

Garrett Compass



User manual

TABLE OF CONTENTS

SAFETY RULES	3
PRODUCT DESCRIPTION	4
INSTALLATION	4
OPERATION	5
CHARGING	7
PAIRING	8
ADDITIONAL PAIRING	8
MAIN MENU	9
TAKING MEASUREMENTS	13
GARETT FIT PRO APP	14
TECHNICAL SPECIFICATIONS	20
WARRANTY/COMPLAINTS	21

SAFETY RULES

Before use, please read the user manual carefully and keep it for future reference. The manufacturer is not responsible for any damage/injury caused by improper use. Depending on the batch of the smartwatch, some functions may differ from those described in the user manual.

- Using this device near medical devices may interfere with their operation. Take special care when using your smartwatch near medical devices such as pacemakers, hearing aids, and other electronic medical devices.
- Do not throw the device into fire. There is a risk of battery explosion and, consequently, a risk to life and health.
- Protect the device from heat sources and direct sunlight.
- Do not store the device in damp places or at high temperatures, as this may cause electric shock or fire.
- Do not immerse the device in hot water.
- Do not dive with the device.
- In the event of damage/malfunction, please stop using this product and contact Garrett customer service. Attempting to repair the device yourself may damage it and void the warranty.
- Clean the device only with a soft, slightly damp cloth. Do not use strong detergents or other cleaning agents to clean the product.

ⓘ Garrett Compass is not a medical device. The smartwatch and Garrett Fit Pro app are not intended for medical diagnosis, treatment, or prevention of disease or illness. Before changing your sleep and physical activity habits, you should first consult your doctor.

PRODUCT DESCRIPTION



- 1 Touchscreen display
- 2 Rotary function button
(on/off/wake up/sleep/return)
- 3 Function button (return/assign selected function)
- 4 Charging port
- 5 Set of measuring sensors
- 6 Interchangeable bracelet

INSTALLATION

Put the watch on your wrist and adjust the length of the strap so that it is not loose.

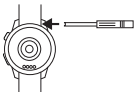
Instructions for removing the strap from the watch (without quick release)

1. Use the tool with two "teeth" to remove the straps. Place the watch face down on a soft surface.
2. Insert the tip between the strap and the case arm from the bottom of the watch so that the spring bar is between the teeth.

3. Gently pry the tool to slide the telescope inward and simultaneously slide the strap out of the case lugs.

4. Repeat the process on the other side of the watch.

Caution: The tool has sharp tips, so be careful not to cut yourself or scratch the case.



SERVICE

Turning on/off



To turn on the device, press and hold the function button (2) for about 5 seconds. To turn it off, repeat the action, select "Turn off," and confirm.

① If the smartwatch does not turn on, try charging it.

After starting



The smartwatch is operated using a touchscreen, a rotating function button, and a lower function button.

Changing the watch face



Tap and hold on the home screen to display the smartwatch face change menu. Swipe right/left to select a face, then confirm your selection by clicking anywhere on the screen.

① More watch faces are available in the Garrett Fit Pro app.

Selecting functions



Press the function button (2) on the home screen to access the main menu. Touch the screen to enter the selected function. Once you have entered the function, press the function button (2) again to return to the home screen, or press the function button (3) to go back one step.



Swipe right on the home screen to access recent notifications.



Swipe left on the home screen to access the quick menu, i.e.: activity, sleep data, heart rate, blood pressure, blood oxygen, stress, and weather information.



Swipe down on the home screen to access the settings bar. This allows you to quickly change selected smartwatch functions.



Swipe up on the home screen to access widgets.

CHARGING

1. The smartwatch is charged using the charging cable included with the device.
2. Place the cradle so that the watch is in contact with the charging cradle. Then connect the other end of the cable to the USB power adapter port. When connected correctly, a charging animation will appear on the watch screen.



ⓘ If there is no animation, make sure that the watch is properly connected. When the battery is completely discharged, the animation may only appear after several minutes. Before turning on the watch for the first time, it is recommended to charge it for about 2 hours.

The charging voltage should not exceed 5V.

It is recommended to use a power supply with a maximum charging current of 1A.

