

User Manual

Synapptic Smartwatch PLUS

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1. About this booklet

Thank you for purchasing a Synapptic product. This booklet gives instructions on how to setup and use your new watch for the first time.

Please read this booklet fully before using the device

This booklet is also available as a Microsoft Word document, a Text Only document, Audio MP3 files or an Audio CD.

2. Around the block

Before switching on your new Synapptic Smartwatch, let's take a moment to explore its layout, including the screen, buttons and other key parts.



Hold the watch so the flat touchscreen is facing up, with the large Action button positioned at the top right corner. In this position, the top strap has a metal clasp at the end, while the bottom strap contains the holes where the clasp fastens.

2.1 The Action Button

The Action button is the large, tactile button on the right edge of the watch, at the 2 o'clock position. It's customisable and can be used to select items on the screen, adjust the volume or quickly call an emergency contact.

2.2 The Power Button

The Power button is a flatter, less raised button on the right edge of the watch, at the 4 o'clock position. It can be used to turn off the screen, end a call or to go back, closing the current screen and returning to the main menu.

2.3 The screen

The screen is flat and located on the front of the watch. It's responsive to touch, allowing you to navigate through menus, select items and interact with various features. You can swipe and tap the screen to control the watch. The screen is also designed to be bright and high contrast, making it easy to read and interact with.

2.4 The loud speaker

The loudspeaker is located where the bottom strap meets the watch, at the 6 o'clock position. It's conveniently placed so you can easily bring it to your ear in noisy environments. Spoken announcements, information and alarms are played through the loudspeaker.

2.5 The microphone

A small hole, located just past the 3 o'clock position on the right edge of the watch, is the microphone. Be careful not to cover this hole when recording a voice memo or during a call.

2.6 The charging connector

The charging connector is located on the back of the watch and consists of four small metal contacts. The magnetic charging dock attaches to these contacts to charge the device. If the contacts become dirty, the watch may not charge properly.

2.7 The heart rate sensor

A small raised dome on the back of the watch houses the heart rate monitor. When wearing the watch, it presses gently against your skin to measure your heart rate.

2.8 SIM card tray

The SIM tray is located at the 9 o'clock position on the side of the watch and is designed to slide out for easy access. To insert a SIM card, remove the watch and place it face down. Use your fingernail to gently pull the tray out from the small gap at the top. Place the SIM card into the tray with the metal contacts facing up and the cut-off corner in the top left. Then carefully slide the tray back into the watch and push firmly into place.

3. Do I need a SIM card?

A SIM card is needed to use text messaging and call features on the watch. It's also useful for receiving

weather updates when you're away from your home Wi-Fi

If you don't have a SIM card installed in the watch, all other features will continue to work as normal.



If you need a SIM card for your watch, ask us about our special **low-cost SIM options** that only need topping up once a year!

4. Charging the watch

The watch charges using a small magnetic charging dock that aligns with the contacts on the back of the watch. The dock will only attach in one specific direction. To charge, place the dock on a table with the cable pointing to the left, then place the watch on top so the cable lines up with the 9 o'clock position on the watch.

If the watch is powered on when it connects to the charging dock, it will announce the current battery level and confirm that it's charging. If the watch is turned off, a battery symbol will appear on the screen, but no voice announcements will be made.

Charge the watch daily, just like you would a phone. From a completely empty battery, a full charge takes around 90 minutes. Depending on usage, the watch will last up to 2 days on a full charge.

5. Turning the watch on and off

The watch can be in one of three states: fully powered on with the screen active, powered on in standby mode with the screen off or completely powered off.

Fully powered on:

In this state, the watch display is on and responds to touch. It actively monitors your heart rate, steps and can receive incoming calls and text messages.

Standby mode:

When in standby, the display is off and does not respond to touch but the watch is still active in the background. It continues to monitor your heart rate, steps and remains ready to receive calls and messages. Standby mode uses less power and is activated automatically if the screen is not used for 30 seconds.

Fully powered off:

When the watch is completely turned off, it does not use any battery power. It will not monitor your heart rate or steps. It cannot receive calls or text messages.

