

SILVERCREST®



SILVERCREST FITNESS APP

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1. Installation via Google Play Store® or Apple® App Store

Install the SilverCrest Fitness app to use the full range of functions on your activity tracker.

- ▶ Open the Google Play Store® or the Apple® App Store and search for "SilverCrest Fitness App".
- ▶ Then install the SilverCrest Fitness app. Follow the installation instructions on the screen.

PLEASE NOTE!

You need an Internet connection to install this app. The installation procedure may differ from system to system.

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2. Setup and Connection

2.1. Creating a user account

To get the full benefit of all the app's functions, you must first set up an account.

To do this:

- ▶ Start the SilverCrest Fitness app.
- ▶ Select the required language.

PLEASE NOTE!

The language used on the activity tracker is adjusted automatically.

The app opens its logon window.

Here you can start the app either with or without creating a user account.

- ▶ Tap on the "**Register with Silvercrest Fitness**" button.



PLEASE NOTE!

You can skip this step if you have already created a user account:

- ▶ Tap on "**Sign up**" to create a new user account.
- ▶ First, enter your name and an e-mail address.
- ▶ Read the general terms and conditions and the data protection information, and confirm that you accept them.

You then receive a confirmation e-mail with your logon data.



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2.2. Logging on with a user account

- ▶ Tap on "**Login**", to log on using a user account.
- ▶ Enter your e-mail address and the password you received in the confirmation e-mail.
- ▶ Confirm your entry.

The app now starts with your profile page, where you can enter your physical data.

- ▶ Tap on "**OK**" to confirm the data you have entered.



2.3. Searching and connecting

PLEASE NOTE!

You only need to create the device connection when you set up the device for the first time.

- ▶ Activate the activity tracker by briefly pressing the touch field until the display lights up.
- ▶ Tap on the "**Connect**" control field to start the search for devices.

The app now displays a list of all the activity trackers in your area.

- ▶ Select your SAT 1500 A1 activity tracker in the list.
- ▶ Confirm the SilverCrest app prompt.



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The Smartcircle is now displayed on your activity tracker for 10 seconds.

- ▶ Within 10 seconds, press and hold down the touch field on the activity tracker for approximately 2 seconds, to connect the devices to each other.


When the link has been successfully set up, your activity tracker ✓ and your mobile device both display the message **"The device is connected and ready to use."**

- ▶ Tap the **"Finish"** control field to finish setting up the link.

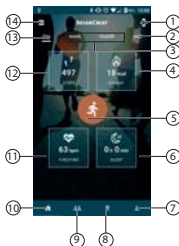


3. Home

This is where you see an overview of your current values and where you can start activities.

- ▶ Tap on the  symbol to access the home page.

The following options are available:



1	Devices menu (see "Devices menu" on page 21). ▶ Tap here to open the Devices menu.
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2	Annual overview (see "Detail view" on page 34). ▶ Tap here to display the Detail view.
3	Week/month overview (see "Detail view" on page 34). ▶ Tap here to display the Detail view.
4	Display number of calories burned per day/week/month/year This is where you display how many calories you've burned in the selected time period. ▶ Tap here to display the Detail view.
5	Start activity (see "Activity" on page 29). ▶ Tap here to select an activity and then start it.

6	<p>Sleep duration, day/week/month/year</p> <p>This shows how long you've spent asleep in the selected time period.</p> <p>▶ Tap here to display the Detail view.</p>
7	<p>Profile</p> <p>(see "User profile" on page 37).</p> <p>▶ Tap here to open your user profile.</p>
8	<p>Targets/successes</p> <p>(see „3.8. Ziele und Erfolge“ auf Seite <?>).</p> <p>▶ Tap here to set your targets and view your successes.</p>
9	<p>Ranking list</p> <p>(see "1.9. Social" on page 42).</p>
10	<p>Home screen</p> <p>(see "1.5. Settings" on page 16).</p> <p>▶ Tap here to return to the home screen.</p>

11	Average pulse rate and resting pulse rate per day/week/month/year
12	Number of steps per day/week/month/year
13	Daily overview (see "Detail view" on page 34). ▶ Tap here to display the Detail view.
14	Menu (see "1.4. Main menu" on page 14). ▶ Tap here to open the menu.

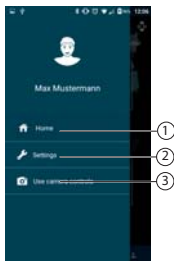
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- ▶ Swipe your finger downward in the Home screen to transfer the latest data from the activity tracker to the SilverCrest Fitness app.
- ▶ You can display the detail view by tapping on the home screen.

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3.1. Main menu

The main menu is where you make "**Settings**", "**Use camera controls**" or return to the "**Home**" screen.



1	Home <ul style="list-style-type: none">▶ Tap on the "Home" control field to return to the Home screen.
2	Settings <ul style="list-style-type: none">▶ Tap on the "Settings" control field to open the Settings screen.
3	Use camera controls <ul style="list-style-type: none">▶ Tap on the "Use camera controls" control field to use the activity tracker as a remote control for the camera on your smartphone.

