



# **IKNX WATCH**

WITH **KNXCOMMUNICATION**

## **USER MANUAL IN ENGLISH**

**VERSION 1.1**





# **IKNX WATCH**

WITH **KNX**COMMUNICATION

## **1. GENERAL FEATURES**



# IKNX WATCH

## PRODUCT OVERVIEW

The IKNX WATCH is an advanced device that monitors certain vital signs in real time. Through a dedicated app, the user can record data, share information, generate reports, set alerts, and more.

Our app supports **KNX** system communication, allowing real-time data transmission to be configured locally or remotely, and can be monitored on devices from other manufacturers, for example touchscreens or web servers.

The readings and metrics provided by this smartwatch are intended to monitor your wellbeing and fitness trends. They are not calibrated or certified for medical use and do not replace the advice, diagnosis or treatment of a healthcare professional. If you have any doubts about your health, or experience any abnormal symptoms, consult your doctor.







# IKNX WATCH

## TECHNICAL SPECIFICATIONS

### Hardware and Software:

Device dimensions: 43 × 34 × 13 mm (without strap).

Weight: 22.5 g (without strap).

Memory: 512 K flash memory.

Display: 1.3" TFT IPS, 240 × 240 resolution, full touch capability.

Connectivity: Bluetooth 5.2 enabled.

Sensors: high-precision G-sensor, accelerometer, gyroscope and a low-power, high-precision PPG module.

### Battery:

Battery type: lithium polymer battery.

Capacity: 260 mAh.

Charging method: specialised charging mechanism.

Battery life: up to 7 days (24-hour operation) with continuous heart-rate monitoring, regardless of screen brightness or wrist vibration.

Charge time: approximately 2 hours.







# IKNX WATCH

## TECHNICAL SPECIFICATIONS

### Additional features:

Water-resistance rating: IP64 – protected against dust and splashes. Do not immerse the device in water.

Design and manufacture: watch case made of aluminium; rear cover features anti-scratch IML design.

### Health-monitoring features:

- ✓ Heart-rate monitoring: continuous 24/7 heart-rate transmission, providing high accuracy with ultra-low power consumption.
- ✓ Blood-oxygen saturation (SpO2): uses photoplethysmography (PPG) for high-accuracy blood-oxygen readings.
- ✓ ECG supported.
- ✓ Respiratory rate: measures breaths per minute.
- ✓ Body temperature: high-precision temperature module capable of measuring body and skin (surface) temperature simultaneously.





# IKNX WATCH

## TECHNICAL SPECIFICATIONS

### Health-monitoring features:

- ✓ Blood-pressure monitoring: supported, although readings may not be accurate.
- ✓ Stress and fatigue detection: uses an HRV-based algorithm to assess stress levels and provides fatigue updates at 9 am the following day.
- ✓ Activity tracking: tracks distance, calories and steps for up to 7 days.
- ✓ Sleep monitoring: available via data transmission.





# IKNX WATCH

## IMPORTANT

- ✓ This device is not a substitute for any medical equipment. If you have any doubts about your health, or if you experience any abnormal symptoms, consult your doctor.
- ✓ Please note that the phone app allows you (with your consent) to share data with other users you select for as long as you permit it. The user is therefore responsible for sharing this information with third parties.
- ✓ The user is responsible for knowing how to operate and use the application. If you do not know how to use it correctly, other users may be able to access the wellbeing, health or fitness information you share.
- ✓ IKNX Ingeniería is not responsible for any misuse of the application by the user. If the wellbeing, health or fitness data that the watch can read or display are important to you and you wish to keep them private, we recommend not using our tool to avoid the risk of unauthorised access.



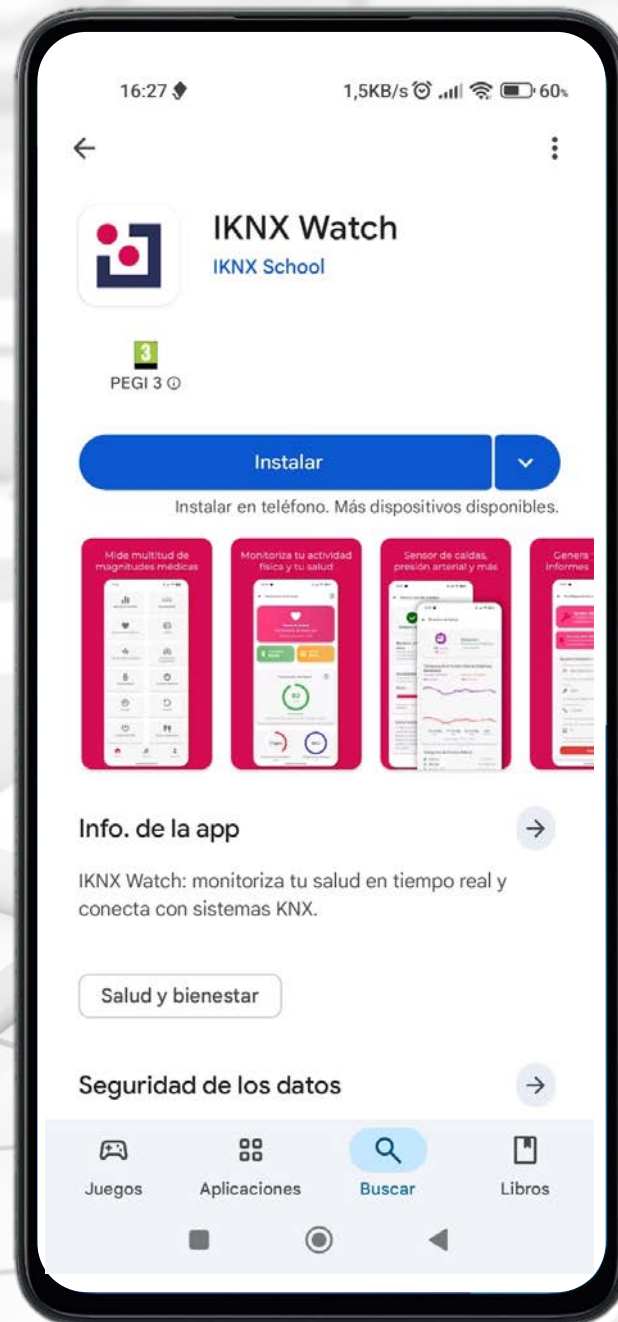




# IKNX WATCH

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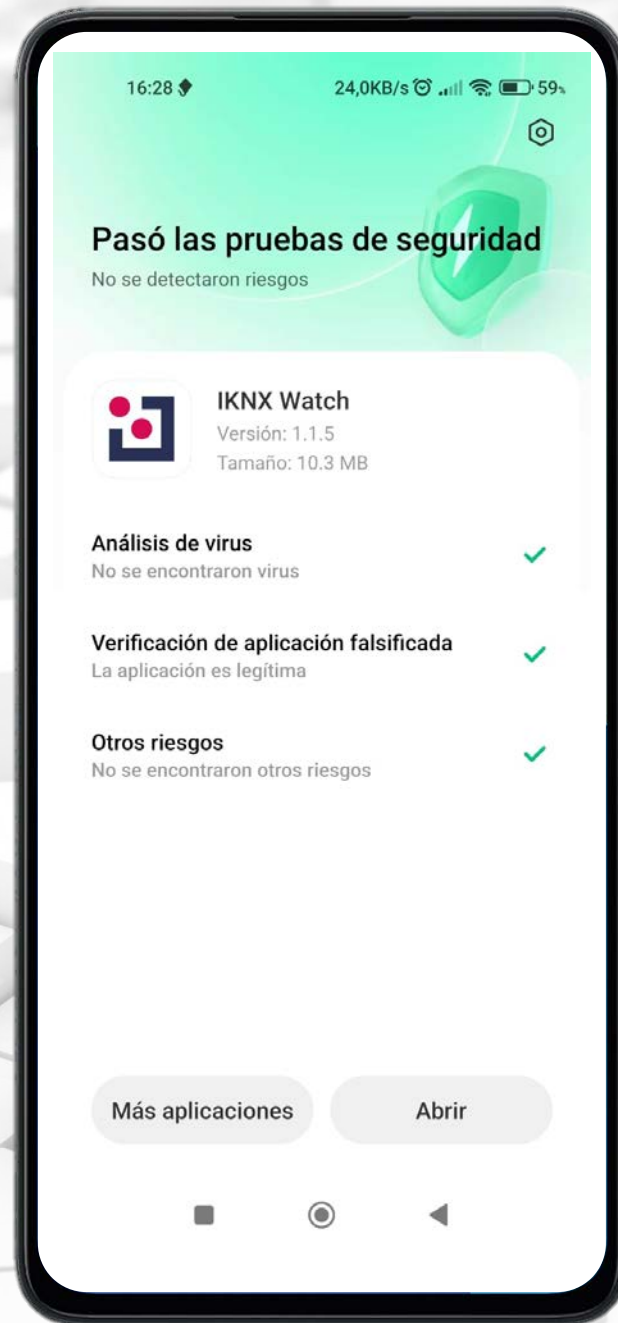
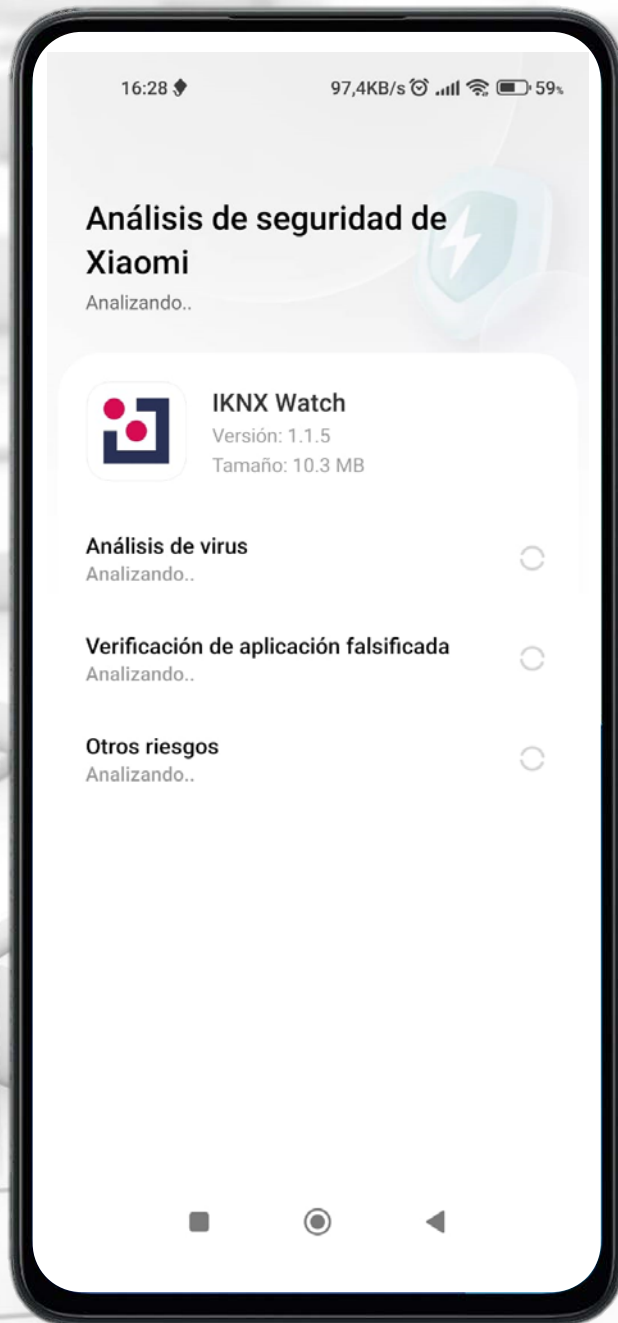
## 2. DOWNLOAD THE APP



## 1. DOWNLOAD THE APP

The app is currently available only on Android. To install it, open the Google Play Store and search for 'IKNX WATCH'.

Once you found the app, tap the 'Install' button.



## 1. DOWNLOAD THE APP

The phone will carry out security checks and complete the installation. To open the application, press the 'Open' button or locate its icon on one of your phone's home screens.





**IKNX WATCH**

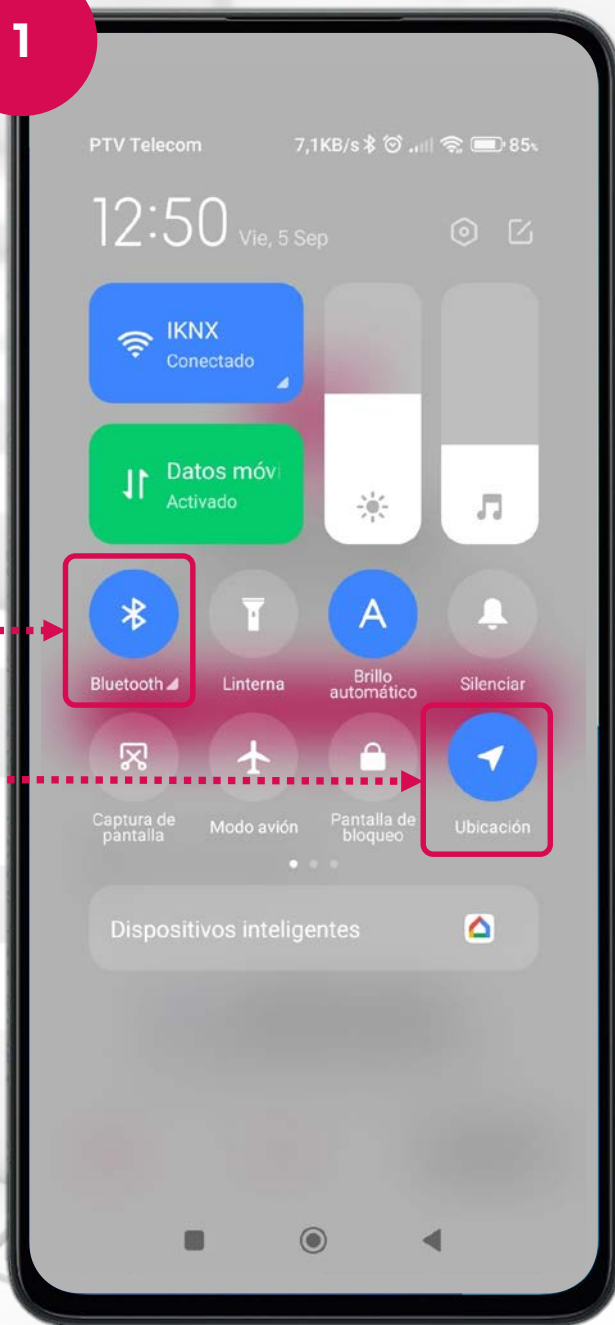
WITH **KNX**COMMUNICATION

## **3. INSTALLATION AND SETUP**

1



1



## 1. PHONE CONTROL PANEL

**Open your device's control panel and enable 'Bluetooth' and 'Location'.**

**When enabling Bluetooth, make sure your phone is not paired with other stored devices (for example, headphones or sports watches).**

**Put the IKNX WATCH on your wrist and adjust the strap so it is neither too tight nor too loose. Ensure the sensors are touching the skin.**



2



## 2. LAUNCH THE APP

After downloading the app, locate its icon on the various app pages of your phone.

The app icon is commonly found on the last app page after installation.

Tap the 'IKNX WATCH' icon to launch the app.

To move the icon to another page, press and hold the icon, drag it to the desired page, then release your finger to place it.



3



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### 3. ALLOW NOTIFICATIONS

The app requires permission to send push notifications (similar to WhatsApp).

Step 'A'. Press the 'Allow' button.

### 4. TERMS AND CONDITIONS

On this screen the user must accept the app's terms and conditions.

Step 'B'. Tick the checkbox to accept.

Step 'C'. Press the 'Continue' button.

5

12:46 3,7KB/s 86%

**IKNX Watch**

Inicia sesión para continuar

Usuario / Email

Contraseña

☐ Mantenerme conectado

Iniciar Sesión

¿No tienes cuenta? [Regístrate](#)

A

6

12:48 0,9KB/s 86%

← Crear Cuenta

**B**

Nombre Completo

Usuario

Email

Contraseña

Confirmar Contraseña

Crear Cuenta

## 5. LOGIN PAGE

On this page the user can log in with their email and password. If this is your first time using the app you must register first.

Step 'A'. Press the 'Log in' button.

## 6. SIGN UP PAGE

Enter your details to register: full name, username, email and password.

The password must be at least 6 characters long and include a special character (not the asterisk '\*'), a number and an uppercase letter.

Step 'B': Tap the 'Sign up' button..

7

12:47 3,3KB/s 86%

**IKNX Watch**

Inicia sesión para continuar

Usuario / Email  
antonio.molero@iknx.es

Contraseña  
.....

**A** ☒ Mantenerme conectado

**B** Iniciar Sesión

¿No tienes cuenta? [Regístrate](#)

8

12:49 3,2KB/s 86%

**¡Bienvenido a IKNX Watch!**

Vamos a configurar tu smartwatch para una experiencia de monitorización de salud personalizada.

**Características de la App**

- Signos Vitales en Tiempo Real
- Detección de Caídas
- Seguimiento del Historial de Salud
- Integración KNX
- Monitorización de Grupos

**C** Siguiendo

## 7. LOGIN PAGE

If you are already registered you can sign in using your username or email and your password.

Step 'A'. Tick 'Keep me signed in' to keep the login.  
Step 'B'. Tap 'Sign in'.

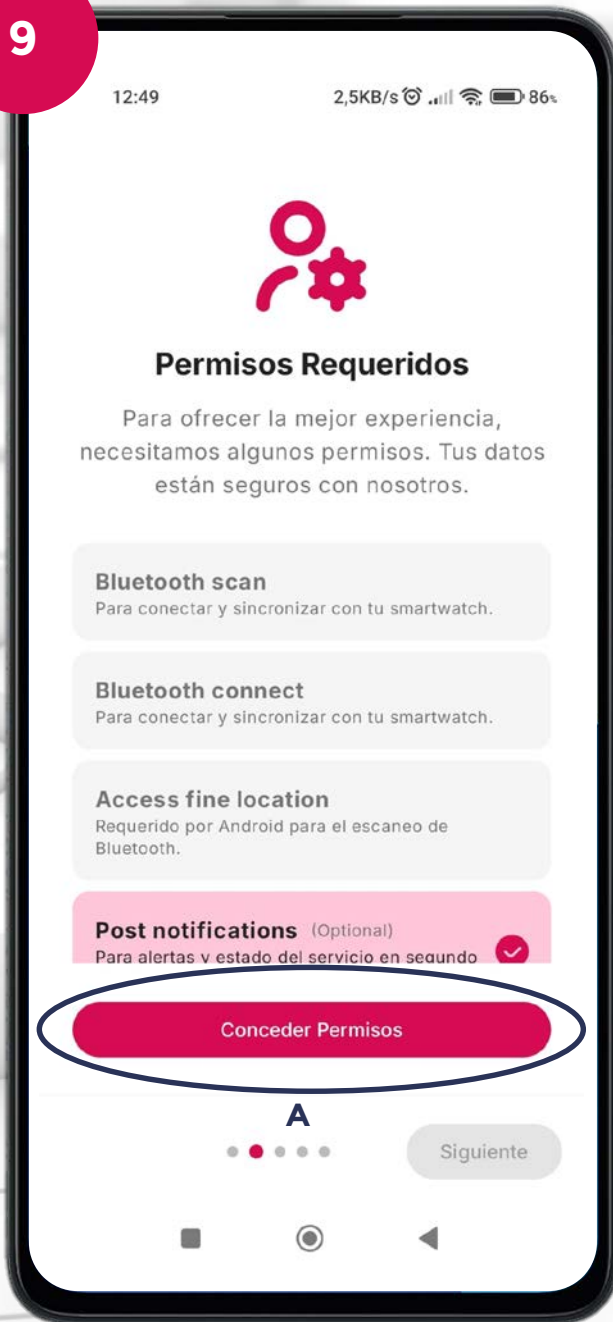
## 8. WELCOME PAGE

Welcome screen explaining that the initial steps will configure the watch to pair with the app and allow you to enter other important data used to calculate certain metrics.

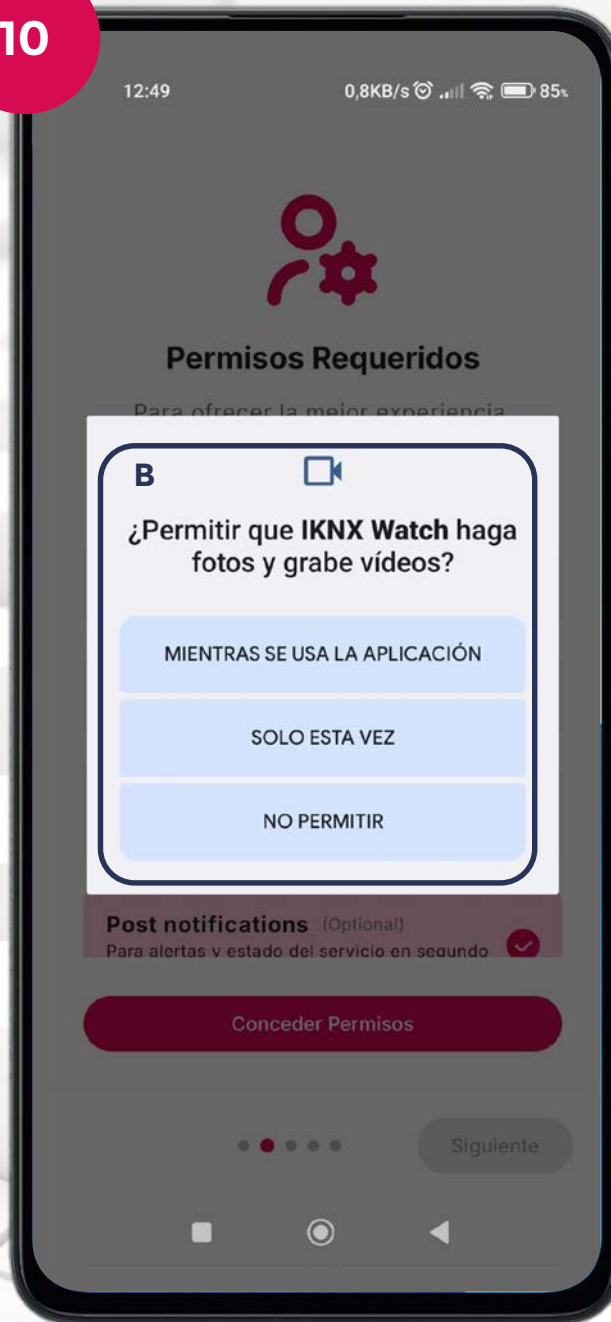
Step 'C'. Tap 'Next'.



9



10



## 9. REQUIRED PERMISSIONS PAGE

This page notifies the user that permission is required to access certain mobile phone functions. Such permissions are necessary to enable the application to operate correctly.

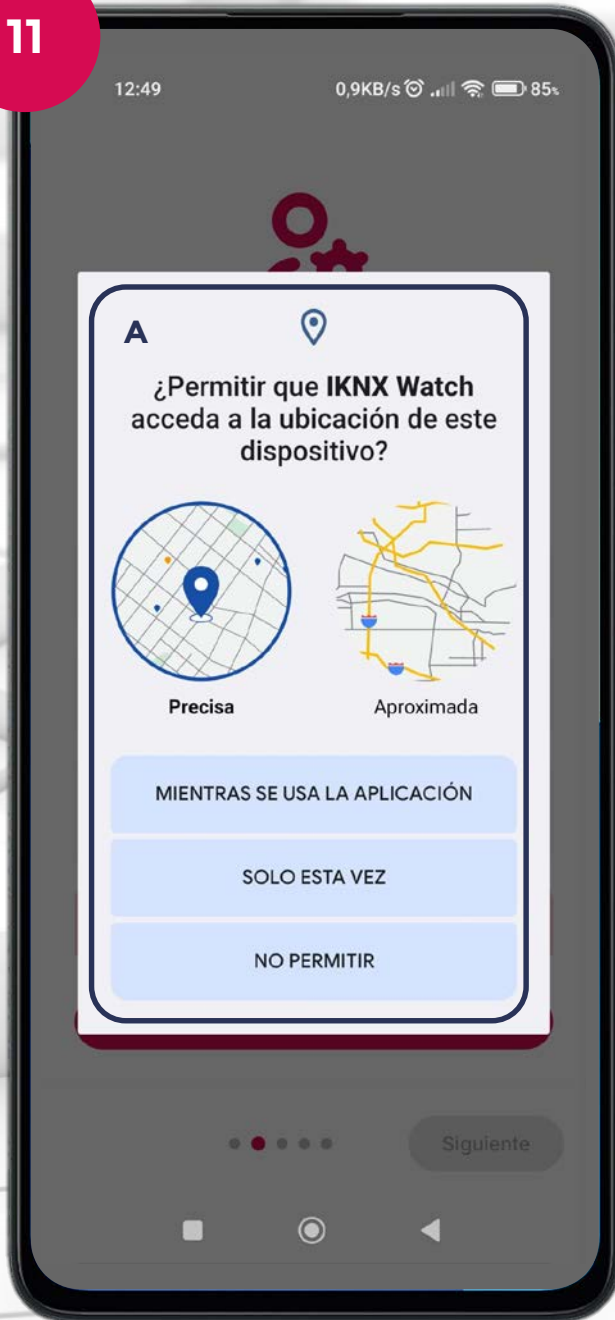
Step 'A'. Tap 'Grant permissions'.

