



Activity Tracker

Model #21200



Instruction Manual

ENGLISH



**PLEASE READ THESE INSTRUCTIONS
CAREFULLY TO ENSURE PROPER USE AND SAFE
OPERATION OF YOUR ACTIVITY TRACKER.**

STOP! PLEASE ENSURE YOU HAVE ALL OF THE FOLLOWING COMPONENTS BEFORE USING YOUR ACTIVITY TRACKER.

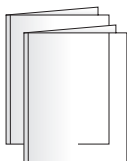
★ **LIST OF COMPONENTS**



Activity Tracker



Charging



Instruction Manual
Quick Start Guide

IF YOU ARE MISSING ANY PARTS, INCLUDING INSERTS OR INSTRUCTION MANUALS, DO NOT RETURN TO PLACE OF PURCHASE. CONTACT CUSTOMER CARE AT 866-326-1313.

INDEX

Symbols and Descriptions	4-5
Overview	6
Initial Start-Up.....	7-8
Start Measuring	9
View the Data	9
Special Functions.....	10-13
Troubleshooting.....	14
Specifications.....	15
Maintenance, Care & Warnings.....	16-18
FCC Statement	19
Warranty.....	20

Toll-Free Customer Care Help Line:
1-866-326-1313
Monday – Friday
8:30 a.m. – 4:30 p.m. CST
www.veridianhealthcare.com

Zewa®
Manufactured for
Veridian Healthcare
1175 Lakeside Drive
Gurnee, IL 60031

Made in China

#93-1660 02/25
©2025 Veridian Healthcare, LLC

SYMBOLS

★ SYMBOL

The warning signs and symbols are essential to ensure your correct and safe use of this product and protect you and others from injury. Please kindly find the meanings of the warning signs and symbols, which you may encounter in the label and user manual, as follows:

	Symbol for "ENVIRONMENT PROTECTION-Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice"		Symbol for "MANUFACTURER"
			Symbol for "COMPLIES WITH EUREQUIREMENTS"
			Symbol for "THE OPERATION GUIDE MUST BE READ"

★ TFT DISPLAY

SYMBOL	DESCRIPTION
	Time/Date/Steps
	Activity - Counting steps/ Measuring heart rate
	Sleep monitoring
	Sport mode -Walking/Running/ Cycling/Yoga/Spinning
	Notifications

SYMBOLS

SYMBOL	DESCRIPTION	SYMBOL	DESCRIPTION
 Weather	Weather	 Walk	Walking
 Alarm	Set alarms	 Run	Outdoor running
 Find phone	Find phone	 Cycling	Cycling
 Settings	Settings	 Taekwondo	Taekwondo
 125 Normal	Heart rate measuring	 Yoga	Yoga
 Pace Step count 28838 Maximum .. 38 Average .. 16	Counting steps	 Breathing training	Breathing training
 Camera	Control the camera of the smart phone remotely		

OVERVIEW

★ GENERA INSTRUCTIONS

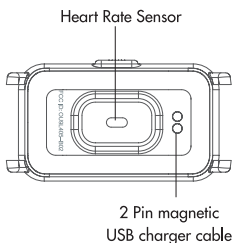
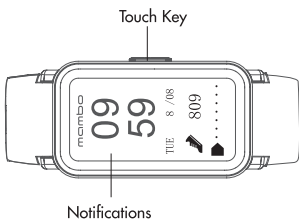
Zewa Activity Tracker 21200 can track your activity and aerobic fitness in anytime. It is designed to measure the walking steps, distance, consumed calories and dynamic heart rate.

This device has Bluetooth 5.0 technology, the user can set personal information such as height, weight, goal step and so on through the Bluetooth devices, and then the information can be downloaded to Activity Tracker 21200. The data in the Activity Tracker also can be uploaded to the device which supports the Bluetooth 5.0 technology. So the user can check it in anytime.

Main Features:

- a. Support the Bluetooth 5.0 technology
- b. Single point of touch function and color display screen
- c. Keep a record of the measuring data during 7 days
- d. Display walking steps, walking distance, the consumed calories, dynamic heart rate, and so on.
- e. 24 hours heart rate monitoring
- f. Sleeping monitoring
- g. Accurate step-counting
- h. Automatic identify running function

★ DEVICE FEATURES



INITIAL START-UP

Download and install the Zewa-Fit Pro

App: www.zewa.com/zewa-fit

Or scan this QR code with your phone:



IMPORTANT: During the install (or when first opening the app), the app will ask several installation questions, accept (say "yes") to all of them.

