



Smart Bracelet

Smart Health & Activity Bracelet

Heart Rate	Blood Oxygen	Sleep Monitor
100+ Sport Modes	IP68 Rating	QWatch Pro App

QWatch Pro App	Web Support	Contact
iOS · Android	duckdik.com/ bracelet	support@duckdik.com

02 Package Contents

PRODUCT OVERVIEW



**Heart
Rate**



**Blood
Oxygen (SpO2)**



**100+ Sport
Modes**



**Sleep
Monitor**



**Activity
Tracking**



**IP68
Rating**

When you open the box, you will find the following items:

1. DuckDik Smart Bracelet
2. Magnetic USB charger
3. User manual

Device parts



Check the package contents before starting. If any component is missing, contact support at support@duckdik.com and we'll help you in less than 24 hours.

03 Quick Start

1. Charge the bracelet

Connect the magnetic USB charger to a USB 2.0 or higher port (computer, standard phone charger). The two gold contacts align magnetically with the device. The red LED lights up while charging and the green LED when charging is complete. A full battery lasts up to 7 days of normal use.

2. Activate the device

The first time, you need to charge and activate the bracelet. After a factory reset, repeat this step.

3. Download the QWatch Pro App

Download **QWatch Pro** from Google Play or the App Store. Requires Android 5.0+ or iOS 10.0+. Scan the QR code in section 04 to download faster.

4. Pair via Bluetooth

Enable Bluetooth on your phone, open QWatch Pro and follow the instructions. The bracelet must be near the phone during the initial pairing. When the connection is correct, you will see the battery icon on the app's home screen.

5. Set personal data

Enter your age, sex, height and weight in *My Profile* so that step, calorie and heart rate measurements are more accurate.

6. Sync and start

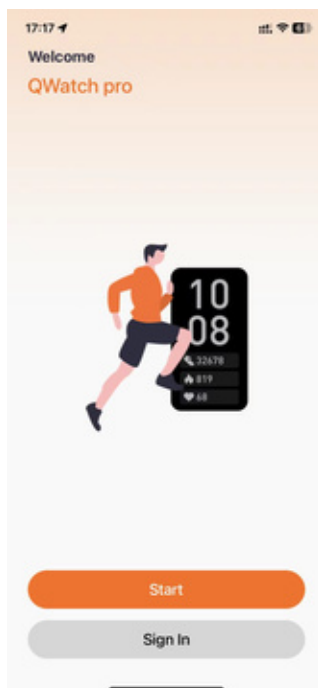
Keep the app open for a few seconds so that data syncs. From now on, every time you open QWatch Pro with Bluetooth active, the latest health data will sync automatically.

Tip: For maximum accuracy, wear the bracelet one finger above the wrist bone, with the strap snug — neither too tight nor too loose. The optical sensor must be in contact with the skin.

04 Download the QWatch Pro App

The DuckDik bracelet works with the free **QWatch Pro** app, available for iOS and Android. The app lets you view all your health data, manage notifications, change the watch face and check your history.

1. Scan the QR code on the right, or search for **QWatch Pro** on Google Play or the App Store.
2. Install the application and follow the instructions to create an account or sign in.
3. Grant Bluetooth and location permissions (required for pairing and GPS tracking).
4. Add your bracelet from the *Device* section inside the app.



Welcome screen — QWatch Pro



Scan to download

Requirements: Android 5.0 or higher · iOS 10.0 or higher · Bluetooth 4.0+

05 Charging and Activation

The first time you use the bracelet — or after a factory reset — you need to charge and activate it.

How to charge

1. Place the bracelet on the magnetic USB charger. The two gold dots must align with the charger contacts — the magnet takes care of the rest.
2. Connect the USB cable to a power adapter (5 V) or to a USB 2.0+ port on a computer.
3. The **red LED** turns on indicating charging.
4. When the **green LED** turns on, the battery is at 100% and you can remove it.

A full charge takes 1 to 2 hours and provides up to 7 days of normal use.



Prevent the charger contacts from coming into contact with conductive materials such as liquids, dust, metal particles or pencil lead. This could cause a short circuit and damage the device.

Factory Reset

After a reset, all device data is erased. You will need to charge it again, reactivate and re-pair it with the QWatch Pro app. Use only if the bracelet is unresponsive or you want to give it away.

06 Health Indicators

From the **Health** tab of the QWatch Pro app you can view all your health data, both for the current day and previous days, in the form of graphs and daily summaries.