5.1 Turning the watch on

From fully off:

To turn the watch on when it is completely powered off, press and hold the Power button for 3 seconds. The watch will vibrate and play a short jingle. After a few seconds a loading screen will appear, followed by the main watch face.

From Standby mode:

If the watch is in standby (screen off but still powered on), press the Power button or Action button briefly to wake the screen.

5.2 Turning the watch off

Turn off the screen (Standby Mode):

To turn off the screen and place the watch into Standby mode, briefly press the Power button on the edge of the device. You'll hear the voice announce "Screen off" when this happens.

If you are not on the Main Menu, pressing the Power button once will first close the current screen and return you to the Main Menu. Press it a second time to turn off the screen and enter Standby mode.

Fully turn the watch off:

From the Main Menu, select the Turn Off option at the end of the list. An Android confirmation screen will appear with three choices: Power Off, Restart, and Aeroplane Mode. The Power Off option will be highlighted with a green outline – double tap the screen to select it.

A second confirmation screen will then appear. Swipe down until you hear "OK button", then double tap to confirm. The watch will play a short jingle, vibrate, then shut down completely.

See Chapter 12. "Using Synapptic Reader", for more details on navigating Android screens with Synapptic Reader.

6. Operating the touch screen and menus

The touch screen on your Synapptic watch allows you to navigate menus, select options and interact with features easily.

All menus scroll vertically, so you only need to swipe up or down to browse through the available options. The Watch Face screen is an exception. You can swipe left for quick access to useful information such as battery level, voicemail and call logs.

6.1 Navigating the Menus



The Main Menu consists of the watch face at the top, followed by a number of menu items below. Each menu item completely fills the screen, so you have to scroll the menu to bring different items into view.

To move the menu upwards and reveal the next item, place your finger roughly in the middle of the screen. Keep your finger pressed, slide it up towards the top of the screen, then lift your finger off the screen.

To move the menu downwards and reveal the previous item, place your finger roughly in the middle of the screen. Keep your finger pressed, slide it down towards the bottom of the screen, then lift your finger off the screen.

When a new menu item displays, the voice will speak out a description for it. If you need to hear the description again, just long press the screen – hold your finger roughly in the middle of the screen for more than a second.

6.2 Navigating sub menus and lists



After selecting a main menu option, a sub-menu or list may appear – for example, a list of messages or saved weather locations.

To navigate sub-menus:

Swipe up or down anywhere on the screen to move between options.

Visual **arrows at the top or bottom** of the screen help guide you:

- An **up arrow at the bottom** means you can swipe up to view more options.
- A down arrow at the top means you can swipe down to go back or see previous options.

This consistent gesture system ensures that browsing through lists is intuitive.

6.3 Selecting a menu option

To select a menu option, simply tap the screen once. A new menu or screen will then appear.

By default, the Action button will also select the current menu option.

6.4 Backing out of a menu

There are several ways to cancel the current screen or menu and move back a stage:

Swipe the screen to the right

Place your finger on the screen, slide it towards the right, then lift your finger off the screen. This will go back to the previous screen or menu.

Use the Back menu option

At the end of each menu is a Back option. Selecting this option will take you back one step.

Press the Power Button

Pressing the Power button will exit the current screen and return directly to the Main Menu – this may skip over several levels of menus.

(Once you're back on the Main Menu, pressing the Power button again will turn off the screen and place the watch into Standby mode).

6.5 The Action Button

By default, the Action button selects the current menu option, the same as tapping the screen.

This can be customised in the Settings menu, with options to back out of a menu, stop the current voice

announcement, or quickly open the Voice Memo menu.

6.6 Menu Feedback

As you navigate through the menus, the watch provides voice feedback, announcing the current menu item.

To repeat an announcement, long press on the screen. The speech will stop as soon as you release your finger.

Some menu items include additional information, such as the number of unread messages. When this happens, the watch will vibrate to alert you, then speak the item's name along with the additional information.

7. The Main Menu

The Main Menu is the central list of options on your Synapptic watch. The following options are available:

7.1 Watch face



The Watch Face is the main screen on your device. It displays and speaks the time.

You can tap or long press the screen to repeat the announcement.

You can customize the watch and select what information is spoken aloud from the Settings menu.