## 10. PHOTO AND VIDEO PERMISSIONS PAGE

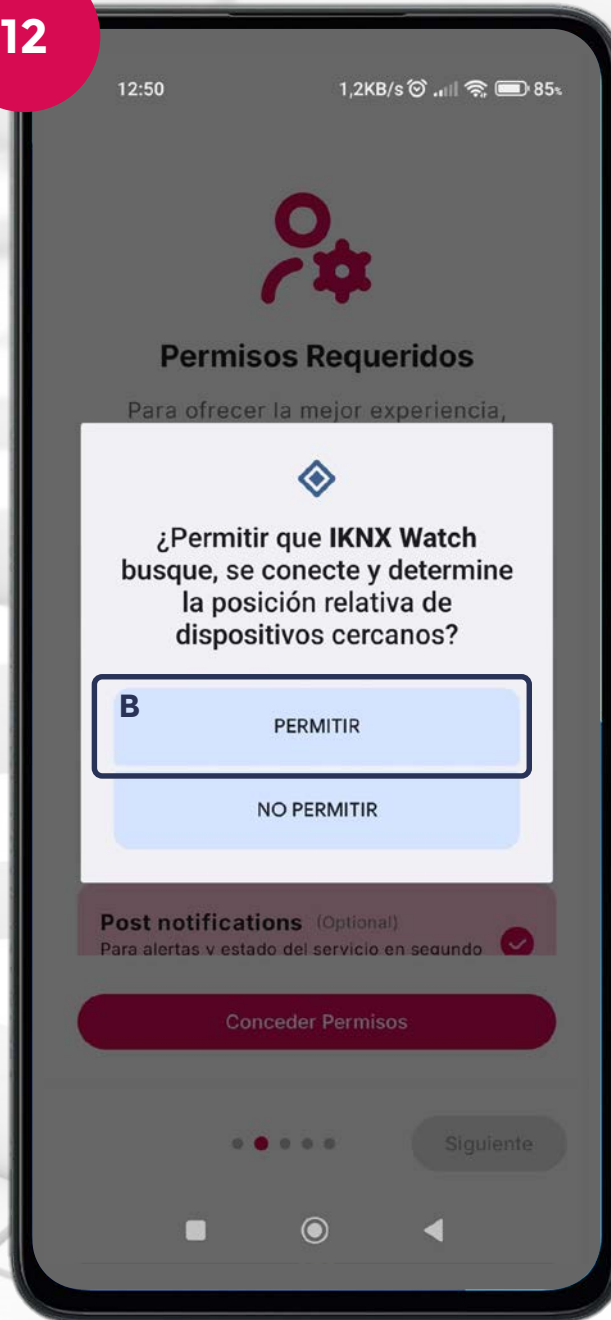
Some features of the app require permission to use the camera to take photographs and record video (for example, to scan the BIDI code). It is recommended to select the 'While using the app' option.

Step 'B'. Tap the option you prefer (recommended: 'While using the app').

11



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## 11. LOCATION PERMISSIONS PAGE

This page notices the user that permission to access location is required for certain application activities to operate properly. It is recommended to select the 'While using the app' option.

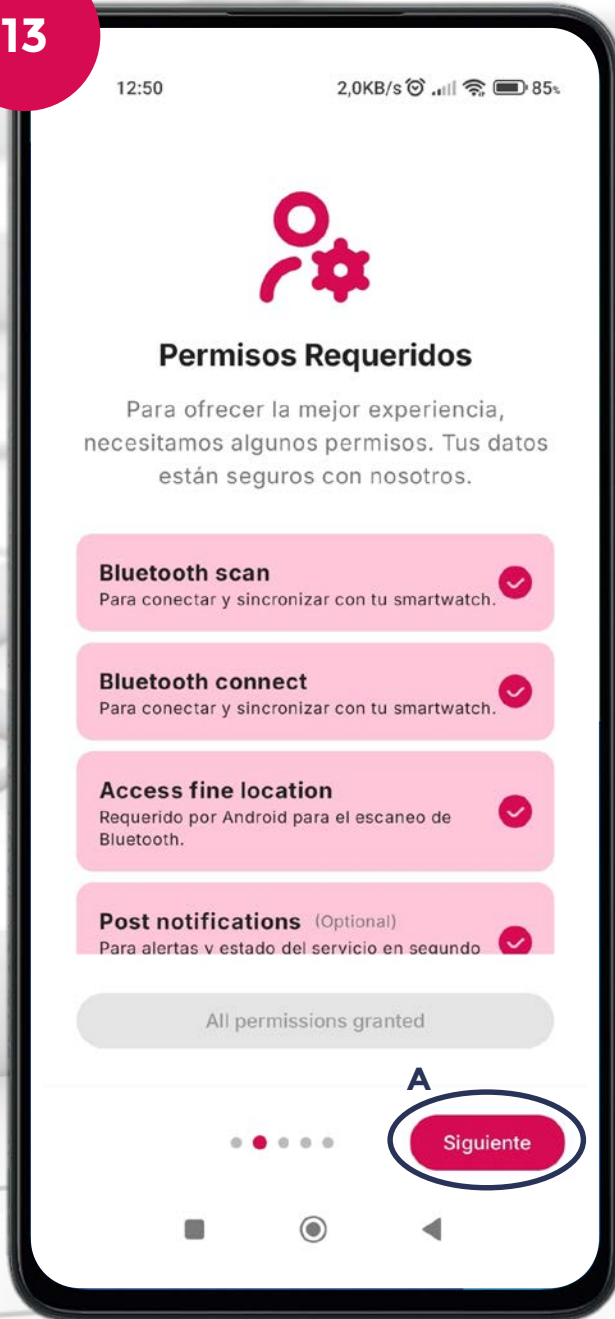
Step 'A'. Tap the option you prefer (recommended: 'While using the app').

## 12. CONNECTION PERMISSIONS PAGE

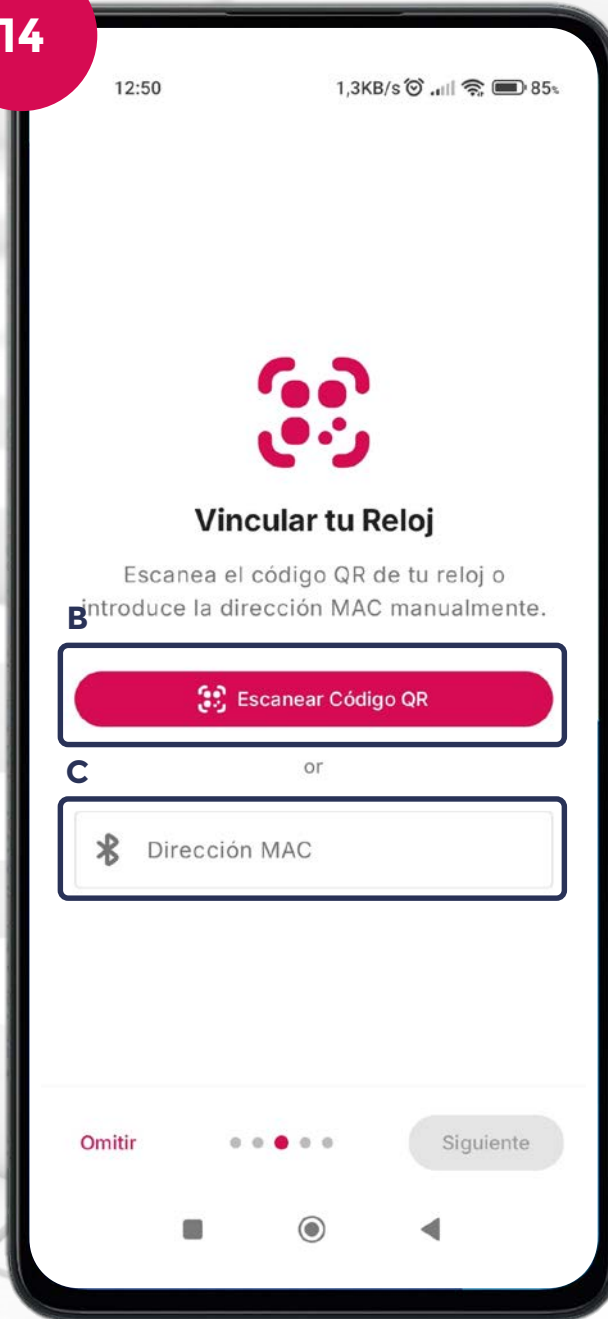
This page allows the user to authorise the application to search for nearby IKNX WATCH devices and to connect to them.

Step 'B'. Tap 'Allow'.

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14



### 13. PERMISSIONS REMINDER PAGE

This page reminds the user of all the permissions they have authorised to allow the application to function correctly.

Step 'A'. Tap 'Next'.

### 14. WATCH PAIRING PAGE

On this page the watch is paired with the phone. This can be achieved in two ways:

- ✓ Option A: Scan the QR code displayed on the watch.
- ✓ Option B: Enter the watch's MAC address.

Step 'B'. Tap 'Scan QR Code' to enable this pairing method.

Step 'C'. Enter the MAC address to enable this pairing method.



## 15. PAIR THE WATCH USING THE QR CODE

Before beginning, ensure the watch is close to the mobile phone on which the application is installed and that all previous setup steps have been completed.

On the watch's main screen (showing the date and time), place your finger on the centre-left of the display and swipe right as if turning a page.

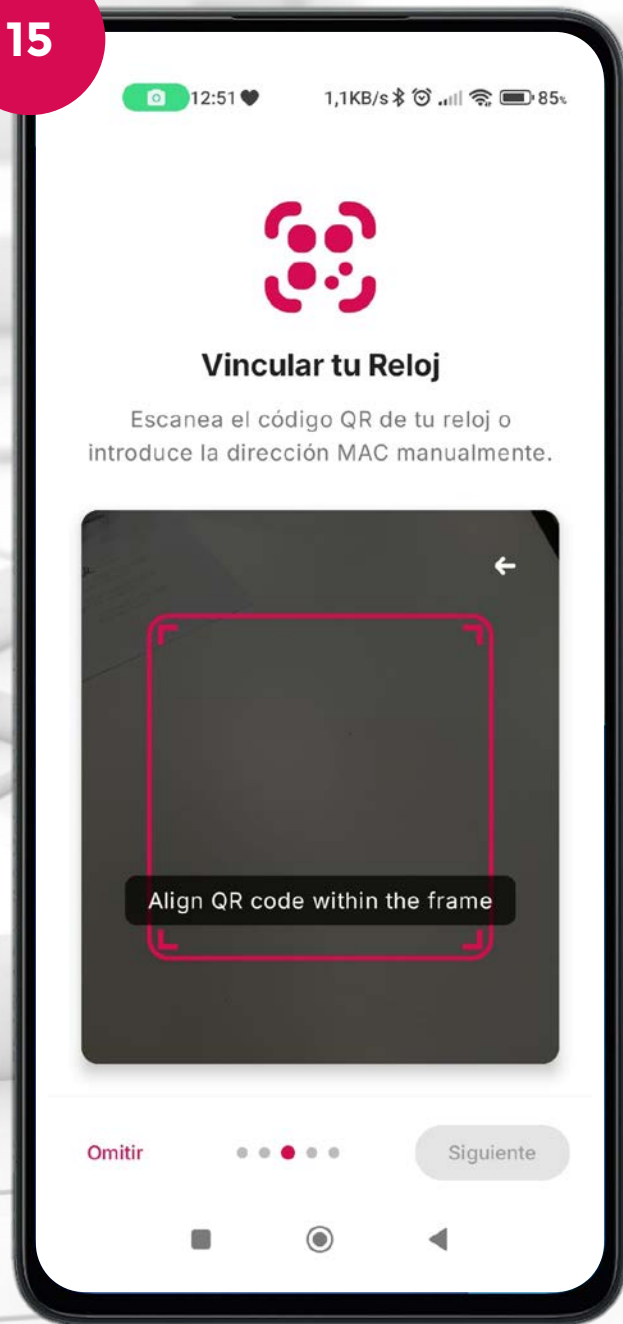
If the display is off, press the watch's menu button to wake it, then perform the same swipe.

This will change the screen from the main screen to the screen displaying the watch's QR code.

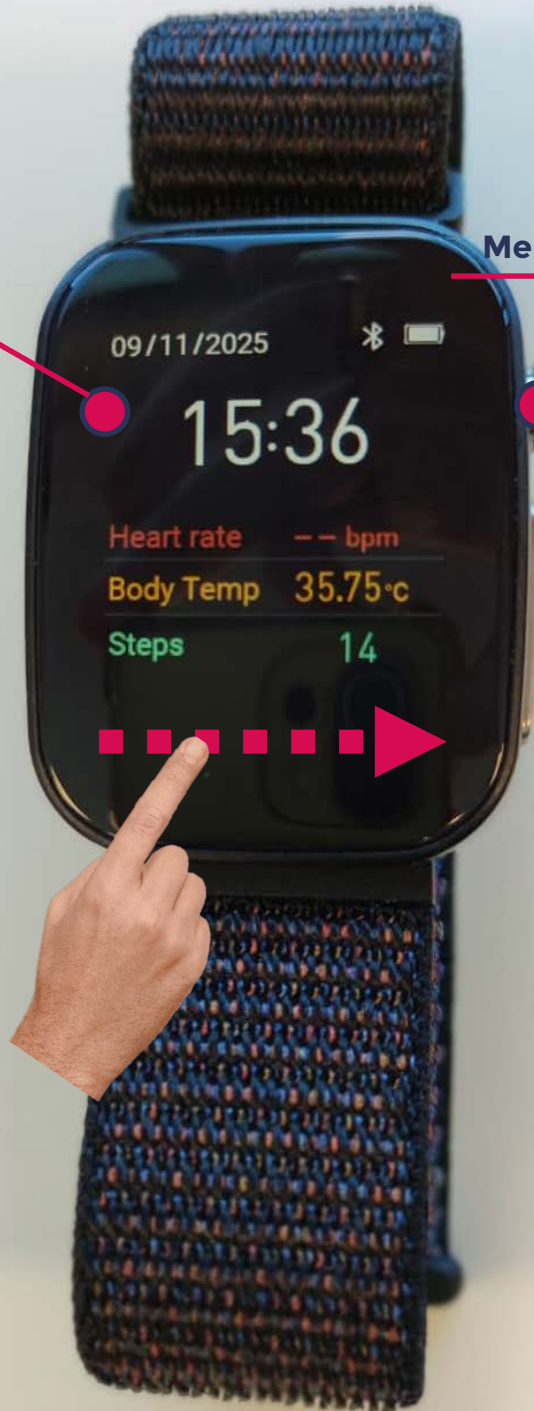
Open the application on the phone and tap 'Scan QR Code' as described in section 14.

Bring the phone's camera close to the QR code; the code will be read automatically and the watch will be paired with the phone application.





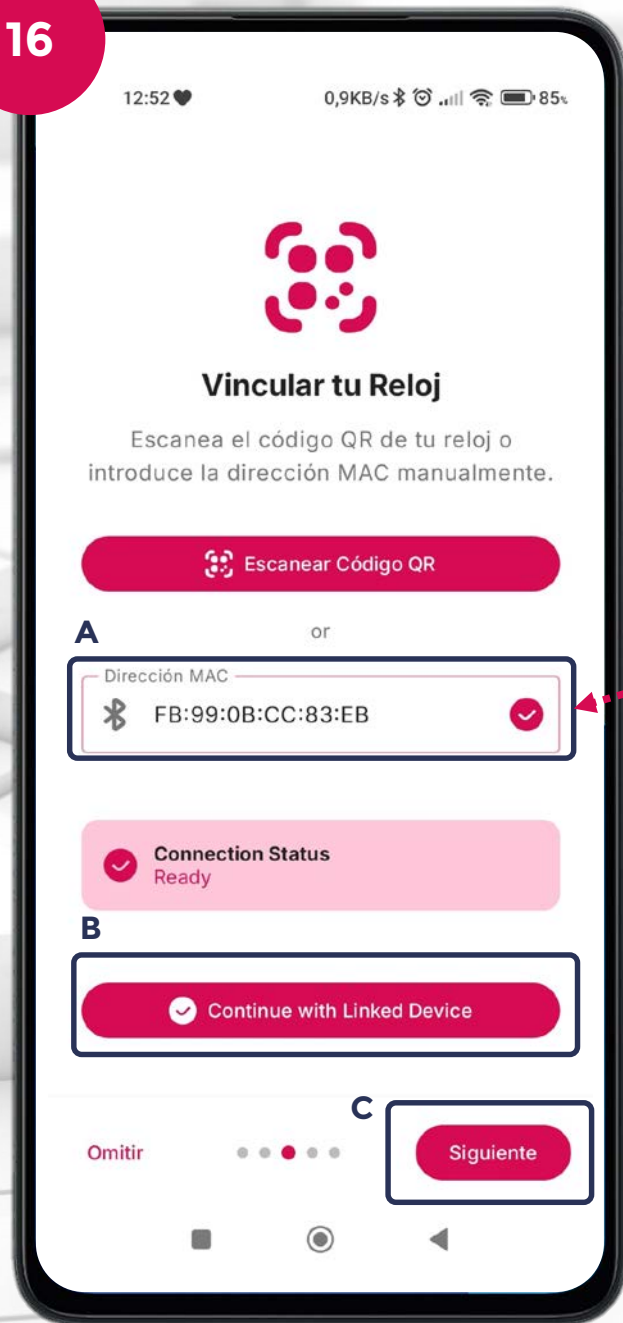
Main screen



Menu button

QR code page





## 16. PAIR THE WATCH USING THE MAC ADDRESS

The MAC address is a sequence of letters and numbers that uniquely identifies the device.

To pair the watch with the application, use the MAC address shown on the watch's QR code screen and enter every character.

Step 'A'. Enter the alphanumeric MAC address.

Step 'B'. If the watch does not pair, repeat the operation by tapping the 'Retry' button.

Step 'C'. Once the watch is paired, tap 'Next'.



Background operation icon

## 17. BACKGROUND OPERATION PERMISSIONS

For the application to function properly, permission to operate in the background is required; that is, the application will continue to run even when the phone is inactive or in standby.

This option can be changed later by the user in the settings.

It is important that the background service is enabled, as without it the application would be unable to send alerts to the user's contact details, store records, etc.

A heart-shaped icon will appear at the top of the phone display to indicate that the application is running in the background.

**Step 'A'.** Tap the indicator to enable the background service.

**Step 'B'.** Tap 'Next'.





## 18. HEALTH HISTORY PERMISSIONS PAGE

This page authorises the application to store health-related data recorded by the watch on the phone to which it is paired.

**Important:** the recorded data is stored solely and exclusively on the user's phone. In the event of loss or physical damage to the phone, the user would lose the only existing copy of the database.

If it is important for you to retain these records, we recommend performing regular backups by exporting the database.

**Step 'A'.** Tap the indicator to enable the service that saves the data over time to the phone's storage.

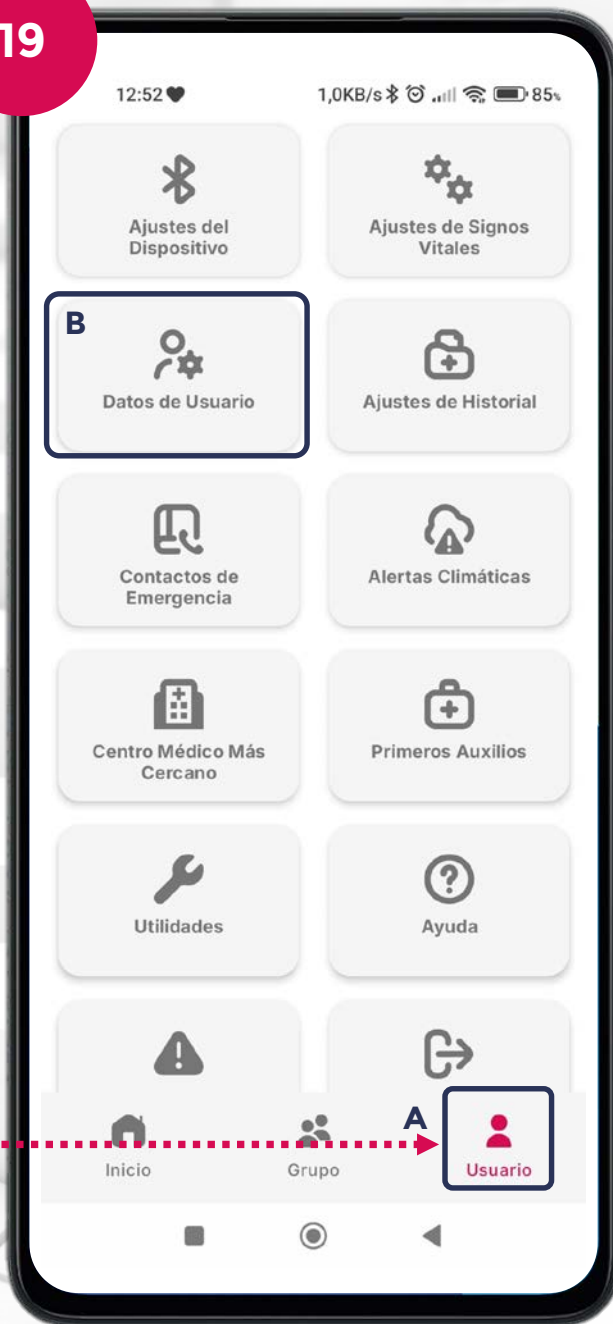
**Step 'B'.** Tap 'Next'.



19



19



## 19. USER DATA

The first step, once the application has been installed correctly, is to enter certain pieces of information that are important for the calculation algorithms.

Initially you will be on the 'Home' page and must navigate to the 'User' page by tapping the corresponding icon.

Once on the User page, select the 'User Data' tab.

**Step 'A'.** Tap the 'User' button.

**Step 'B'.** Tap the 'User Data' button.

19

12:53 0,0KB/s 85%

← Perfil de Usuario

**Antonio**  
Gestiona tu perfil y ajustes

**Información de la Cuenta**

Usuario  
Antonio

Nombre Completo  
Antonio Molero Fernández

Email  
antonio.molero@iknx.es

**Guardar Perfil de Cuenta**

**Cambiar Contraseña**

**Perfil Físico y de Salud**

Altura (cm)

19

12:53 1,0KB/s 85%

← Perfil de Usuario

**Cambiar Contraseña**

**A**

**Perfil Físico y de Salud**

Altura (cm)

Peso (kg)

Edad

Género  
Masculino Femenino Otros

**B**

**Guardar Datos Físicos**

**Zona de Peligro**  
Esta acción es permanente y no se puede deshacer. Todos tus datos serán borrados.

**Eliminar Mi Cuenta**

## 19. USER DATA

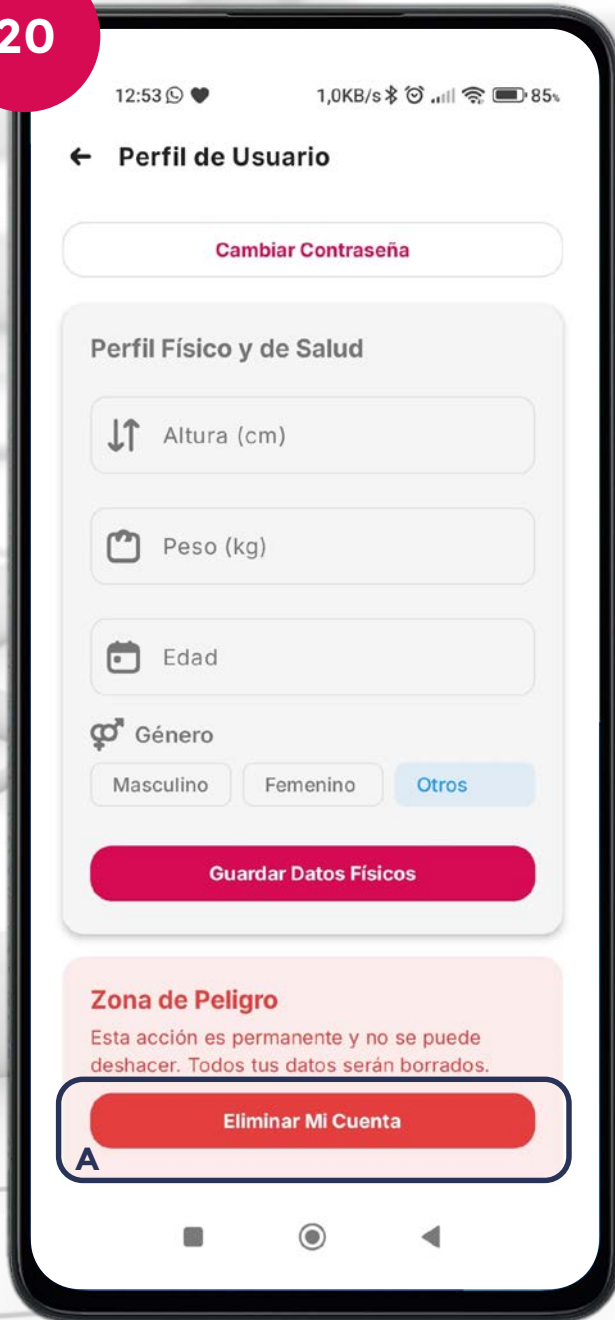
From the User Data screen you may view the details with which you registered and a button that allows changing the application access password.

