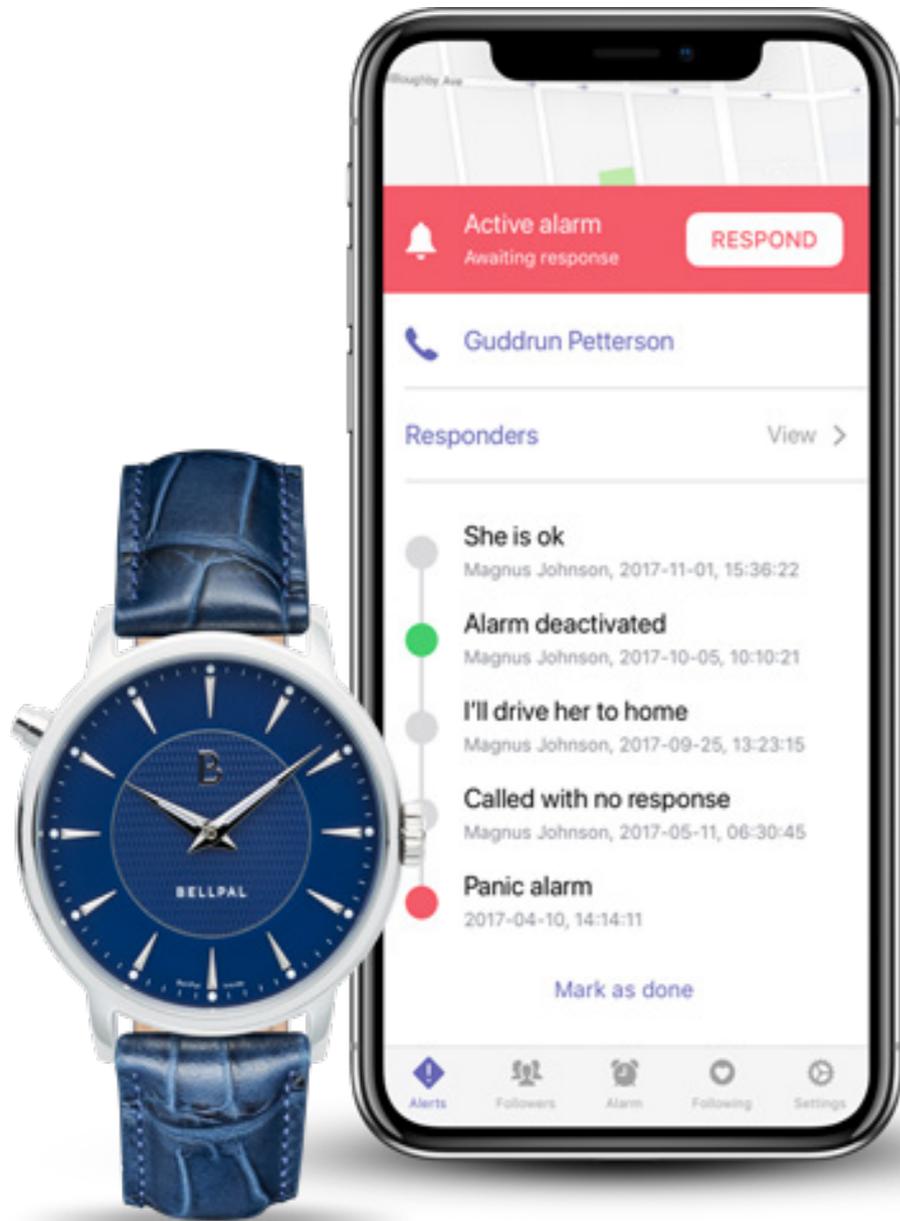


# How to Operate the Watch



**1**

**Pairing the Watch**

**2**

**Adding a Follower**

**3**

**Accepting a Follower