After 5 minutes of inactivity, the watch automatically returns to the Watch Face the next time the screen is turned on.

Swipe left for quick access to the Watch Info menu, making it easy to check your battery level, Wi-Fi or mobile signal. See the Watch Info section below for further details.

7.2 Alarms



Set and manage alarms on your Synapptic watch to help you stay on track with important tasks, such as taking medication or attending appointments.

Alarms are customisable and can repeat on specific days or at a particular time.

New Alarm

To set a new alarm, select the New Alarm option from the bottom of the Alarms menu.

Swipe up or down to choose the hour, then tap the screen to confirm. Repeat the same process to select and confirm the minutes.

To set the alarm to repeat on specific days, swipe through the list of days and tap each day you want the alarm to repeat. Selected days will be confirmed with an announcement.

When you've finished setting the time and repeat days, select Done at the end of the list to save the alarm.

Alarm Screen

When an alarm sounds, a screen will pop up – even if you're using another part of the watch.

Tap the screen to acknowledge and clear the alarm, or swipe left to snooze it for 5 minutes.

Manage alarms

To manage an existing alarm, select it from the list in the Alarms menu. The following options are available:

Turn Off – Temporarily disable the alarm without deleting it

Edit – Change the alarm time or repeat days

Set Name – Give the alarm a custom name to help identify it

Delete – Permanently remove the alarm

For details on how to type alarm names using the onscreen keyboard, refer to Chapter 9. "Using the keyboard".

7.3 Timer



Countdown timers are useful for various tasks, such as cooking, exercise or remembering to do something. The timer will alert you when the countdown reaches zero, providing both visual and audio notifications.

New timer

To set a new timer, select New Timer option from the bottom of the Timer menu.

Swipe up or down to choose the number of hours, then tap the screen to confirm. Repeat the same process to select and confirm the minutes.

The timer will start to count down and both speak out and display on screen.

Timer Screen

When the timer completes, a screen will pop up – even if you're using another part of the watch.

Tap the screen to clear the timer, or swipe left to snooze it for 5 minutes.

Manage the timer

Select the active timer to open a menu where you can pause or clear it.

7.4 Steps



This allows you to monitor your physical activity over the past week, helping you stay on top of your fitness and mobility goals.

For each day, the menu displays the total number of steps taken, the distance walked, and an estimate of calories burned.

Swipe up or down to move through the menu, starting with today at the top, followed by a list of the previous 7 days beneath.

For a more accurate calorie estimate, set up your profile in the Settings menu with your age, weight and height.

To learn about tracking step goals, movement reminders and streaks, see the Goals section.

7.5 Goals



Steps goals are a target number of steps to achieve in a day. Movement reminders alert you if you've been inactive for a certain period, to encourage you to get up for a stretch or keep moving throughout the day.

When you reach your step goal or are inactive for long enough, the watch will vibrate and a screen will pop up. Tap or swipe right to dismiss it. At the top of the Goals menu, a summary screen displays your goals summary and includes:

Today's step count – The number of steps you've taken so far today.

Step target – The daily goal you've set for yourself.

Streak – The number of consecutive days you've met your step goal.

Below the summary screen are the following options:

Target – Set your daily target from a list of preset options ranging from off to 10,000 steps.

Reminder – Set your movement reminder from a preset list ranging from off to 6 hours.

7.6 Heart rate



Monitor your heart rate throughout the day and review your heart rate history, including highs and lows, over the last 7 days.

At the top of the Heart Rate menu, your current heart rate is displayed and spoken aloud, updated live.

Below this, a 7-day history displays heart rate data for each day, including:

- Average heart rate
- Minimum heart rate
- Maximum heart rate

Swipe up and down to move between different days.

Heart rate is monitored continuously when the watch is worn. For the most accurate readings, ensure the watch is fitted snugly against your wrist and the sensor area on the back is clean.

7.7 Contacts



The Contacts menu lets you add, edit, call and message people easily from your watch.

Contacts are listed alphabetically, and any marked as important will display a

star icon. Swipe up and down to move through the list of contacts.

Tap on a contact to access the following options:

Call – Start a phone call

Message – Send a text message

Edit – Change the name or number

Delete – Remove the contact

At the end of the Contacts menu, there is an option to Add New Contact.

