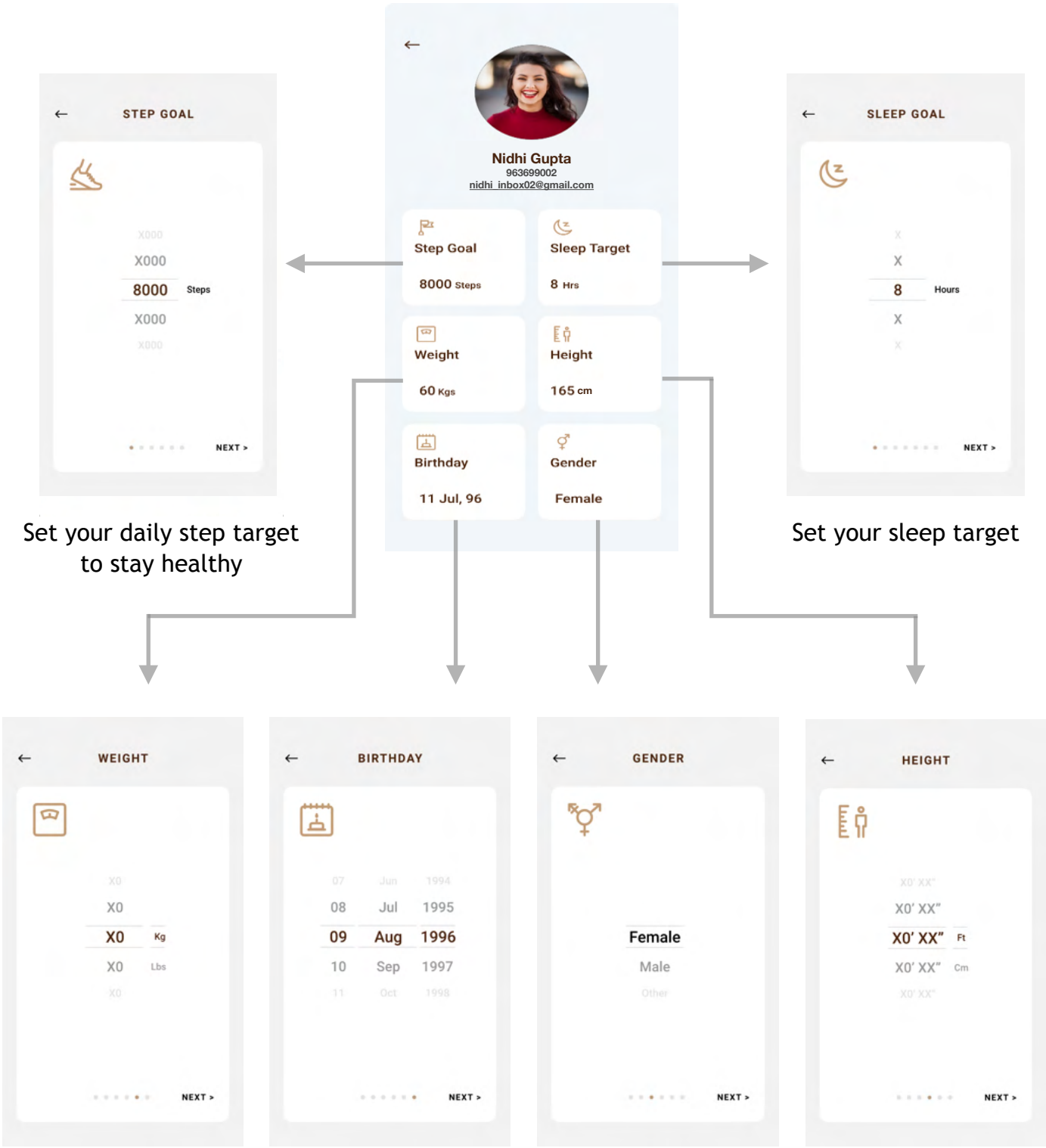
Scan the QR code again and repeat the steps