Below these you will find blank fields to enter height, weight, age and gender. These details are fundamental for the calculation algorithms, for example for determining body mass index.

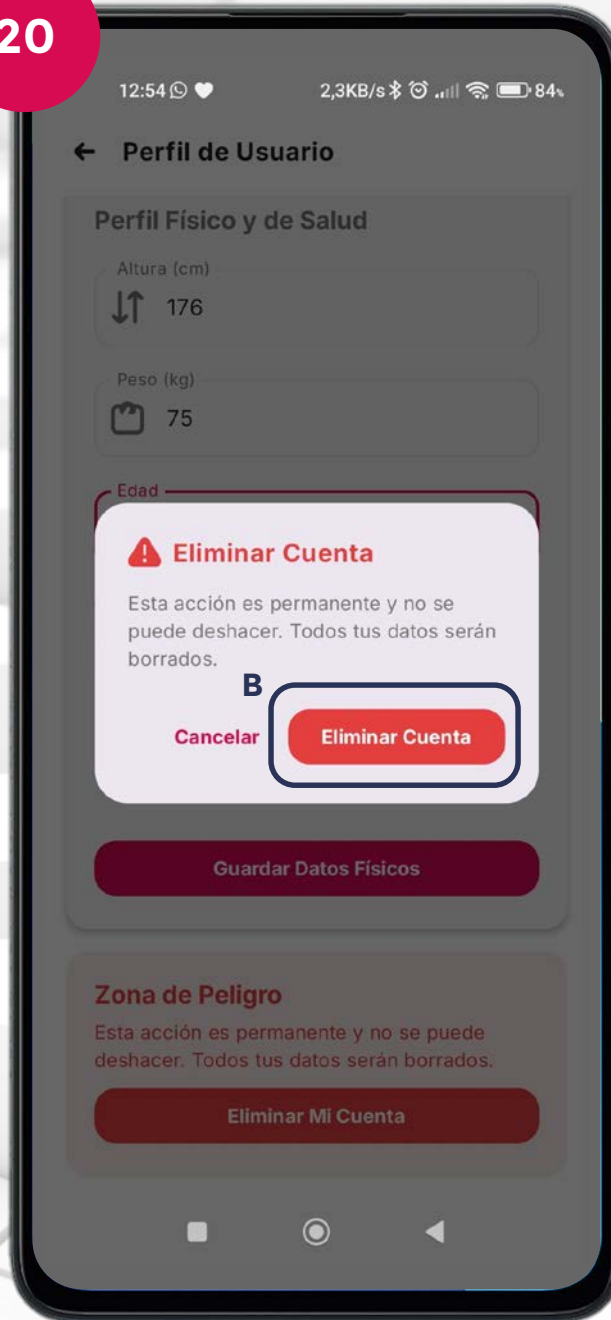
**Step 'A'.** Complete the fields for height, weight and age, and select the gender option. If you prefer not to specify this, select 'Other'.

**Step 'B'.** Tap the button to save the changes.

20



20



## 20. ACCOUNT DELETION

If the user wishes to delete their account, this may be done from the user profile page.

At the bottom of the screen there is an option with a button labelled 'Delete account'. Tapping it opens a confirmation dialogue in which you must tap 'Delete account' again.

After this the account will be permanently deleted.

Step 'A'. Tap the 'Delete account' button.

Step 'B'. Tap the 'Delete account' button.



# IKNX WATCH

WITH  KNXCOMMUNICATION

## 4. THE WATCH





## 1. IKNX WATCH

**IKNX WATCH** is the device that records the user's health and wellness measurements and transmits them via Bluetooth to the paired phone.

To ensure correct contact with the skin, the watch is supplied with a 22 mm hook-and-loop (Velcro) strap. Once fitted, inspect the skin; if you notice any irritation discontinue use and consult your physician immediately, as you may be allergic to the strap material.

The watch is compatible with commercially available standard straps, which may be obtained in various sizes and colours.





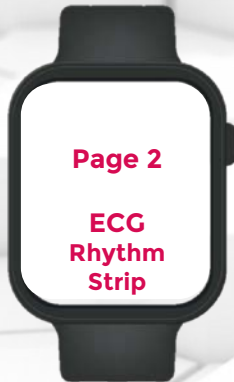
Settings  
Page



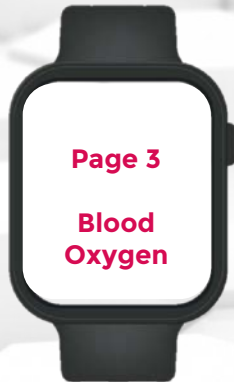
Page 0  
QR Code  
Page



Page 1  
Main Menu



Page 2  
ECG  
Rhythm  
Strip



Page 3  
Blood  
Oxygen



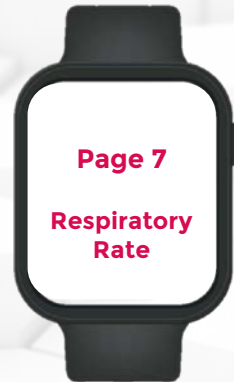
Page 4  
Heart Rate



Page 5  
Body  
Temperature



Page 6  
Blood  
Pressure



Page 7  
Respiratory  
Rate



Page 8  
Messages



Page 9  
User  
Information



Page 12  
Sleep  
Monitor



Page 11  
Fatigue  
Level



Page 10  
Stress  
Level



## 2. DISPLAY PAGES

IKNX WATCH provides several screens for displaying data. To navigate between screens, swipe the display leftwards or rightwards.



### 3. MAIN MENU PAGE

This page displays the following information:

- ✓ Date.
- ✓ Watch-to-phone pairing status.
- ✓ Watch battery level.
- ✓ Time.
- ✓ Heart rate.
- ✓ Body temperature.
- ✓ Step count.

When the watch is not paired with the phone, a symbol as shown in the left-hand image labelled 'A' will appear.

When the watch is paired with the phone, a symbol as shown in the right-hand image labelled 'B' will appear.

Swipe left or right on the watch display to access other pages showing additional data.





#### 4. ECG PAGE (ELECTROCARDIOGRAM)

The watch can display an ECG rhythm strip. First select a measurement duration of 1, 3 or 5 minutes. Then place the pad of your finger on the sensor so that the finger does not touch the skin of the arm on which the watch is worn. The rhythm strip will be displayed in real time as a graph on the paired phone.

To prevent continuous sensor use, exit this page when the measurement is finished; otherwise the sensors will remain active and the watch battery will be depleted rapidly. In short, keep this page active only when you intend to take an ECG measurement.

Swipe left or right on the watch display to access other pages showing additional data.





## 5. BLOOD OXYGEN PAGE

This page displays the percentage of blood oxygen (SpO2) measured by the watch. The measurement must be initiated from the phone application.

Blood oxygen is measured by sensors that require a short time to obtain an accurate reading. Keep the arm still and ensure the sensor light makes proper contact with the skin. The time required to obtain a reading may vary between individuals owing to factors such as skin colour and body temperature.

Swipe left or right on the watch display to access other pages showing additional data.



## 6. HEART RATE PAGE

This page displays the heart rate, that is, the number of heartbeats per minute.

Swipe left or right on the watch display to access other pages showing additional data.



## 7. BODY TEMPERATURE PAGE

This page displays body temperature in degrees Celsius and degrees Fahrenheit.

Swipe left or right on the watch display to access other pages showing additional data.



## 8. BLOOD PRESSURE PAGE

This page displays the systolic and diastolic blood pressure measurements.

Swipe left or right on the watch display to access other pages showing additional data.





## 9. RESPIRATION RATE PAGE

This page displays the respiratory rate in breaths per minute.

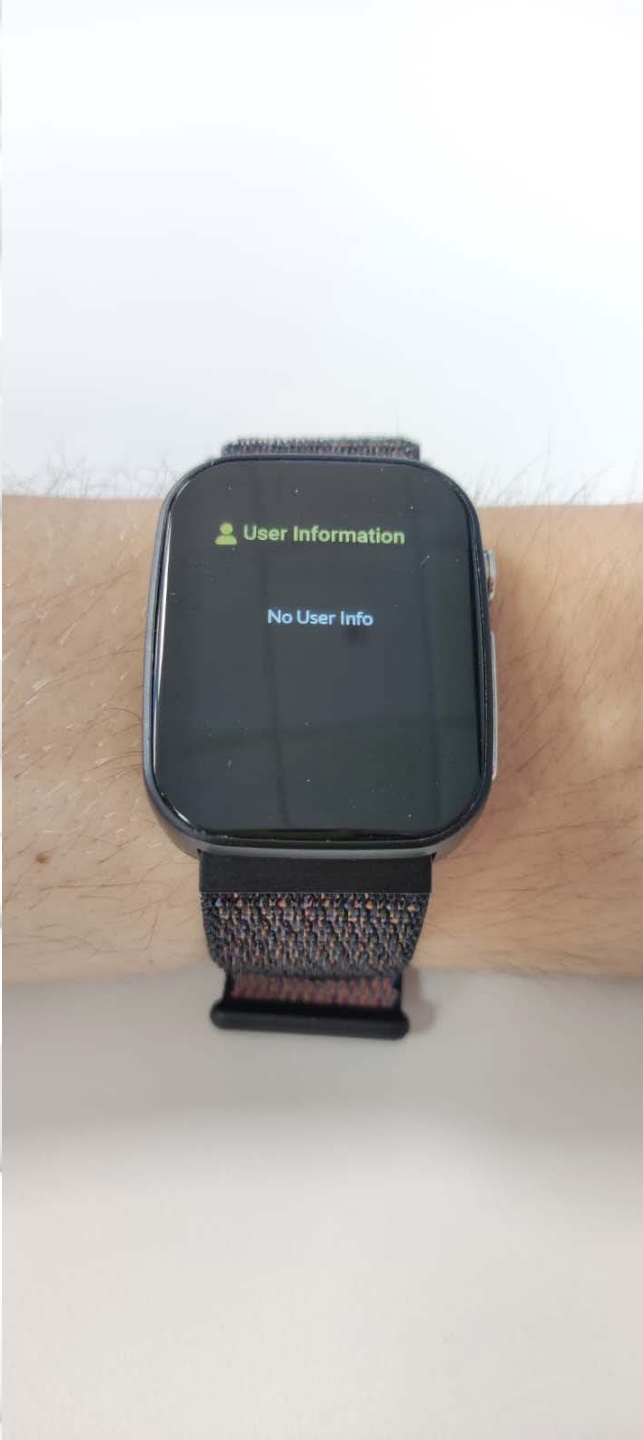
Swipe left or right on the watch display to access other pages showing additional data.



## 10. MESSAGES PAGE

**This page is not in use at present. In future versions or updates it will provide certain functions. Keep the application on the phone updated to the latest version.**

**Swipe left or right on the watch display to access other pages showing additional data.**



## 11. USER INFORMATION PAGE

**This page is not in use at present. In future versions or updates it will provide certain functions. Keep the application on the phone updated to the latest version.**

**Swipe left or right on the watch display to access other pages showing additional data.**



## 12. STRESS LEVEL PAGE

This page displays the user's stress level based on an algorithm that analyses metrics such as respiration, heart rate, sleep and other relevant data.

Swipe left or right on the watch display to access other pages showing additional data.





### 13. FATIGUE MONITOR PAGE

**This page displays the user's fatigue level as determined by an algorithm that analyses metrics such as respiration, heart rate, sleep and bodily movement.**

**Swipe left or right on the watch display to access other pages showing additional data.**



#### 14. SLEEP MONITOR PAGE

This page displays the hours of deep sleep and light sleep.

Swipe left or right on the watch display to access other pages showing additional data.



## 15. QR CODE PAGE

This page displays the QR code and the MAC address used to pair the watch with the application installed on the user's phone.

Swipe left or right on the watch display to access other pages showing additional data.



## 16. SETTINGS PAGE

This page allows adjustment of the watch's settings:

- ✓ **Brightness:** increase or decrease the display brightness.
- ✓ **Raise to wake:** when enabled, the display activates upon wrist movement.
- ✓ **Activate beacon:** when enabled, the watch becomes discoverable for pairing with the phone application.

Swipe left or right on the watch display to access other pages showing additional data.





**IKNX WATCH**

WITH **KNX** COMMUNICATION

## **5. APPLICATION HOME PAGE**



## 1. APPLICATION HOME PAGE

On the application's home page you will find access to the various measurements available in the application, namely:

- ✓ General Resume.
- ✓ KNX Settings.
- ✓ Heart Rate.
- ✓ SpO2 (Blood Oxygen)
- ✓ Heart Rhythm Strip
- ✓ Respiration Rate
- ✓ Temperature
- ✓ Blood Pressure
- ✓ Fatigue
- ✓ Stress
- ✓ HRV/RRi Data
- ✓ Steps and Distance
- ✓ Fall Detection
- ✓ Self Alerts



Resumen General



Envío de Alarmas



Frecuencia Cardíaca



SpO2



Tira de ritmo cardíaco



Frecuencia Respiratoria



Temperatura



Presión Arterial



Fatiga



Estrés



Datos HRV/RRI



Pasos y Distancia



Detección de Caídas



Alertas Personales



## 2. GENERAL RESUME

This page displays a general summary of wellbeing, fitness and health.

The score is calculated by an algorithm that computes the average of all recorded metrics. This score may vary according to the interval at which the watch transmits data to the phone; these intervals can be configured in the application.

If any field displays 'N/A', the value has not been updated and you must wait for the data to refresh. For blood oxygen measurements, the user must force the transmission if automatic sending is not enabled.

Shows last updated

Shows if the device is connected or not

Shows a summary in a list format

Shows the device battery level

Indicates the overall health score

Displays a summary of the measurements taken







Shows if the device is connected or not

Shows the summary in the default format

Shows the device battery level

Summary in list format

Resumen General

Envío de Alarmas

Frecuencia Cardíaca

SpO2

Tira de ritmo cardíaco

Frecuencia Respiratoria

Temperatura

Presión Arterial

Fatiga

Estrés

Datos HRV/RRi

Pasos y Distancia

Detección de Caídas

Alertas Personales



### 3. KNX SETTINGS PAGE

The mobile application functions as a gateway to transmit the real-time data displayed to a KNX installation. The system integrator must configure the mobile phone with the following parameters:

- ✓ **IP address:** use a local IP address when operating within a local network; for external access use a fixed public IP address or a dynamic DNS host.
- ✓ **Port:** the communications port usually assigned for KNX.
- ✓ **Physical address:** enter the physical address of the IP router for the installation to be contacted, or the additional individual address of the IP router (on newer models).
- ✓ **Transmission interval:** the delay between telegram transmissions. Do not use very short intervals so as not to saturate the KNX bus.

Resumen General

Envío de Alarmas

Frecuencia Cardíaca

SpO2

Tira de ritmo cardíaco

Frecuencia Respiratoria

Temperatura

Presión Arterial

Fatiga

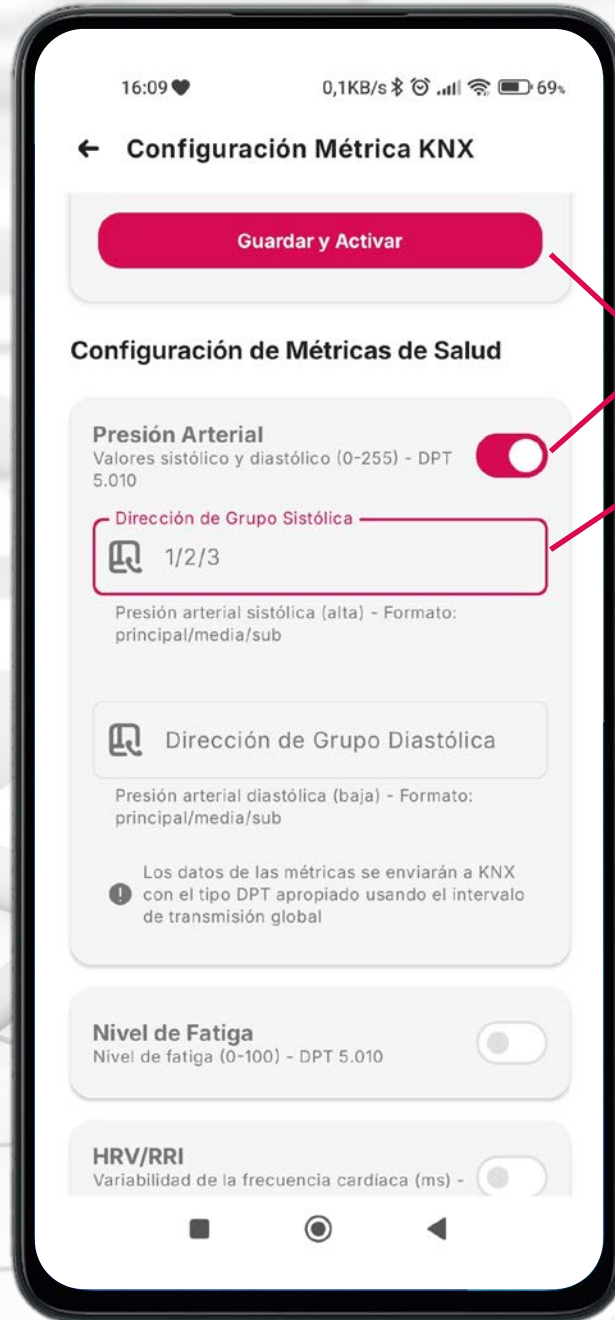
Estrés

Datos HRV/RRi

Pasos y Distancia

Detección de Caídas

Alertas Personales



### 3. KNX SETTINGS PAGE

Proceed as follows:

- ✓ Enable the toggles for the health-metric parameters you wish to transmit to your KNX installation.
- ✓ Enter the group addresses you have created for those metrics (for example: blood pressure, heart rate, etc.).
- ✓ Press the 'Save & Enable' button.



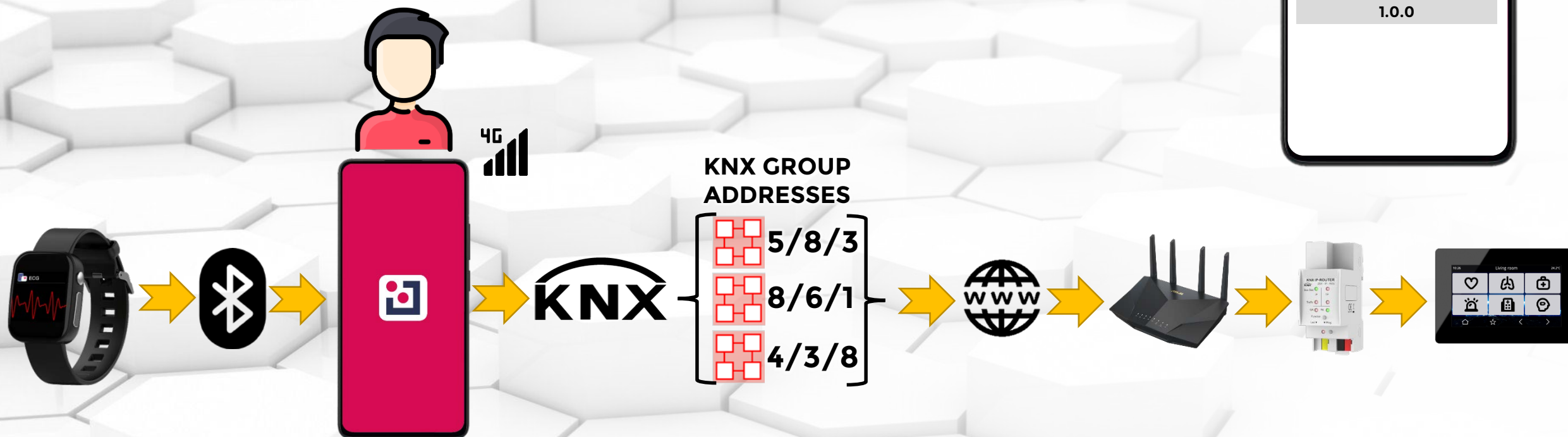
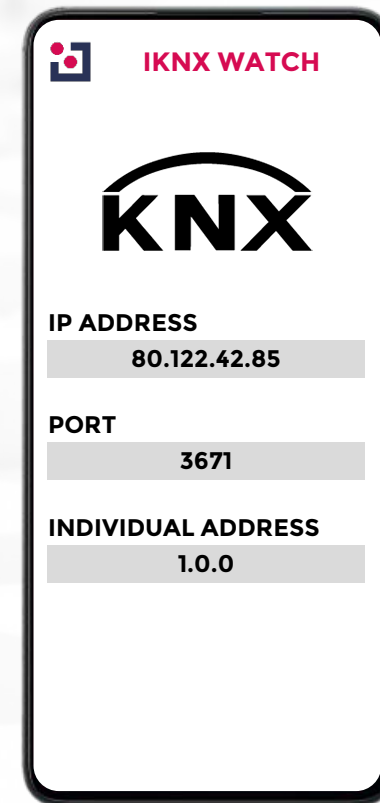
# IKNX WATCH

WITH  COMMUNICATION

TRANSMISSION OF KNX TELEGRAMS



Google Play



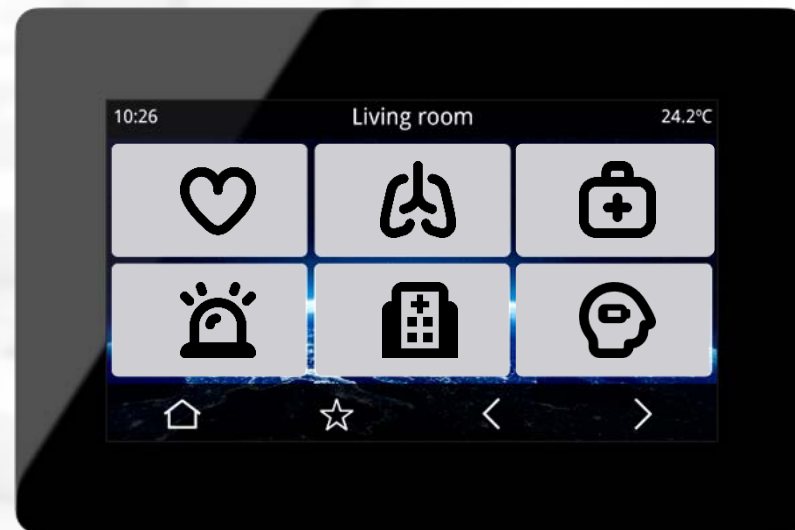




# IKNX WATCH

WITH  COMMUNICATION

OVER WI-FI TRANSMISSION OF KNX TELEGRAMS



  
**KNX**



USER 1

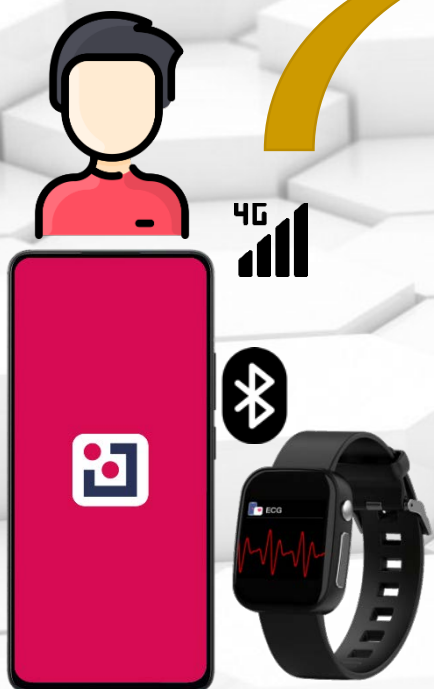
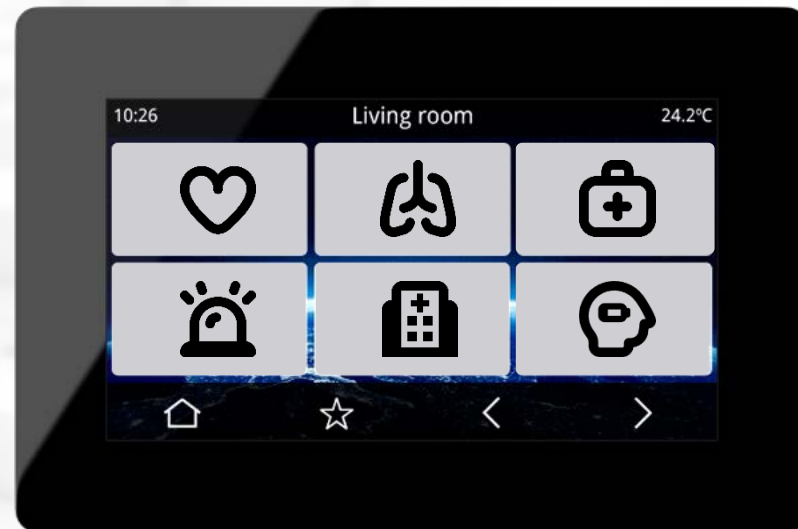




# IKNX WATCH

WITH KNX COMMUNICATION

REMOTE TRANSMISSION OF KNX TELEGRAMS



USER 1



STATIC IP OR  
DYNAMIC DNS



KNX



# IKNX WATCH

WITH  COMMUNICATION

TRANSMISSION OF KNX TELEGRAMS

## DATA AVAILABLE FOR TRANSMISSION



HEART RATE



BLOOD OXYGEN



RESPIRATION RATE



BODY TEMPERATURE



BLOOD PRESSURE



FATIGUE LEVEL



STEPS COUNT



CALORIES



SOS ALERT



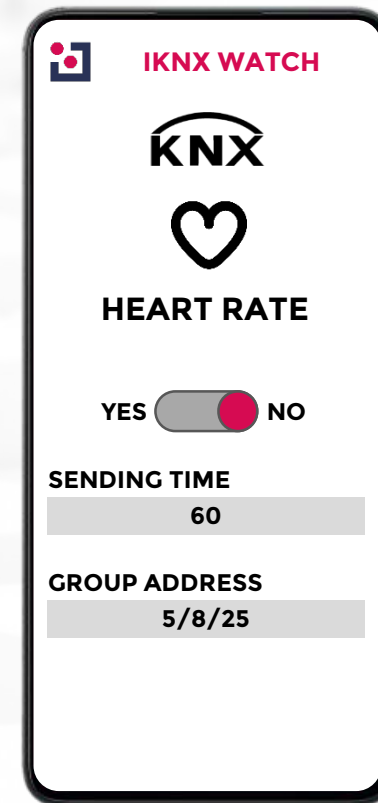
FALL DETECTION ALERT



HRV/RRI HEART DATA



STRESS ALERT



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Tira de ritmo cardíaco

Frecuencia Respiratoria

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Fatiga

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## 4. HEART RATE PAGE

This page displays the real-time heart rate in beats per minute. The page comprises the following sections:

- ✓ Label showing the heart rate in beats per minute. A health assessment is presented based on the measurement taken.
- ✓ Trend chart of the data recorded over the preceding minute.
- ✓ Recommended minimum and maximum values for when the user is at rest.