Create a new user account in the App.

- After opening the App for the first time, log in using existing login credentials or create a new user account by selecting "Other login Options".
- When selecting "Other Login Options" select "Create Account".
- Enter a valid E-Mail address and press "Get Code."
- The system will E-Mail you a verification code. Enter that code into the app and press "Login."
- Continue with entering your information.

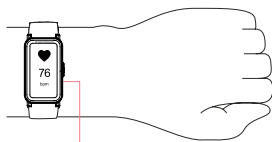
Pair Activity Tracker to the App

- In the app, tap on "Device" at the bottom of your screen.
- Tap on "Add device."
- Select "Zewa AT4."
- Confirm pairing by pressing () on the Activity Tracker display.



★ TIE THE WRISTBAND

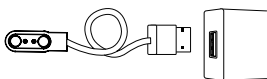
Put Activity Tracker on your left or right wrist with the display facing you. The distance between the Activity Tracker and wrist should be approximately $\frac{3}{4}$ ". It should have a snug fit so that the sensors on the back of the Activity Tracker touch your skin.



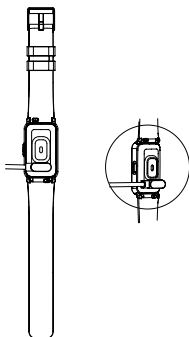
Close to the skin

INITIAL START-UP

★ CHARGING



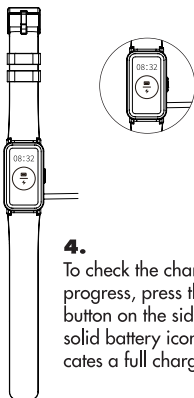
- 1.**
Connect the USB charging cable to a USB port.



- 2.**
Position the magnetic charging cable to the charging points at the back of your smart watch.



- 3.**
When charging begins, you will see a battery icon on the display screen. The display will automatically switch off after a few seconds.



- 4.**
To check the charging progress, press the button on the side. A solid battery icon indicates a full charge.

START MEASURING

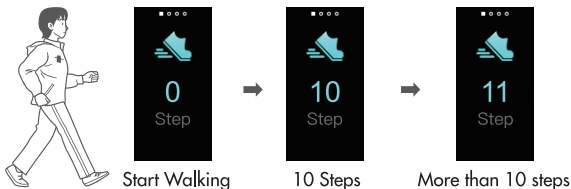
★ LIGHT IT UP

Light up the Activity Tracker as the below steps:



★ HOW TO USE

Follow the tips in the manual to wear the Activity Tracker. Then it can start the measurement.



The measuring data will be transmitted to your device which supports Bluetooth 5.0 technology if you have paired up with it.

VIEW THE DATA

★ CHECK THE DATA

Following the steps of LIGHT IT UP to read the data you want.

Tap the touch key at any time to light up the Activity Tracker, it will display the time first. Tap the touch key each time, it will display the data according order set from Zewa APP. If there is no operation, it will turnoff in 5 seconds.



CAUTION

Notes: The data of the day will be cleared to zero automatically when the time is 0:00. The data cannot be cleared to zero manually.

The device only stores the latest 7 day's heart rate data, the data will be deleted if it's over 7 days.

SPECIAL FUNCTIONS

★ FUNCTIONS

Change watch face:

Long press the screen, swipe to choose, click to confirm. Download more from APP, Open APP---Device---Watch Face, you can choose Online Dial or Custom Dial with your phone picture.



★ SPORTS

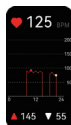
The AT4 Activity Tracker supports up to 36 sports modes including: Outdoor Run, Indoor Run, Climb, Walk, Cycle, Spinning, Yoga, Basketball, Football, Badminton, Free, Training etc. To access all Sports Modes select the "Sports" icon and scroll down to "Personalization".



SPECIAL FUNCTIONS

★ HEART RATE

Wearing AT4 correctly, not too tight or loose, make sure no green light leak, open the "Heart Rate" application in the watch application, automatically measure the heart rate after entering the application.



★ BREATHING TRAINING

After wearing the watch correctly, open the menu - breathing training, and follow the prompts to perform breathing training.



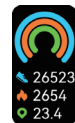
★ SPO2

After wearing the watch correctly, open the "SpO2" in the watch; manual blood oxygen measurement is required.



★ STEP COUNTING

After wearing the watch correctly, open the "step counting" in the watch; display the number of steps, calories, distance and other parameters of the day's exercise.