## Ready

Your Smartwatch is ready to use

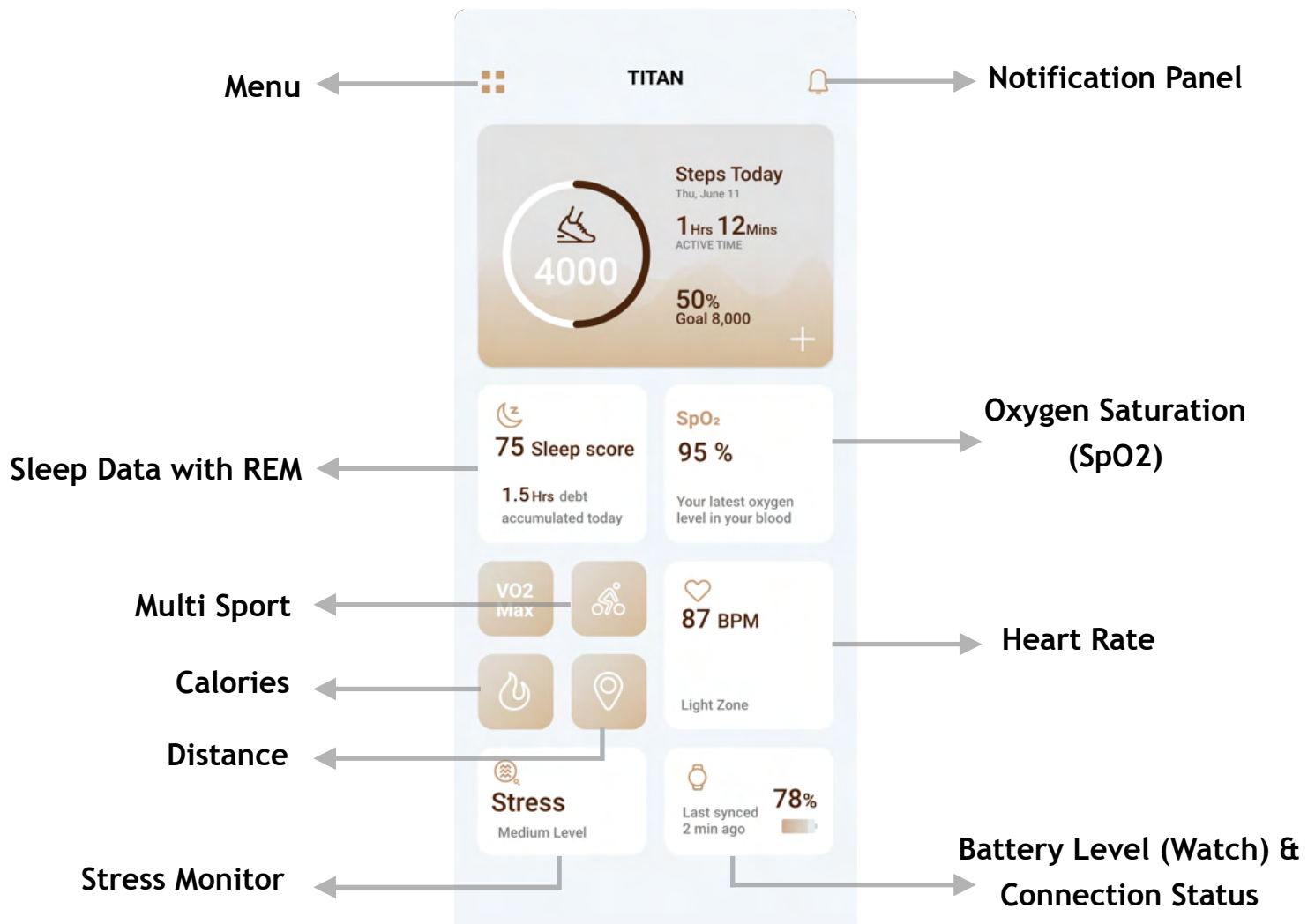
# Create Profile: Introduce Yourself



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

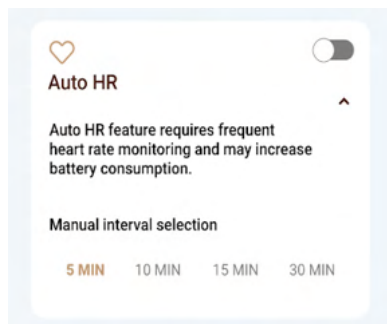
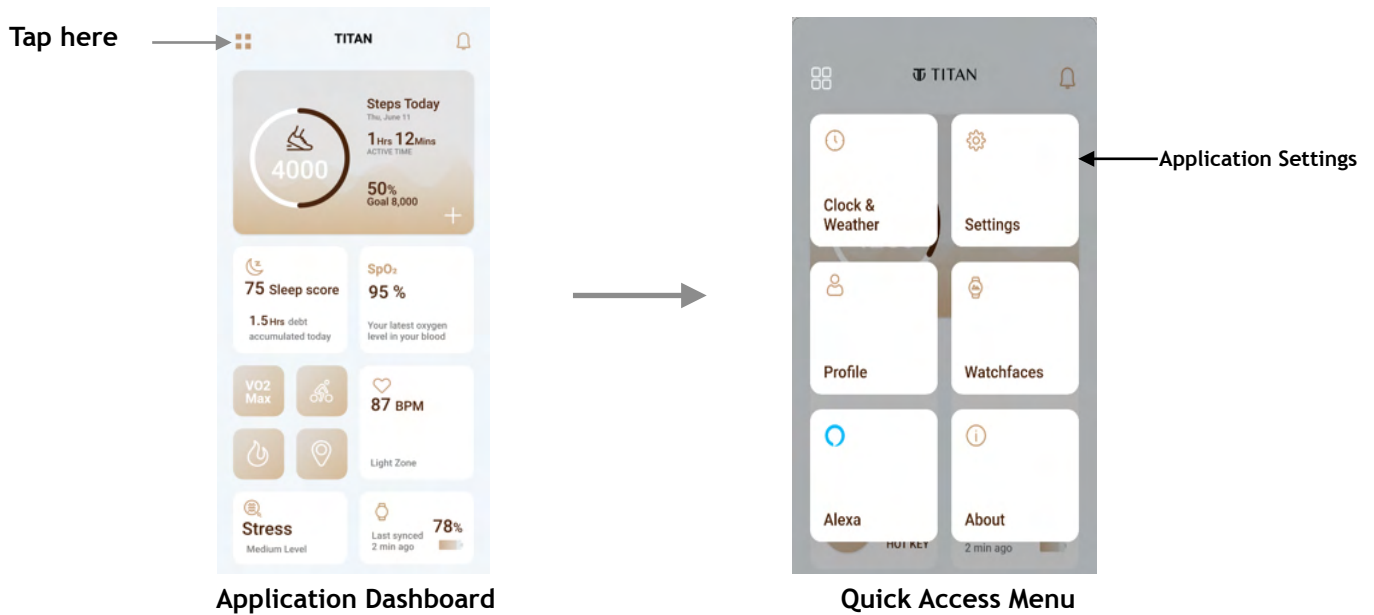


# Application Dashboard

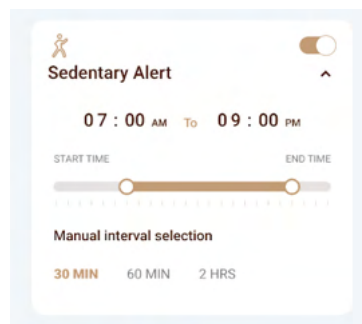




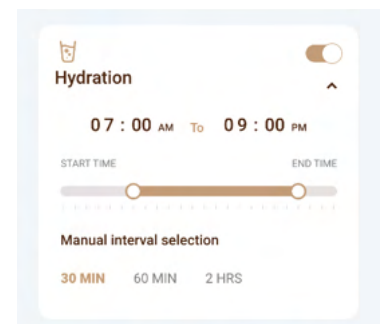
# Application Settings



Monitor your heart rate



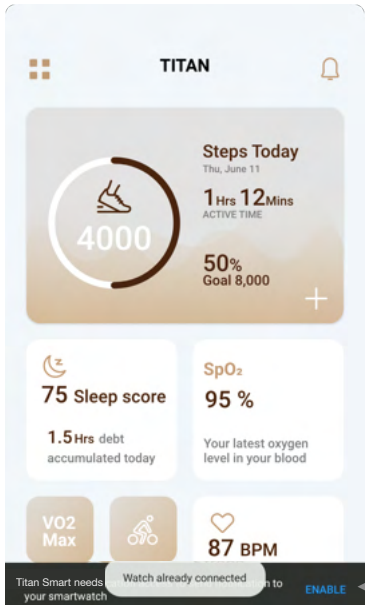
Get alerts to avoid sittings for too long