See Chapter 9. "Using the keyboard" for details on how to type names using the on-screen keyboard.

Note: If the watch is set up with the same Google account as other Synapptic devices (including phones and tablets), contacts will be automatically synchronised across all devices.

7.8 Messages



The Messages feature lets you easily view, reply and delete text messages. They are listed with the most recent at the top.

Swipe up and down to scroll through or tap a message for the following options:

Read Message – View the content of the message. For more information on reading longer messages, see Chapter 10. "Reading messages and longer text".

Reply – Select from a range of Quick Replies like "Call me", "Thanks" and "Where are you?" or type your message using the on-screen keyboard.

See Chapter 9. "Using the keyboard" for more details.

Delete – Delete the message from your list.

New Message Notifications

When you receive a text message, the watch will vibrate and announce the sender.

When showing Messages while scrolling through the Main Menu, if you have any unread messages then the watch will vibrate, show an icon and announce how many.

7.9 Weather



From here you can get a summary or a 7-day forecast of the weather.

The Weather menu shows the list of locations you have added, followed by an option to Add a New Location.

Add a location

Use the on-screen keyboard to type some or all of the location name. You must type at least 3 characters but can use postcode or town name.

Select the Done button on the keyboard and a list of results will display. Select one of the results to add it

to the Weather menu or navigate to the bottom of the list and select Edit to edit the search text.

See Chapter 9. "Using the keyboard" for details on how to type place names or postcodes with the onscreen keyboard.

Weather forecast

Pick a location from the Weather menu to display the 7-day forecast for that location.

Each entry shows the day, the weather and the temperature. The top option in the list is for today, followed by the forecast for the next six days of the week.

Selecting one of the daily forecasts shows a more detailed forecast for that day, broken down into 3hour intervals. Each interval includes the time, the weather, chance of rain, wind speed and temperature.

Note: An Internet connection is required for weather updates. This can be through Wi-Fi or SIM card mobile data.

7.10 Voice Memos



Whether it's for reminders, ideas or quick messages, voice memos are a simple way to capture important information on the go.

The Voice Memos menu displays the Record Memo option at the top, followed

by a list of all previously recorded memos with the most recent at the top.

Record new memo

Tap the Record Memo option to begin recording. The watch will announce when recording starts and a flashing square will appear on the screen.

Speak your message, then tap the screen again to stop recording. The memo will be saved and the menu will automatically scroll to show the newly recorded memo.

Playing and deleting memos

Selecting a memo shows a menu with options to Play or Delete the memo.

Select Play to begin playback. Tap the screen to pause or resume playback. Swipe up to skip forward 10 seconds or swipe down to rewind 10 seconds.

To exit the playback screen, swipe right.

7.11 SOS emergency call



The SOS Emergency Call feature allows you to quickly contact a chosen emergency number in urgent situations.

To trigger an SOS call, either tap the SOS Emergency Call option from the menu or

press and hold the Action button for 5 seconds.

Make sure to set your emergency contact number in advance via the Call Settings menu. The contact must be saved in your Contacts list in order to be selected as an emergency contact.

7.12 Info



The Watch Info menu provides a summary of key details, helping you stay informed about your device's status.

The Watch Info menu includes the following options:

Battery Level – Displays and speaks out the current battery percentage on the screen. A ring around the edge of the screen provides a quick visual indication of the remaining battery level, allowing you to easily monitor your battery status at a glance. **Date and Time** – Shows and speaks the full day, date and year.

Wi-Fi Signal – Indicates the strength of your current Wi-Fi connection.

Phone Signal – Displays the mobile signal strength.

Voicemail – Lets you check for and listen to new or saved voice messages.

Call History – View a list of recent incoming and outgoing calls. This option also includes a visual indicator and will vibrate to alert you when you have missed calls.

My Number – Displays your own mobile number. If the number cannot be retrieved automatically from your SIM card, you can manually enter it through the Call Settings menu.

About Watch – Displays technical details such as software version and activation code.

Quick access to Watch Info

For quick access the Watch Info menu, simply swipe left on the Watch Face screen.