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## 4. HEART RATE PAGE

This page displays the real-time heart rate in beats per minute. The page comprises the following sections:

- ✓ Tap the 'Other reference values' button to open a dialogue displaying reference values according to age and the type/level of exertion.



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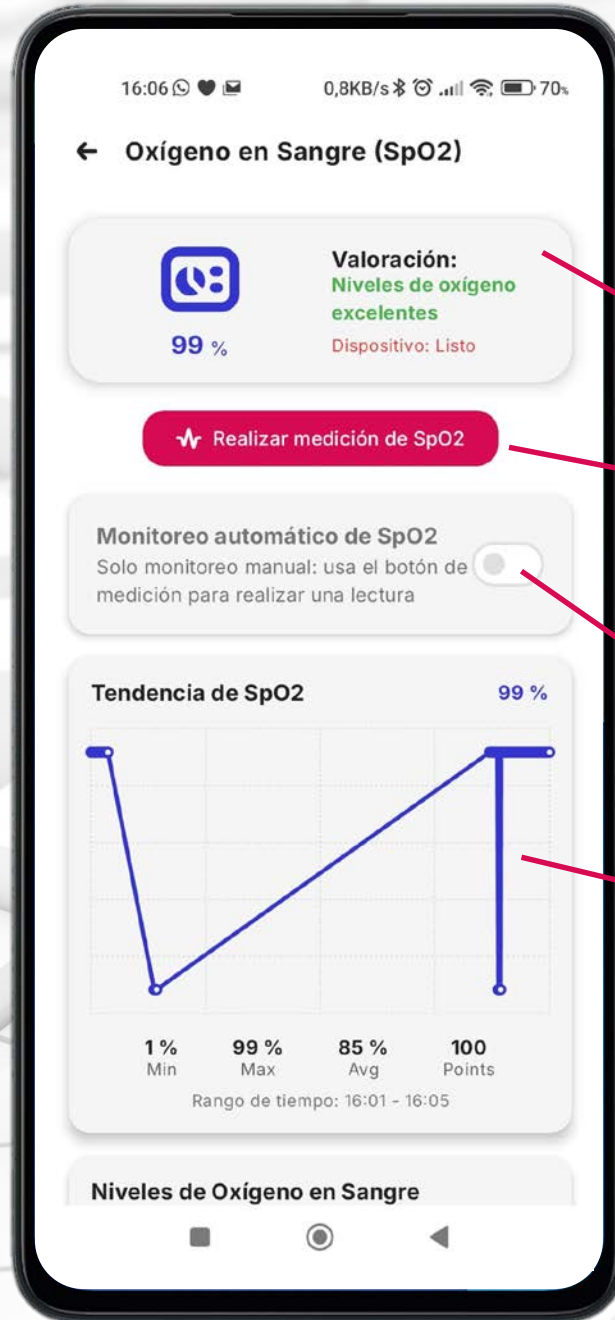
Pasos y Distancia



Detección de Caídas



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## 5. BLOOD OXYGEN PAGE

This page displays blood oxygen saturation as a percentage (%). Because of the fact that this measurement consumes a significant amount of watch battery, it is not automatic by default; the user must press the 'Measure SpO2' button to obtain a reading.

- ✓ **Label:** displays the oxygen saturation reading and a health assessment based on the measurement.
- ✓ **Button 'Measure SpO2':** sends the command to the watch to perform the measurement. The reading may take several minutes depending on factors such as skin type and body temperature. Once obtained, a stabilisation period is required while the watch verifies the reading is stable.
- ✓ **Toggle for automatic measurement:** if enabled, measurements will be taken automatically at intervals specified by the user.
- ✓ **Trend chart:** shows recent readings over a short period, useful for observing variation when multiple measurements are taken consecutively..

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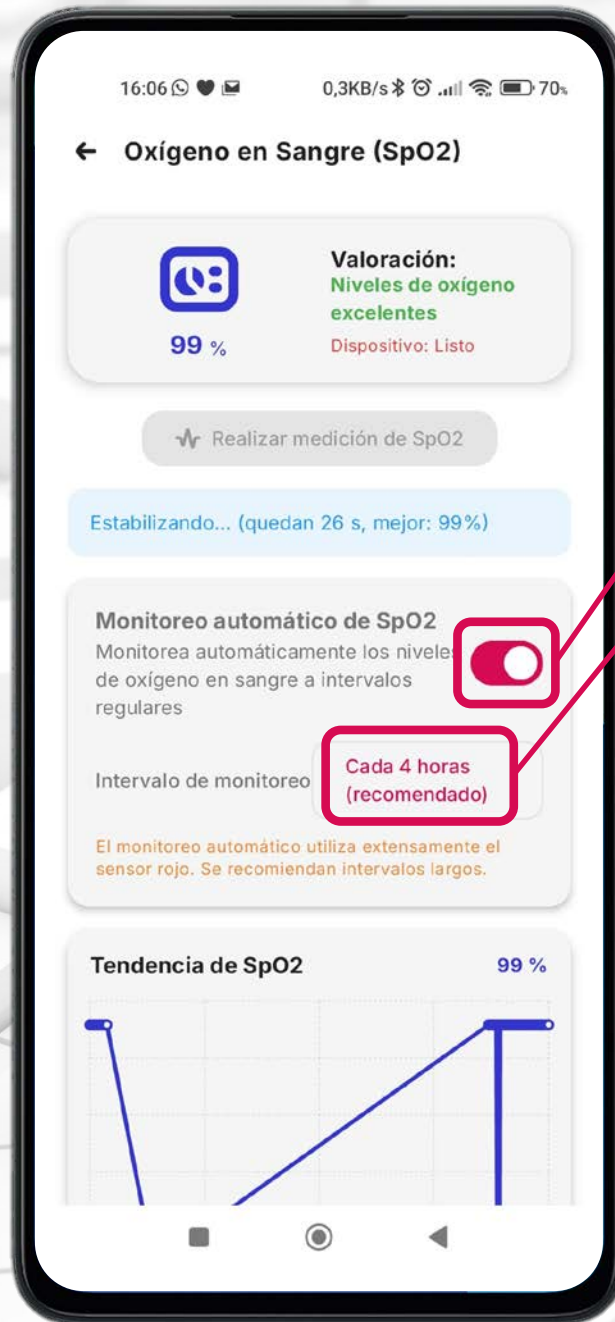
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## 5. BLOOD OXYGEN PAGE

Please note that enabling automatic SpO2 monitoring will reduce the watch's battery life and require more frequent charging.

You may switch between automatic and manual modes as often as you wish.

You may select the interval for automatic measurements: every 2, 4, 8 or 12 hours, or once per day.



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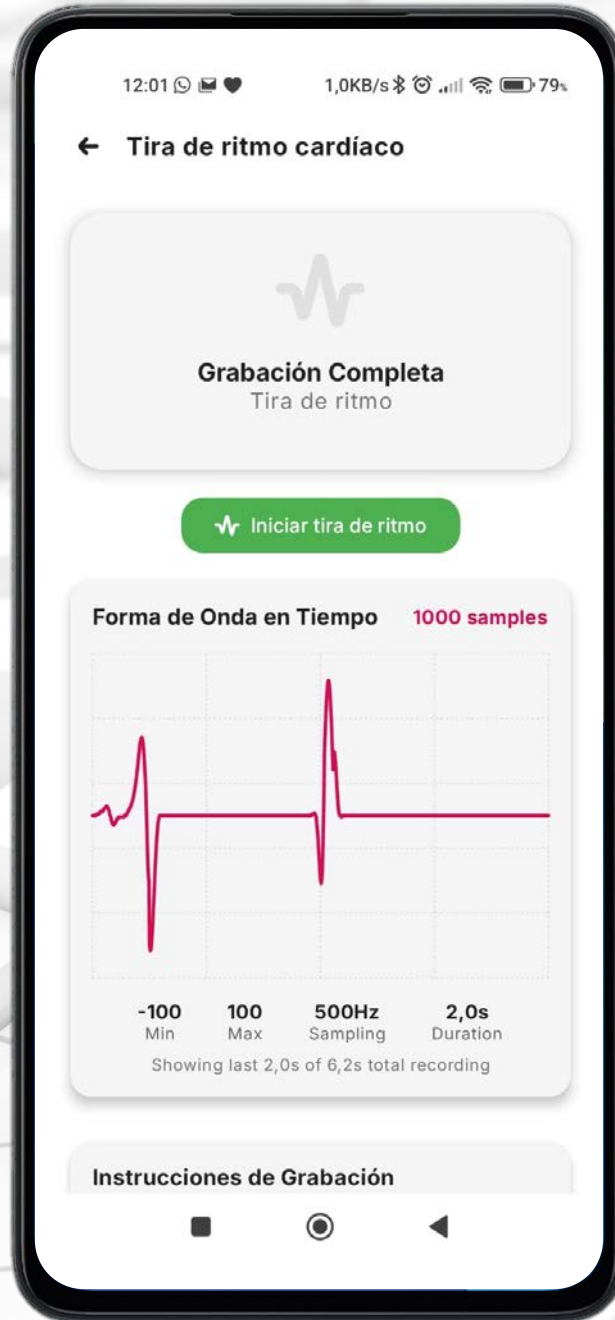
Pasos y Distancia



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## 6. ECG RHYTHM-STRIP PAGE

The ECG rhythm-strip function is one of the most widely used clinical tests. Its applications include:

- ✓ Recording the heart's electrical activity.
- ✓ Assisting in the diagnosis of various heart conditions.
- ✓ Assessing the effect of certain medications.
- ✓ Evaluating mood, stress, etc.

**Note:** the watch must not be considered a medical diagnostic device; it provides approximate data whose accuracy depends on how the user performs the measurement.

### Procedure:

1. Fit the watch to your left wrist.
2. On the watch, select the 'ECG' page and choose a recording duration of 1, 3 or 5 minutes.
3. On the paired phone, open the 'ECG rhythm strip' tab in the application.
4. Tap 'Start rhythm strip'.
5. Place a finger from your right hand on the sensor.
6. Observe the graph being displayed on the phone as the recording proceeds.







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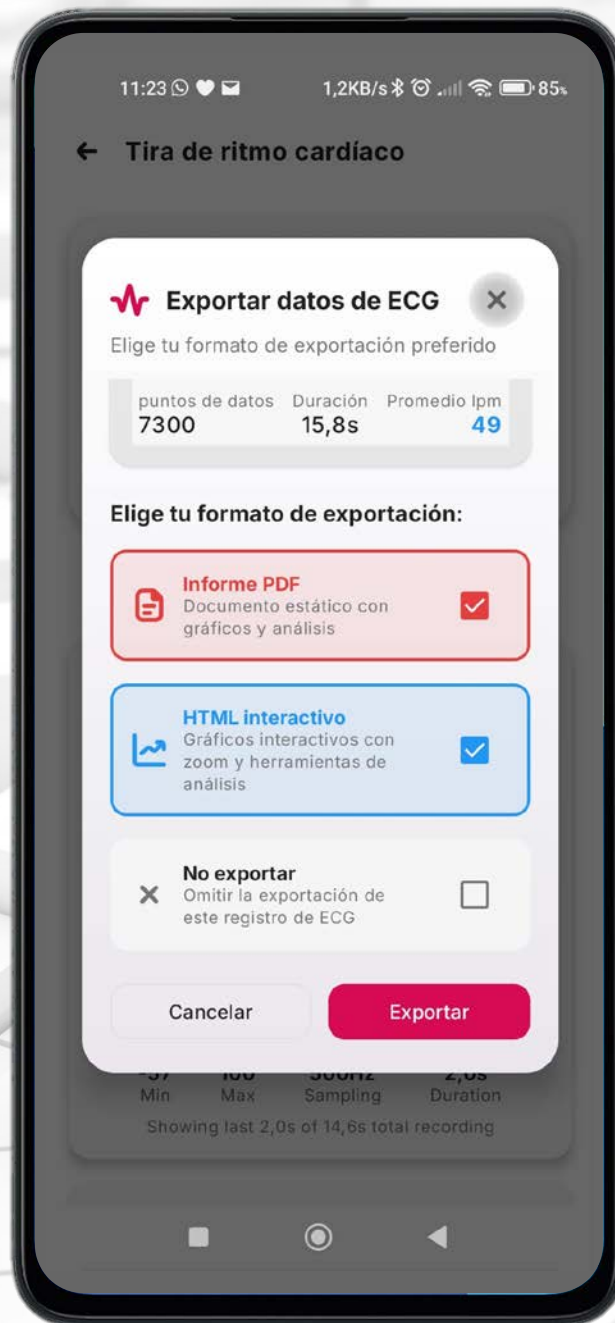
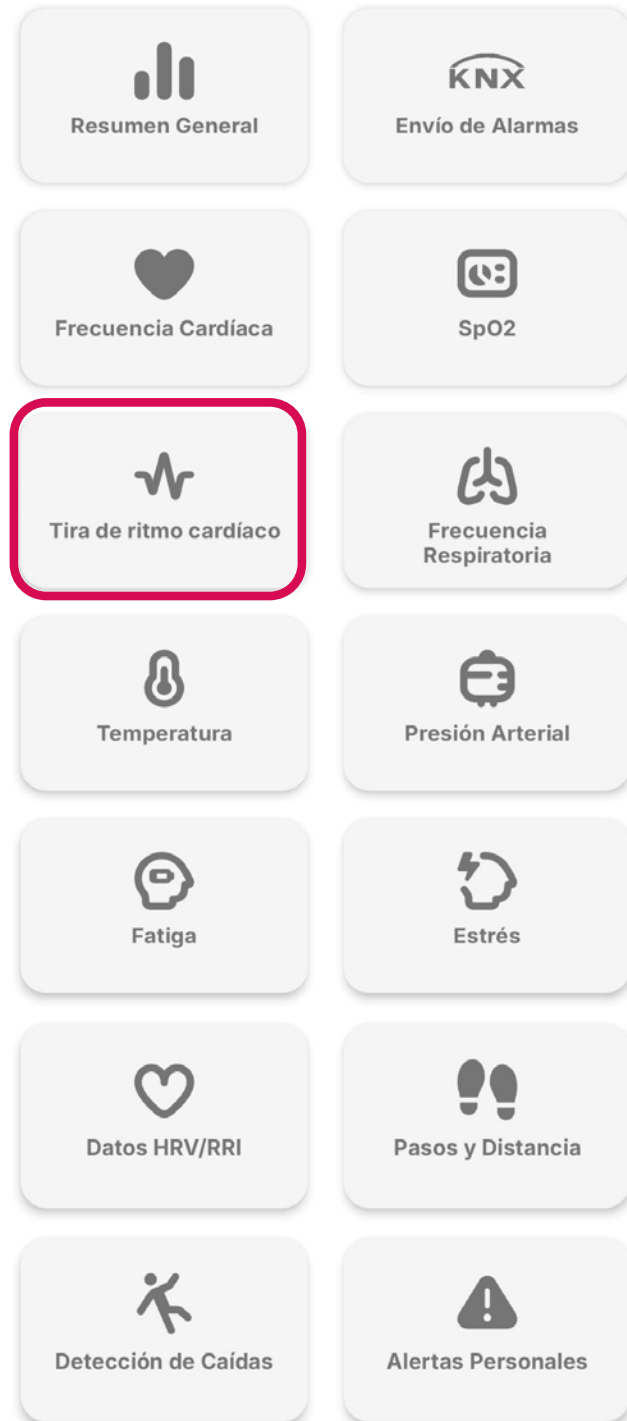


Alertas Personales



## 6. ECG RHYTHM-STRIP PAGE

You may stop the test by pressing the 'Stop recording' button. It is important to navigate away from the watch's ECG page when the test is finished, otherwise the sensors used for the measurement will remain active continuously. For example, return to the watch's main page that displays the time.



## 6. ECG RHYTHM-STRIP PAGE

When the test is stopped, a dialogue window opens offering the following export options:

- ✓ **PDF report:** a PDF file containing all data. Not recommended for very large recordings.
- ✓ **Interactive HTML:** opens the report in the phone's web browser. This is the preferred option because the web view allows interactive charts with zoom for detailed inspection. If the display is small on the phone, send the HTML file to a computer and open it on a larger monitor.

Tap the 'Export' button to perform the export; the file will appear in the Downloads list.



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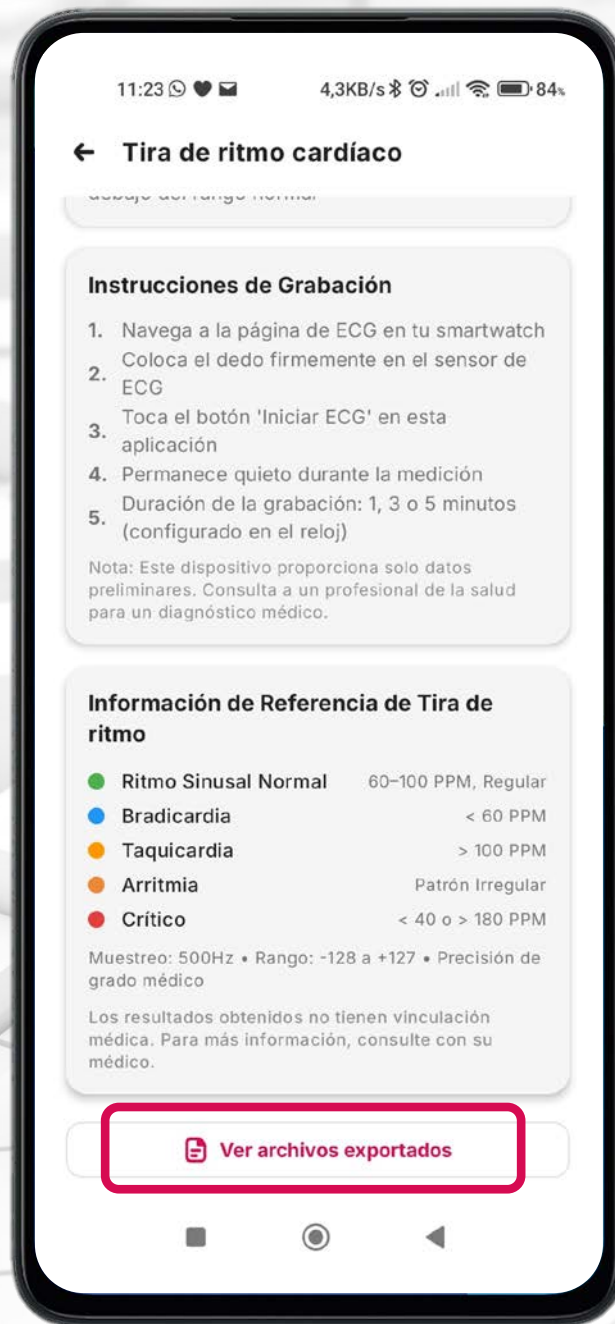
Pasos y Distancia



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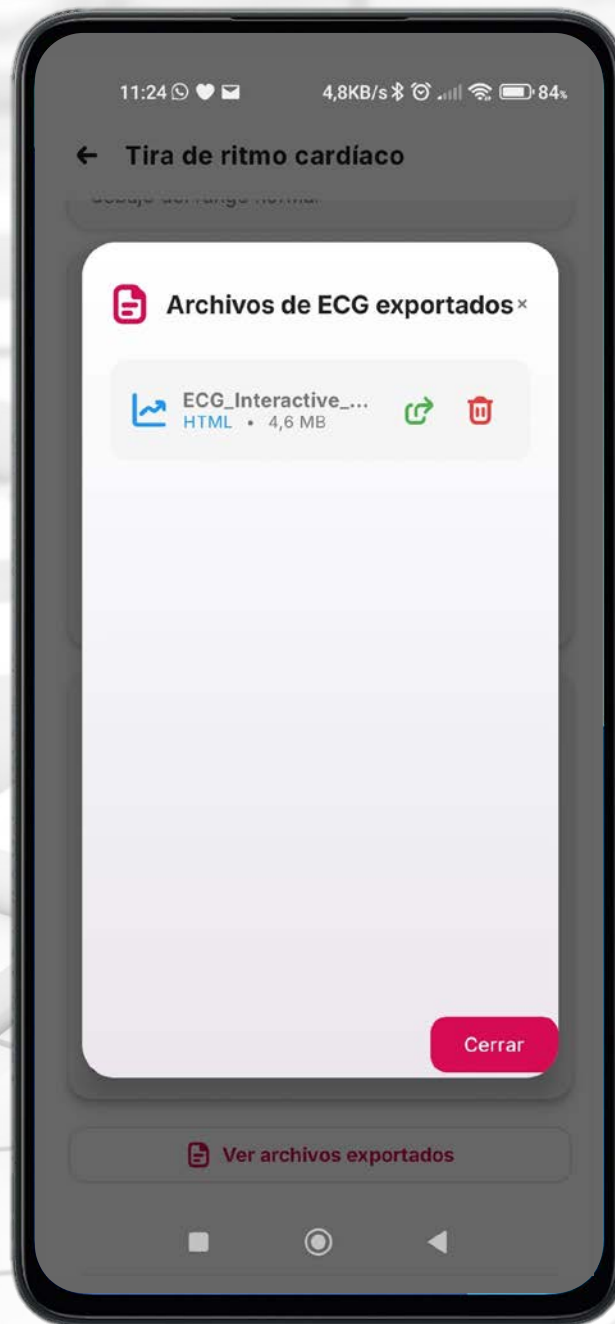
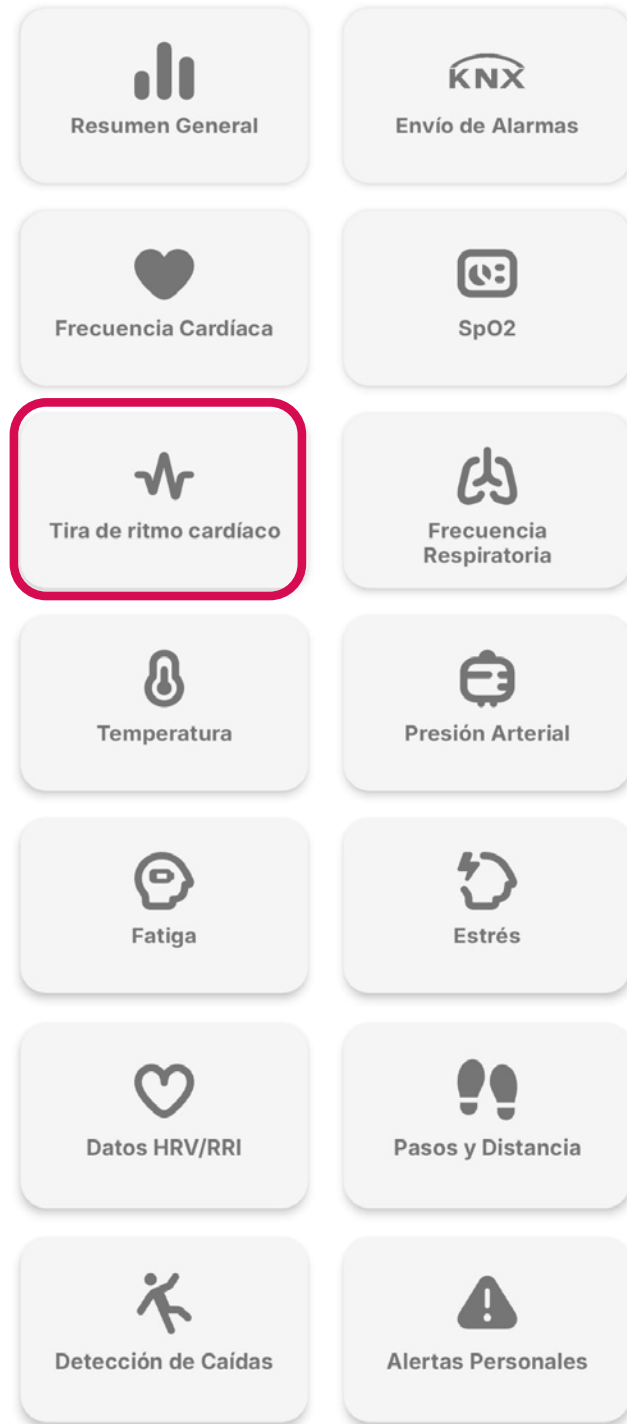
Alertas Personales



## 6. ECG RHYTHM-STRIP PAGE

At the bottom of the page, tap the 'View exported files' button to open a dialogue showing the exported files.

