

# Firmware update – Watlaa One



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## DISCLAIMER

Watlaa One is a research tool and shall be treated as such. Caution shall be exercised by anyone using it. Watlaa One IS NOT A MEDICAL DEVICE.

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# 1 Introduction

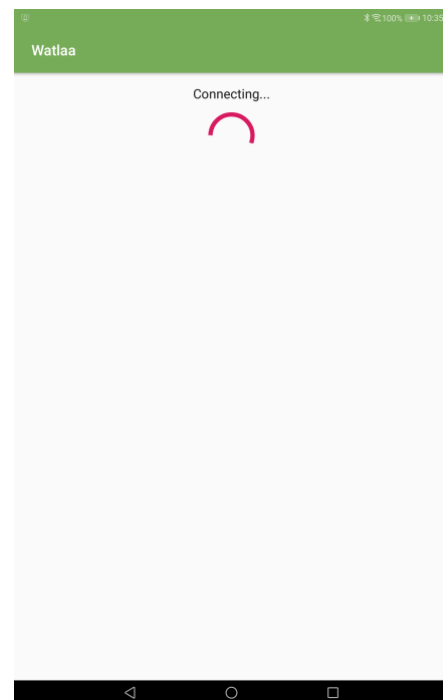
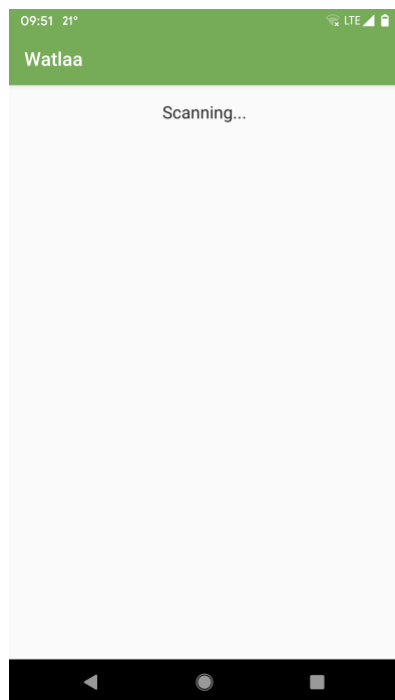
We will release small enhancements and new features through firmware updates. If you want to enjoy the latest features, it is important to keep your Watlaa One updated. Please find below instructions for [Android](#) and [iOS](#).

## 2 Android phone/tablet

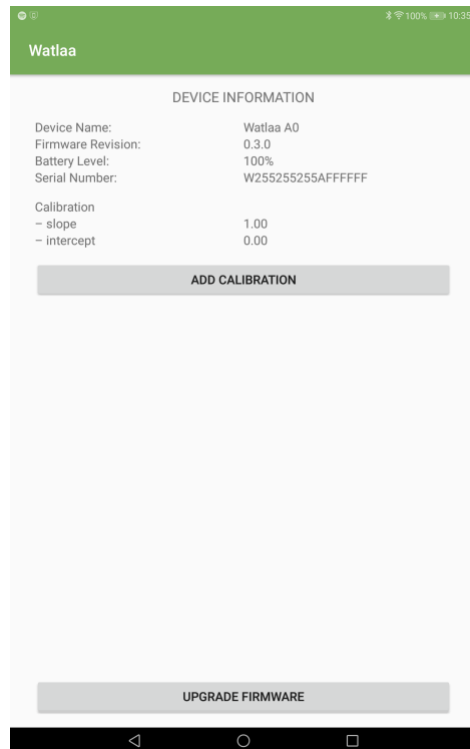
You can update your Watlaa One using android either via the Watlaa application or nRF Connect.

### 2.1 Updating firmware with Watlaa application

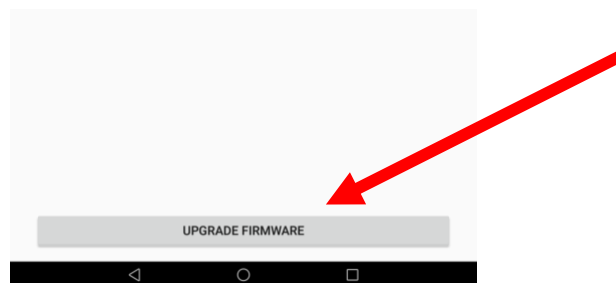
1. Download the Watlaa application from Google play [here](#) (Play store)
2. Make sure your watch is turned on and battery level is over 30%
3. Open Watlaa application and make sure your phone/tablet Bluetooth is turned on
4. The application will automatically scan for your watch