7.13 Settings



The Settings menu allows you to customise various features of your Synapptic watch. The following options are available:

Watch Face – Customise the look of your watch face and choose what information is spoken aloud, such as the time, date or battery.

Wi-Fi – Manage and connect to available Wi-Fi networks for internet access. Please see Chapter 9. "Using the keyboard" for details on how to type Wi-fi passwords using the on-screen keyboard.

Display – Adjust the colour scheme, contrast level, screen brightness, and other display preferences

Sounds – Turn the voice on or off, choose from a range of male and female voices, adjust voice volume, speech speed and other sound-related settings.

The voice volume can also be adjusted by holding the Action button for 1 second. A volume slider will appear on screen. Rotate the Action button clockwise to increase the volume and anticlockwise to decrease it. **Calls** – Configure call-related settings including call volume, ringtone, ringer volume, emergency contact or manually set your voicemail and mobile number.

Units – Set your preferred measurement units for height, weight, distance, time format (12/24 hour), temperature (Celsius/Fahrenheit) and wind speed.

My Profile – Set your personal details, including gender, height and weight. This information improves the accuracy of fitness and health tracking features.

Action Button – Customize the function of the Action Button. Choose from options such as Go Back, Screen Tap, Stop Talking or Voice Memos.

Remote Control – Starts remote control of the watch for technical support purposes. **Important**: Only activate this feature when instructed by a verified Synapptic support team member.

Android Settings – Access settings specific to the Android platform, allowing you to configure advanced features and options. Synapptic Reader will automatically start to provide spoken feedback for these screens.

For more details on using Synapptic Reader with Android settings, see Chapter 12. "Using Synapptic Reader".

Update – Check for and apply software updates to keep your watch running smoothly.

7.14 Help



Provides brief on-screen guidance for key features such as using the keyboard, the layout of the watch, navigating the menus and top tips.

7.15 Turn off



Fully power down your Synapptic watch. When turned off, the watch will not use any battery and will not receive calls, messages or alarms.

Selecting the Turn Off option opens an Android confirmation screen with three choices: Power Off, Restart and Aeroplane Mode. The Power Off option will be highlighted with a green outline – double tap the screen to select it.

A second confirmation screen will appear. Swipe down until you hear "OK button," then double tap to confirm. The watch will play a short jingle, vibrate and shut down completely.

To turn the watch back on, press the power button for 3 seconds.

See Chapter 12. "Using Synapptic Reader", for more details on navigating Android screens with Synapptic Reader.

8. Configuring Wi-Fi



An internet connection is required to receive weather updates. If a SIM card is installed, you do not need to connect to Wi-Fi, unless you prefer to reduce the amount of mobile data used.

From the Main Menu, select the Settings option, then choose the Wi-Fi menu. In the Wi-Fi menu, select the Wi-Fi List option to view all available networks within range.

Scroll through the list and find the network you wish to connect to. Tap on the desired network, and a menu will appear with options to connect (and forget if a previously saved password exists). Select Connect to join the network. If asked for, type in a password using the on-screen keyboard.

See Chapter 9. "Using the keyboard" for details on how to type passwords using the on-screen keyboard. **Top Tip!** If you experience any issues connecting to Wi-Fi, contact our friendly technical support team. With your permission, they can even remotely control the watch and configure Wi-Fi for you.

9. Using the keyboard



The Synapptic on-screen keyboard is specially designed for simplicity and ease of use on a small screen, where a fullsized keyboard wouldn't be practical. Instead of displaying all the keys at once, it shows just one character at a time.

How It Works

The keyboard is split into two parts:

- **Top half of the screen**: Shows the text you've typed so far.
- Bottom half of the screen: Displays a single character at a time from the keyboard.

You navigate the keyboard using simple swipes:

- Swipe up or down to move through the letters in the current list (e.g., a–z).
- Swipe left or right to switch between different character sets:
 - Lowercase letters (a–z)

- Uppercase letters (A–Z)
- Numbers (0–9)
- Symbols (e.g., space, full stop, comma, question mark)
- Controls (e.g., Done and Delete)

When the character or control you want is spoken aloud:

• Tap the screen to select it and add it to your text.

Extra Features

Press and hold anywhere on the screen to hear the full text you've typed so far. Characters and actions are always spoken aloud before you select them, helping reduce errors.