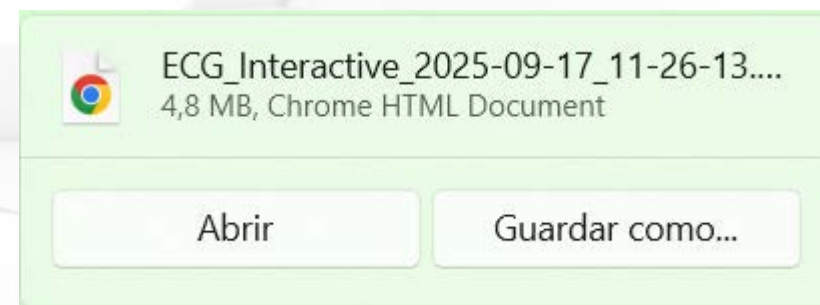




## 6. ECG RHYTHM-STRIP PAGE

When the Exported Files window opens, all PDF and HTML files are displayed. To open a PDF and share it via WhatsApp or email, simply tap the file. The same procedure applies to HTML files.

It is recommended to export the HTML file to a computer so it can be opened in a web browser (by double-clicking), which allows more detailed analysis of the recording.





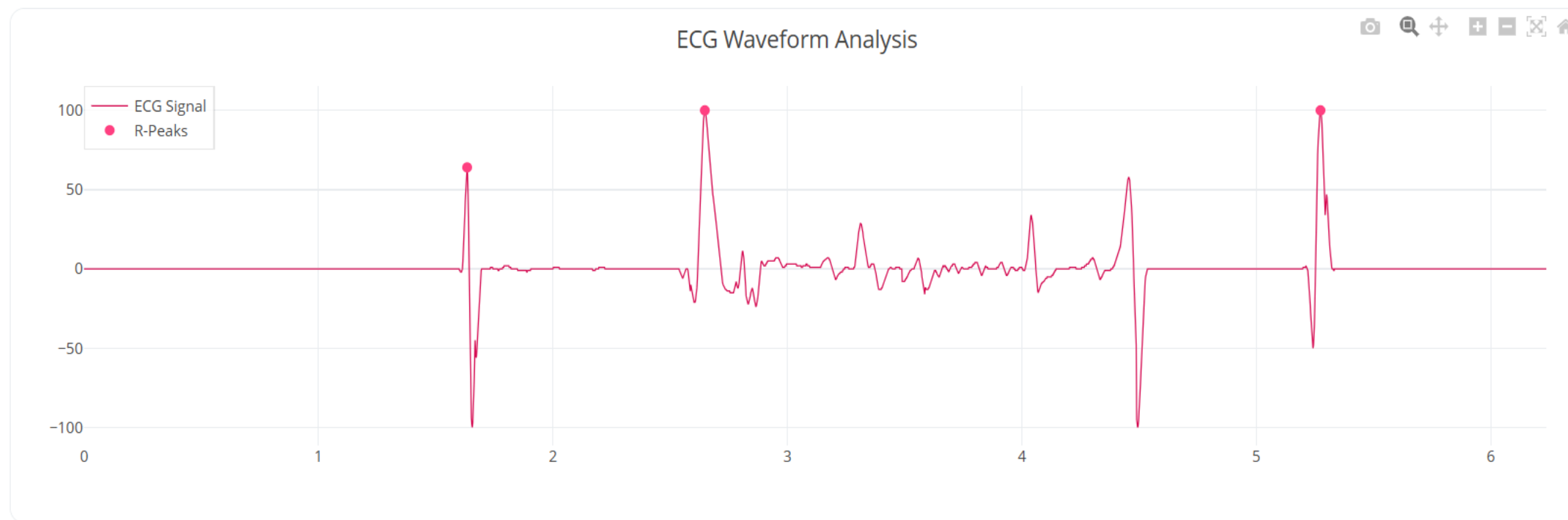
## Forma de onda del ECG

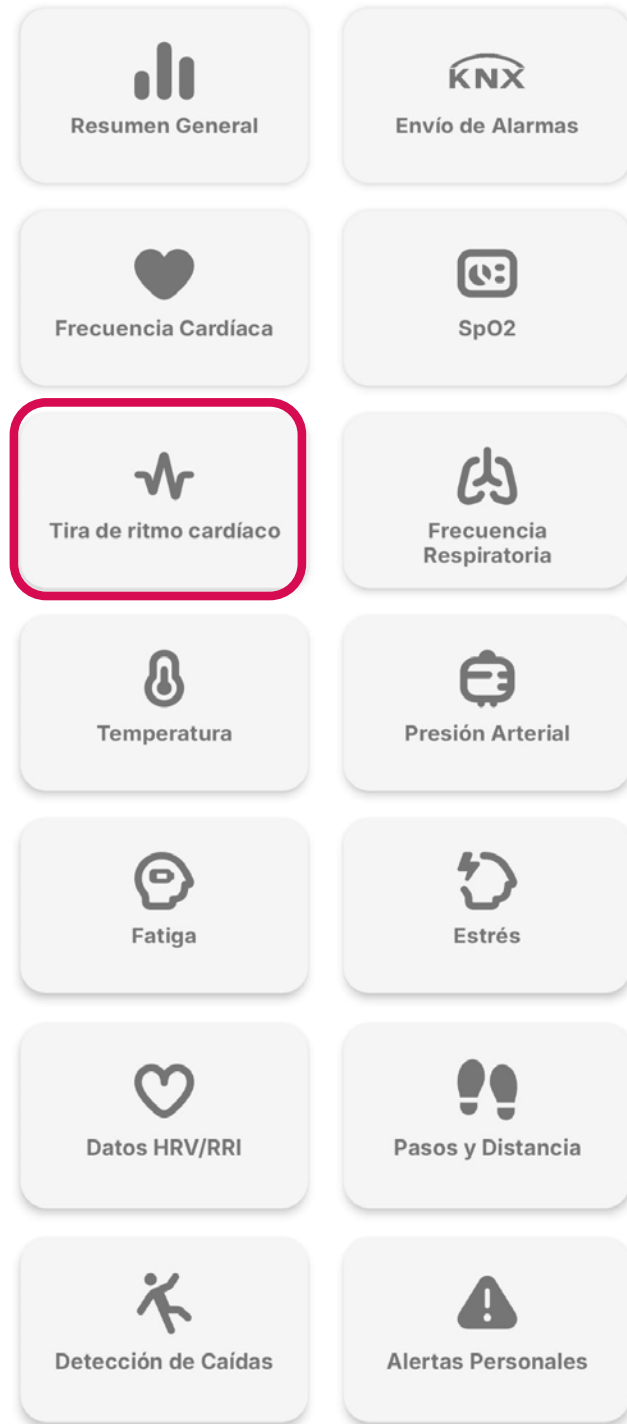
Dar un golpe de zoom

Alejar

Restablecer zoom

Alternar cuadrícula





## 6. ECG RHYTHM-STRIP PAGE

On the same page you will find additional information, including instructions on how to perform the test recording, reference values and other relevant details.





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## 7. RESPIRATION RATE

This page displays the respiratory rate in breaths per minute. The page comprises the following sections:

- ✓ Label displaying the respiratory rate in breaths per minute, together with a health assessment based on the measurement.
- ✓ Trend chart showing the data recorded over the preceding minute.
- ✓ Recommended minimum and maximum values for when the user is at rest.



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## 8. BODY TEMPERATURE PAGE

This page displays body temperature in real time. The page comprises the following sections:

- ✓ Label displaying the body temperature reading and a health assessment based on the measurement.
- ✓ Trend chart showing readings recorded over the preceding minute.
- ✓ Recommended minimum and maximum values for when the user is at rest.



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## 9. BLOOD PRESSURE PAGE

This page displays blood pressure in real time. The page comprises the following sections:

- ✓ Label displaying the systolic and diastolic blood pressure readings, together with a health assessment based on the measurement.
- ✓ Trend chart showing the data recorded over the preceding minute.
- ✓ Recommended minimum and maximum values for when the user is at rest.



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Estrés



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## 9. BLOOD PRESSURE PAGE

For future updates, the application will include advanced automation for the measurement and recording of blood pressure according to schedules specified by the user. In clinical terminology, these tests are known as MAPA (ambulatory blood pressure monitoring) and AMPA (home blood pressure monitoring).

This function is currently disabled and under development. Keep the application on your phone up to date to benefit from future improvements.





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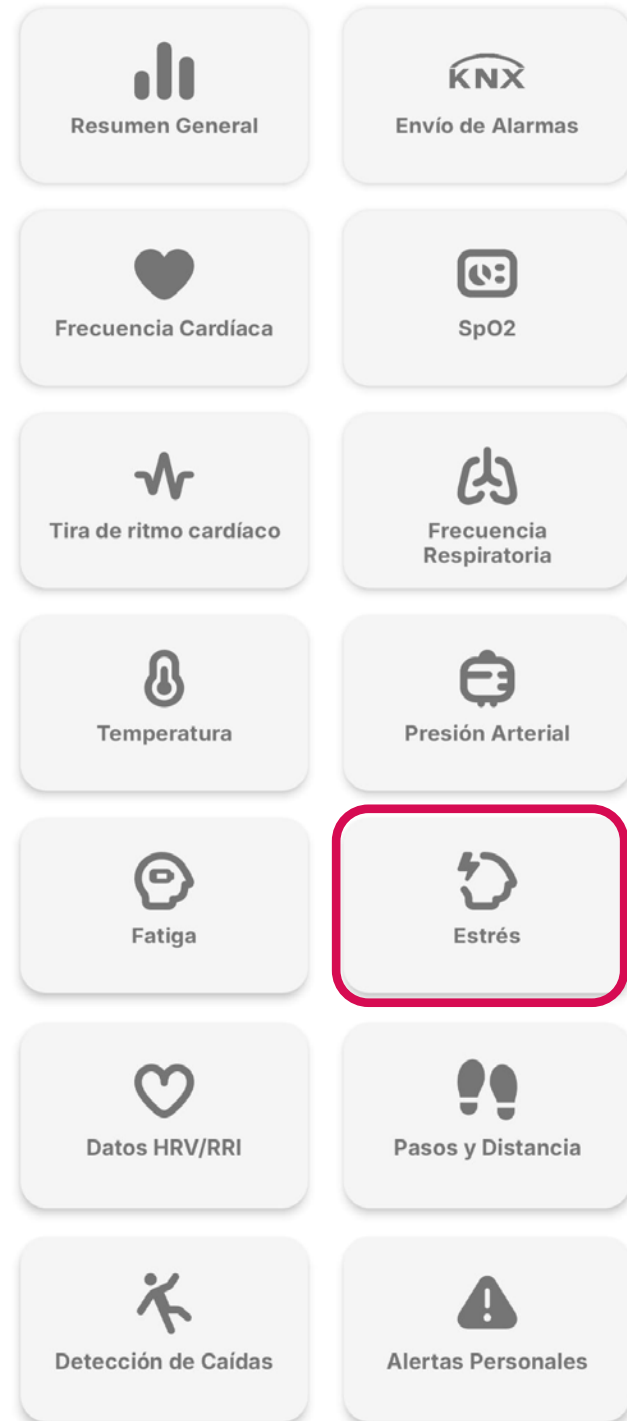
Alertas Personales



## 10. FATIGUE LEVEL PAGE

This page displays the user's fatigue level. The page comprises the following sections:

- ✓ Label displaying the fatigue level; a health assessment is provided based on the measurement.
- ✓ Trend chart showing the data recorded over the preceding minute.
- ✓ Recommended minimum and maximum values for when the user is at rest.



## 11. STRESS LEVEL PAGE

This page displays the user's stress level. The page comprises the following sections:

- ✓ Label displaying the stress-level reading and a health assessment based on the measurement.
- ✓ Trend chart showing data recorded over the preceding minute.
- ✓ Recommended minimum and maximum values for when the user is at rest.



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## 12. HRV/RR DATA PAGE

This page displays heart rate variability, which measures the variation in time between heartbeats. The page comprises the following sections:

- ✓ Label displaying the heart rate variability reading and a health assessment based on the measurement.
- ✓ Trend chart of readings recorded over the preceding minute.
- ✓ Recommended minimum and maximum values for when the user is at rest.

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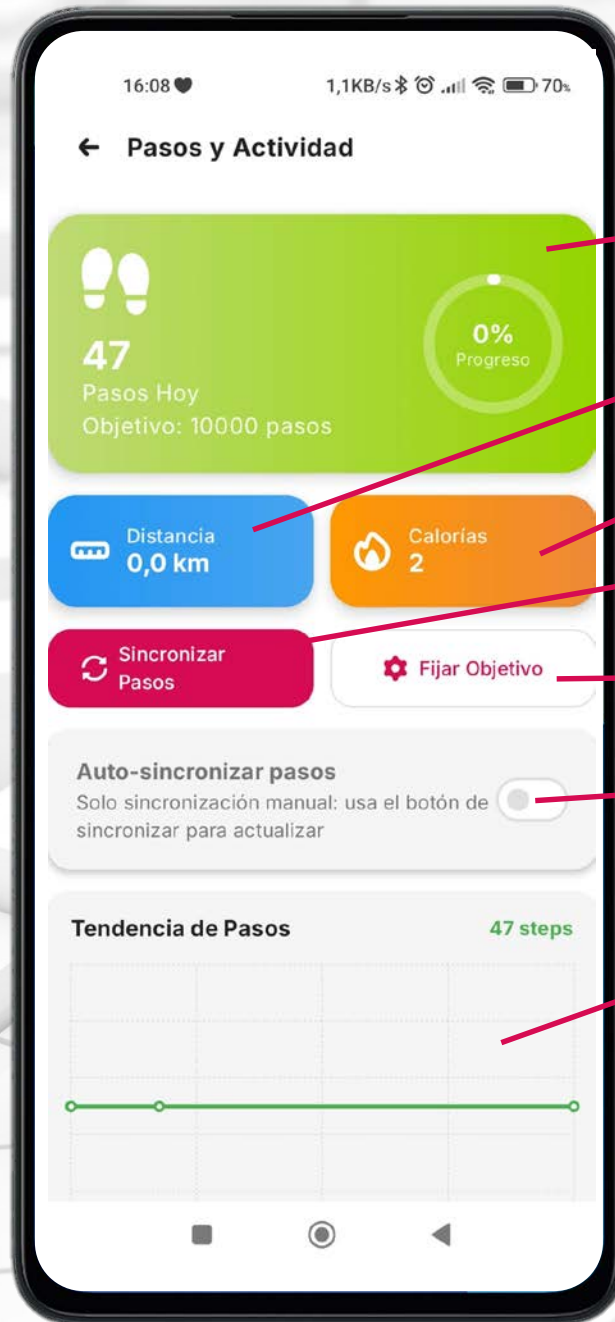
Estrés

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### 13. STEPS AND DISTANCE

In this page we will find the following data:

- ✓ Label displaying the steps taken each day and the percentage of the daily target achieved.
- ✓ Distance covered today. This counter resets to zero at midnight (12pm) each day.
- ✓ Calories burned. This counter resets to zero at midnight (12pm) each day.
- ✓ 'Sync Steps' button: sends a command to the watch to update the value and display it on the phone.
- ✓ 'Set Goal' button: allows the user to specify their daily step goal.
- ✓ Auto-Sync Steps selector: enables automatic updates from the watch at intervals specified by the user.
- ✓ Steps trend: a chart showing progress throughout the day.





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## 14. FALL DETECTION PAGE

On this page you may enable the fall sensor so that any person listed in your emergency contacts will receive an alert in the event of a fall. The page comprises:

- ✓ Label indicating that the system is active and functioning correctly.
- ✓ Toggle to enable fall detection while the phone application is running in the background. It is recommended that this toggle remain enabled.
- ✓ Sensitivity selector for the fall sensor, allowing adjustment according to the type of user who wears the watch (greater sensitivity for older persons; lower sensitivity for younger persons).
- ✓ In the event of a fall, the emergency contact will receive an alarm message. The emergency contact must have alarm reception enabled.



# IKNX WATCH

WITH  COMMUNICATION

FALL DETECTION



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Alertas Personales

## Alertas Personales

### Activar Alertas Personales

Recibe notificaciones cuando tus signos vitales superen los umbrales configurados



### Monitorización de Salud Personal

Configura umbrales personales para tus signos vitales. Cuando esté habilitado, recibirás notificaciones cuando tus lecturas superen los límites configurados. Esto te ayuda a estar consciente de tu estado de salud en tiempo real.



### Frecuencia Cardíaca

Mín lpm  
50.0

Máx lpm  
130.0

Intervalo de Alerta (segundos)  
10

El intervalo de alerta evita notificaciones frecuentes para la misma condición



### Oxígeno en Sangre (SpO2)



## 15. SELF ALERTS PAGE

On this page you configure alerts to notify yourself when a measurement from the watch lies outside specified limits. Notifications are delivered as push messages to your phone. To enable these alerts, proceed as follows:

1. Enable the master toggle to activate the alerts function on your phone.
2. Enable the toggles for the specific metrics for which you wish to receive out-of-range alerts.
3. Enter the minimum value allowed for that metric.
4. Enter the maximum value allowed for that metric.
5. Enter the maximum permitted duration for which the measured value may remain outside the permitted range. It is recommended to use a higher value to avoid frequent alerts, for example greater than 5 minutes.



**IKNX WATCH**

WITH **KNX**COMMUNICATION

## **6. APPLICATION GROUPS PAGE**





## 1. GROUPS PAGE

Our application enables the creation of user groups to share the real-time data read by the watch. There are two types of group:

- ✓ A group in which all owners can see my data and metrics in real time.
- ✓ A group in which a member can see other users' data in real time.

It is important to note that no user may store or record another user's data, nor may they take screenshots on the phone.

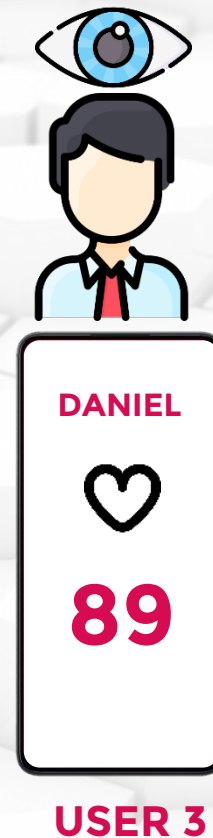
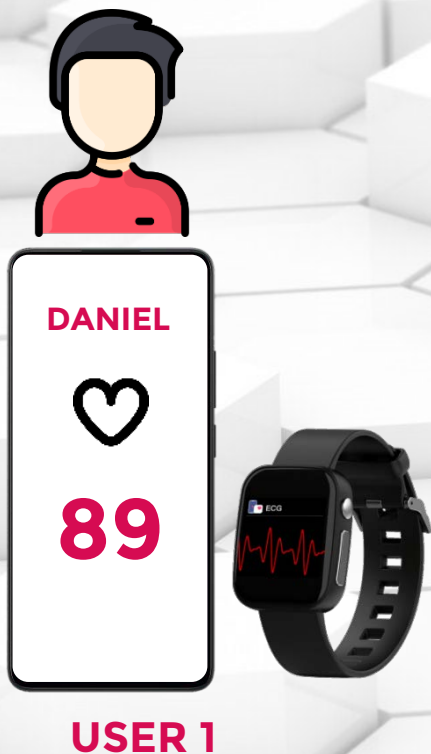
For this group function to operate correctly, the application's background toggle must be enabled.