Keep a track of your daily hydration

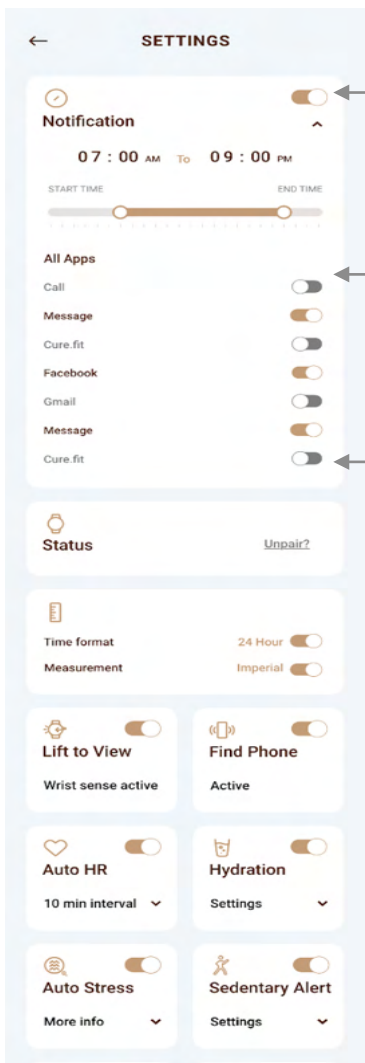
# Notifications: Access & Customisation

## Application Dashboard



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

## Notification Panel

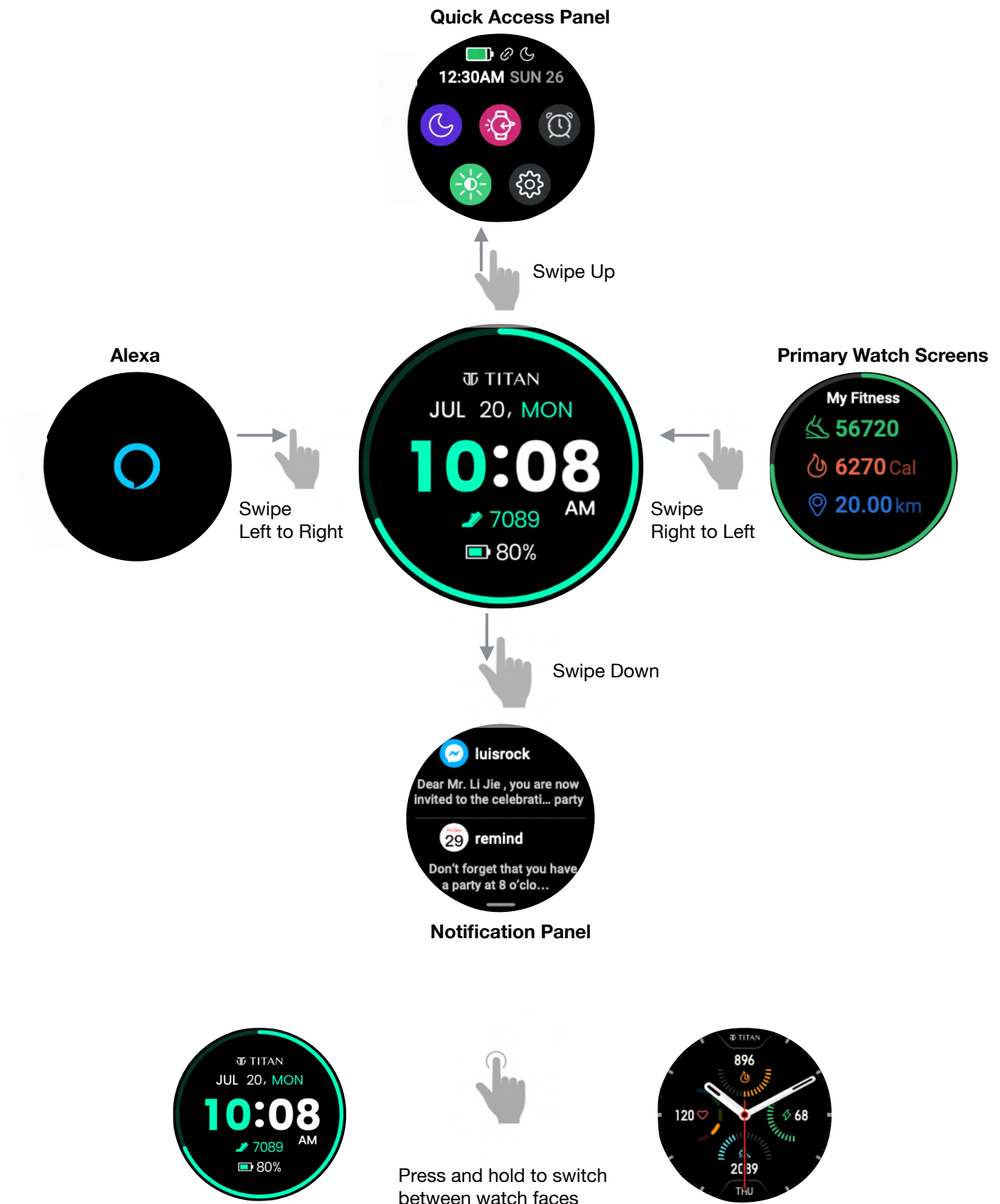


Turn on/off the Notifications for ALL APPS

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

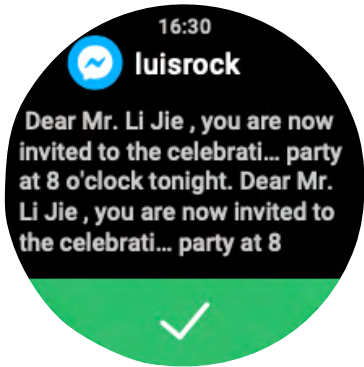


# Swipe Down

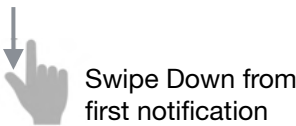


Notification List

Click on  
any notification



View Specific Notification