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3.2. Settings

The settings you can make here include:

Measurement system, Activity tracking, Cloud and Reset.



1 **Language**

Select the language you want to use for the app

- ▶ Tap on the "**Language**" control field to set your preferred language.

2 **Units of measurement**

Set the units of measurement

- ▶ Tap on the "**Units of measurement**" control field to set your preferred units of measurement.

3 **Voice notifications**

- Set voice notifications for activities
- ▶ Tap on the digital switch for the "**Voice notifications**" field.

PLEASE NOTE!

Voice notifications are enabled when the digital switch is shown with a coloured background.

	ON
	OFF

- Set the playing interval
- ▶ Tap on this control field to set the playing interval.
- ▶ Tap on ← to exit this menu.

4 **Devices**

- ▶ Tap here to open the Devices menu.

5 **Sync. interval**

- ▶ Tap here to set the synchronisation interval.
- ▶ Tap on **Cancel** to cancel the setting and exit the menu.

PLEASE NOTE!

The app automatically updates the data from the activity tracker for as long as this data comparison is running in the background.

6 **My activities can be seen by**

- ▶ Tap here to specify who can view your activities and the targets you have achieved.

7 **Leader board metrics**

- ▶ Tap here to specify whether the number of steps you've travelled or the distance you've covered are to be displayed in the leader board.

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8 **Synchronise with the SilverCrest app**

If you already have a SilverCrest account, you can synchronise the data with the SilverCrest cloud. For example, if you change mobile phone, this data can then be transferred to the new phone.

- ▶ Tap here to synchronise the data collected by the activity tracker with the SilverCrest app.

9 **Synchronise with Google Fit**

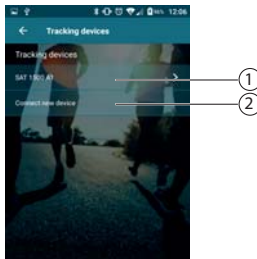
- ▶ Tap here to specify whether the data (steps, calories etc.) is to be synchronised with your Google Fit/Apple Health account.

10 **Delete all data and reset**

- ▶ Tap here to reset your activity tracker to its factory settings.

3.3. Devices menu

The Devices menu is where you make settings for your currently connected activity tracker or link a new activity tracker to your mobile end device.



1 **Activity tracker menu**

- ▶ Tap here to open the activity tracker's Settings menu.

2 **Connect new device**

- ▶ Tap here to add a new activity tracker to your mobile end device.
- ▶ Follow the steps described in section "1.3. Searching and connecting" on page 7.

3.3.1. Activity Tracker menu


The Activity Tracker menu is where you can display detailed information the selected activity tracker or make the setting listed below.



1	<p>Information about:</p> <ul style="list-style-type: none">• Connection time• Battery level• FW version• Time of last synchronisation
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2 Alarm clock & reminders

Alarm clock

- ▶ Tap on the "**Alarm clock**" control field to program an alarm clock or select an alarm that has already been programmed.
- ▶ Now tap on the wake-up time that has already been programmed.
- ▶ If no wake-up time has been programmed, tap on .
- ▶ Enter the time and days of the week for the alarm.
- ▶ Tap on the activity tracker's touch field to cancel the alarm.

Movement reminder

- ▶ Tap on the "**Movement reminder**" control field to set or program the movement reminder function.
- ▶ Tap on the digital switch in the "**Movement reminder**" field to switch on the alarm.

PLEASE NOTE!

If the digital switch has a coloured background, this means the movement alarm is enabled.

	Alarm ON
	Alarm OFF



3 Notifications

- ▶ Tap on the "**Notifications**" control field to specify which notifications are to appear on the activity tracker's display.

Remember that programmes from third-party suppliers (such as WhatsApp), will require extended access to be enabled on your mobile device.

PLEASE NOTE!

If the digital switch has a coloured background, this means the notification function is enabled.

	ON
	OFF

4 Settings

- ▶ Tap on the "**Settings**" control field to switch the "**Loss function**", the "**Wrist sensor**", "**Do not bother**" or "**Use heart rhythm sensor**" functions on or off.

PLEASE NOTE!

If the digital switch has a coloured background, this means the setting is enabled.



ON



OFF

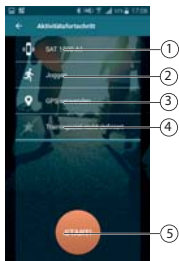
5

More







- ▶ Tap on the "**Extended**" control field to restart the activity tracker or to connect it to a smartphone.

3.4. Activity

Select the activity that the device is to use and specify whether the GPS signal is to be used.