# IKNX WATCH

WITH **KNX** COMMUNICATION

MONITORING OF A SPECIFIC USER BY OTHER USERS

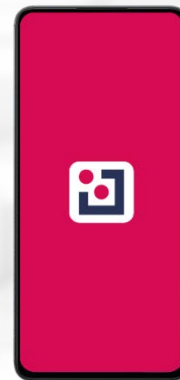








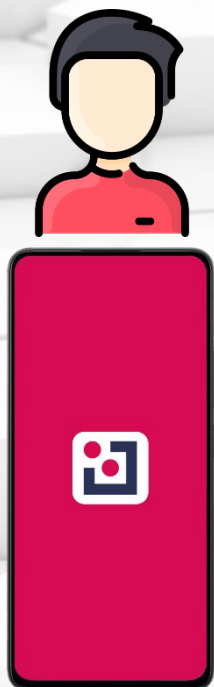
# IKNX WATCH

WITH KNX COMMUNICATION

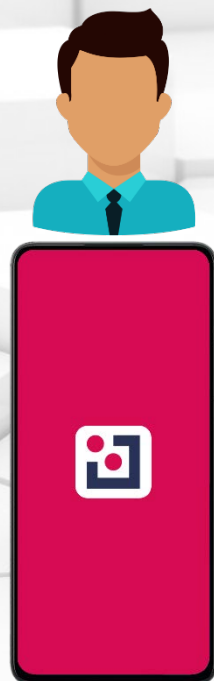
MONITORING OF MULTIPLE DEVICES



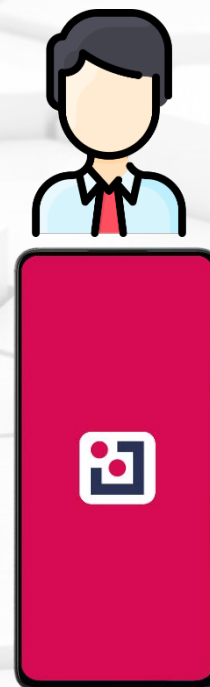
	❤️	👤	🚫	🔌
	89	52	NO	135
	75	50	NO	122
	72	49	NO	119
	81	48	NO	130



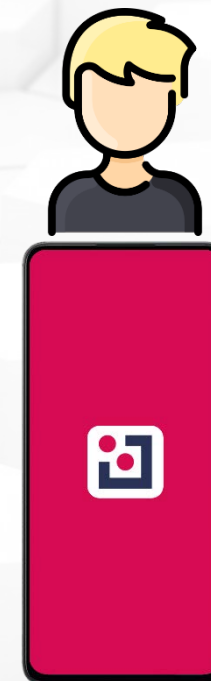
USER 1



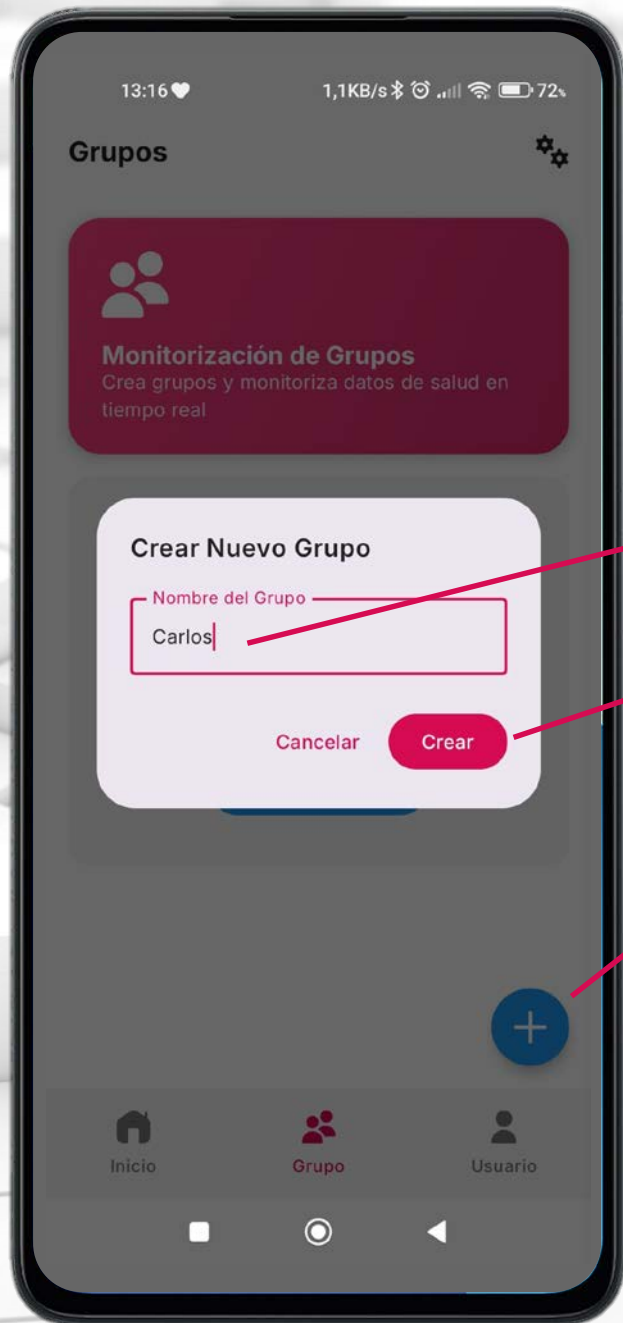
USER 2



USER 3



USER 4

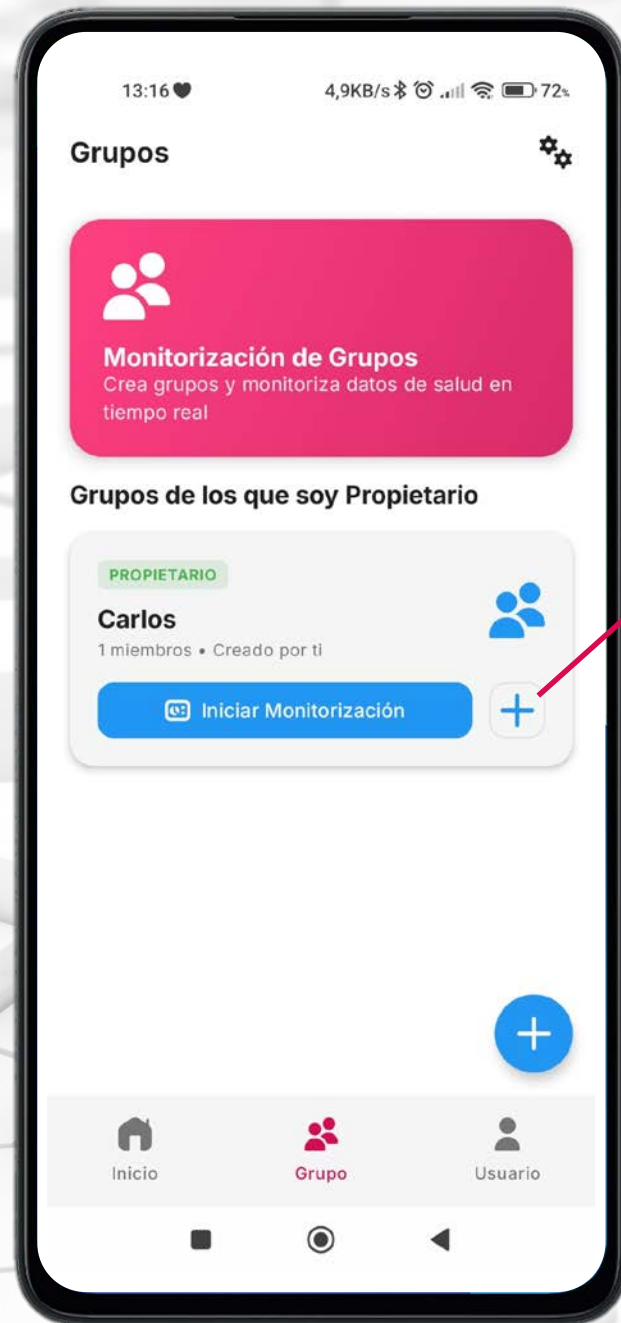
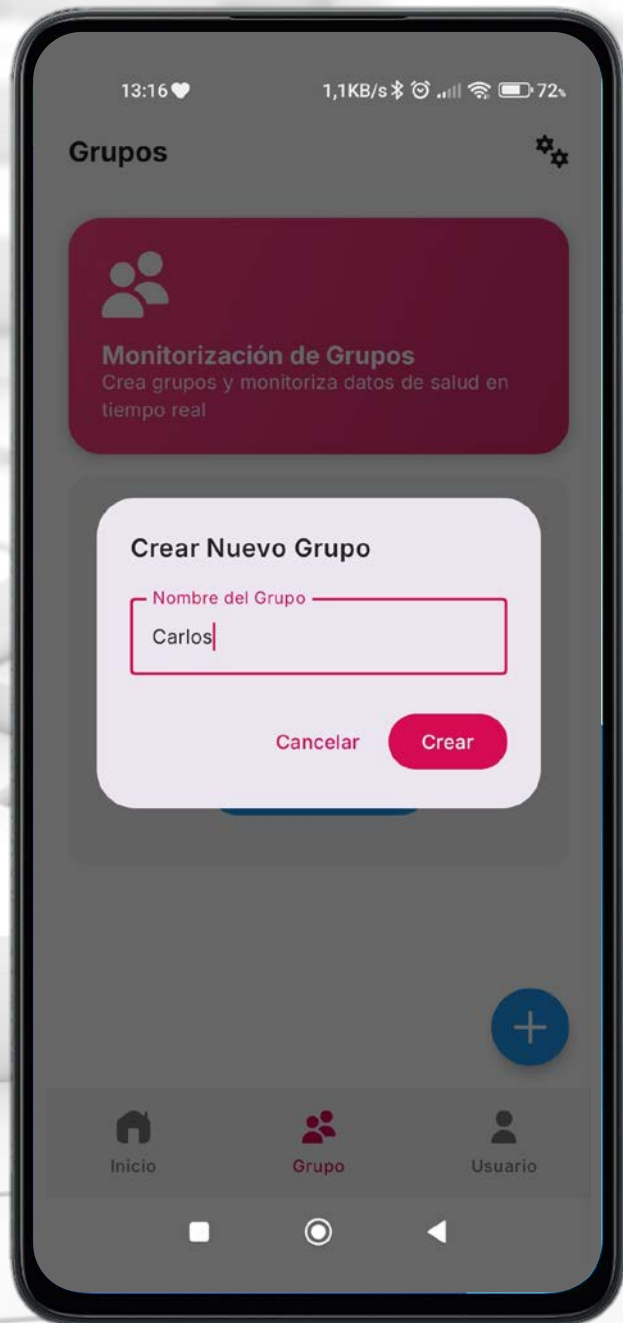


## 1. GROUPS PAGE

To create a group for viewing another user's data, proceed as follows:

1. Tap the blue '+' button.
2. Enter a name for the group.
3. Tap the 'Create' button.





## 1. GROUPS PAGE

To create a group for viewing another user's data, proceed as follows:

1. Tap the blue '+' button.
2. Enter a name for the group.
3. Tap the 'Create' button.
4. On the group's tab, tap the '+' button to add other users.



## 1. GROUPS PAGE

To create a group for viewing another user's data, proceed as follows:

1. Tap the blue '+' button.
2. Enter a name for the group.
3. Tap the 'Create' button.
4. On the group's tab, tap the '+' button to add other users.
5. The user who wishes to share their data should tap the Settings icon.

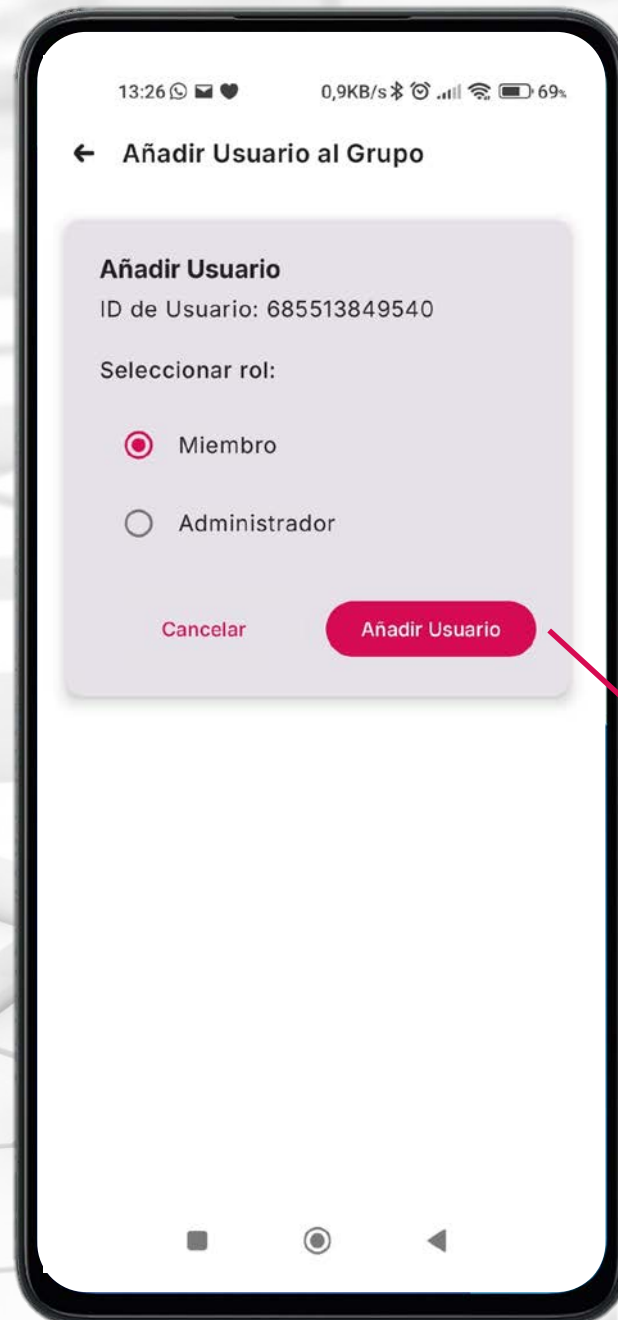


## 1. GROUPS PAGE

To create a group for viewing another user's data, proceed as follows:

1. Tap the blue '+' button.
2. Enter a name for the group.
3. Tap the 'Create' button.
4. On the group's tab, tap the '+' button to add other users.
5. The user who wishes to share their data should tap the Settings icon.
6. The user who wishes to share their data should tap the 'Show my QR code' button. The user's QR code will then be displayed on their phone.





## 1. GROUPS PAGE

To create a group for viewing another user's data, proceed as follows:

1. Tap the blue '+' button.
2. Enter a name for the group.
3. Tap the 'Create' button.
4. On the group's tab, tap the '+' button to add other users.
5. The user who wishes to share their data should tap the Settings icon.
6. The user who wishes to share their data should tap the 'Show my QR code' button. The user's QR code will then be displayed on their phone.
7. The group administrator (or creator) must have the camera enabled as described in step '4' and should scan the QR code. Next, select whether the user is an administrator or a member. Tap the 'Add user' button.

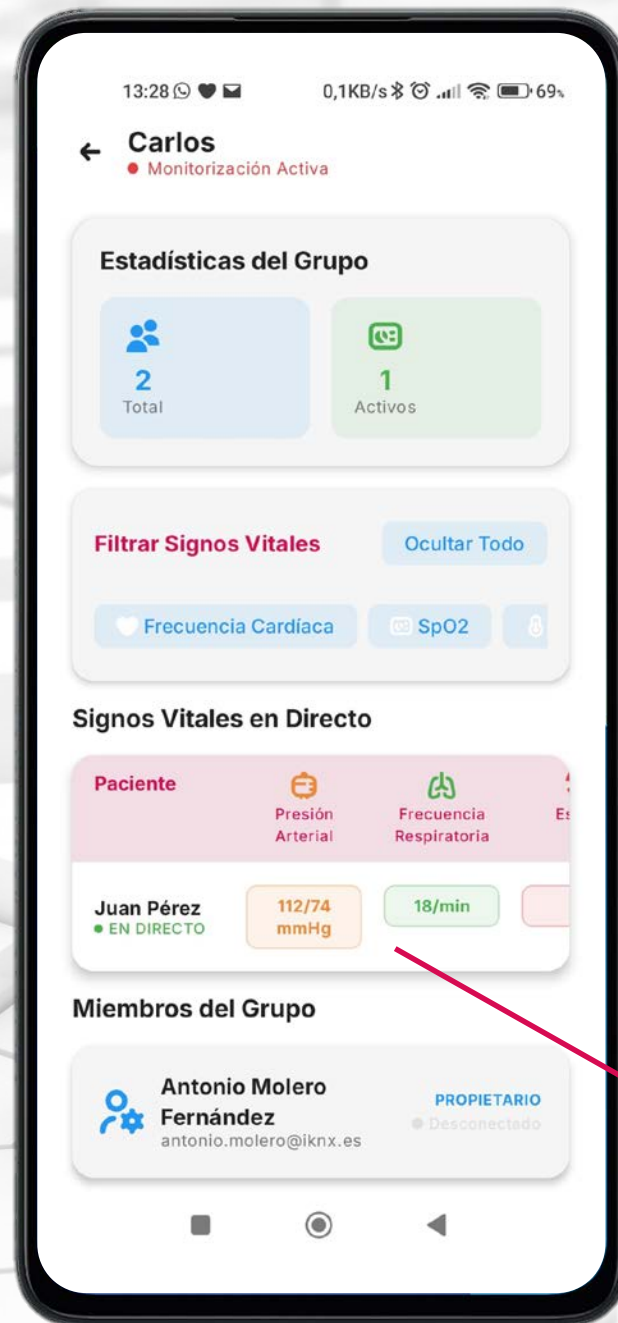




## 1. GROUPS PAGE

To create a group for viewing another user's data, proceed as follows:

1. Tap the blue '+' button.
2. Enter a name for the group.
3. Tap the 'Create' button.
4. On the group's tab, tap the '+' button to add other users.
5. The user who wishes to share their data should tap the Settings icon.
6. The user who wishes to share their data should tap the 'Show my QR code' button. The user's QR code will then be displayed on their phone.
7. The group administrator (or creator) must have the camera enabled as described in step '4' and should scan the QR code. Next, select whether the user is an administrator or a member. Tap the 'Add user' button.
8. Tap the 'Start Monitoring' button.



## 1. GROUPS PAGE

To create a group for viewing another user's data, proceed as follows:

1. Tap the blue '+' button.
2. Enter a name for the group.
3. Tap the 'Create' button.
4. On the group's tab, tap the '+' button to add other users.
5. The user who wishes to share their data should tap the Settings icon.
6. The user who wishes to share their data should tap the 'Show my QR code' button. The user's QR code will then be displayed on their phone.
7. The group administrator (or creator) must have the camera enabled as described in step '4' and should scan the QR code. Next, select whether the user is an administrator or a member. Tap the 'Add user' button.
8. Tap the 'Start Monitoring' button.
9. The user's data is shown in real time. Swipe with your finger to scroll through all available data. Apply filters to select the specific metrics you wish to view.



## 1. GROUPS PAGE

To delete a group proceed as follows:

- ✓ Tap the Settings button.
- ✓ Tap the bin icon alongside the group that you want to delete.



**IKNX WATCH**

WITH **KNX**COMMUNICATION

## **7. APPLICATION USER PAGE**





## 1. APPLICATION USER PAGE

On the application's User page you will find access to the application's various options, which are::

- ✓ **Device Settings.**
- ✓ **Vital Signs Settings.**
- ✓ **User Data.**
- ✓ **History Settings.**
- ✓ **Emergency Contacts.**
- ✓ **Climatic Alerts.**
- ✓ **Closest Medical Center.**
- ✓ **First Aid.**
- ✓ **Utils.**
- ✓ **Help.**
- ✓ **Warnings.**
- ✓ **Review.**
- ✓ **Support.**
- ✓ **Logout.**



Ajustes del  
Dispositivo



Ajustes de Signos  
Vitales



Datos de Usuario



Ajustes de Historial



Contactos de  
Emergencia



Alertas Climáticas



Centro Médico Más  
Cercano



Primeros Auxilios



Utilidades



Ayuda



Advertencias



Reseña



Soporte



Cerrar sesión



## 2. DEVICE SETTINGS PAGE

On this page the user can see the connection/pairing status between the phone and the watch. The page is divided into the following items:

- ✓ **Connection status:** indicates whether the watch is paired with the phone.
- ✓ **Battery status:** indicates the watch's battery level.
- ✓ **Device status:** indicates whether the device's KNX pairing is enabled.
- ✓ **MAC address:** field in which to enter the watch's MAC address to pair it with the phone.
- ✓ **Read QR code:** this icon launches the phone's camera to scan the watch's QR code and pair it with the phone.
- ✓ **Data exchange status:** indicates that the watch is ready to exchange data with the phone.
- ✓ **Disconnect button:** disconnects the watch once paired; tapping it again will re-establish the pairing.



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## 2. DEVICE SETTINGS PAGE

On this page the user can see the connection/pairing status between the phone and the watch. The page is divided into the following items:

- ✓ **Check battery:** sends a command to the watch to request its battery level.
- ✓ **Synchronise time:** synchronises the watch's time with the phone. If the watch has been disconnected for a long period or its battery has been depleted, the date and time may require synchronisation.
- ✓ **Connection tips:** recommendations to follow when experiencing connection or pairing issues between the watch and the phone.



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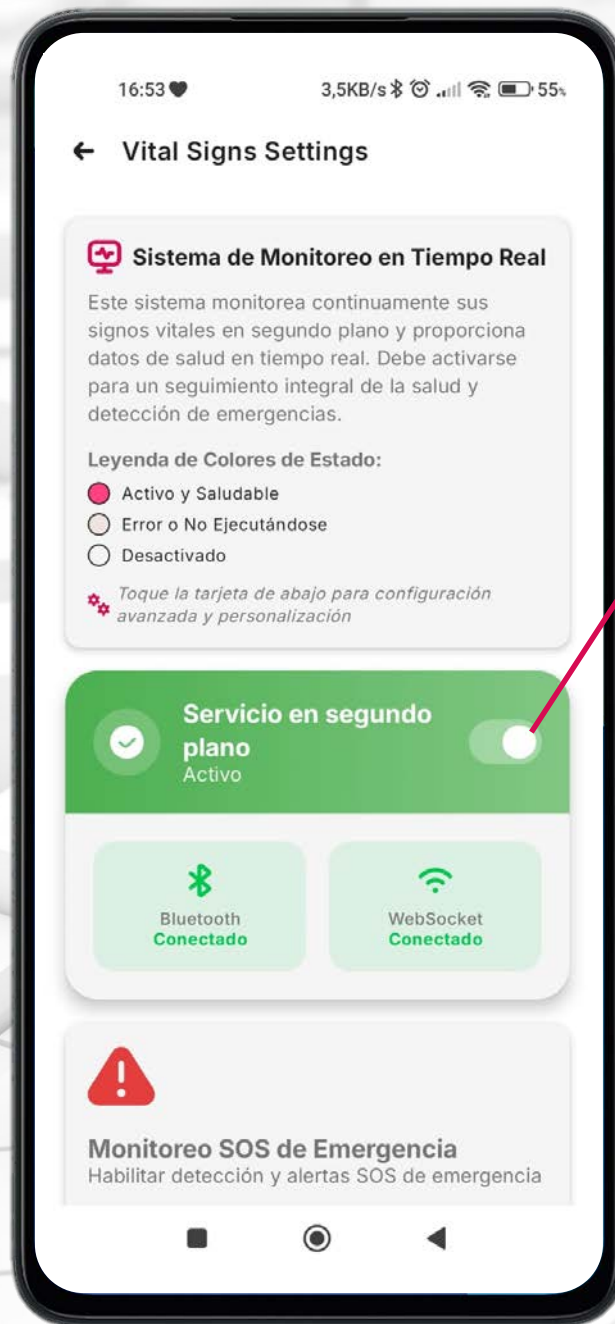
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### 3. VITAL SIGNS SETTINGS PAGE

On the Vital Signs Settings page you will find important settings for the operation of vital-sign signalling, as follows:

- ✓ **Background service:** this must be enabled for the application to operate when it is closed. If disabled, the application will stop functioning, the watch will become unpaired, and group alerts or alarms will not be received.





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### 3. VITAL SIGNS SETTINGS PAGE

On the Vital Signs Settings page you will find important settings for the operation of vital-sign signalling, as follows:

- ✓ **SOS and Emergency monitoring:** enables or disables receiving SOS alerts on the phone. SOS alerts are triggered when the user presses and holds the watch's menu button for five seconds. Emergency contacts listed in the user's emergency contacts will receive the SOS alert. Once an SOS alert has been activated on the user's phone it can only be deactivated by pressing and holding the watch's menu button for five seconds to indicate that the emergency has ended. When an SOS alert appears on an emergency contact's phone it is dismissed as soon as the pop-up is tapped.



# IKNX WATCH

WITH **KNX** COMMUNICATION

## SOS ALARM

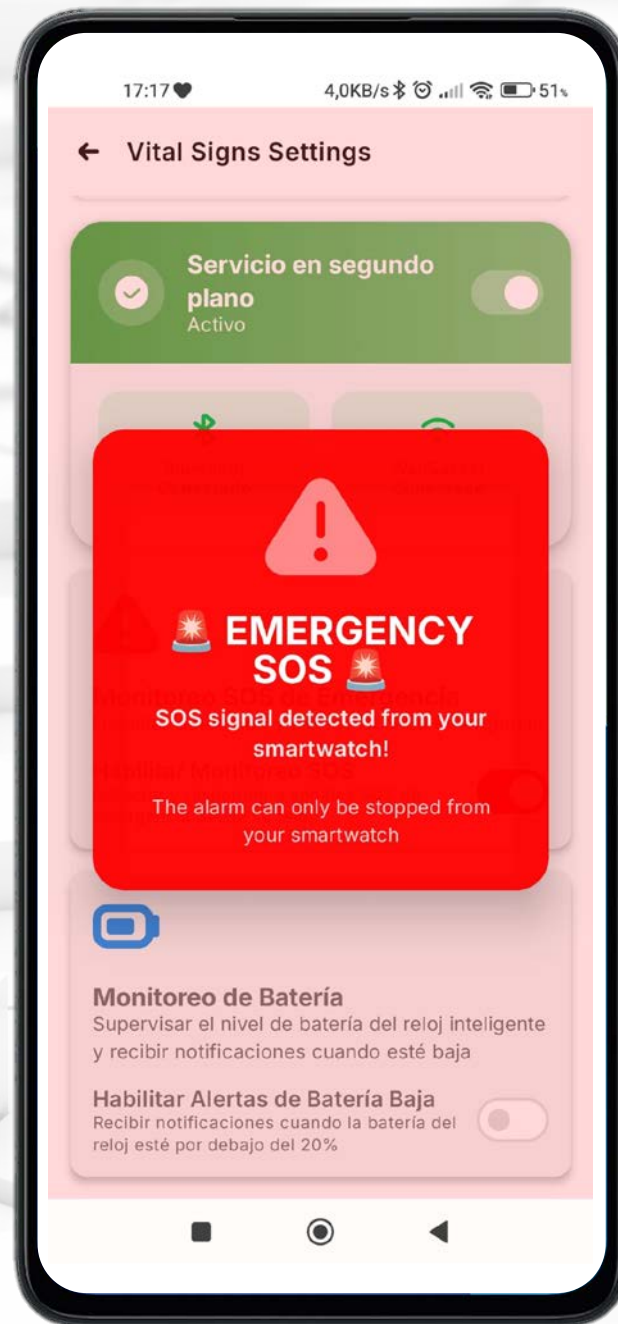


DANIEL



USER 1

- ✓ Press and hold the menu button for five seconds to activate the SOS alarm. A pop-up will appear on both the user's phone and the watch.
- ✓ To deactivate the alarm, press and hold the watch's menu button again for five seconds. The messages will then disappear from the user's phone and watch.