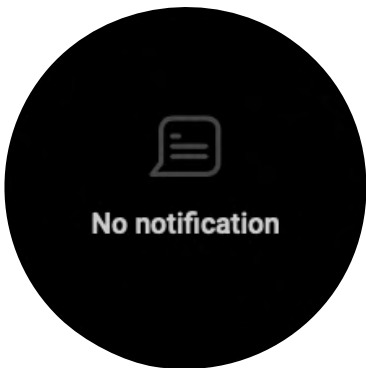
Swipe Down from  
first notification



Delete All  
Notifications



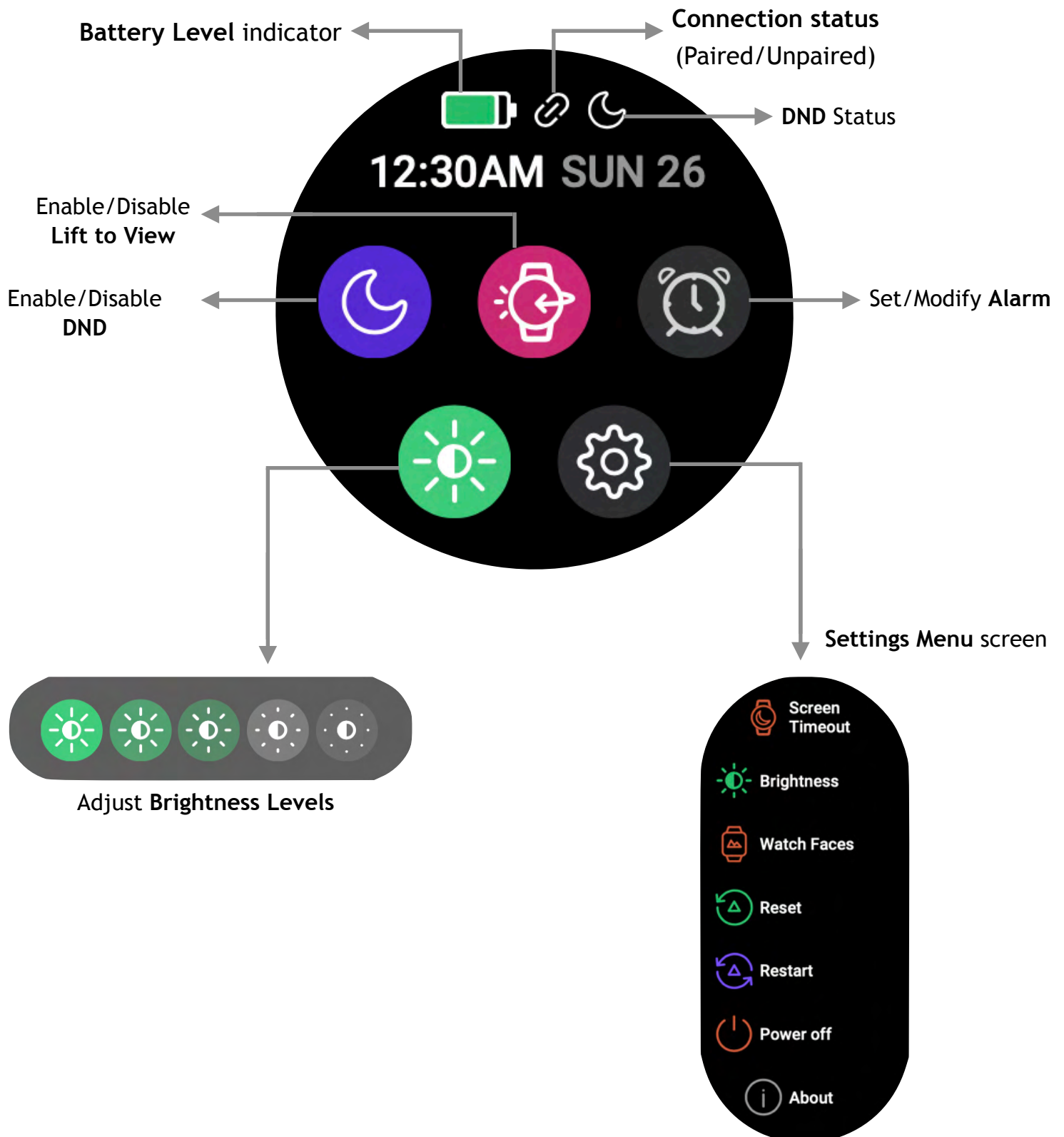
Delete Specific  
Notification



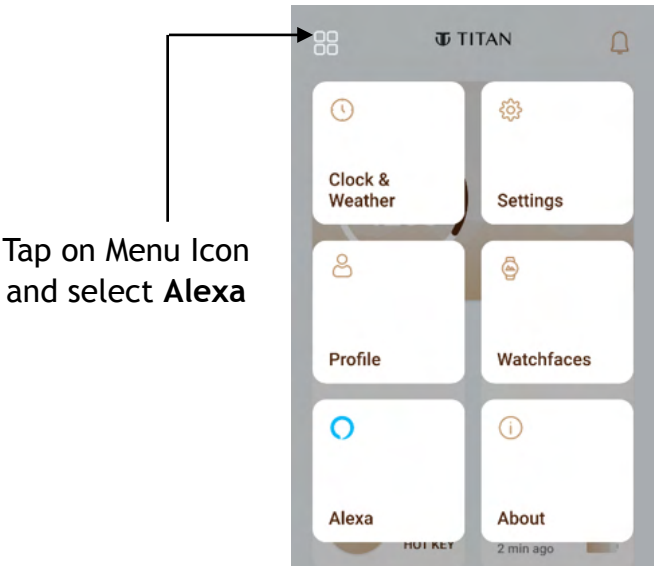
No Notifications

# Swipe Up

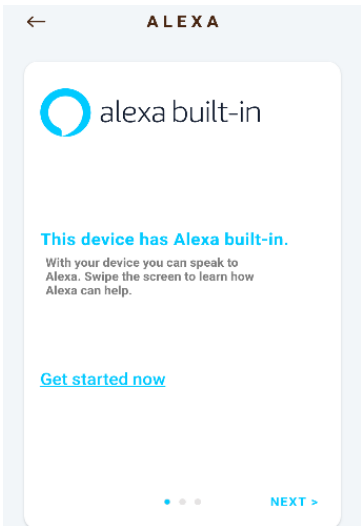
## Quick Access Panel



# Enabling Alexa Voice Assistant

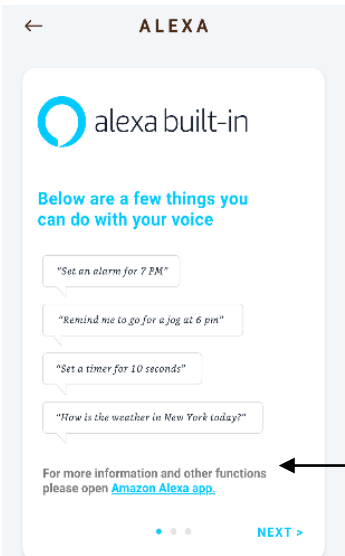


Tap on **Get Started Now** to launch Amazon homepage



Sign In with your Amazon credentials

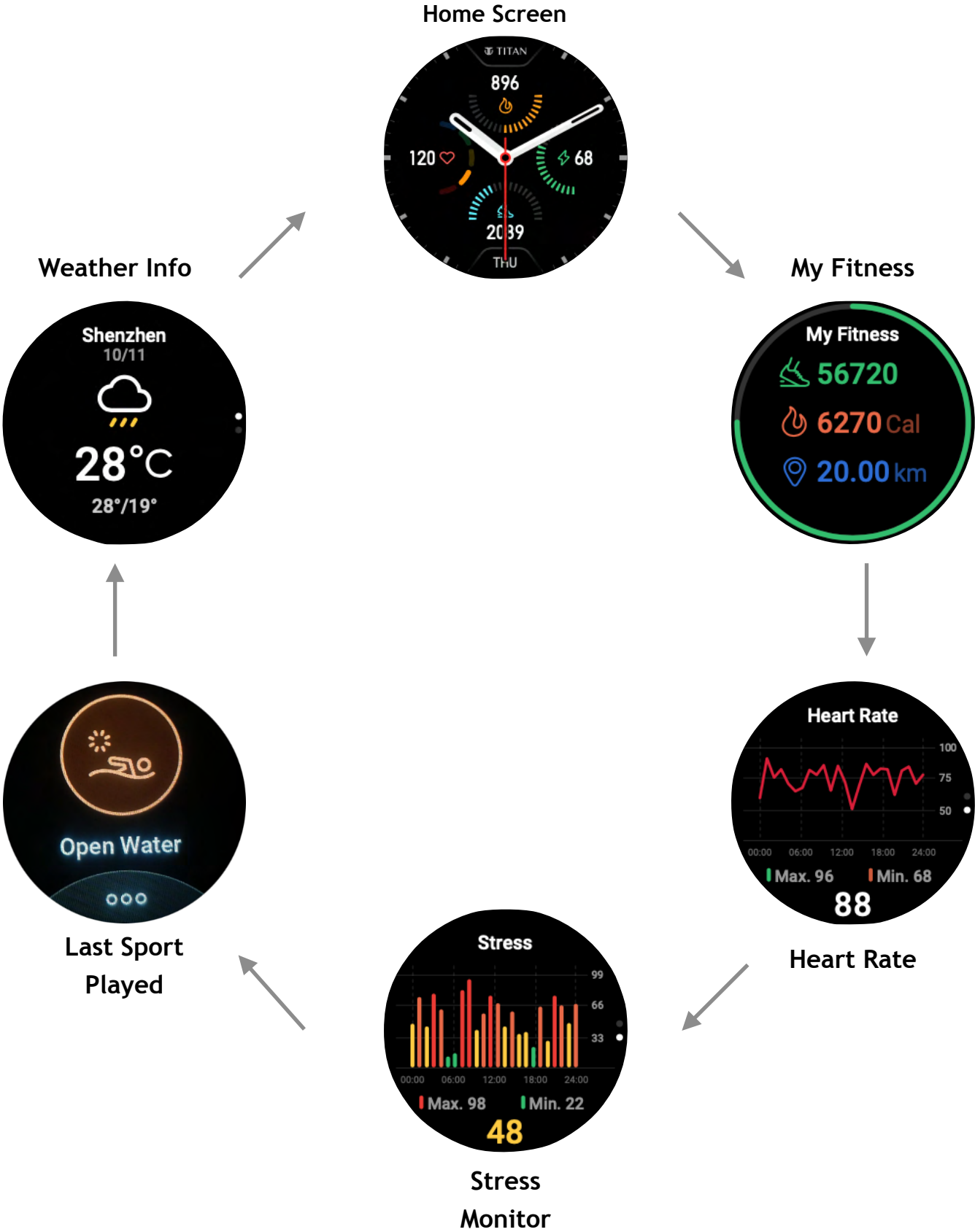
Long press **Push Button** until Alexa appears