PAIRING

Pairing process

1. Turn on Bluetooth on your phone.
2. Make sure your smartwatch is turned on.
3. Open the Garrett Fit Pro app, grant it all permissions, and enter your smartwatch user data.
4. Go to the Watch tab, click Connect to Watch, and then select the device named Compass.
5. During pairing, place the watch close to the phone you are pairing it with.
6. After successful pairing, the data will be fully synchronized.

The Garrett Compass smartwatch works with smartphones that support Bluetooth 5.3 connectivity. It is also compatible with Android 8.0 (and newer), and iOS 13.0 (and newer).

(i) Please remember to grant the app the necessary permissions and authorizations before pairing to ensure proper operation. If you refuse, selected features may not work properly or may be unavailable.

ADDITIONAL PAIRING

(Required for optional Bluetooth features)

If you want to use additional Bluetooth features such as making voice calls using your smartwatch or synchronizing your phone's phonebook, you need to make an additional connection directly from your phone's Bluetooth settings.

1. Turn on Bluetooth on your phone.
2. Go to the Bluetooth Settings tab, click Add Device, and then select the device named Compass.
3. Once activated, the device will automatically start pairing with your phone.
4. Agree to pair your phone with the smartwatch, i.e., Compass, or if automatic pairing does not work, search for it in your phone's Bluetooth settings and connect to the device.
5. Once connected, grant permission to sync contacts for Bluetooth features to work properly.

MAIN MENU

-  - **Activity:** Daily activity summary (number of steps, calories burned).
-  - **Sleep:** Information about your last sleep. Swipe up to access detailed data.
-  - **Heart rate:** Heart rate monitor function. Measurement starts automatically when you enter the function. Swipe up to access detailed data.
- 
 - **Calls:** Make calls directly from the smartwatch. For the function to work properly, additional pairing is required in your phone's Bluetooth settings.
 - **Call log:** History of recent calls.
 - **Keypad:** Option to dial any number and start a call.
 - **Contacts:** List of contacts previously saved in the app. To make a call, select a contact from the list—the call will start automatically. The watch can store up to 8 contacts at a time.
 - **SOS:** Quick SOS dialing
-  - **Training:** Sports modes. To start recording an activity, select it from the list, and activity tracking will start automatically. To save your training progress, press the function button and end the activity. The data will be saved and will be available in the Garrett Fit Pro app.
-  - **Training history:** Data from previous training sessions.
-  - **SpO2:** Pulse oximeter function. Measurement starts automatically when you enter the function. Swipe up to access detailed data.
-  - **Weather:** Current weather information downloaded from the app.

-  - **Stress:** Stress measurement. Measurement starts automatically when you enter the function.
-  - **Notifications:** Recent notifications from your phone.
-  - **Remote camera:** Take photos remotely with your phone's camera. Clicking anywhere on the watch screen will take a photo. The camera is launched via the app.
-  - **Music control:** This function allows you to control music playback from your phone and watch.
-  - **Breathing training:** Training in proper breathing techniques.
-  - **Voice assistant:** Launches the voice assistant on the phone connected to the smartwatch.
-  - **Timer:** Timer function.
-  - **Alarm:** Ability to configure alarms from the watch and view those previously set in the app.
-  - **Stopwatch:** Stopwatch function.
-  - **Flashlight:** Flashlight function.
-  - **Compass:** Compass function.
-  - **Barometric altimeter:** Displays current atmospheric pressure and altitude above sea level.
-  - **World clock:** Allows you to track the time in different time zones.
-  - **AI dial:** Allows you to generate your own watch face using AI.
-  - **Chat AI:** An intelligent assistant for conversations and assistance with various tasks.