# IKNX WATCH

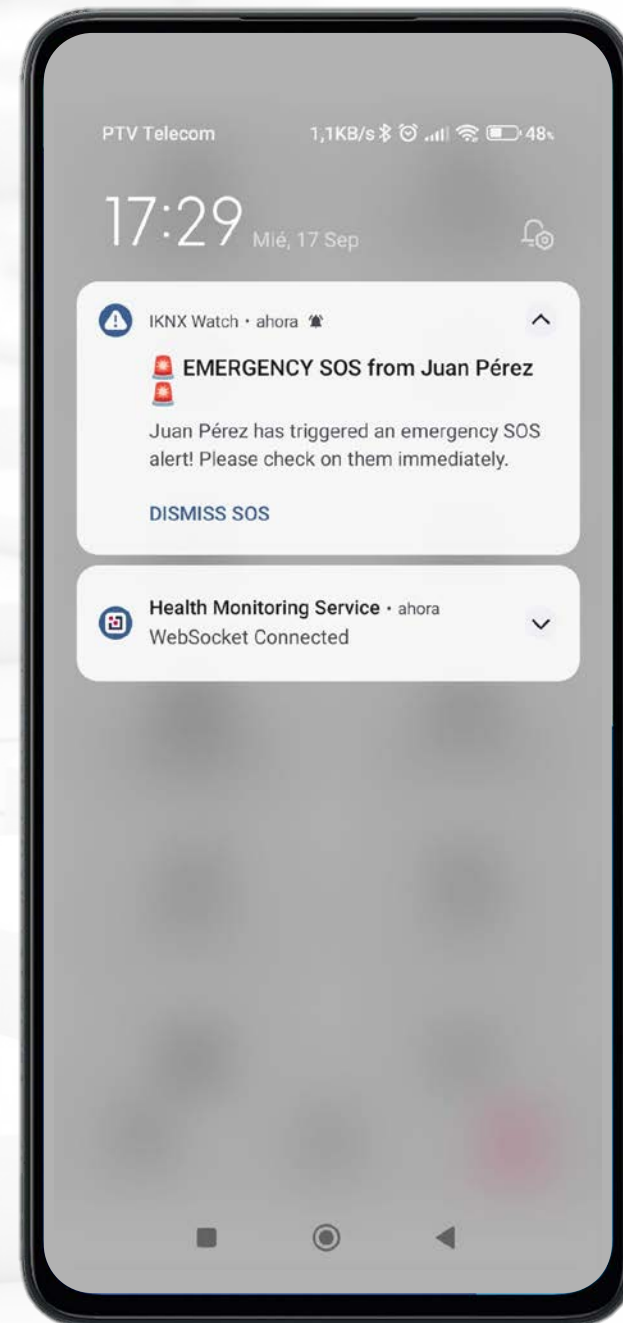
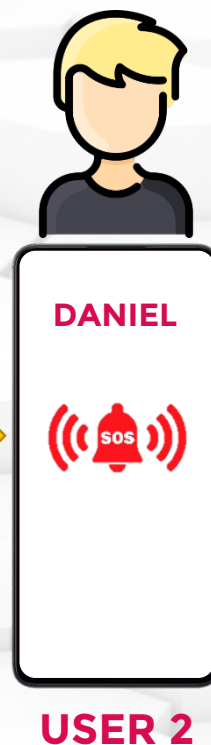
WITH **KNX** COMMUNICATION

## SOS ALARM

- ✓ Press and hold the menu button for five seconds to activate the SOS alarm. A push notification will be sent to the phones of your emergency contacts.
- ✓ To deactivate the alarm, press and hold the watch's menu button again for five seconds. The push notifications will be dismissed on your phone and on the emergency contacts' phones.



SOS







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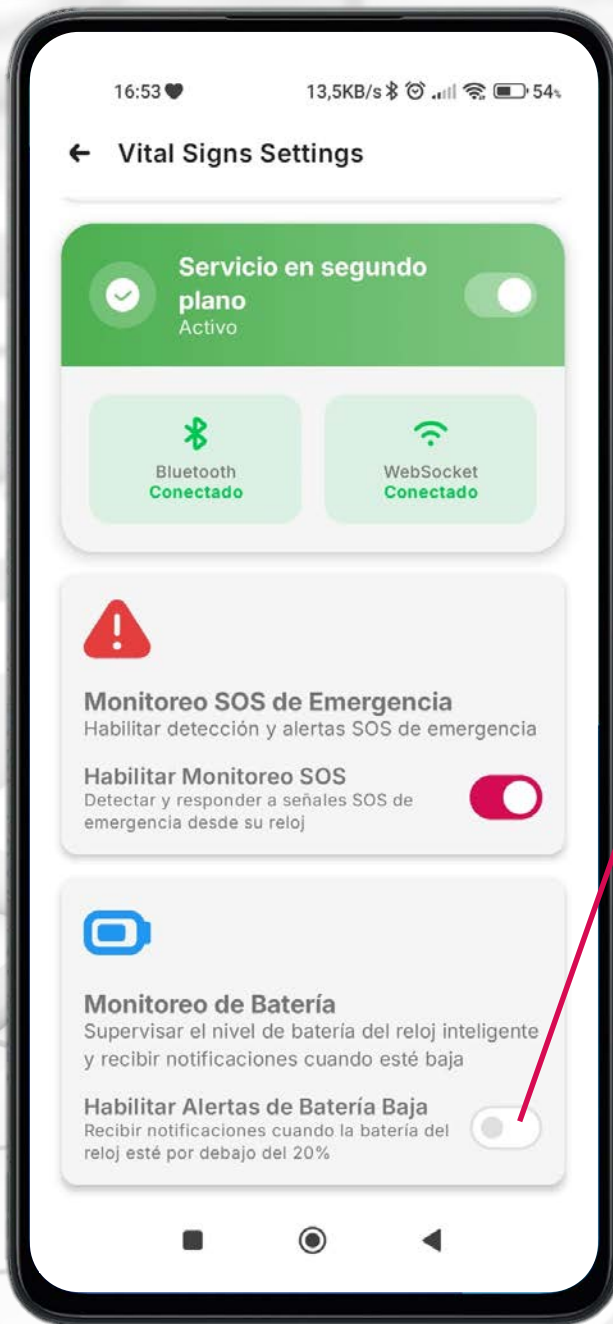
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### 3. VITAL SIGNS SETTINGS PAGE

On the Vital Signs Settings page you will find important settings for the operation of vital-sign signalling, as follows:

- ✓ **Low-battery monitoring:** if enabled, a push notification will be sent to the user when the watch's battery falls below 20%.





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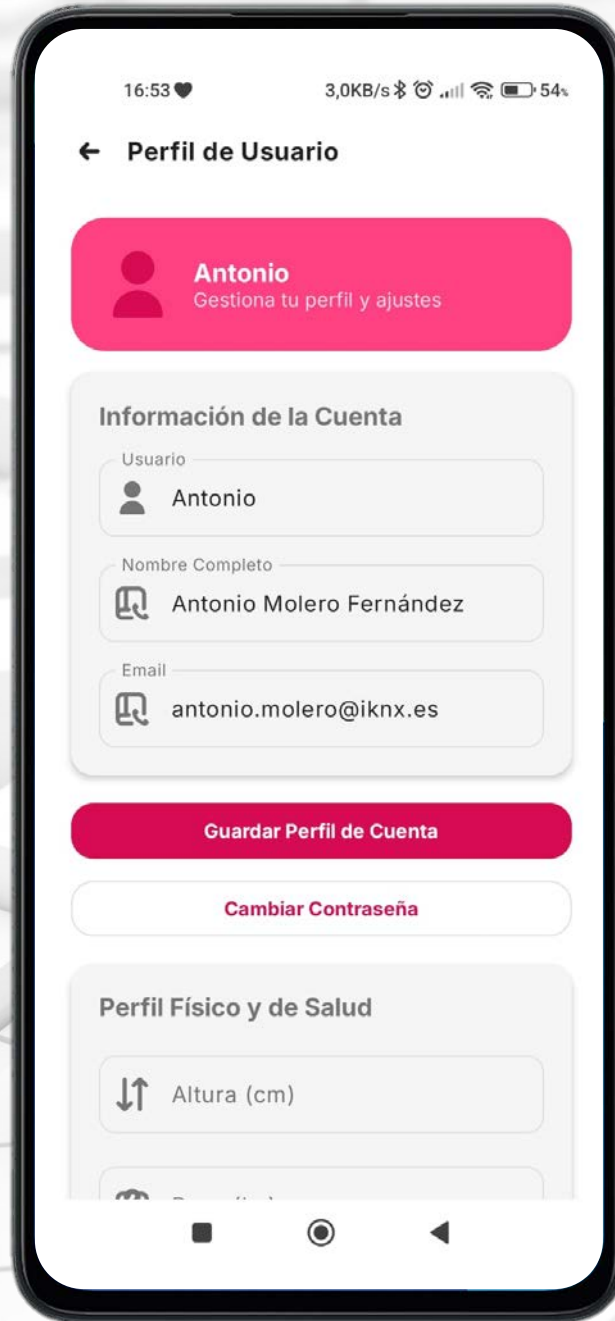
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#### 4. USER DATA PAGE

On the User Data page you may edit your account information and your physical and health profile data. After making any changes, tap the 'Save Account Profile' button.



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16:54 ❤️ 1,5KB/s 📶 🔋 54%

← Perfil de Usuario

Perfil Físico y de Salud

Altura (cm)  
↕ 176

Peso (kg)  
📦 94

Edad  
📅 48

♂ Género  
**Masculino** Femenino Otros

Tu IMC es **30,3**  
Obeso

**Guardar Datos Físicos**

**Zona de Peligro**  
Esta acción es permanente y no se puede deshacer. Todos tus datos serán borrados.

**Eliminar Mi Cuenta**

## 4. USER DATA PAGE

Entering physical and health profile data is important, as some of the algorithms used to generate results for stress, anxiety, etc., are based on this information. After entering the data, tap the 'Save physical data' button.

If you wish to delete your user account, tap the 'Delete My Account' button. A confirmation dialogue will appear warning that the account will be permanently deleted; once you confirm, your account will be removed.



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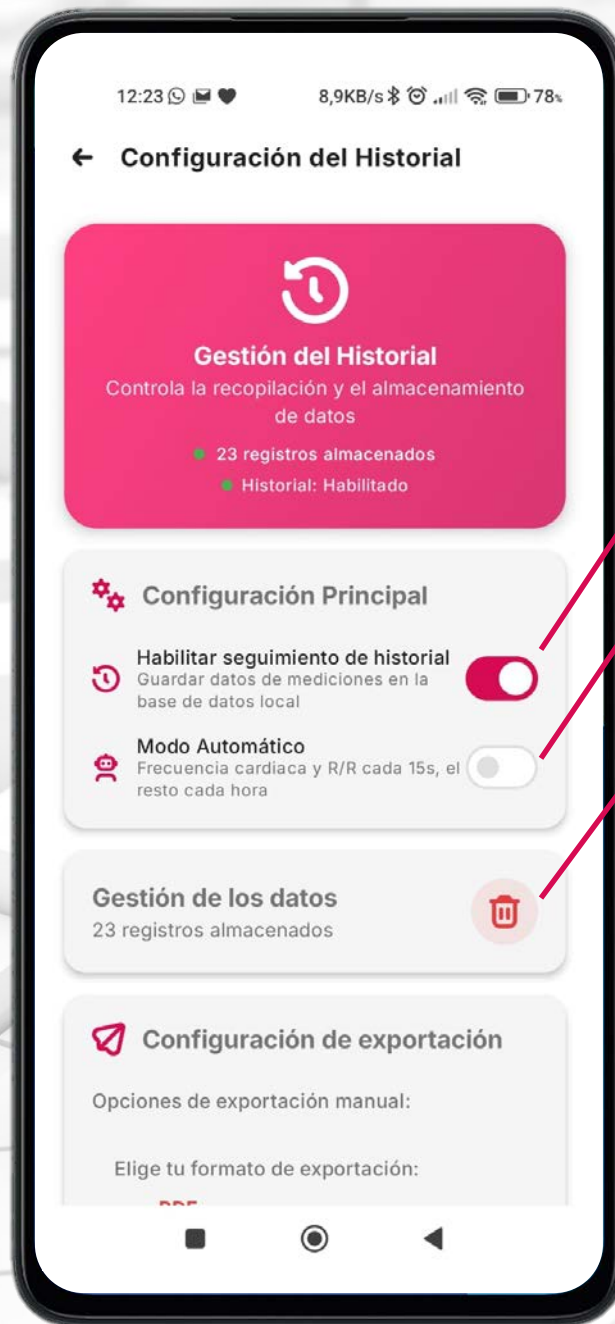
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## 5. HISTORY SETTINGS PAGE

On this page the user configures data storage (history).  
The available options are:

- ✓ **Enable history tracking:** when enabled, data will be stored in the phone's local storage.
- ✓ **Automatic mode:** data are recorded automatically. Heart rate is saved every 15 seconds and other metrics every hour.
- ✓ **Data deletion:** tapping the trash-can icon deletes all data stored in the phone's memory.



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## 5. HISTORY SETTINGS PAGE

On the same page there is a panel for exporting data as follows:

- ✓ Generate a PDF in which the user may select the time range covered by the report.
- ✓ Generate a CSV file in which the user may select the time range covered by the report.
- ✓ Generate a web file that can be opened in a browser on the phone or computer. The user may select the time range covered by the report.
- ✓ If you tap the 'Manage Exported Files' button, a list of the created reports will open.
- ✓ Report data cannot be shared with other contacts unless the user shares them personally by sending them via WhatsApp, email, etc.

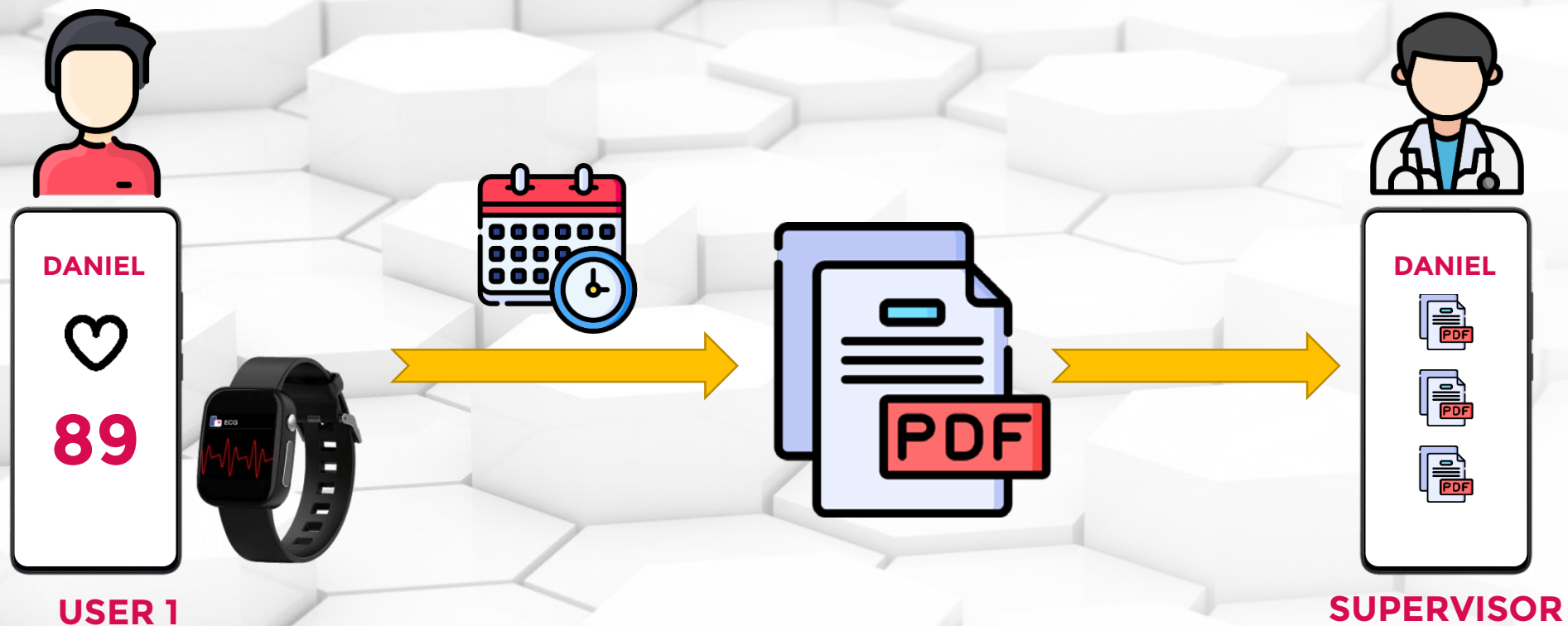




# IKNX WATCH

WITH **KNX**COMMUNICATION

REPORT AND DATA HISTORY





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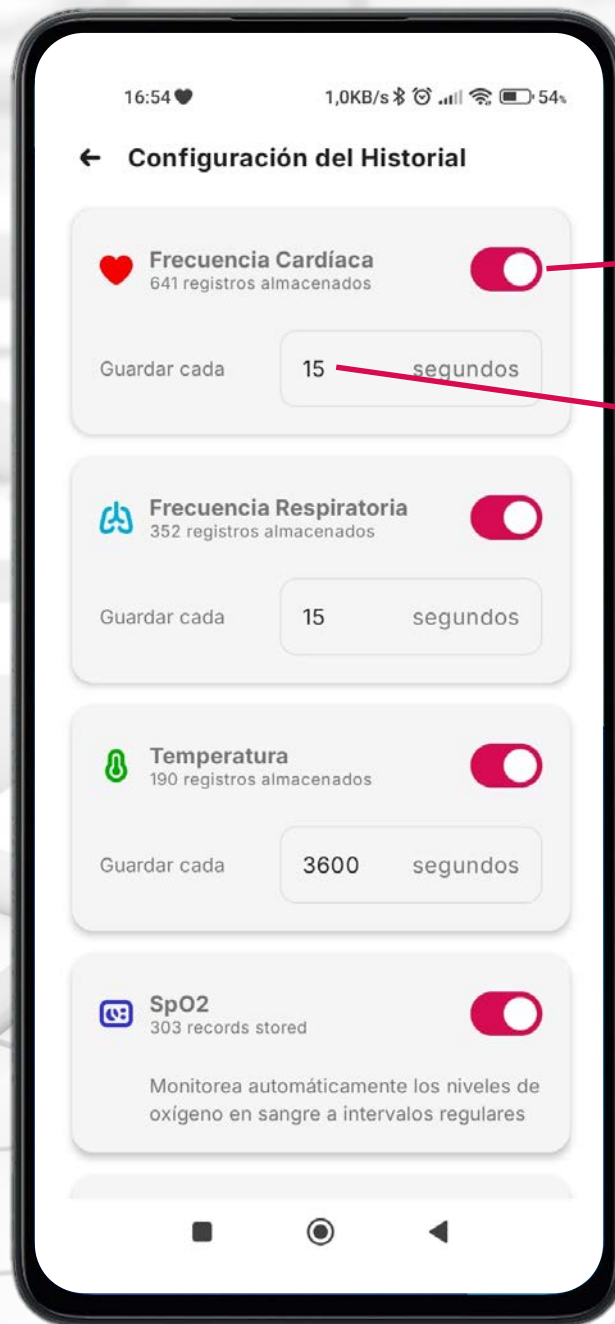
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## 5. HISTORY SETTINGS PAGE

Finally, on the page you can view the settings for the various metrics as follows:

- ✓ There is a toggle which, when enabled or disabled, determines whether the data is saved to the phone's memory or not when not in automatic mode.
- ✓ When not in automatic mode, data are recorded on the phone according to the time interval that has been set.



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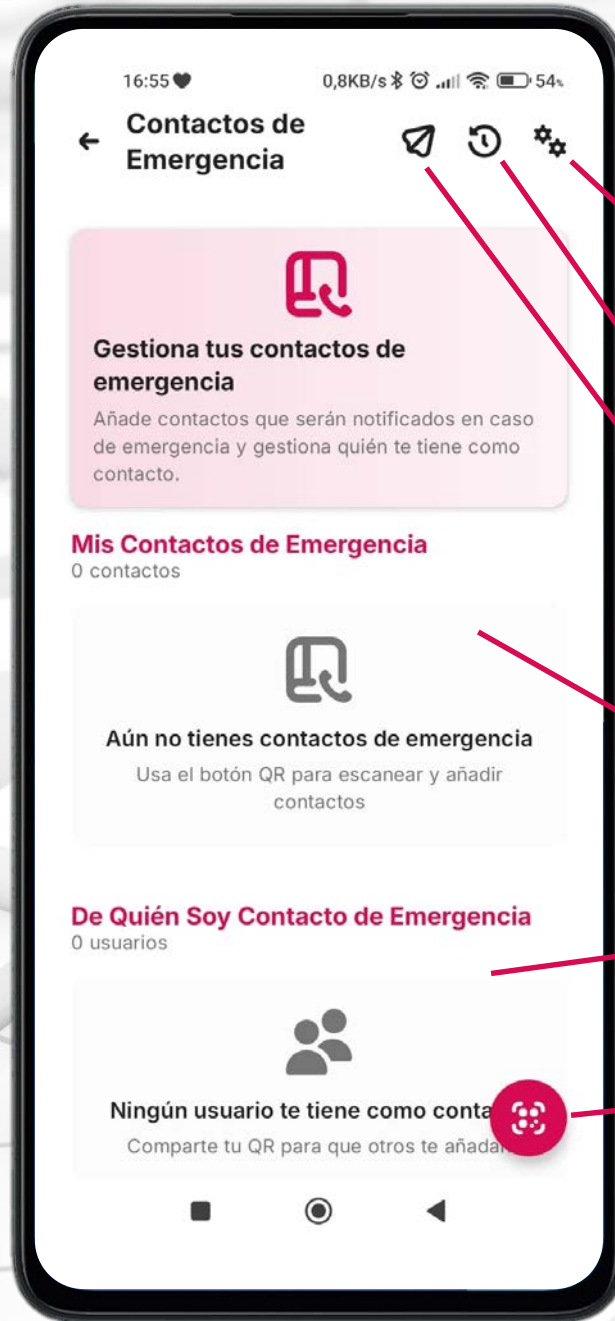
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## 6. EMERGENCY CONTACTS PAGE

On this page you manage emergency contacts. These contacts are users who may receive SOS alerts and alerts for any vital-sign readings from the watch that surpass configured limits.

The page is divided into the following sections:

- ✓ **Contact management:** from here you can display your QR code so that another user may scan it with their camera and add you to their contacts. You may also manually enter the name of the user you wish to add on your phone as an emergency contact.
- ✓ **Alarm history:** this window displays the history of recent alarms.
- ✓ **Contact requests:** this window shows pending requests awaiting your acceptance when someone wishes you to be their emergency contact.
- ✓ **My Emergency Contacts:** lists the names of users who are your emergency contacts and therefore will receive alarms on their phones.
- ✓ **Who I'm Emergency Contact Of:** lists the names of the people for whom you are an emergency contact and therefore whose alarms you will receive.
- ✓ **QR camera:** activates the camera to scan another user's QR code and add them to your emergency contacts list.