Invitation**

**4**

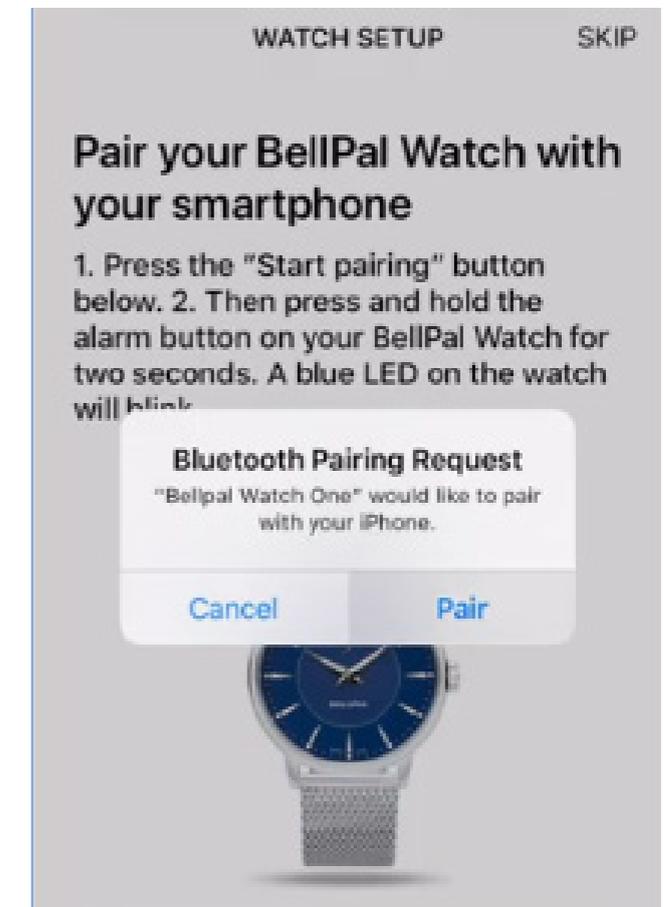
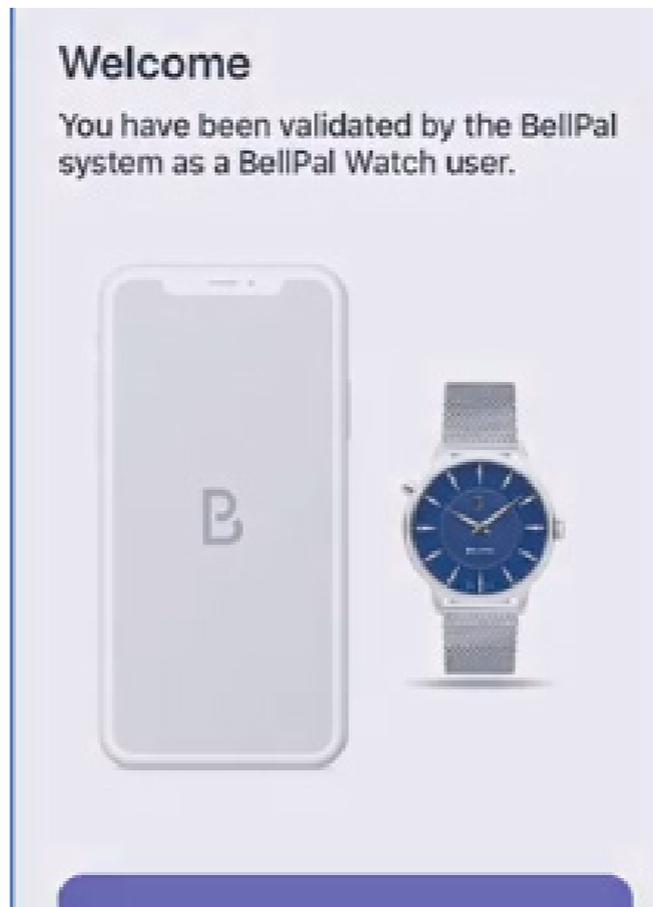
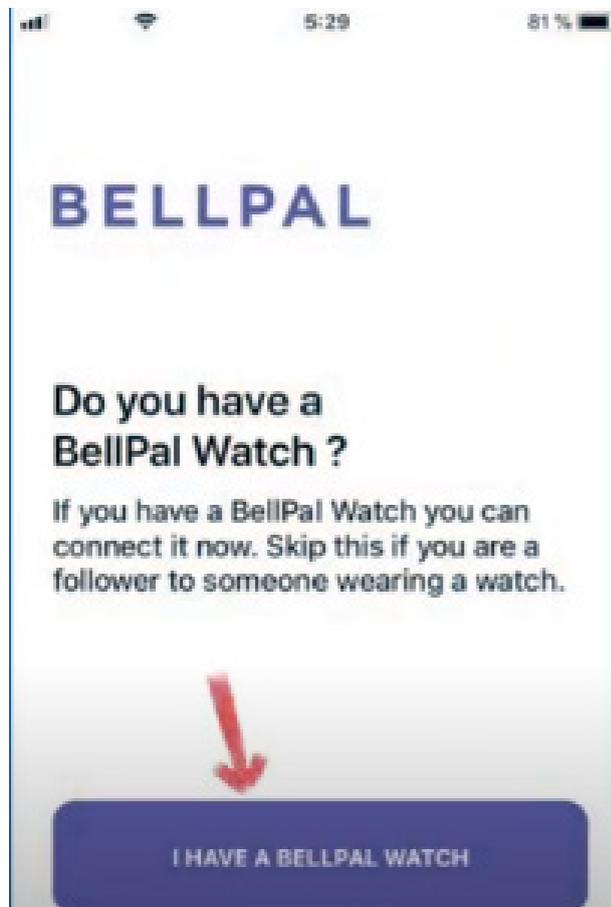
**Updating the BellPal Watch**