5. Once connected it will show some information about the watch

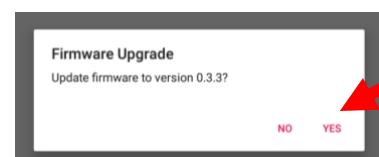
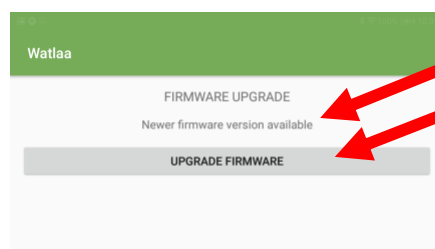


6. Choose "UPGRADE FIRMWARE"

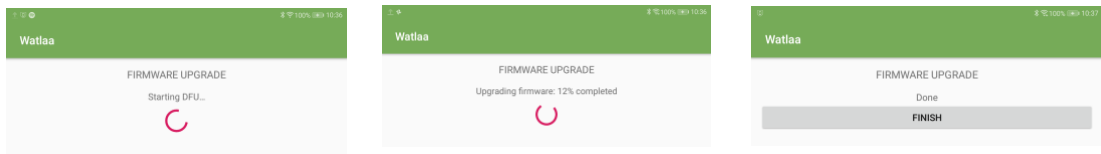


7. If update is available choose "UPGRADE FIRMWARE", after that "YES". Update will take 1-2 minutes. DO NOT TOUCH PHONE NOR WATCH DURING UPDATE

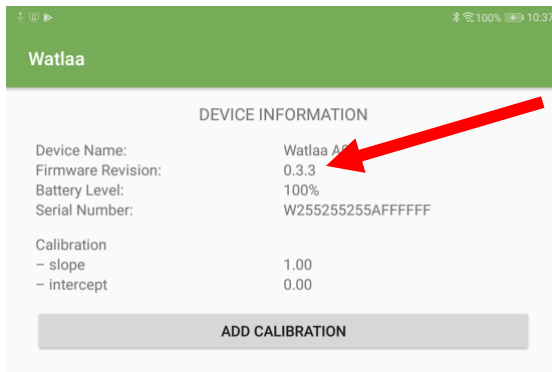
PROCESS



## 8. Update completed

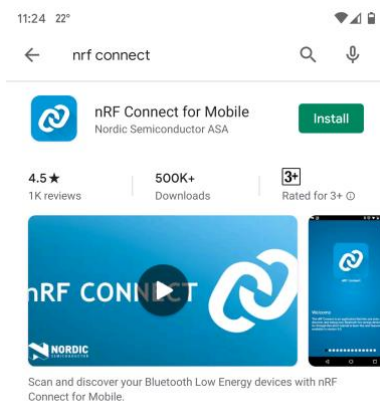


## 9. After updating you can see updated firmware version

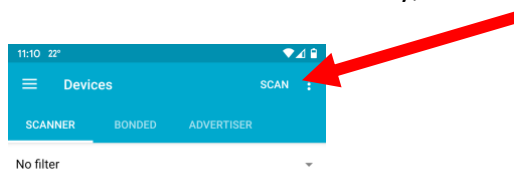


## 2.2 Updating firmware with Android nRF Connect

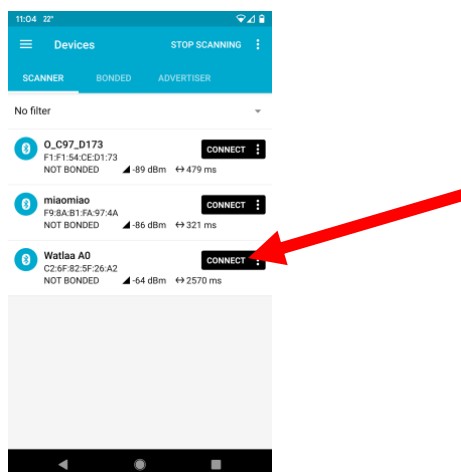
1. Download nRF Connect from Google play [here](#) (Play store)