Alexa built-in is ready to use

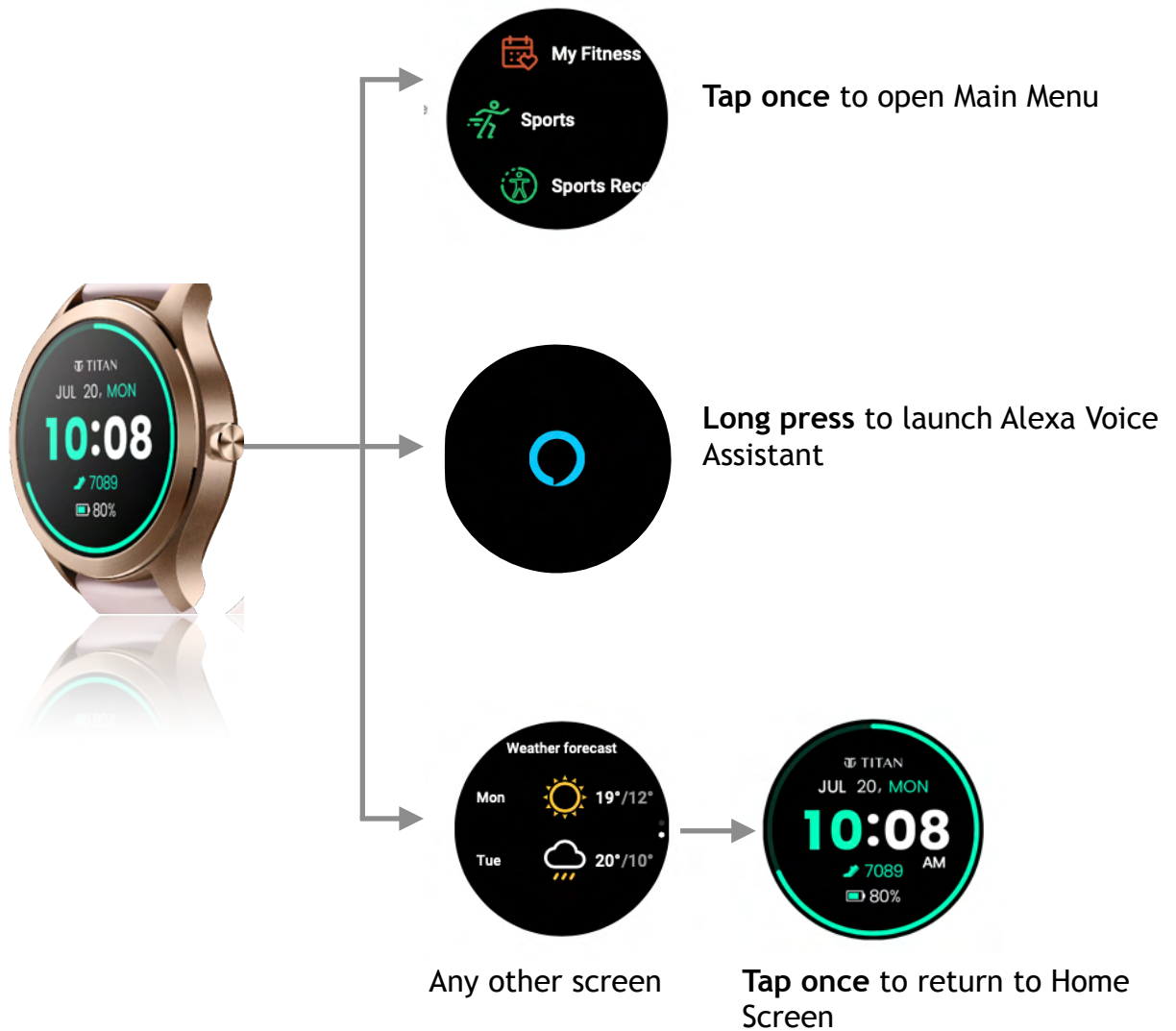
# Swipe Right to Left

## Primary Watch Screens



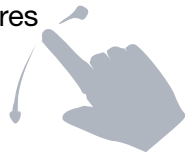


# Push Button: Functionalities

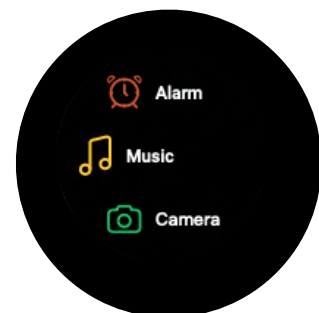


# Main Menu: Access and Screens

Keep scrolling down  
to access the features

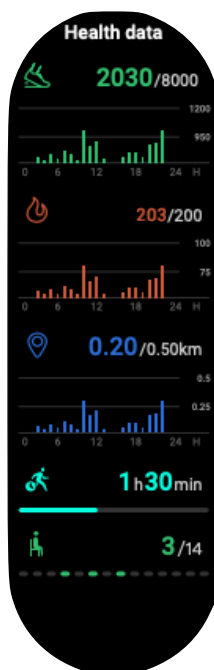


Press Push  
button to view list

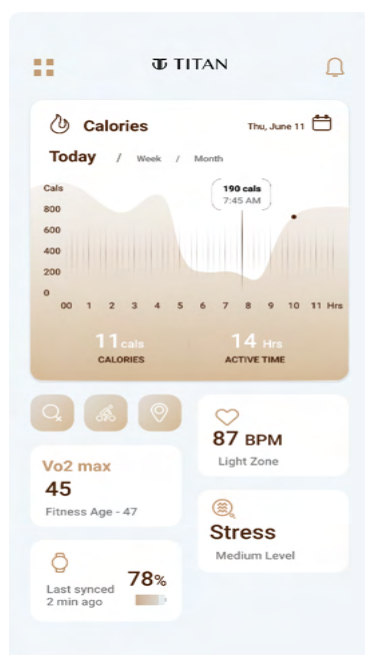


# Titan Smart: Features

## My Fitness

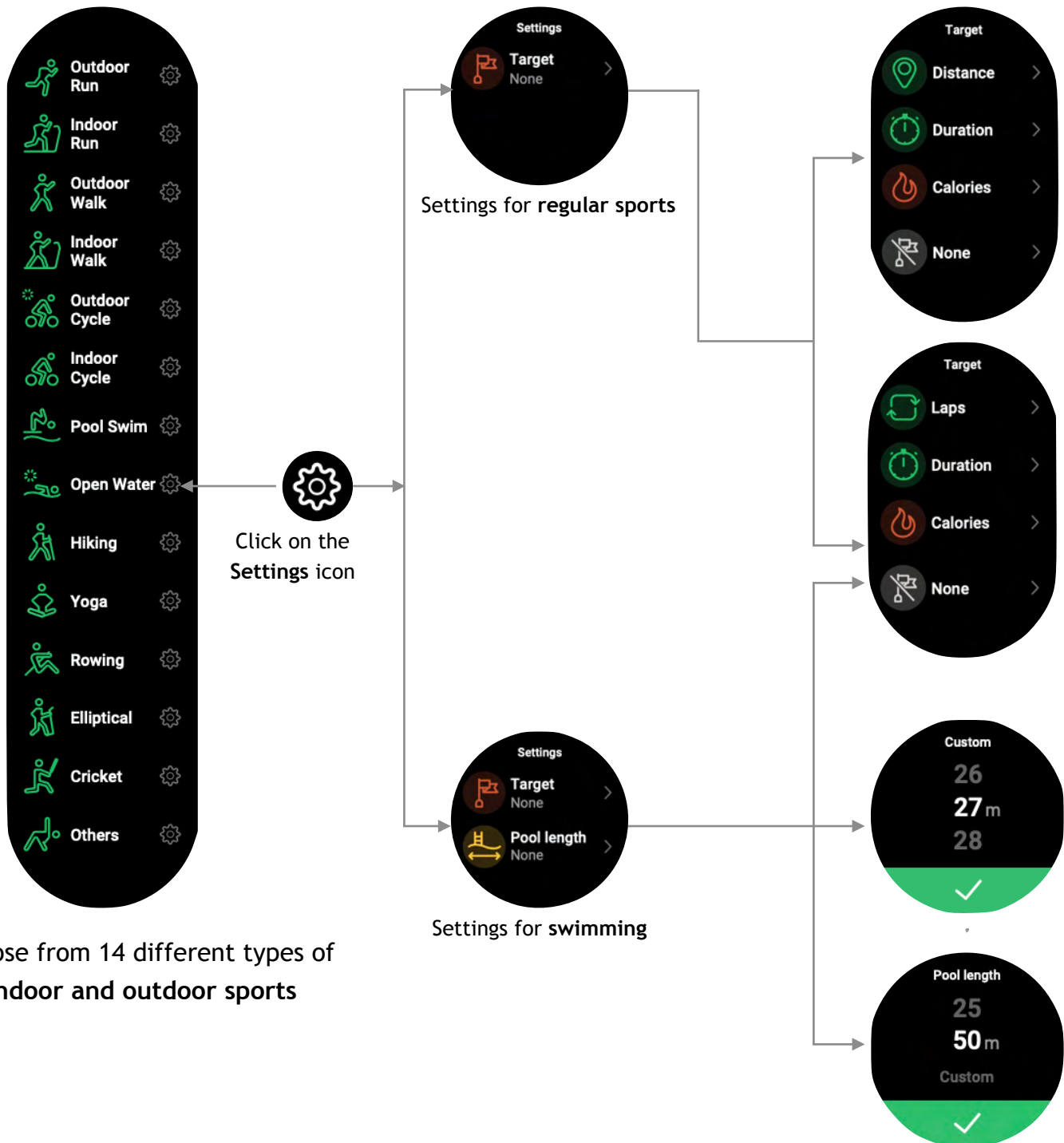


The watch displays number of steps walked, calorie count, distance covered and active time

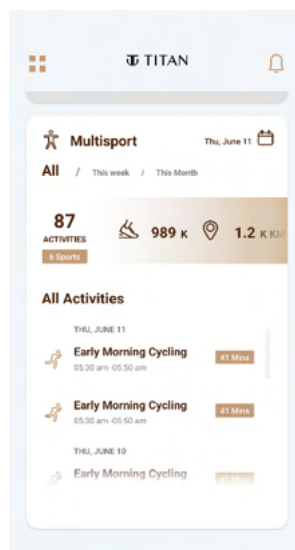


The same can be accessed on  
**Titan Smart World App**

# Multi-Sports Tracking



Choose from 14 different types of indoor and outdoor sports