-  - **Find My Phone:** A function for locating your smartphone.
-  - **Calculator:** A simple mathematical calculator function.
-  - **Recording:** Allows you to record voice memos.
-  - **Settings:**
 -  - **Display:**
 -  - **Brightness:** Adjust the brightness level of the display.
 -  - **Screen backlight time:** Select the screen backlight time after waking up the screen.
 -  - **Watch face:** Change the default watch face.
 -  - **Menu style:** Change the menu style.
 -  - **Raise to wake:** Automatically light up the screen when you raise your hand.
 -  - **Operating mode:** You can select the watch's operating mode and vibration intensity level.
 -  - **Do Not Disturb:** Activating this mode disables notifications.
 -  - **Battery Saver Mode:** Turn the watch's battery saver mode on or off.
 -  - **Calls:** Turn the remote call function on or off, turn the multimedia sound on or off, and reset the call function.
 -  - **Always-on display:** Turns the always-on display feature on or off.



- System:



- Restart: Option to restart the smartwatch.



- Power Off: Option to turn off the watch.



- Reset: Option to restore factory settings.



- Information:



- Software: System information (MAC address and detailed information about the smartwatch software).



- Application: QR code for the dedicated application and user manual.

ⓘ Depending on the device software version, the smartwatch features described above may vary. If you encounter any problems, please contact our Technical Support Department: contact@garett.eu

PERFORMING MEASUREMENTS



Before starting the measurement, make sure that the sensor is touching your skin. The measurement area should be kept clean—dirt can negatively affect the result.

To start, go to the selected function on your smartwatch (Heart Rate, Blood Oxygen, or Blood Pressure). The measurement starts automatically and should last about 1 minute for optimal results.

Keep your body relaxed and still during the test. Hold the device at the same height as your heart and do not speak during the test.

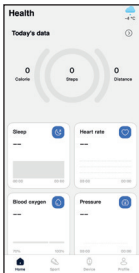
GARETT FIT PRO APP

1 Home

Information about activity, sleep data, and health function measurements.

Today's data: A quick overview of your current health and activity statistics.

- **Heart rate:** Data on your latest heart rate measurements.
- **Blood oxygen:** Data on your latest blood oxygen measurements.
- **Sleep:** Data on your latest sleep.
- **Stress:** Data on your latest stress measurements.



The Garrett Fit Pro app allows you to customize the home screen according to your preferences. You can edit the information displayed on the home screen using the available icons and functions.

① Depending on the version of the Garrett Fit Pro app and your phone's operating system, the appearance and functions of the app may vary. If you encounter any problems, please contact our Technical Support Department: contact@garett.eu

2 Sports

The Sports feature allows you to select a sport and start physical activity using GPS and watch sensors.

- **Selecting a sport:** Go to the Sports tab in the app. Select the activity you are interested in from the list (e.g., running, cycling, walking, etc.). Once you have made your selection, you can start your workout immediately by pressing the GO button.

- **Activity view:** Once you start your workout, you will see the following on the screen: GPS map – real-time route preview. Current training data such as distance, time, pace, heart rate, etc.

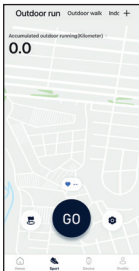
- **Setting a training goal:** The flag icon on the left side of the screen allows you to set a training goal:
Duration (e.g., 30 minutes)
Distance covered (e.g., 5 km)
Calories burned (e.g., 300 kcal)
When you reach your goal, the watch will automatically notify you.

- **Settings:** In the settings menu, you can customize your training details:

Audio alerts: enable/disable voice notifications and set their frequency (e.g., every 1 km, every 5 minutes).

Alert information range: select what data the watch will read (e.g., time, distance, pace, heart rate).

Heart rate alarm: enable notification of excessive heart rate; the watch will notify you when you exceed the set threshold.



3 Device

Settings related to smartwatch functionality.

- **Additional watch faces:** Select and change watch dials.
- **Messages:** Turn on or off notifications from various apps.

- **Health monitoring:**

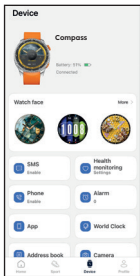
Allows you to manage key body parameters such as heart rate, blood oxygen saturation, stress level, and reminds you when you have been sitting for too long.

- **Calls:** Turn phone call notifications on or off.

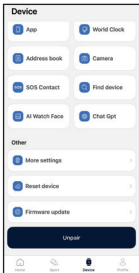
- **Alarm:** Used to set, edit, and turn off alarms.