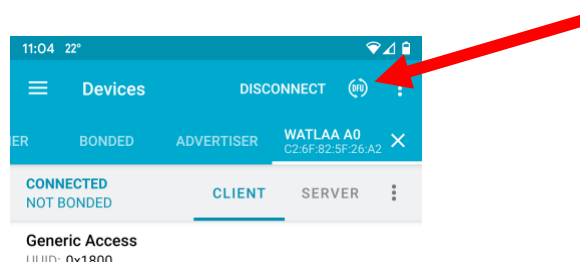
2. Download latest firmware zip-file to your phone from [here](#). You can also type in [watlaa.com/updates](http://watlaa.com/updates) in your browser
3. Turn on Bluetooth on your phone. Open nRF Connect application
4. Scan should start automatically, if not then press scan



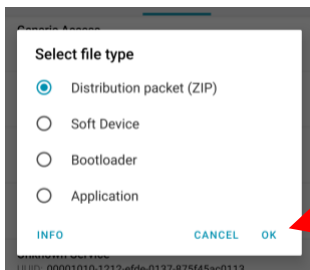
5. Locate your Watlaa watch in the list – press connect



6. Press DFU at the top



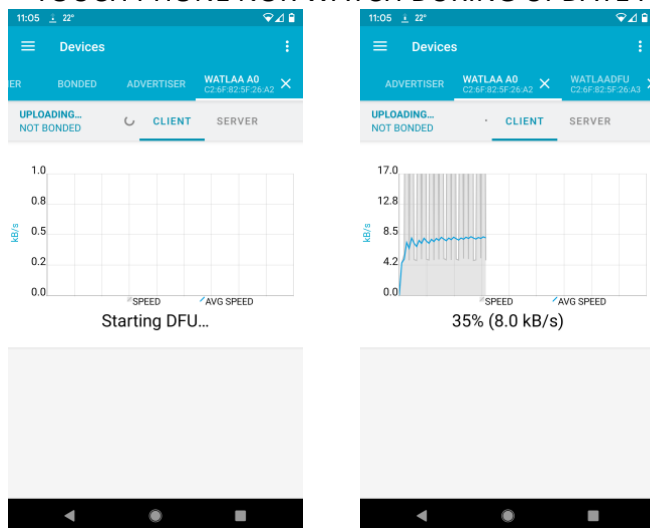
7. Leave selection at “Distribution packet (ZIP)”. Press “OK”



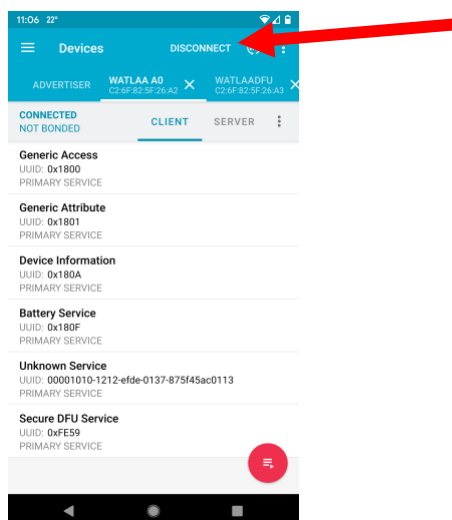
8. Choose the zip-file you downloaded in step 2. It will be in your downloads folder