Access Multi-sport on Titan Smart World App

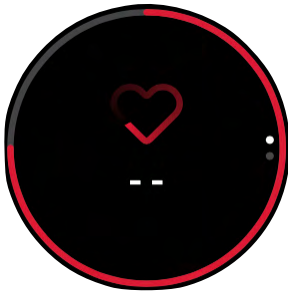
# Sports Record



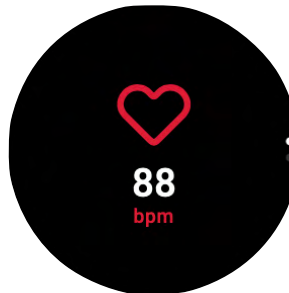
Keep a track of your sports-related activities

# Heart Rate

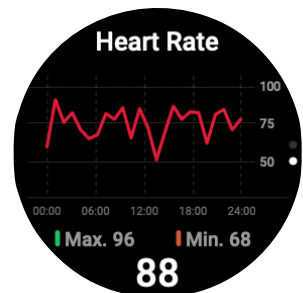
Heart Rate Measuring



Heart Rate data display



Heart Rate trend display

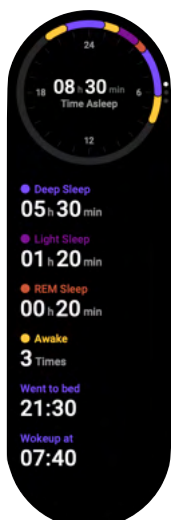


On Heart rate mode, the watch automatically calculates the heart rate

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



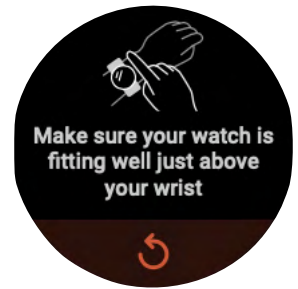
# SPO2



SPO2 measuring

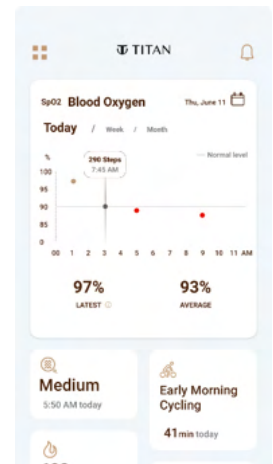


Measure your  
Oxygen saturation level



Wearing alert

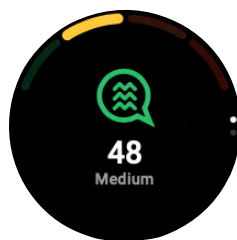
Detailed trend data of SPO2 is available on  
Titan Smart World App