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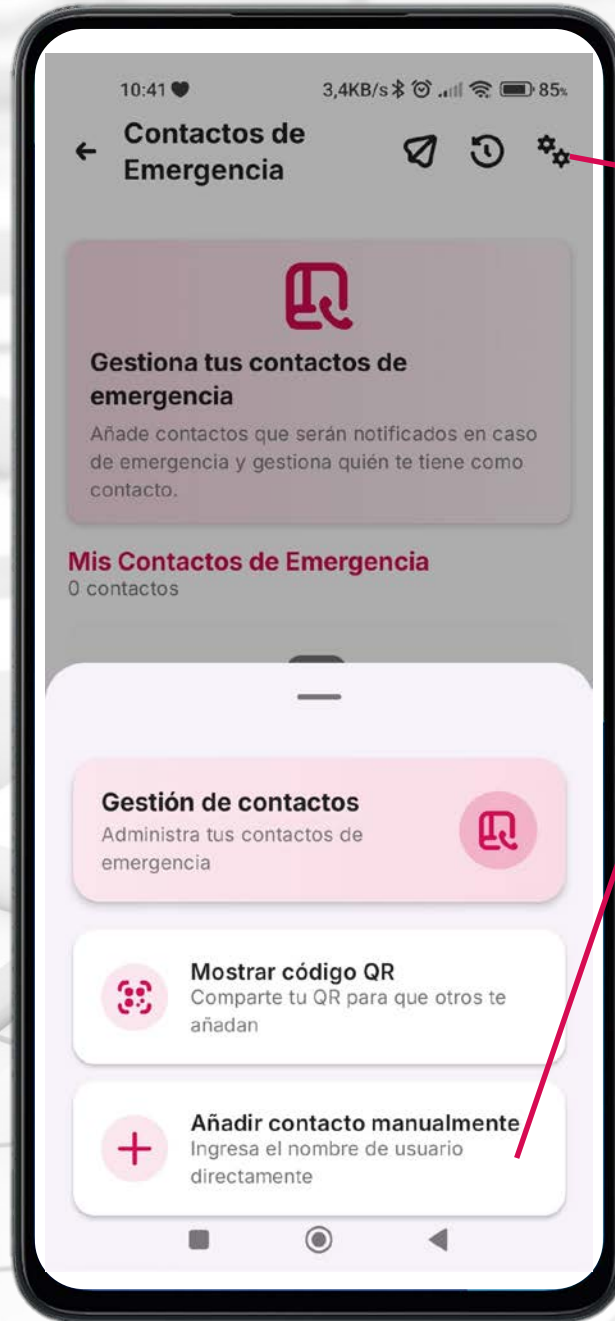
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## 6. EMERGENCY CONTACTS PAGE

To add emergency contacts, follow these steps:

✓ Tap the Settings icon.

✓ A new dialogue window opens offering the option to display your QR code so another user can scan it with their camera, or to add the contact manually. Tap the latter.





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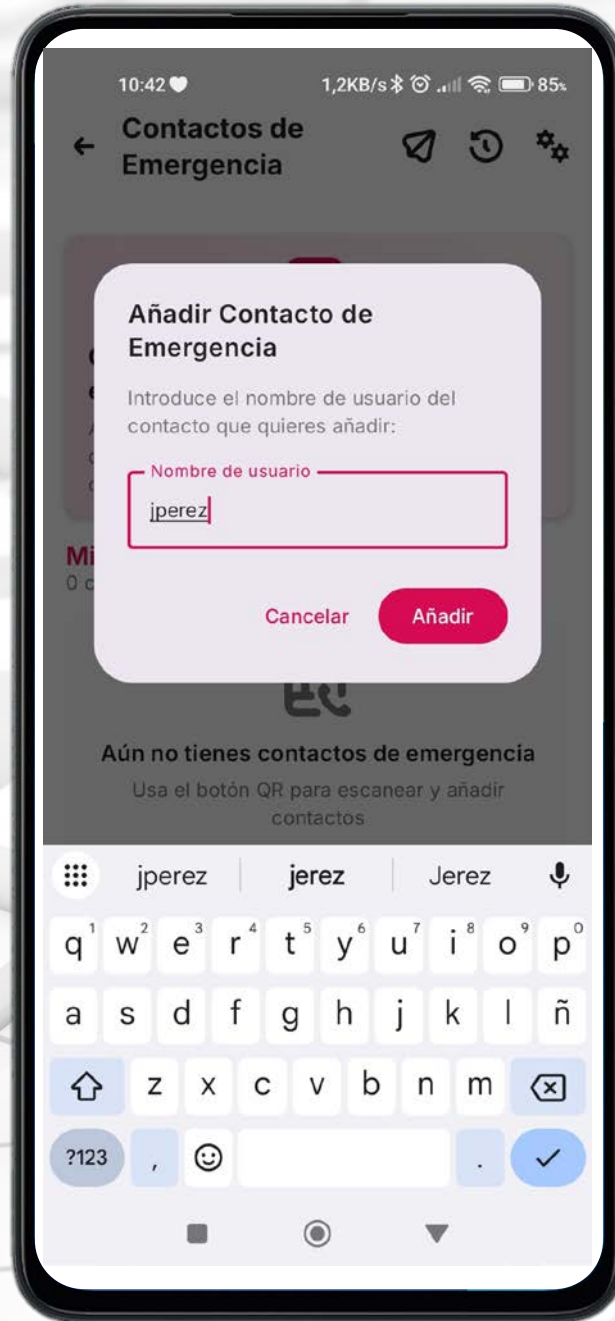
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## 6. EMERGENCY CONTACTS PAGE

To add emergency contacts, follow these steps:

- ✓ We will enter the name of the user whom we wish to designate as our emergency contact. The name entered must be exactly the same as that used by the user at registration. The application queries the database to locate the user and send a request to their phone. The user will not appear in your contacts list until they accept the request.



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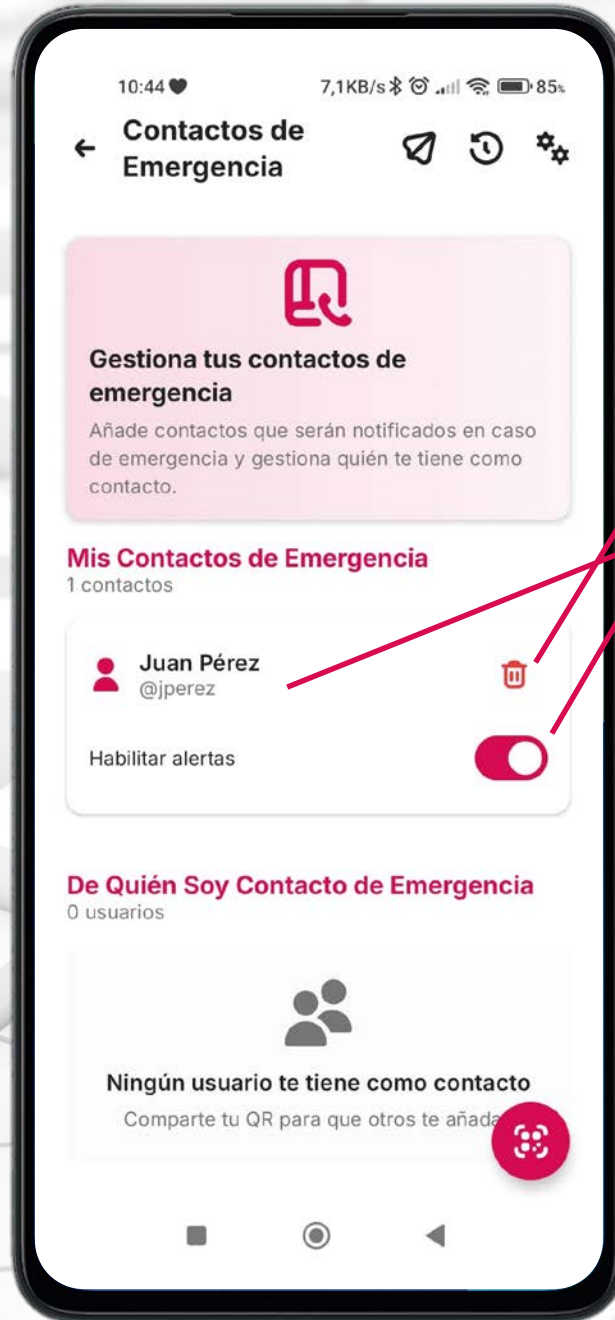
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## 6. EMERGENCY CONTACTS PAGE

To add emergency contacts, follow these steps:

- ✓ You may delete the contact by tapping the bin icon.
- ✓ If you do not want the emergency contact to receive alerts, disable the toggle. When disabled, they will not receive any alerts (neither SOS alerts nor alerts for metrics recorded by the watch).
- ✓ To configure which health-metric alerts the emergency contact will receive, tap the user's label to open the settings window.



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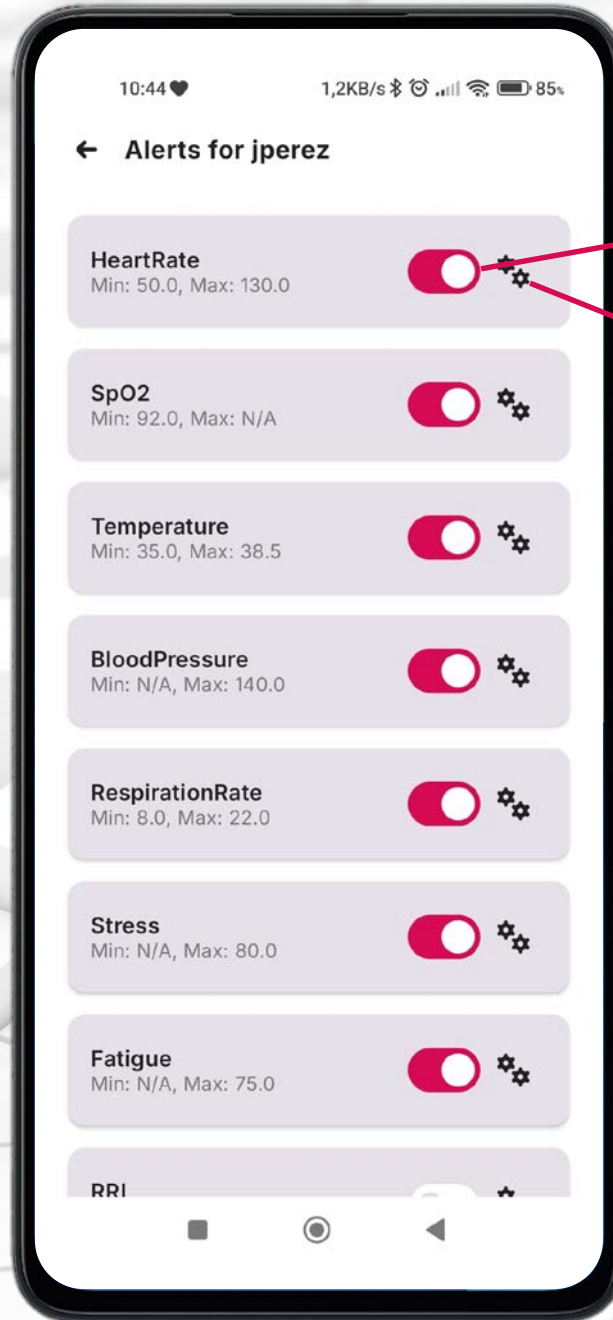
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## 6. EMERGENCY CONTACTS PAGE

To add emergency contacts, follow these steps:

- ✓ Enable or disable the toggle corresponding to each health metric according to whether you wish the emergency contact to receive alerts for that particular metric.
- ✓ Tap the settings icon for a metric to modify the alarm transmission settings.
- ✓ For fall alarms, the emergency contact must have alarm reception enabled.



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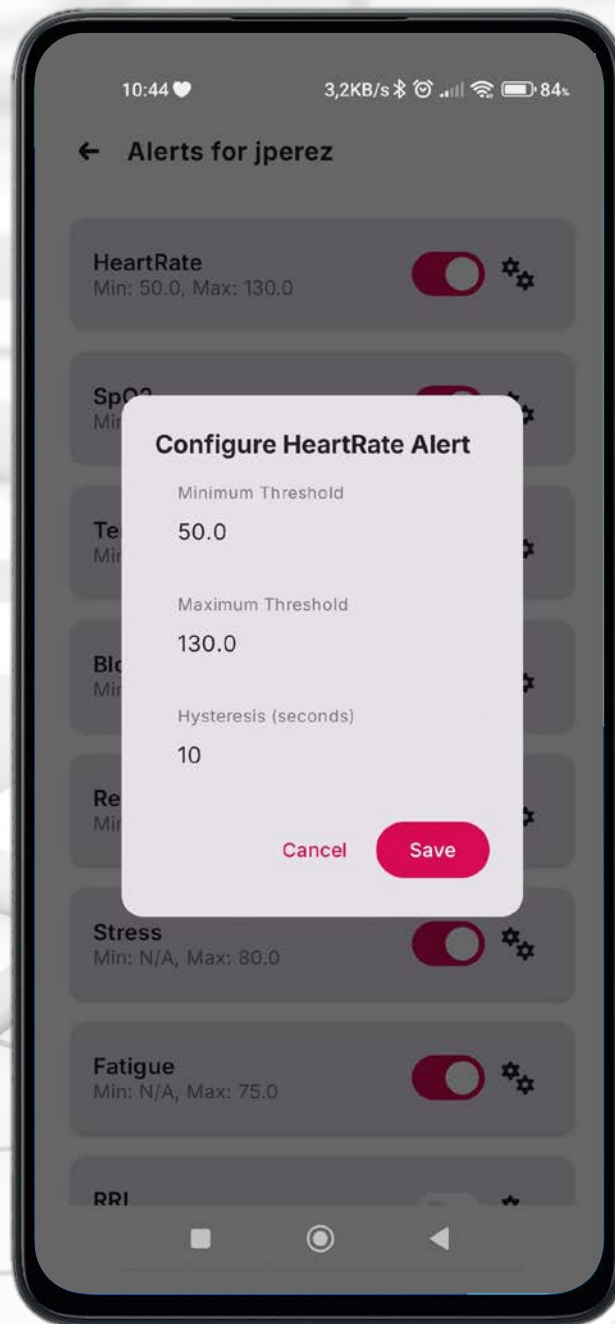
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## 6. EMERGENCY CONTACTS PAGE

To add emergency contacts, follow these steps:

- ✓ We will modify the metric's minimum and maximum values. When values recorded by the watch surpass the configured range, an alarm is sent to the emergency contact.
- ✓ It is important to specify a hysteresis (cool-down) time. This is the duration that the metric must remain out of range before the alarm is dispatched. Allowing a sensible hysteresis period is advisable to avoid false alarms.





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## 7. CLIMATIC ALERTS PAGE

On this page you can view weather warnings for your current area. It is important to note that geolocation must be enabled on the phone for the transmission of this information to function correctly.

Weather alerts are received for the next 7 days.



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## 8. CLOSEST MEDICAL CENTER PAGE

**This page is currently under development. Always update the application to the latest version to benefit from improvements introduced in the application.**



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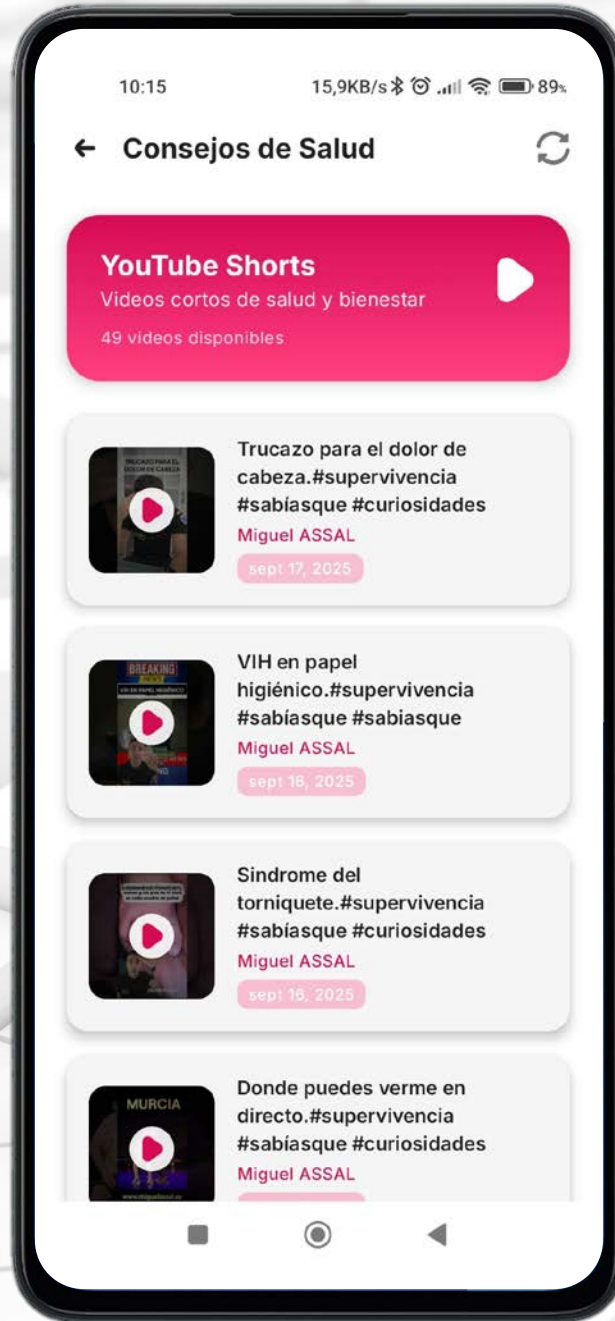
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## 9. FIRST AID PAGE

The First Aid page contains various videos and playlists related to health and wellbeing advice.



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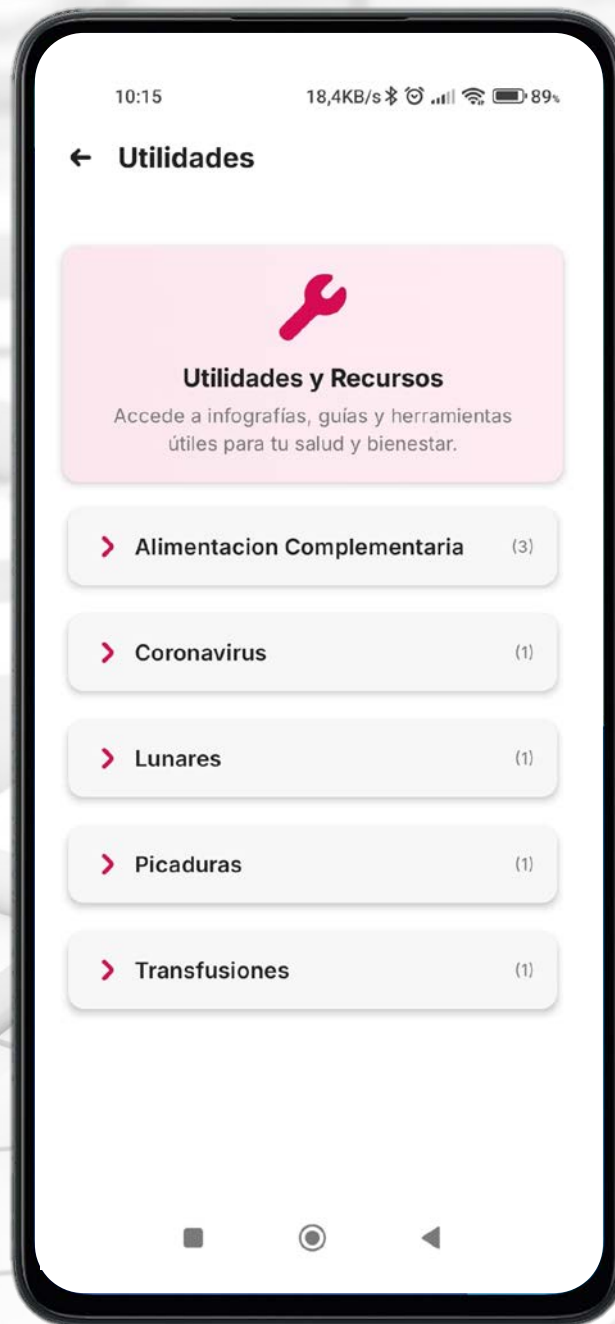
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## 10. UTILS PAGE

On the Utils page you will find relevant information and resources on health and wellbeing.





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10:16

1,0KB/s 89%

← Utilidades



### Utilidades y Recursos

Accede a infografías, guías y herramientas  
útiles para tu salud y bienestar.

> Alimentacion Complementaria (3)

✓ Coronavirus (1)

#### MSSP Coronavirus



> Lunares (1)

## 10. UTILS PAGE

Tapping a section displays all resources within that section.



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## 11. HELP PAGE

The Help page contains recommendations to ensure the device can monitor the watch's vital signs in real time without the application disconnecting. These requirements may vary between different Android versions.



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10:17

0,8KB/s 89%

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### Advertencia de Contacto con la Piel

ADVERTENCIA: CUANDO EL PRODUCTO ESTÁ EN CONTACTO CON LA PIEL, PUEDE PRODUCIRSE REACCIONES ALÉRGICAS O IRRITACIONES EN LA PIEL AUNQUE EL PRODUCTO CUMPLE CON LAS NORMAS DEL SECTOR. EN TAL CASO, DEJE DE UTILIZARLO INMEDIATAMENTE Y CONSULTE CON SU MÉDICO.



### Descripción IKNX WATCH

IKNX WATCH es un dispositivo avanzado que monitoriza ciertas constantes vitales en tiempo real. Por medio de una APP específica, el usuario puede realizar funciones de registro de datos, compartir información, crear informes, alertas, etc.



### Compatibilidad KNX

Nuestra APP es compatible con la comunicación de un sistema KNX pudiendo configurar el envío de datos en tiempo real de manera local o remota y ser supervisada en dispositivos de otros fabricantes como, por ejemplo, pantallas táctiles o servidores web.



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### 13. REVIEWS PAGE

On the Reviews page you may submit your comments, suggestions for improvement, or indicate approval by selecting a 'happy face' icon. These reviews will help us to improve the application.





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Enviar email



Quick Share



ShareMe



Convertir a  
imagen larga



WhatsApp



Email



Bluetooth



Convertir a



Convertir a

Cancelar

## 14. SUPPORT BUTTON

On the Support page a dialog window opens allowing you to select an application on your phone to send an email to IKNX WATCH Support and submit your enquiry.

The Support team will reply to your enquiry at the earliest opportunity.



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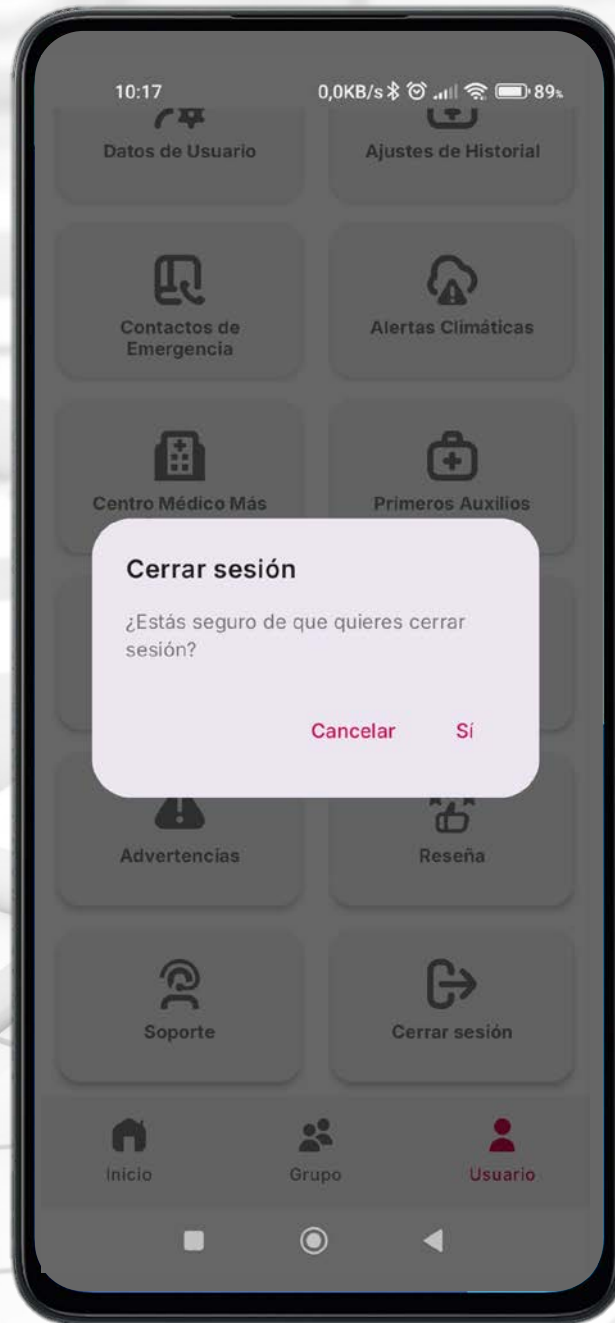
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## 15. LOGOUT BUTTON

On this page the user may sign out of their account. This is intended for situations in which a single phone is shared by multiple users who use the same watch, or where each user has their own watch.



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**[info@iknx.es](mailto:info@iknx.es)**