- **Notifications:** Allows you to select the apps from which notifications will be sent to the watch so that you only receive the most important alerts.

- **World clock:** Allows you to select the time from different time zones.



- **Contacts:** allows you to import contacts from your phone to your watch. Maximum of 100 contacts.
- **Camera:** Control your phone's camera using your watch.
- **Quick reply:** allows you to instantly reply to text messages directly from your watch, using pre-written messages or creating your own. Only available on Android devices.
- **SOS contact:** Allows you to activate the SOS alarm function and select contact numbers that the watch will call when SOS is activated on the watch.
- **Find device:** Watch search function. Activates an audible and vibrating alarm on the smartwatch.
- **AI watch face:** allows you to generate your own personalized watch face using artificial intelligence.
- **AI assistant:** This feature helps you organize your daily tasks and plan your day. It allows you to create to-do lists, helping you organize your plans, remember important matters, and manage your time better.



- **Device settings:**

- **Raise to wake:** turns on the screen automatically when you raise your wrist to check the time.

- **Display timeout:**

- allows you to set how long the watch screen remains on before automatically turning off.

- **Device language:** allows you to change the watch interface language to your preferred language.

- **Do Not Disturb:** This feature mutes all notifications. It blocks the sounds and vibrations of incoming notifications on the watch. This mode can be enabled permanently or set to a schedule so that it activates automatically at selected times.

- **Clear data:** allows you to delete all stored historical data from the watch and the associated app.

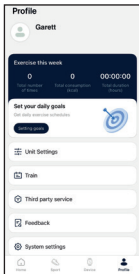
- **Firmware update:** allows you to download and install the latest version of the watch software to improve its performance and add new features.



4 Profile

Settings related to the application and user personal data.

- **Set goal:** allows you to set daily goals for the number of steps, calories burned, and distance traveled.
- **Device settings:** allows you to change the units of weight, distance, temperature, and time display format.
- **Training:** allows you to plan automatic training sessions at a selected time on specific days, with the option to set daily goals such as the number of steps.
- **Third-party services:** Synchronization with external applications such as Strava and Health Connect.
- **Feedback:** allows you to send your opinion or report an error regarding the operation of the application.
- **System settings:** System settings provide access to basic information and documents regarding the operation and rules of use of the watch.
- **FAQ:** Section with answers to frequently asked questions.



TECHNICAL SPECIFICATION



Bluetooth:
5.3



Processor:
Juxin ATS3085S



Battery:
470 mAh



Weight:
max. approx. 67 g



Display:
AMOLED Gorilla Glass 1,43"



Dimensions:
52,5 x 47,6 x 13 mm



Additional strap



Water resistance:
5 ATM



Dedicated application:
Garrett Fit Pro



Warranty:
24 months

More information about this device is available at www.garett.pl. Visit our website to learn more about our products and accessories.



GARETT SPÓŁKA Z O. O. hereby declares that the product complies with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following website: www.garett.pl

Maximum radio frequency power emitted in the frequency range	
Frequency range	Bluetooth 2400 - 2483,5 MHz
Maximum emitted power	10 dBm

WARRANTY/COMPLAINTS

The product is covered by a 24-month manufacturer's warranty. The warranty does not cover: defects and damage caused by the user or as a result of improper use (not in accordance with the intended use), mechanical damage, and damage resulting from the use of accessories other than those included in the set, consumables.

Contact details available on the website:

www.garett.eu

Manufacturer / EU Responsible Person:

GARETT sp. z o.o.

Sandomierska 209 Street

25 - 330 Kielce

www.garett.eu

contact@garett.eu



Proper disposal of
the product (waste electrical
and electronic equipment)

The symbol on the product or in the accompanying text indicates that it should not be disposed of with other household waste at the end of its useful life. To avoid harmful effects on the environment and human health due to uncontrolled waste disposal, please separate the product from other types of waste and recycle it responsibly to promote the reuse of material resources as a consistent practice. Information on where and how to recycle this product in an environmentally safe manner can be obtained by household users from the retail outlet where the product was purchased or from local authorities. Business users should contact their supplier and check the terms of their purchase agreement. The product should not be disposed of with other commercial waste.