9. Wait for approximately 1-2 minutes for the installation to complete – DO NOT

**TOUCH PHONE NOR WATCH DURING UPDATE PROCESS**



10. Update completed. Press DISCONNECT





11. Go into watch menu and make sure update has been completed → Settings →

System info

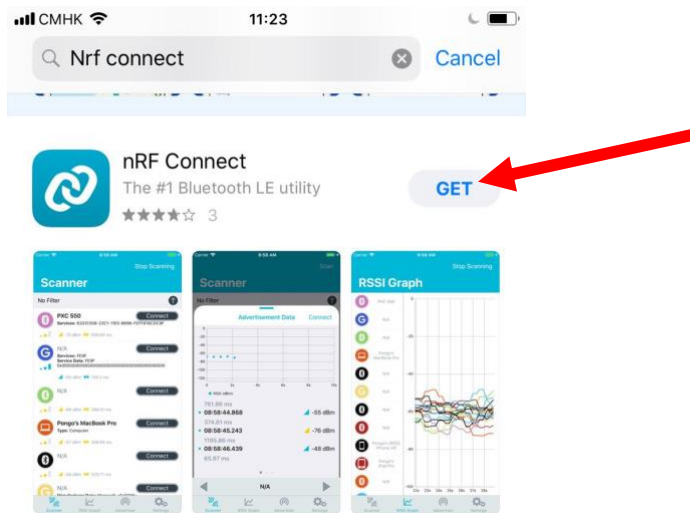


### 3 iOS (iPhone/iPad)

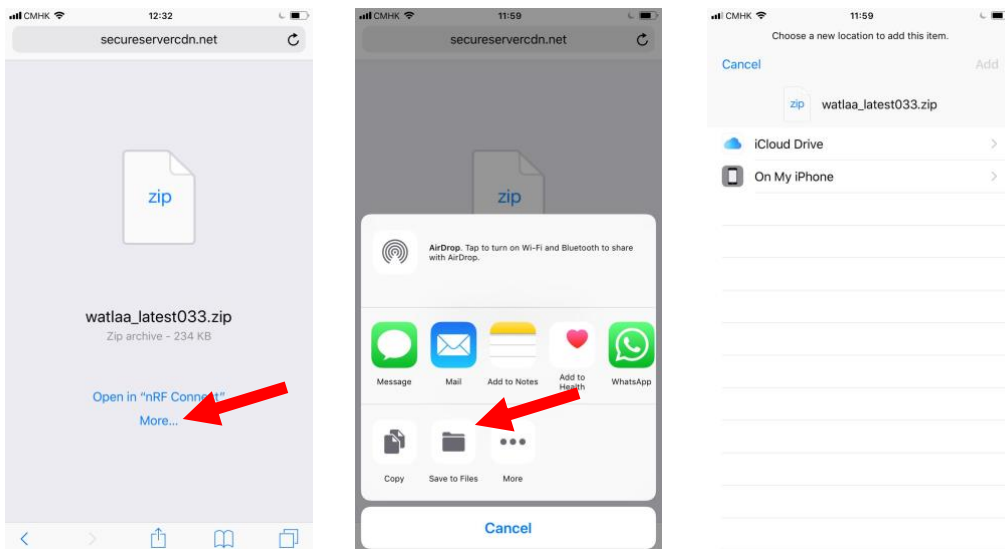
You can update your Watlaa One using iOS via the nRF Connect application.

#### 3.1 Updating firmware with iOS nRF Connect

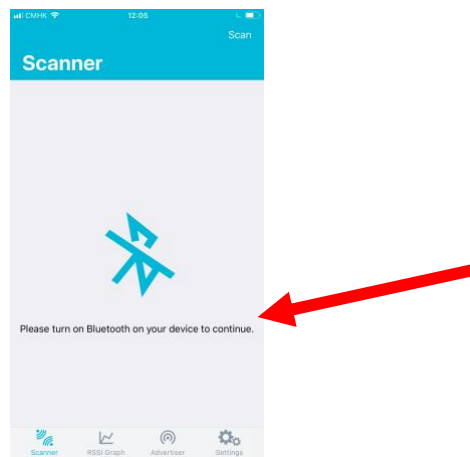
1. Download nRF Connect from the iOS App store



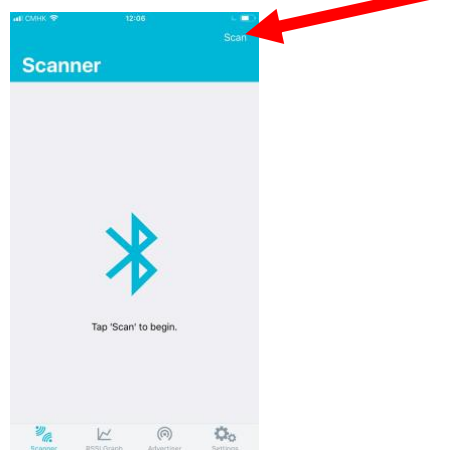
2. Download latest firmware zip-file from [here](#). You can also type in [watlaa.com/updates](http://watlaa.com/updates) in your browser. Press the text to download file
3. Choose "More", then select "Save to Files", and choose a location to save



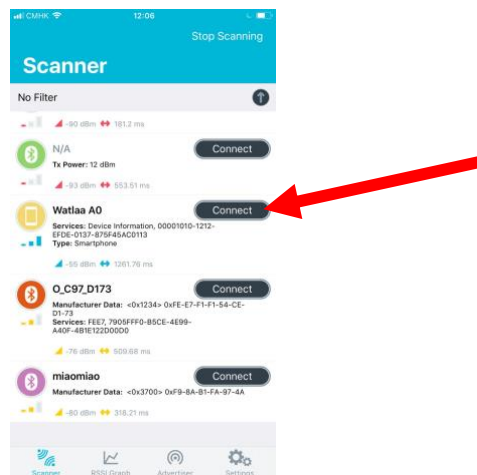
4. Open nRF Connect application. Make sure Bluetooth is turned on, otherwise you will see the text below.