**5**

**How to Remove Watch from App**

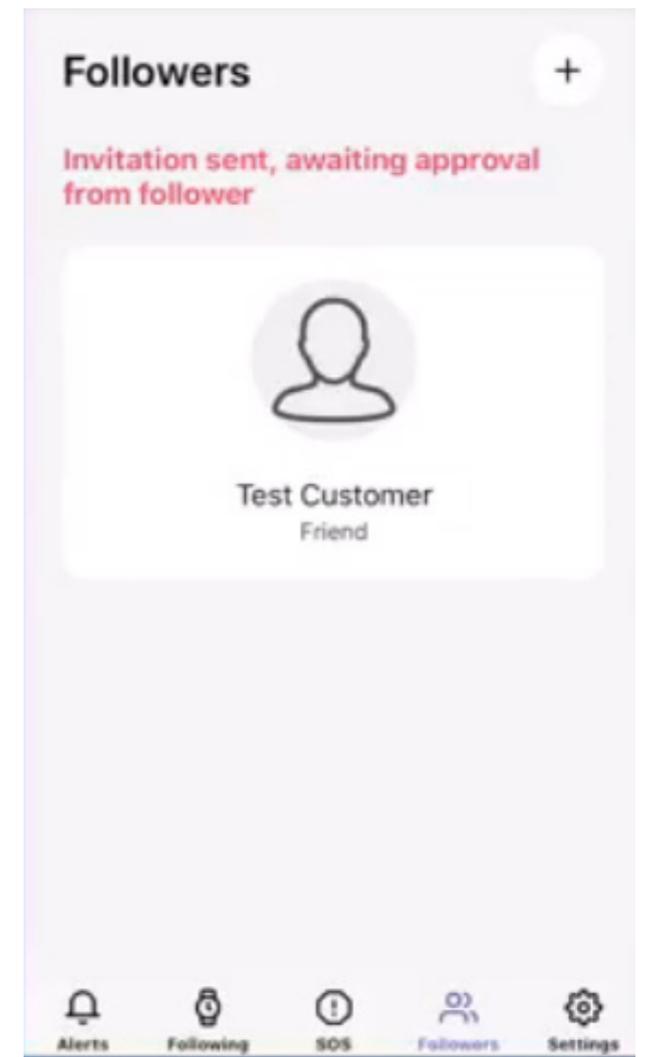
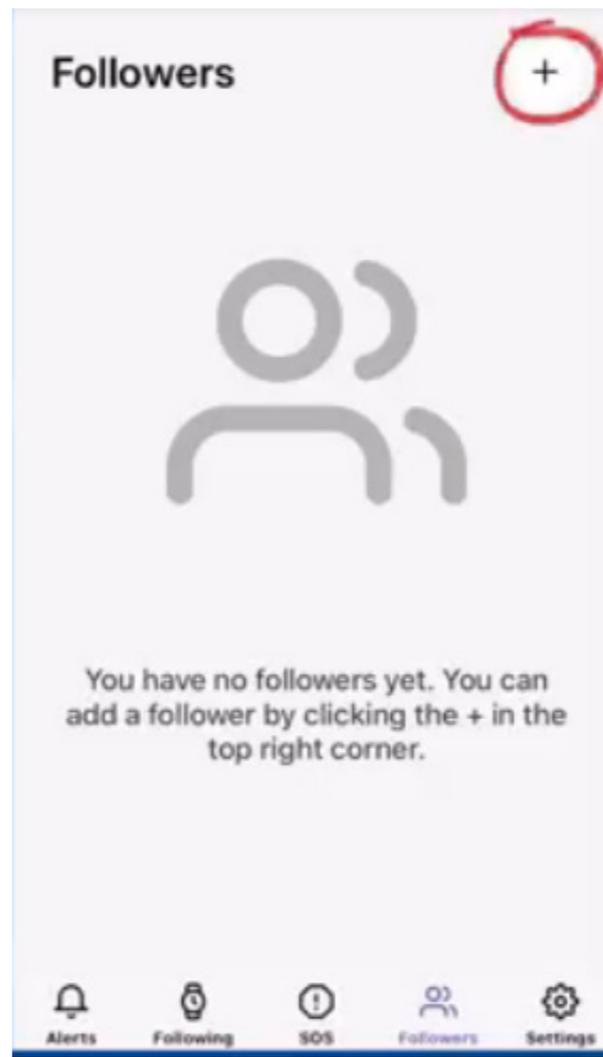
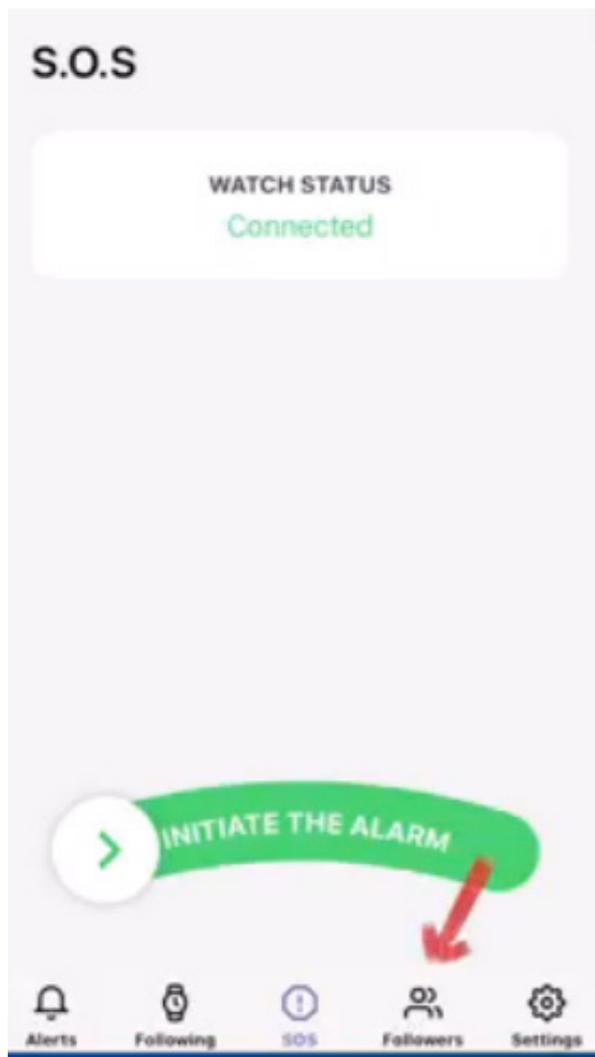
# 1. Pairing a BellPal Watch to a Smartphone

1. Sign up for a subscription at [BellPal.com/us](https://BellPal.com/us).
2. Open the BellPal USA App.
3. Press “I have a BellPal Watch” on the main screen.
4. Type in your phone number. This must match the phone number of the subscription.
5. You will be sent a four digit verification code via SMS. Type it into continue.
6. Verify your name and phone number. Hit “Apply” to continue.
7. Review and agree to the “Terms and Conditions” to continue.
8. Press the “Start Pairing” button.
9. Hold the alarm button on the watch for 2-3 seconds until the Blue LED blinks.
10. Click “Pair” on the “Bluetooth Pairing Request” popup.
11. If the pairing is successful, click “Explore” to continue into the App.