# Stress Monitor

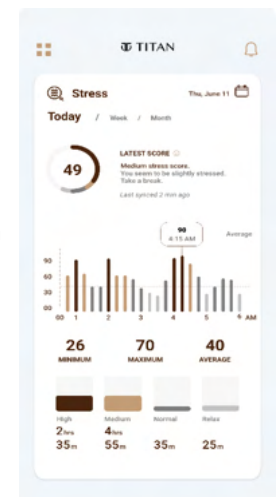


Stress measuring



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

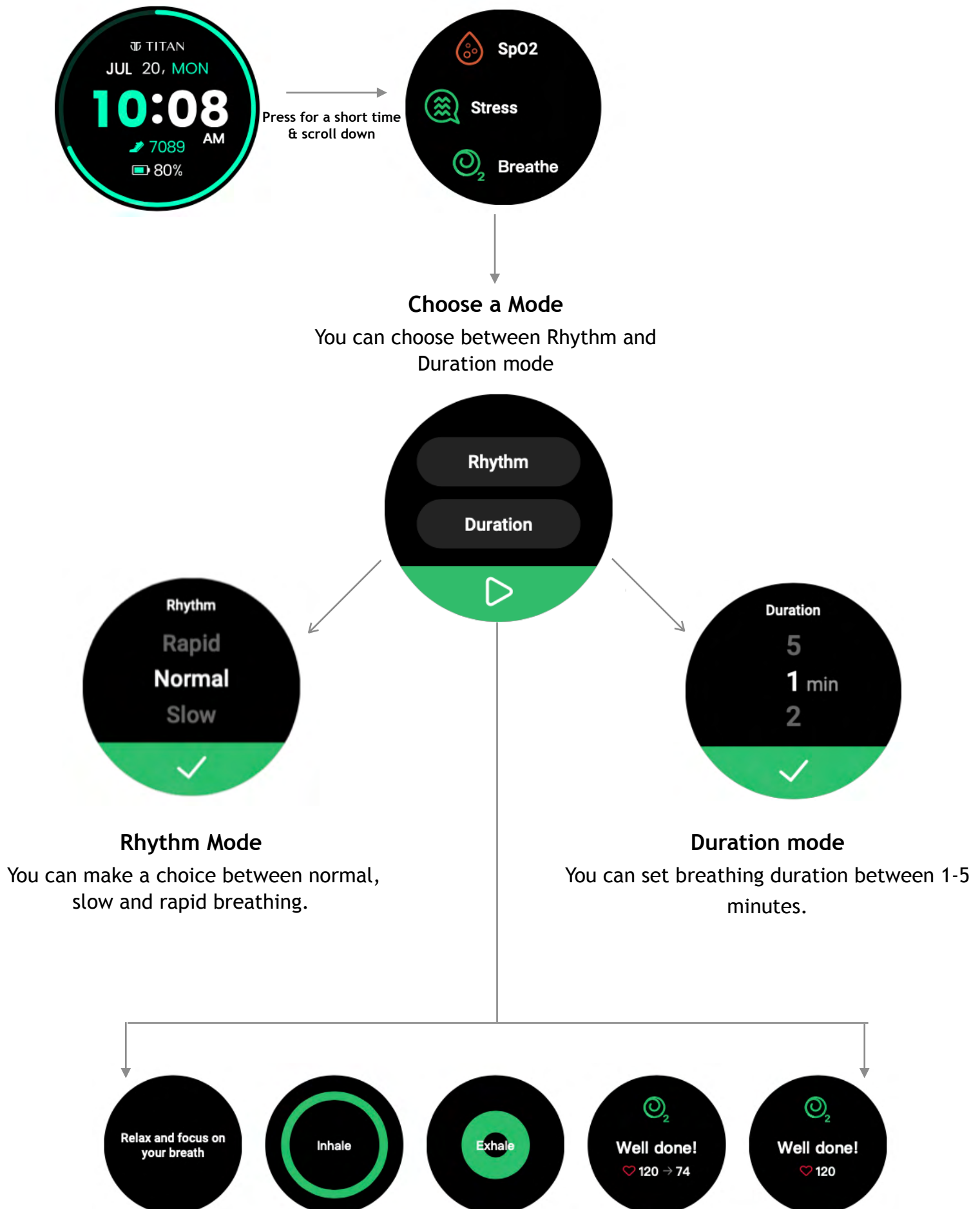


Medium Level  
Stress 60-79



High Level  
Stress 80-99

# Breathe (Activity)



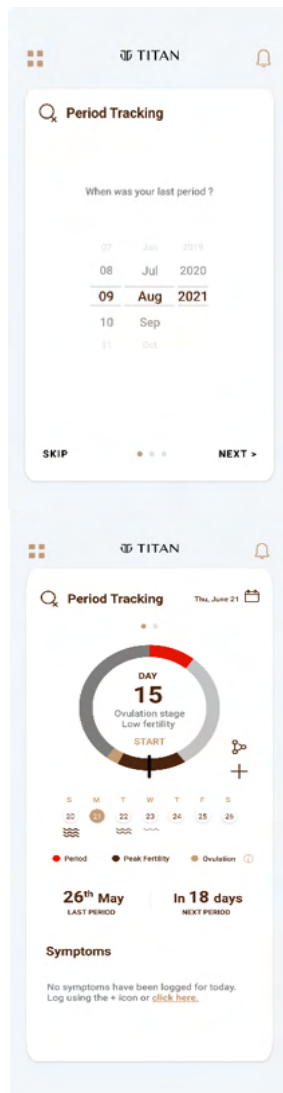


# Women's Health

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.