★ SLEEP

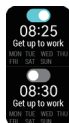
After wearing the watch correctly, open the "Sleep" in the watch; record the sleep status throughout the night.



SPECIAL FUNCTIONS

★ ALARM CLOCK

Set the alarms in APP and sync to watch, maximum 5 alarms.



★ MESSAGE NOTIFICATION

You can view the text messages in the mobile phone and the real-time information pushed to the watch.



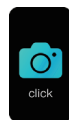
★ MUSIC CONTROL

Control the music player of mobile phone to play the music, as well as song switching and volume adjustment.



★ REMOTE CAPTURE

Control the camera on the mobile phone to take pictures remotely. When using it, please click "Device-Take Picture" on the APP to turn on the camera.



★ FIND PHONE

When the watch is connected to the APP, the phone will make a sound after tapping it.



★ ANTI-LOST REMINDER

When the watch is disconnected from the Bluetooth of the mobile phone, the watch will make a sound and vibrate to prevent loss.



SPECIAL FUNCTIONS

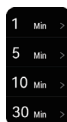
★ STOPWATCH

Electronic timer can record one time or record multiple times.



★ TIMER

The same way to calculate the remaining time.



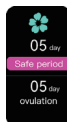
★ WEATHER

Weather forecast.



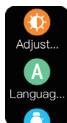
★ HEALTH CARE

(Female Physiological Function)



★ SETTINGS

Adjust brightness, language settings, system menus (shutdown, factory reset, restart), about the watch.



★ SHORTCUT MENU

1. Do not disturb
2. Vibration mode
3. Flashlight
4. Brightness
5. Settings

TROUBLESHOOTING

PROBLEM	ROOT CAUSE	SOLUTION
Abnormal measuring results: Huge difference between two recent measurement.	If the device is worn incorrectly it provides wrong results.	Wear the device according to these instructions.
	Less than 10	Continue to walk more than 10 steps.
	Slide or wearing slippers to walk.	Walk in a normal way.
No display on TFT when the device powers on.	The power is not enough.	Charge power in time.
Data transmission failed.	Bluetooth is OFF.	Turn ON the Bluetooth.
	The App is OFF.	Press the icon to turn ON your app.
	Out of range of Bluetooth transmission.	Place your device which supports the Bluetooth 5.0 technology close to the Activity Tracker.

SPECIFICATIONS

Wristband length	9.7" (245mm)
Wristband width	0.6" (16mm)
Weight	1 oz (28g)
Battery	160 mAh Poly-Li
Waterproof	IP68

WARNING: No modification of this equipment is allowed. About the Accuracy of This Product

This product passes strict inspection before delivery and therefore its accuracy is guaranteed by the manufacturer. Please refer to the above table for the descriptions on accuracy.

MAINTENANCE, CARE AND WARNINGS

★ MAINTENANCE

When carrying out usual maintenance, please ensure practice of the following Do's and Don'ts:

- DO use a dry soft cloth to wipe the dust.
- DO use a wet soft cloth, dipped into water and wrung out, to wipe the dirt. Then use a dry soft cloth to dry up the device.
- DON'T wash the device with water or immerse it in water.
- DON'T use propellant, abrasive or other chemicals to wipe the dirt in avoidance of discolor or malfunction.
- DON'T disassemble this device. If you have any problems, please contact Zewa.
(Please refer to Warranty for contact information)
- Charge the power once for every week, or at least once for one month, if the device is not likely to be used for a long time.

★ WARNING

While your Activity Tracker is designed to be worn 24/7, its components are electronic and susceptible to damage if used improperly. Please read the safety guidelines on the following pages to ensure proper use and care.

★ ACTIVITY TRACKER CARE

- Do not expose your Activity Tracker to liquid, moisture, humidity, or rain while charging. Exposure of the Activity Tracker to moisture while charging could result in electric shock.
- Do not tamper with or abuse the Activity Tracker. For example, without limitation, do not drop, disassemble, open, crush, excessively bend, deform, puncture, shred, microwave, incinerate, paint, or insert foreign objects into the Activity Tracker.
- Do not use abrasive cleaners to clean your Activity Tracker.
- Do not expose your Activity Tracker to extremely high or low temperatures.
- Do not leave your Activity Tracker near open flames such as cooking burners, candles, or fireplaces.

MAINTENANCE, CARE AND WARNINGS

- Do not bring your Activity Tracker into contact with any sharp objects. This could cause scratches and damage.
- Do not insert anything into your Activity Tracker unless otherwise specified in the user instructions. This may damage the internal components.
- Do not attempt to repair, modify, or disassemble your Activity Tracker, it does not contain any user-serviceable components.