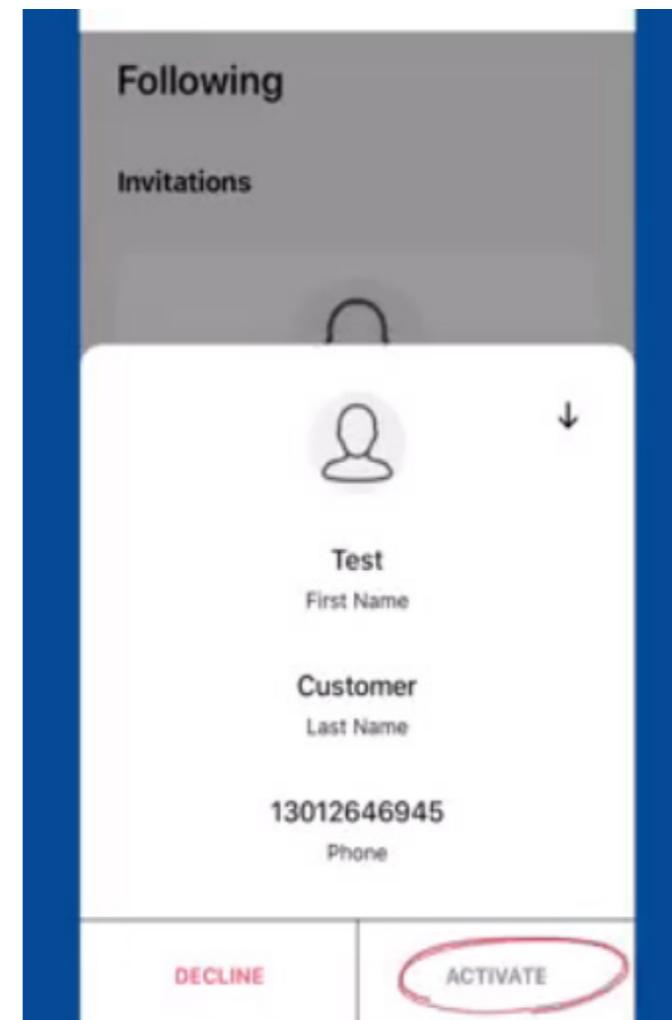
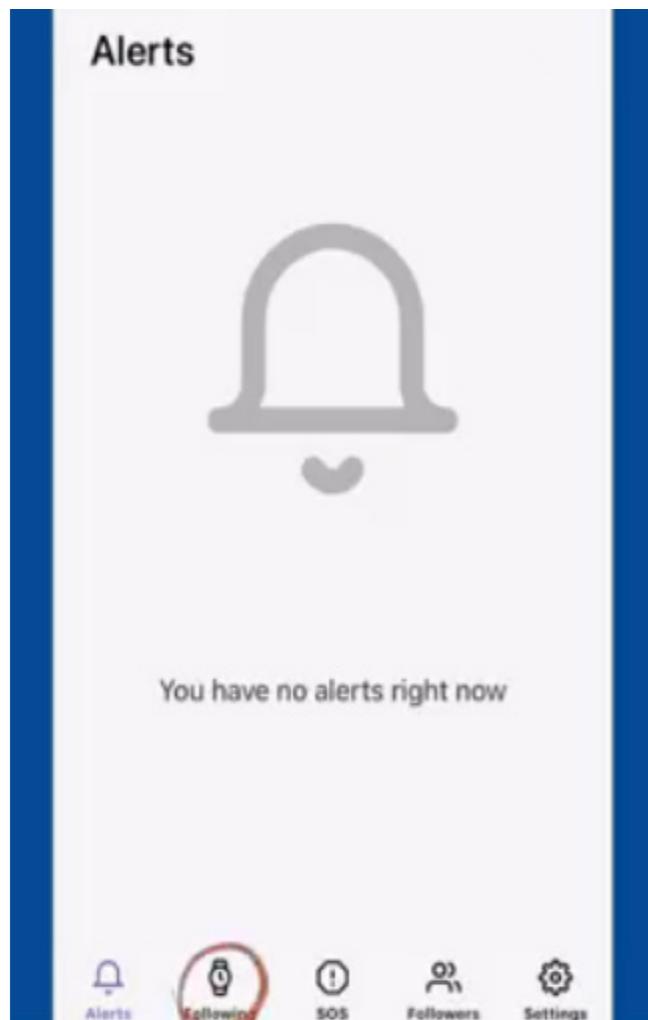
## 2. Adding a Follower

1. Go to the “Followers” tab of the BellPal USA app.
2. Click the “+” on the top right.
3. Fill in the follower Name, Relationship, and Phone Number (this must be a mobile number).
4. Click “Done” and then “Apply” to send the invitation.
5. The follower will be added once they accept the invitation via their copy of the BellPal USA app.
6. They should receive an SMS notifying them of the invite and prompting them to download the app.



