Prowatch X
BY LAVA

HEALTH FEATURES

1. Body Energy
Body Energy is a feature that uses a combination of Heart Rate Variability (HRV), Stress, Sleep and Activity to estimate a user's energy reserves throughout the day, this feature provides a number out of 100 based on the energy level estimated, the higher the better

2. SpO^2
Measure your blood oxygen levels manually or enable continuous 24/7 monitoring. For accurate results, keep your wrist still and remain patient until the measurement is completed

3. Stress
Measure stress levels manually or activate continuous automatic monitoring through the app settings. To ensure accuracy during measurements, keep your arm steady and wait for the process to finish. Stress scores rangedfrom 1 to 100. Lower the score the better is the stress level

1-29 – Relax
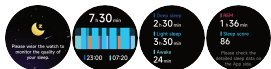**30-59- Normal**
60-79-Medium
80-100- High

4. BreatheTraining
Use the Breathing feature to adjust your breathing with customizable durations. Start the guided breathing session and follow the vibration and animations to relax and manage emotions effectively.

5. Sleep
Check your most recent sleep records and view detailed insights into your sleep stages and status.

Heart rate monitoring
Measure your heart rate via the heart rate widget on the watch, typically completed within 30–60 seconds.

Push for measurement
Heart rate, stress, and blood oxygen levels can all be measured simultaneously. Ensure your arm and wrist remain still during each measurement and wait patiently until it is complete.

Heart Rate Variability (HRV):- HRV measures slight variations in the time between heartbeats, reflecting small changes that add or subtract fractions of a second between beats. Heart rate variability for a healthy person should be between 25ms to 200ms

6. Workout
Access up to 20 default exercise types, including running, cycling, swimming, and yoga, and customize or rearrange them via the app.
A total of 110 activity options are available

7. Intelligent Exercise Recognition
The watch automatically detects and tracks your activity without needing to activate a specific workout mode. Currently this feature is available for the following activity types:
I.   Auto-Activity Detection Running, Walking, Elliptical, Rowing Exercise
II. Auto-Pause Detection Running, Outdoor Cycling
III. Auto-End Detection Running, Walking, Outdoor cycling, Rowing, Elliptical, Swimming

8. Running Courses
Follow six structured running courses, including three each for walking and running, with step-by-step guidance to progress from beginner to advanced levels.

9. Barometer and altimeter

The inbuilt barometric sensor and altimeter measure surrounding atmospheric pressure and altitude.

10. Compass

Use the inbuilt compass to determine directions after calibration.

11. An inbuilt GPS in a smartwatch tracks your location and movement without needing a connected smartphone. It enables accurate measurement of distance and directions for outdoor activities. It is recommended to update (A-GPS) from the app for faster connectivity. Users are recommended use in open settings

12. Ambient sound You can manually measure noise levels on the watch, which also supports continuous 24/7 noise monitoring. You can enable or disable this feature and view the data through the app settings.

FEATURES & FUNCTIONS

Brightnes

Adjust the display brightness by tapping the brightness icon.

AOD Time

Set the desired time for AOD. The set time will be effective post last activity on watch.

Menu Style

Choose from 2 different menu styles to customize your watch interface.

Battery

Tap the battery icon to check the charge level and enable power-saving mode.

Vibration

You can control the intensity of watch's vibration with multiple options.

Flashlight

Access the flashlight feature by selecting the flashlight icon from the menu.

Alarm clock

Use this feature to set alarm for the desired time.

Find Phone

Use the "Find Device" feature to locate your connected smartphone.

Cycle Tracking

After accessing Cycle Tracking in the app, the watch will show the available cycle tracking options. You can configure the cycle length, reminder time, and other settings, with periodic reminders sent accordingly.

Stopwatch

Track time accurately and reset the stopwatch using the left button. The stopwatch has a "Lap" function.

Music

Control phone music playback—play, pause, and switch tracks—directly from the watch.

Timer

Set and run timers for custom durations.

Camera

Access and control the phone's camera through the watch's camera widget.

Reset

Factory reset the watch to erase all existing data.

About

View device details, including Bluetooth name, MAC address, and firmware version.

Restart

Restart the watch by selecting the restart function

Shutdown

Power off the watch using the shutdown option.

Weather

After selecting a city in the app, weather updates sync automatically to the watch.

Favorite contacts

Add up to 10 favorite contacts through the app to access them directly on the watch.

Dial

Use the watch's dial pad to make calls via Bluetooth connection.

Notifications

Enable notifications for selected apps in Prospot to receive updates on the watch.

Voice Assistance

Activate voice assistant on the watch via the app to issue commands seamlessly.

World Clock

You can view the local time on your watch and configure the app to display the time for cities in other countries directly on the watch.