★ BUILT-IN BATTERY CARE

- Do not attempt to replace your Activity Tracker's battery. it is built-in and not changeable.
- Only charge the battery in accordance with the user instructions supplied with the Activity Tracker.
- Avoid charging your Activity Tracker in extremely high or low temperatures.
- Do not wear your Activity Tracker while you are charging it.
- Do not attempt to disassemble the Activity Tracker or force open the built-in battery.
- Do not clean the Activity Tracker when it is being charged. Always unplug the charger first before cleaning the Activity Tracker.
- Do not dispose of your Activity Tracker in a fire. The battery could explode causing injury or death.

MAINTENANCE, CARE AND WARNINGS

★ HEALTH DISCLAIMER

WARNING: THIS Activity Tracker IS NOT A MEDICAL DEVICE. The Activity Tracker and its associated applications should not be used to diagnose, treat, or prevent any disease or medical condition. Always seek the advice of a qualified medical professional before making any changes to your exercise, sleep or nutrition, as doing so may cause severe harm or death.

★ OTHER NOTES

- Dispose of the Activity Tracker, the Activity Tracker's battery in accordance with local regulations. Do not dispose of the battery with regular household waste.
- Recycle your package in accordance with local regulations.

MAINTENANCE, CARE AND WARNINGS

★ FCC STATEMENT

FCC ID: OU9L405-B02

-This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement:

- This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.
- This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

2-YEAR LIMITED WARRANTY

★ WARRANTY

Congratulations on your purchase of a Activity Tracker. Your Activity Tracker is covered by the following limited warranty commencing upon the date of purchase, and subject to the following terms and conditions:

The Warrantor warrants that its Activity Tracker will be free from defects in materials and workmanship under normal consumer usage for a period of two years for the original purchaser of the product.

Periodic maintenance, repair and replacement of parts due to normal wear and tear are excluded from coverage. Defects or damage that result from: (a) improper operation, storage, misuse or abuse, accident or neglect, such as physical damage (cracks, scratches, etc.) to the surface of the product resulting from misuse; (b) contact with liquid, water, rain, extreme humidity or heavy perspiration, sand, dirt or the like, extreme heat, or food; (c) use of the Activity Tracker for commercial purposes or subjecting the Activity Tracker to abnormal usage or conditions; or (d) other acts which are not the fault of the Warrantor, are excluded from coverage. This warranty does not cover batteries or other power sources that may be provided with, or used with the Activity Tracker.

If the Activity Tracker fails to conform to this limited warranty, return the Activity Tracker postage prepaid to: **Attn: Repair Department, 1175 Lakeside Drive, Gurnee, IL, 60031**. When returning a product, please also include: (i) a copy of your receipt, bill of sale or other comparable proof of purchase; (ii) a written description of the problem; and (iii) your name, address and telephone number. Carefully package the product to avoid any damage that may occur while in transit; shipping insurance with returned receipt is recommended. At our option, the Warrantor will repair or replace the unit found to be defective in materials or workmanship under normal consumer usage. The purchaser will be notified of any additional repairs required prior to completing the repair, and will be responsible for parts charges, if any, and repair charges not covered by this limited warranty.

EXCEPT AS PROVIDED FOR IN THIS LIMITED WARRANTY, ALL EXPRESS AND IMPLIED WARRANTIES AND CONDITIONS ARE DISCLAIMED, INCLUDING WITHOUT LIMITATION THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. THE REPAIR OR REPLACEMENT AS PROVIDED UNDER THIS LIMITED WARRANTY IS THE EXCLUSIVE REMEDY OF THE CONSUMER, AND IS PROVIDED IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED. IN NO EVENT SHALL THE WARRANTOR BE LIABLE, WHETHER IN CONTRACT OR TORT (INCLUDING NEGLIGENCE) FOR DAMAGES IN EXCESS OF THE PURCHASE PRICE OF THE PRODUCT, OR FOR ANY INDIRECT, INCIDENTAL, SPECIAL OR CONSEQUENTIAL DAMAGES OF ANY KIND, OR FOR DAMAGES TO, OR LOSS OF, OTHER PROPERTY OR EQUIPMENT OR PERSONAL INJURIES TO THE FULL EXTENT THESE DAMAGES MAY BE DISCLAIMED BY LAW.

Some states and jurisdictions do not allow the limitation or exclusion of incidental or consequential damages, or limitation on the length of an implied warranty, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights that vary from state to state or from one jurisdiction to another.