10. Reading messages and longer text



When reading long messages, text is broken into clear, easy-to-read pages, and each word is highlighted as it's read aloud.

How it works

When a message or some longer text opens, it's displayed one page at a time in large, readable text. The voice will automatically read through all pages.

Pause/Resume: Tap the screen once to pause or resume reading.

Manual scrolling: Swipe up or down to manually move between pages. When you swipe to a new page, it will read that page aloud but won't continue to the next page automatically.

Cancel reading: To exit, swipe right – this will return you to the previous menu.

11. Answering and ending calls

This section applies when a SIM card is inserted in the watch.



When a call comes in, your Synapptic watch will ring, vibrate and announce the caller's name or number.

To answer the call, either tap the screen or press the Action button.

To reject or end the call, briefly press the Power button or swipe right.

Once a call is connected, you can talk directly through the watch's speaker and microphone. If you need to use the number pad during the call – for

example, to "press 1 for sales" or "press 2 for support" – swipe up on the active call screen to display a list of numbers, then tap the screen to select the one you need.

12. Using Synapptic Reader



Synapptic Reader is a simple yet powerful screen reader built into your watch. It's designed to read out Android screens that aren't part of the main Synapptic interface, making it easier for anyone with any level of sight loss to use

those screens easily.

It starts and stops automatically as needed. For example, when confirming that you wish to power off the watch, Synapptic Reader guides you through each step. It reads out each block of text, heading, or button on the screen, one by one, helping you interact with the device seamlessly.

How it works

Each heading, button, and piece of text is highlighted with a green outline as you move through the screen. A description of the item is also spoken aloud.

• To move forward to the next heading, button, or piece of text, swipe down

- To move backward, swipe up
- To select a button or follow a link, double tap the screen anywhere.

If you reach the top or bottom of the screen, Synapptic Reader will loop around to the other end so you can continue navigating without interruption.

As an alternative to swiping, you can also explore the screen by touch. Simply run your finger over the screen, and Synapptic Reader will speak aloud whatever you touch. To select an item, double tap the screen.

To back out of an Android screen while Synapptic Reader is active, swipe right from the far left of the screen using two fingers. This will take you back to the previous screen or menu. To quickly return to the main watch menu, briefly press the Power button.

13. Adjusting the date and time

The date and time are set before you receive the watch. Once connected to Wi-Fi or with a SIM card inserted, the time will automatically set. When connected to Wi-Fi or roaming with a SIM card in a foreign country, the time will adjust accordingly.

14. Synapptic help and support

If your watch isn't working as expected, the first thing to try is updating the software. From the Settings menu, select the Updates option to check for and install the latest version. This often resolves many common issues.

If updating doesn't fix the problem, don't worry – we offer three easy ways to get help and support:

1. Help option on the Main Menu. The help option on the Main Menu contains basic information about the operation of the Synapptic system.

2. Synapptic website. The Synapptic website has additional help, news and support information. Visit www.synapptic.com for details.

3. Free lifetime technical support. When you purchase from us and become part of the Synapptic family, you also get free lifetime technical help and support for your Synapptic device! Contact technical support by email, telephone or through our website.

Email:	help@synapptic.com
Web:	www.synapptic.com
Tel:	0191 909 7 909

15. Product safety and care

Not a medical device – The Synapptic watch is designed for general fitness and wellness, not for diagnosing or treating medical conditions

Splash resistant – Do not submerge in water

Avoid extreme temperatures – Protect from excessive heat or cold

Do not disassemble – Tampering voids the warranty and may pose a safety risk. Contact Synapptic support for servicing

Use approved chargers – Charge with any compatible charger; for best results, use a Synapptic-approved cable

Clean with care – Use a soft, dry cloth. Avoid harsh chemicals

Avoid strong magnets – Magnetic fields may interfere with sensors

Environmentally responsible disposal – Recycle at an approved electronics facility.

About Synapptic

Synapptic is dedicated to creating easy-to-use and innovative solutions that help anyone with sight loss use smartwatches, phones, tablets and other mobile technology.

We're a family run business, formed in 2012 and based in Durham, in the north east of England.





We're proud that Synapptic is award winning!





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