Available metrics

- **Steps and distance:** activity accumulated during the day, with customizable goals.
- **Calories:** estimate of calories burned based on your activity and profile.
- **Heart rate:** continuous background measurement and on demand.
- **SpO2:** blood oxygen saturation.
- **Blood pressure:** indicative estimate (non-medical).
- **Sleep:** duration and sleep phases (deep, light, REM).
- **Stress:** level estimated from heart rate variability.
- **Sports log:** history of completed workouts.



Important: All health indicators are indicative and should only be used as a personal reference. The Smart Bracelet is not a medical device. For any decision related to your health, consult a healthcare professional.

07 Smart Notifications

With Bluetooth connected, the bracelet alerts you to calls, messages and events through vibrations and green LED flashing. Each type of notification has a distinct pattern:

Green LED flashing	Signal	Requires Bluetooth
Once per second · continuous vibration	Incoming call	Yes
Once	SMS notifications and third-party apps (WhatsApp, WeChat, Skype, etc.)	Yes
Three times	Sedentary reminder	Yes
Thirty times	Alarm / Wake-up	Yes

Press the Home button once to stop any of the above notifications. Press the Home button twice to remotely trigger the phone's camera (designed for selfies).

Firmware update

When a new firmware version is available, the QWatch Pro app will notify you automatically. Keep the bracelet near the phone, with more than 50% battery, and follow the steps to update. Do not remove the bracelet from the charger during the process.

08 Sport Modes

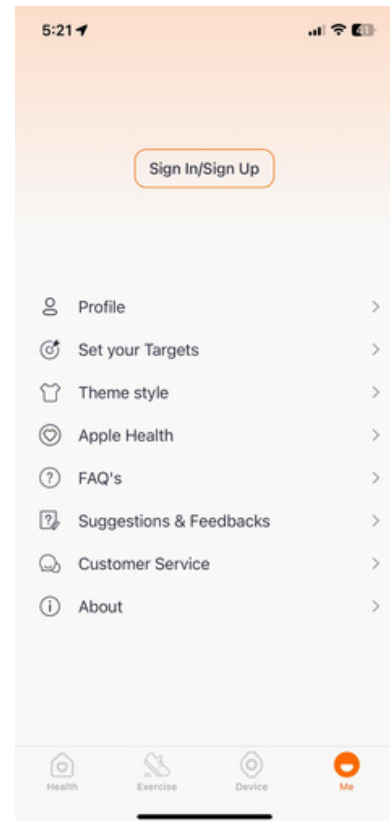
The QWatch Pro app offers more than 100 sport modes, from the most common ones like walking, running or cycling, to specific sports such as badminton, yoga, rowing or martial arts.

How to start a workout

1. Open the QWatch Pro app and go to the **Exercise** tab.
2. Select the sport you're going to practice.
3. Tap **Start** — the bracelet will begin tracking heart rate, duration and calories burned in real time.
4. During outdoor activity, the **phone GPS** feature records the movement path and distances.
5. When finished, tap **Stop** to save the workout to your history.

Featured sports

Walking · Running · Cycling · Hiking · Stationary bike · Jump rope ·
Swimming · Elliptical · Yoga · Basketball · Football · Tennis · Badminton
· Rowing · Climbing · and more than 90 additional modes.



GPS tracking requires that the phone be with you during the activity and that you have granted location permissions to the QWatch Pro app. The bracelet itself does not have its own GPS.

09 Personal Information and Settings

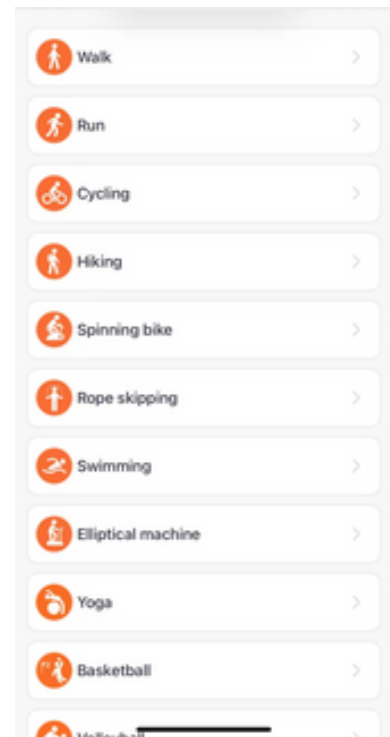
From the **Me** tab of the QWatch Pro app you can configure the most important aspects of the experience, check information about the app and access support.

