



SWC-156MK4

11/2025



Points de collecte sur www.quefairedemesdechets.fr
Privilégiez la réparation ou le don de votre appareil !

Safety information

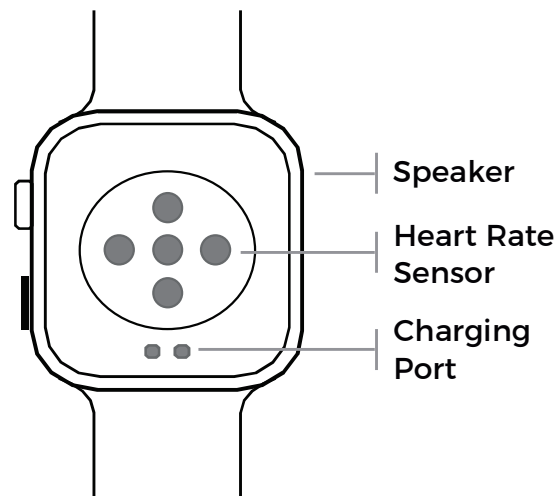
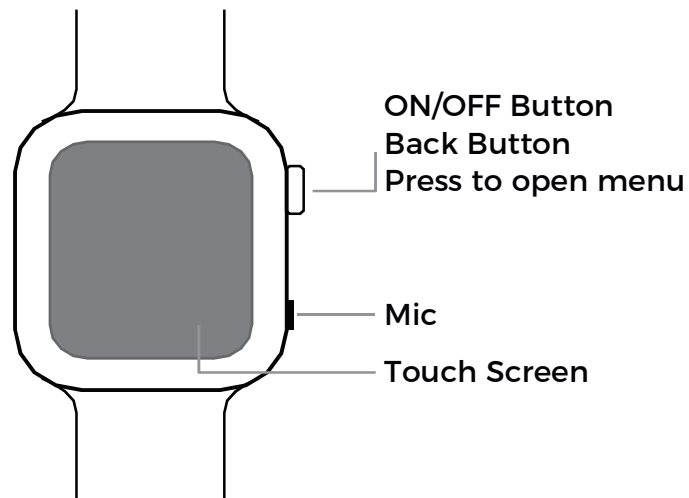
Please read the safety instructions carefully before using the product for the first time and keep the instructions for future reference.

- 1.This product is not a toy. Keep it out of reach of children.
- 2.Warning: This product includes lithium polymer battery.
- 3.Keep product out of the reach of children and pets to avoid chewing and swallowing.
- 4.Product operating and storage temperature is from 0 degree Celsius to 40 degree Celsius. Under and over this temperature might affect the function.
- 5.Never open the product. Repairs or service should only be performed by qualified personnel.
- 6.Please remove the Smart watch in case of any leakage or excessive heat from the product to avoid burns or rash.
- 7.Only charge with the supplied USB cable.
- 8.Using other accessories than the ones delivered with the product can cause abnormal functionality.
- 9.Bluetooth wireless technology operates within a range of about 10 m (30 feet).
- 10.Microwaves emitting from a Bluetooth device may affect the operation of electronic medical devices.

Intended Use

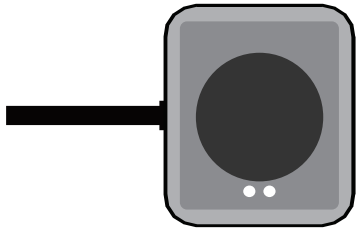
This smartwatch is intended for monitoring fitness related metrics such as heart rate, distance walked or run, calorie consumption and quality of sleep. Data measured should not be used for any medical, ambulatory or dietary reference.

Product overview



Charge & Power

Please make sure the device is fully charged before first use.



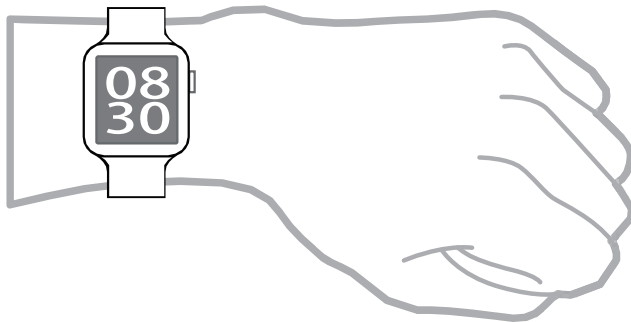
Only use the original charger that comes with the watch. To charge the smartwatch, place the watch in the charging dock. If successfully connected, the charging icon appears on the screen.