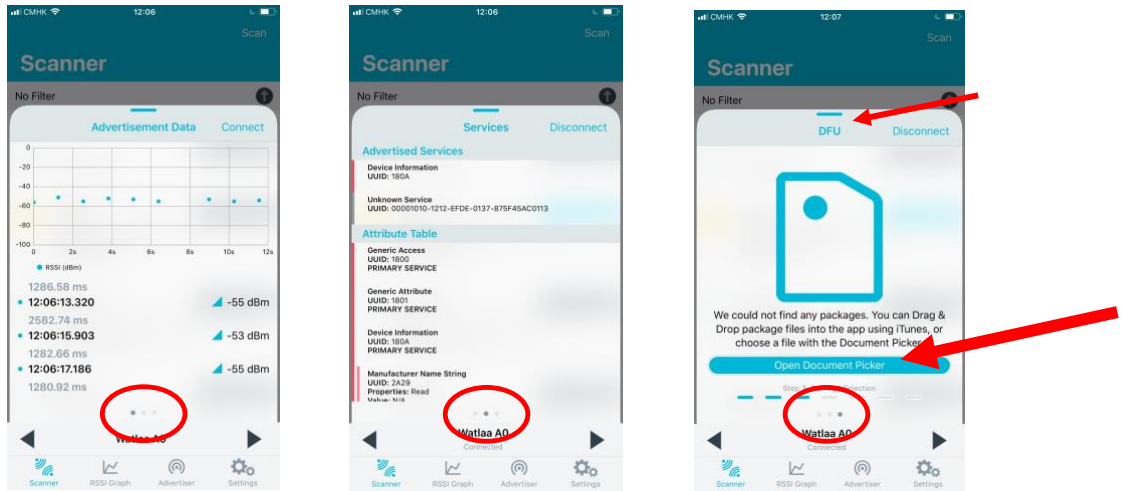
5. Press scan



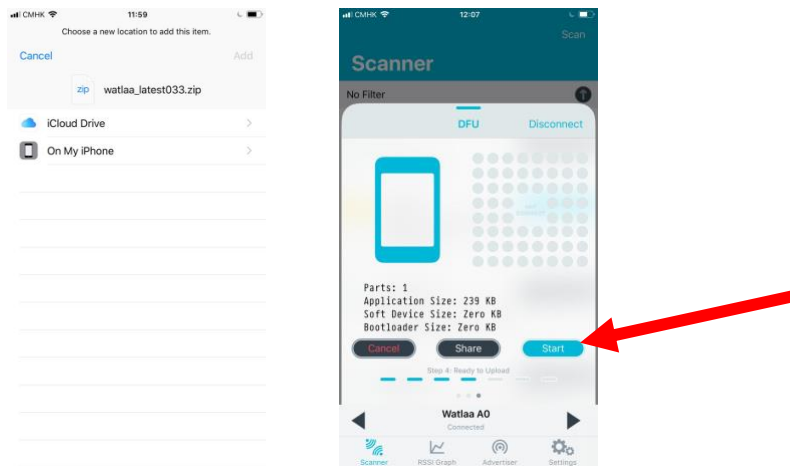
6. Locate your Watlaa watch in the list – press connect



7. Scroll 2 times to right so that you can see DFU. Press "Open Document Picker"



8. Choose the zip-file from the location you saved it to in step 3, then press



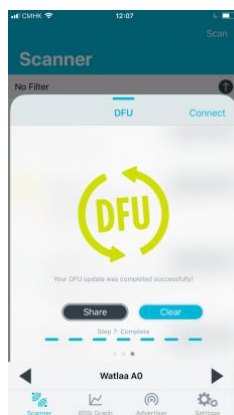
"Start"



9. Wait for approximately 1-2 minutes for the installation to complete – DO NOT TOUCH PHONE NOR WATCH DURING UPDATE PROCESS



10. Update completed



11. Go into watch menu and make sure update has been completed → Settings →

System info