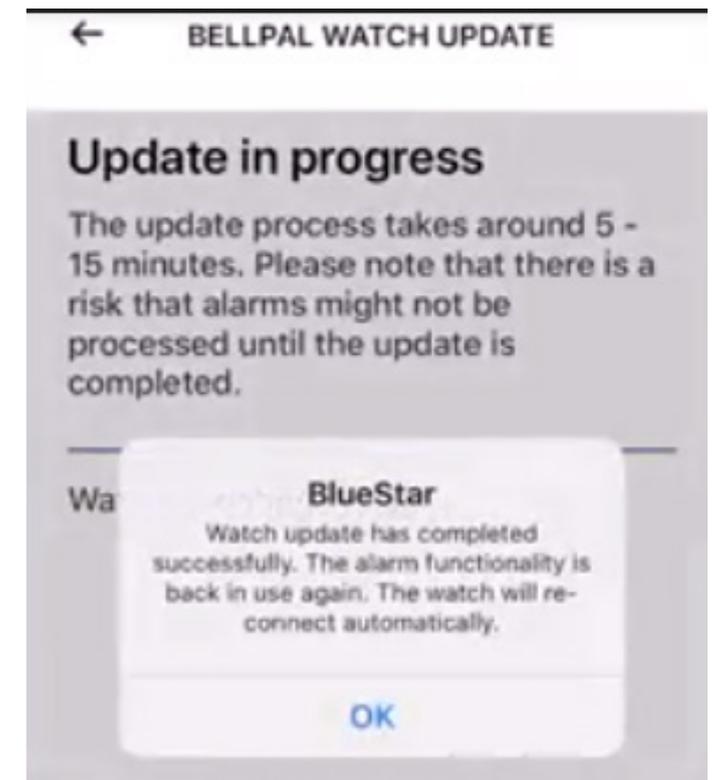
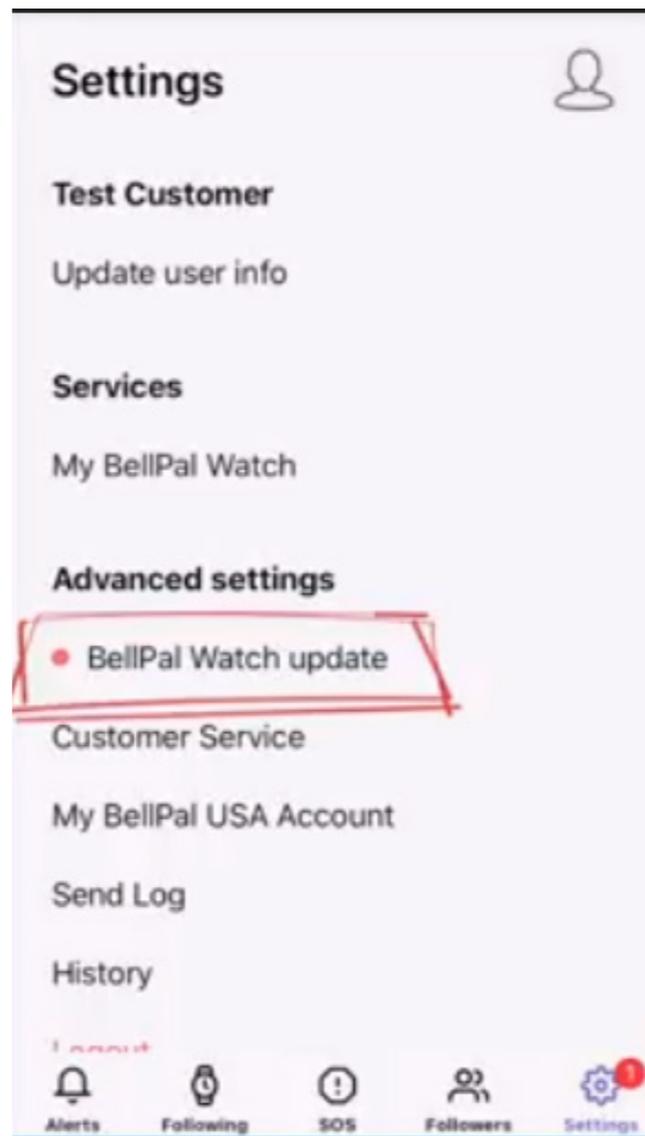
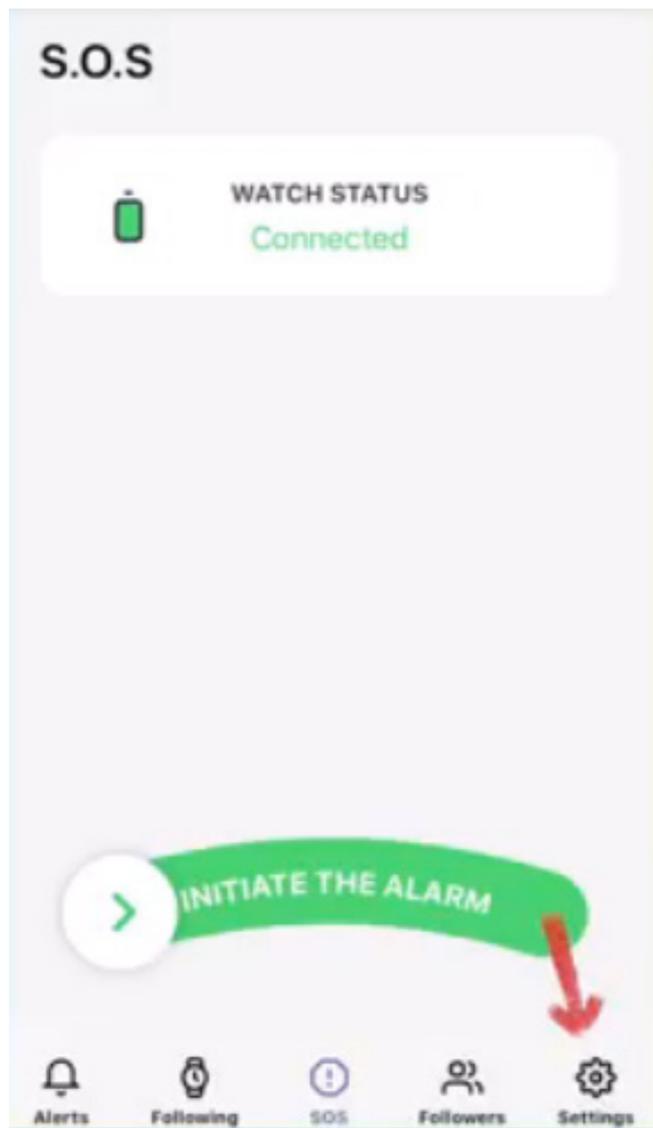
# 3. Accepting a Follower