Remarks: After plugging in the charger, it will immediately enter the charging state. If there is no display, it will take 3-5 minutes to enter the charging state.



Press and hold for 3 seconds to turn the watch on or off.

How to Wear



Wear the watch on your wrist at comfortable tightness.

App installation & connecting with the watch

Open FitPro App and connect watch with phone by Bluetooth.

Click on “Setting” then “Bind device” to find your watch. When found, allow pairing.

Make sure your phone’s Bluetooth is turned on.

Note to be able to use music playback and Bluetooth call function from the watch, go to Bluetooth settings on your phone/tablet and connect with “SWC-156”.



Device System support: Android 5.0 and above; iOS 9.0 and above.

Smartwatch function description

Press side button to turn on the watch.

- Tap the screen to enter the main menu.
- Swipe down on the screen to enter the notifications, and swipe up to enter the control center.
- From the standby interface, swipe left or right to switch the dial.

Heart rate monitoring

After entering the heart rate interface for a few seconds, the current heart rate test results are displayed.

Telephone book

Add up to 10 frequent contacts through the app. After the successful connection between the Smartwatch and app Bluetooth, the contacts can be synchronized to the Smartwatch phone book and displayed. Click the contacts to make a call. (Note: the phone also needs to be connected to the smartwatch.)

Sleep mode

When you fall asleep, the Smartwatch will automatically enter the sleep monitoring mode; automatically monitor your deep sleep / light sleep / awake status all night, calculate your sleep quality; the wristband only shows the total length of deep sleep / light sleep / sleep, enter the APP and view sleep data details.

Note: Sleep data will be available when you wear your wristband and sleep will be monitored from 10:00 pm.

Application push

If this function is enabled, when there are messages such as SMS, WeChat, QQ, Facebook, etc., the Smartwatch will vibrate to remind and display the content received by the app.

APP function and settings

Personal information

Please set your personal information after entering the app.
Go to Settings → Personal Information, you can set gender, age, height, weight etc.
You can also set your daily goal of walking steps.

Please notice - All products are subject to change without any notice. We take reservations for errors and omissions in the manual.

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Electric and electronic equipment and included batteries contains materials, components and substances that can be hazardous to your health and the environment, if the waste material (discarded electric and electronic equipment and batteries) is not handled correctly.

Electric and electronic equipment and batteries is marked with the crossed out trash can symbol, seen above. This symbol signifies that electric and electronic equipment and batteries should not be disposed of with other household waste, but should be disposed of separately.

As the end user it is important that you submit your used batteries to the appropriate and designated facility. In this manner you make sure that the batteries are recycled in accordance with legislature and will not harm the environment.

All cities have established collection points, where electric and electronic equipment and batteries can either be submitted free of charge at recycling stations and other collection sites, or be collected from the households. Additional information is available at the technical department of your city.

Hereby, Denver A/S declares that the radio equipment type SWC-156MK4 is in compliance with Directive 2014/53/EU. The full text of the RED declaration of conformity is available at the following internet address: denver.eu and then click the search ICON on topline of website. Write model number: SWC-156MK4. Now enter product page, and RED directive is found under downloads/other downloads. Alternatively, the QR code below can be scanned and the file can be accessed directly. Hereby, Denver A/S declares that this connected device is in compliance with Data Act Regulation (EU) 2023/2854. The Data Act (EU) 2023/2854 product data sheet is available at the following internet address: denver.eu and then click the search ICON on topline of website. Write model number: SWC-156MK4. Now enter product page, and the Data Act (EU) 2023/2854 product data sheet is found under downloads/other downloads. Alternatively, the QR code below can be scanned and the file can be accessed directly.

Information on standby/off mode power consumption and power management for products compliant with Commission Regulation (EU) 2023/826 can be found at the following internet address: denver.eu and then click the search ICON on topline of website. Write model number: SWC-156MK4 and enter the page.



Bluetooth frequency range: 2402 MHz - 2480 MHz
Max RF Output Power: 0.18W

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If your country is not listed above,
please write an email to
contact.hq@denver.eu



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