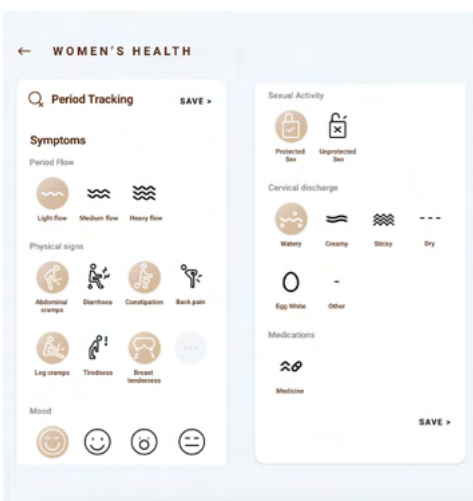


### Update your last cycle dates

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

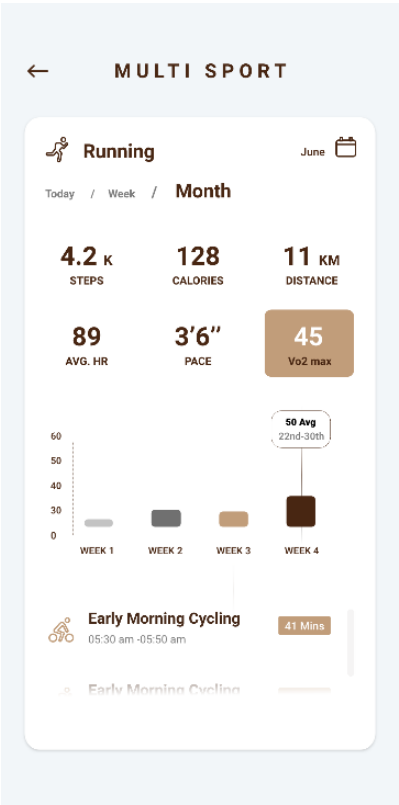


### Monitor your health

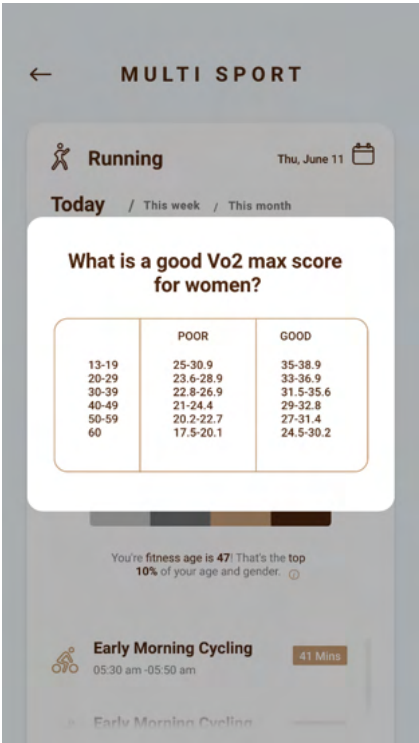
The smart app also enables users to keep a track of their symptoms such as amount of flow and mood swings.

# VO2 Max

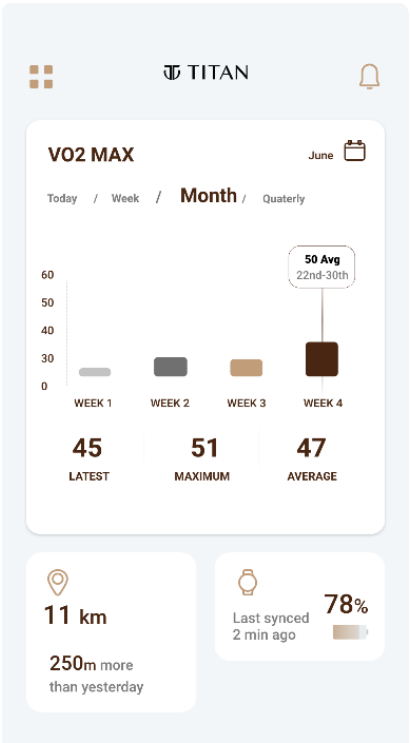
This feature measures the maximum oxygen utilisation during physical activities. The measurement is restricted only to indoor & outdoor running.



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



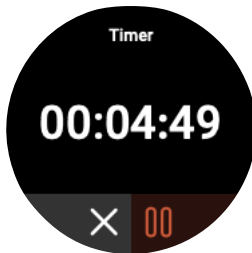
Contains information about the desirable scores for you



Maintains your daily/weekly/monthly/quarterly records

# Time Features

Timer



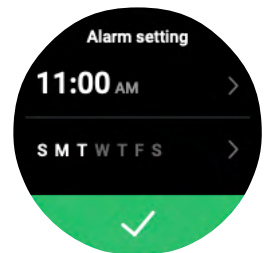
Set your own time limit

Stopwatch



Track your time

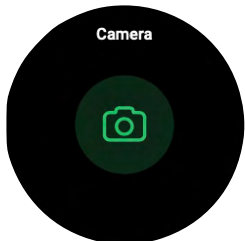
Alarm



Wake up on time

# Camera

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



Tap on Camera icon

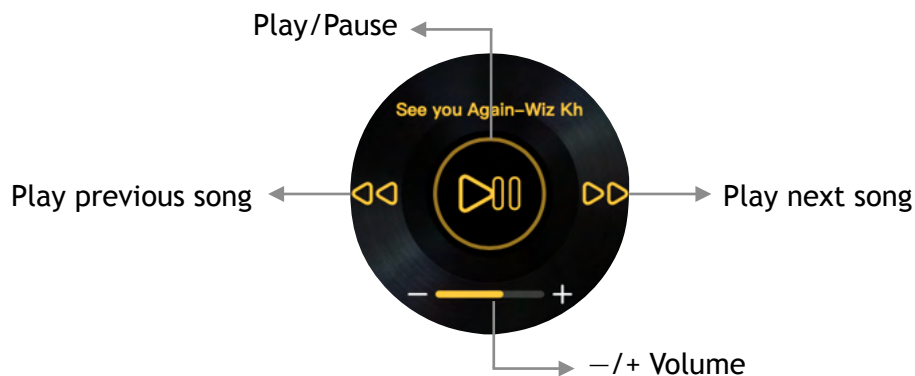


3 second countdown in progress



Image captured

# Music



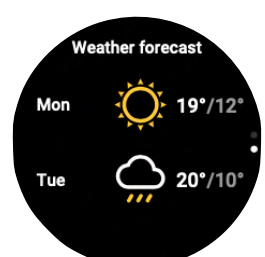
# Weather



Weather info in  
Fahrenheit



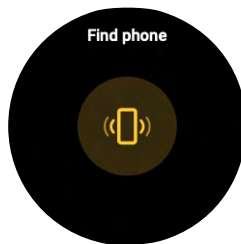
Weather info in  
Celsius



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

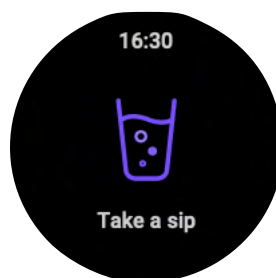
*Note: For this feature to work, there should be an active connection between the watch & phone.*

## 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.*

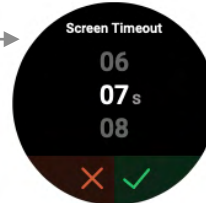
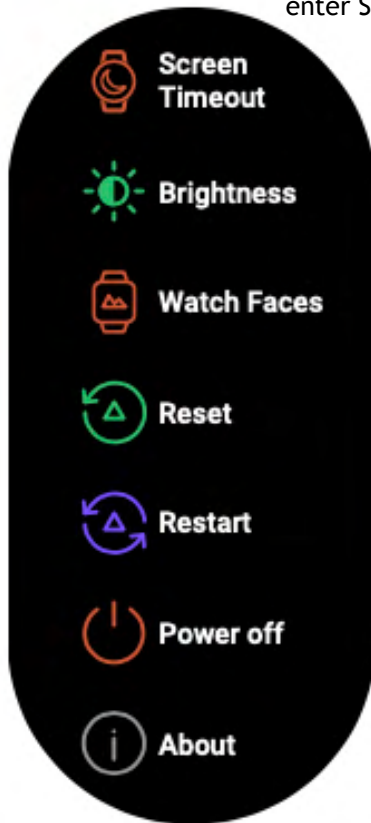
# Watch Settings



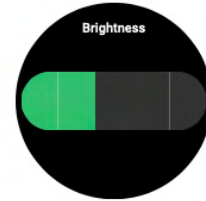
Scroll up



Single click to enter Settings



Choose how long your screen stays on for



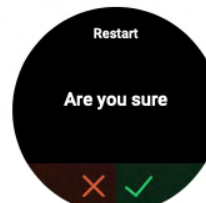
5 levels of brightness



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



You can erase all stored data and reset your watch



One-click restart



Press and hold the crown button to restart the watch



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](mailto: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.