Available options

- **Profile:** age, sex, height, weight. Essential for metric accuracy.
- **Set your Targets:** daily goals for steps, sleep, calories and activity.
- **Theme style:** watch faces and visual style of the app.
- **Apple Health / Google Fit:** integration with the phone's health services.
- **FAQ's:** frequently asked questions with quick solutions.
- **Suggestions & Feedback:** send your suggestions to the DuckDik team.
- **Customer Service:** direct access to support.
- **About:** app and firmware version, legal notices.

Account management

You can sign in or register from the *Me* tab. Having an account allows you to sync your data between devices and keep your history if you change phones.



Privacy: Your health data is personal. DuckDik complies with European GDPR and does not share your personal information with third parties without your explicit consent.

10 Technical Specifications

Parameter	Value
Product type	Smart health and activity bracelet
Sensors	Heart rate · SpO2 · Accelerometer · Ambient light sensor
Water resistance	IP68 (dust-resistant and submersible)
Connectivity	Bluetooth 4.0+ (BLE)
Compatibility	Android 5.0+ · iOS 10.0+
App	QWatch Pro (iOS · Android)
Battery	Rechargeable lithium-polymer
Battery life	Up to 7 days normal use · 20 days standby
Charging time	1–2 hours (full charge)
Charging interface	Magnetic USB charger included
Body material	Aluminum alloy
Strap material	Breathable adjustable nylon
Sport modes	More than 100 modes via app
Notifications	Calls · SMS · WhatsApp · WeChat · Skype · other apps
Operating temperature	0 °C to 45 °C
Storage temperature	-20 °C to 70 °C
Certifications	CE · RoHS · FCC
Warranty	12 months

11 Safety and Care

Failure to follow these safety instructions may cause fire, electric shock, personal injury or property damage. Read this section carefully before using the device.

Not a medical device

The Smart Bracelet is not a medical device and should not be used as a substitute for professional medical judgment. It is not designed to diagnose, cure, mitigate, treat or prevent any disease or condition.

Handling

Handle the bracelet with care: it contains sensitive electronic components that can be damaged by drops, burns, punctures or crushing. Do not use a damaged device, as it may cause injury. Avoid excessive exposure to dust, sand or harsh chemicals. Children should not use this device without adult supervision.

Battery

The lithium-polymer battery must only be serviced by the manufacturer or an authorized provider. Do not attempt to replace it yourself: it may cause damage, overheating or even fire. At end of life, recycle the battery separately from household waste. Do not incinerate or throw it into the general bin.

Operating temperature

Use the device between 0 °C and 45 °C and store between -20 °C and 70 °C. Exposure outside these ranges may damage the bracelet or shorten battery life. Avoid extreme temperature or humidity changes.

Charging

Use only the included magnetic USB charger. High-voltage fast chargers are not recommended as they may damage the battery. Do not charge the bracelet with wet contacts — dry them before connecting.

Cleaning

Clean the bracelet with a soft, slightly damp cloth. Do not use alcohol, harsh soaps or chemicals. Make sure the sensor and charging contacts are dry before charging.

IP68 water resistance: *The bracelet withstands sweat, splashes, rain and light showers. It is not recommended for deep diving, saunas, hot water or prolonged salt water exposure.*

12 Troubleshooting and Support

Pairing issues

- Make sure the bracelet is turned on and has enough battery.
- Check that the phone's Bluetooth is on.
- Verify that the QWatch Pro app has Bluetooth and location permissions granted.
- Restart the app and return to the main screen.
- The battery icon should appear on the home screen when the connection is correct.
- If it persists, unpair the bracelet from the phone settings and re-add it from the app.

Battery issues

If the battery discharges quickly, charge the bracelet for at least three full hours to calibrate it and continue using it normally. If the problem persists after several cycles, contact support.

Bracelet not responding

Place it on the charger for 10 minutes. If it still doesn't respond, hold the Home button for more than 5 seconds or perform a factory reset from the QWatch Pro app.

Inaccurate measurements

Make sure to wear the bracelet one finger above the wrist bone, with the strap adjusted so the sensor is in contact with the skin but not tight. Also verify that your personal data (age, height, weight) is correct in *My Profile*.

Contact support

Before returning the device or leaving a review, contact us. Most issues are resolved with a single message.

Web Support	Email	Response
duckdik.com/ bracelet	support@duckdik.com	In less than 24 hours

Tip: If your bracelet stops syncing, completely close the QWatch Pro app, turn Bluetooth off and on again, and reopen the app. In 90% of cases, this quick restart resolves any issue.