1	<p>► Tap here to select the device you want to use to record data:</p> <ul style="list-style-type: none">• Smartphone/tablet• Activity tracker
2	<p>► Tap here to select the activity. You can select one of the following:</p> <ul style="list-style-type: none">• Walking• Fitness

	<ul style="list-style-type: none">• Jogging• Cycling• Rambling• Climbing• Badminton• Yoga• Basketball• Football• Tennis• Dancing				
3	<p>▶ Tap here to enable or disable GPS.</p> <p>PLEASE NOTE!</p> <p>If the digital switch has a coloured background, this means the setting is enabled.</p> <table><tr><td></td><td>ON</td></tr><tr><td></td><td>OFF</td></tr></table>		ON		OFF
	ON				
	OFF				
4	<p>▶ Tap here to set your training target (distance in km).</p>				
5	<p>▶ Tap here to start the previously selected activity.</p>				

During the activity, the app shows you the following information:



1	The stop watch for your activity is displayed here.
2	<p>► The latest data sent from your activity tracker is displayed here.</p> <ul style="list-style-type: none">• Heart rate• Calories• Distance• Min/km• Steps
3	► Tap on the data you want to view.

4	<p>▶ Tap here to specify how often the data on your activity tracker is updated.</p> <p>PLEASE NOTE!</p> <p>This setting is only possible if you have defined a training target before starting the activity.</p>
5	<p>▶ Tap here to display the distance you've covered with the current location.</p> <p>PLEASE NOTE!</p> <p>This setting is only possible if you enabled GPS before starting the activity.</p>
6	<p>▶ Tap here to stop the current activity. The activity finishes and the app returns to the home screen.</p>
7	<p>▶ Tap here to start the activity.</p>

- | | |
|---|--|
| 8 | ▶ Tap here to select the music you want to hear during the activity. |
|---|--|

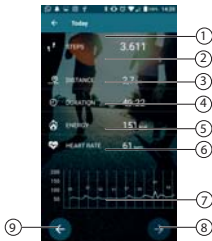
PLEASE NOTE!

The music must already be stored in the appropriate folder on your smartphone.

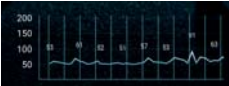
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3.5. Detail view

The following information for the selected time period is displayed here:



1	Steps per selected day/week/month/year
2	Distance covered per selected day/week/month/year
3	Active time per selected day/week/month/year

4	Calories burned per selected day/ week/month/year
5	<p>Average pulse rate per selected day/ week/month/year.</p> <ul style="list-style-type: none">▶ Tap on the point to display the detail view.▶ If enough data has been recorded, you see this graph. 

6	<p>Average amount of sleep per selected day/week/month/year.</p> <ul style="list-style-type: none">▶ Tap on the point to display the detail view.▶ If enough data has been recorded, you see this graph. 
7	Activities on the day
8	Next day/week/month/year
9	Previous day/week/month/year
10	Back to Home screen

3.5.1. User profile

Select this option to update your user profile, change your profile image or password, log off or delete the account.



1	Activities ▶ Tap this option to view the individual activities.
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2	Update bie profile <ul style="list-style-type: none">▶ Tap this option to change profile details such as gender, birthday, weight, height and step length.▶ Tap on "OK" to confirm the data you have entered.
3	Change profile picture <ul style="list-style-type: none">▶ Tap this option to select a profile image from your library. You can also take a new profile image with your smartphone.
4	Change password <ul style="list-style-type: none">▶ Tap here to change the password. Enter the required data and tap on OK to confirm.

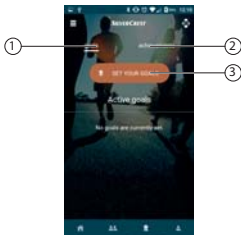
5	<p>Log out</p> <p>► Tap this option to log off your account from the app.</p> <p>PLEASE NOTE!</p> <p>If you are not currently logged on, the Login option is displayed instead of Logoff.</p>
6	<p>Delete Account</p> <p>► Tap this option to delete your account.</p> <p>PLEASE NOTE!</p> <p>Your data will be irretrievably lost, and cannot be recovered.</p>

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3.5.2. Targets and successes

Here you can set targets for yourself and assess your targets and successes.

- ▶ Tap on the  symbol to display the targets and successes page.



1	Targets <ul style="list-style-type: none">▶ Tap this option to display your previously selected targets.
2	Successes <ul style="list-style-type: none">▶ Tap this option to see which targets you have achieved, or not.

3


Set targets

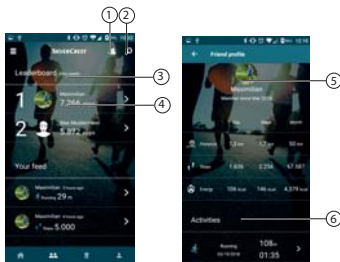
- ▶ Tap this option to set targets for yourself.

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3.6. Social

Here you can evaluate the weekly ranking list.

- ▶ Tap on the  symbol to access the Social area.



1	Friends list
2	Search for contacts in the SilverCrest network
3	Ranking list for you and your friends
4	My friends' activity details
5	Information about my activities and my friends' activities