1. Download and install the BellPal USA app.
2. Type in your phone number. This must match the phone number that was invited to be a follower.
3. You will be sent a four digit verification code via SMS. Type it into continue.
4. Enter your name and verify your phone number. Click “Done” then “Apply” to continue.
5. Review and agree to the “Terms and Conditions” to continue.
6. Click “Explore” to continue into the app.
7. Go to the “Following” tab in the app.
8. Click the invitation and select “Activate” at the bottom to accept and follow them.



# 4. Updating the Watch

1. Go to the “Settings” tab inside the BellPal USA app.
2. Select “BellPal Watch Update” from the “Advanced settings” section.
3. Wait for the update to complete.
4. If the update succeeds, click “OK” on the popup to continue.
5. Your BellPal Watch will reconnect to the app after a few seconds.



# 5. Removing the Watch

1. Go to the “Settings” tab inside the BellPal USA app.
2. Select “My BellPal Watch” from the menu list.
3. Select the “Unpair Watch” button.
4. Select “OK” on the popup.
5. Read the next steps and click “OK” to continue.
6. Reset the Watch by holding the alarm button for 30 seconds or until the green light turns off.
7. Open your phone settings.
8. Go to “Bluetooth” in the main menu.
9. Find the “Bellpal Watch One” device in the list and click the “i” button next to it.
10. Click “Forget this Device” and confirm the selection.

