



[Manuals.plus](#) /

› [TOZO](#) /

› TOZO S3 Smart Watch User Manual

## TOZO S3

# TOZO S3 Smart Watch User Manual

Model: S3 | Brand: TOZO

## INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, maintenance, and troubleshooting of your TOZO S3 Smart Watch. Please read this manual carefully to ensure proper use and to maximize the functionality of your device.

## WHAT'S IN THE BOX

- TOZO S3 Smart Watch
- Magnetic Charging Cable
- Quick Guide & User Manual (this document)



Image: The TOZO S3 Smart Watch, showcasing its design and the included magnetic charging cable.

## SETUP

### 1. Charging the Smart Watch

Before first use, fully charge your TOZO S3 Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power adapter (not included) or a computer USB port.

### 2. App Installation

Download and install the "TOZO Health" app from the App Store (for iOS devices) or Google Play Store (for Android devices). This app is essential for full functionality and data synchronization.

### 3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.

2. Open the "TOZO Health" app.
3. Follow the in-app instructions to search for and connect to your TOZO S3 Smart Watch. The watch will typically appear as "TOZO S3" in the device list.
4. Confirm the pairing request on both your watch and smartphone.

## OPERATING INSTRUCTIONS

---

### Power On/Off

- **Power On:** Press and hold the side button until the screen lights up.
- **Power Off:** Press and hold the side button, then select "Power Off" on the screen.

### Navigation

The TOZO S3 features a 1.83-inch HD color touch screen for intuitive navigation.

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick widgets or different function screens.
- **Tap:** Select an item or confirm an action.
- **Side Button:** Press to return to the home screen or wake the device.

### Watch Face Customization

Personalize your watch with over 100 customizable watch faces available through the TOZO Health app. You can also set your own photos as watch faces.



# SHOWCASE YOUR STYLE

100+ Watchface

 1,83"  
inch

 240x284  
ppi

Image: The TOZO S3 Smart Watch showcasing a variety of digital and analog watch face options.

## Bluetooth Calling

The TOZO S3 allows you to answer and make calls directly from your wrist, thanks to its built-in microphone and speaker. Ensure your watch is connected to your phone via Bluetooth.

- **Answering Calls:** When a call comes in, tap the green phone icon on the watch screen.
- **Making Calls:** Access the call history or contacts through the watch interface to initiate a call.

# STAY IN TOUCH



Image: The TOZO S3 Smart Watch displaying an incoming call screen and a message notification list.

## Message Notifications

Receive notifications for text messages and various social media apps directly on your watch. Configure notification settings within the TOZO Health app.

## Health Monitoring

The TOZO S3 provides comprehensive health tracking features:

- **Sleep Tracking:** Continuously records sleep patterns, providing detailed analysis of light sleep, deep sleep, REM, and wake-up times.
- **Heart Rate Monitoring:** Monitors your heart rate throughout the day.
- **Blood Oxygen (SpO2) Monitoring:** Measures blood oxygen saturation levels.
- **Stress Level Measurement:** Tracks stress levels and can provide reminders to relax.



# HAVE A GOOD SLEEP

## Tracking Sleep Status

- Deep Sleep
- Light Sleep
- REM
- Wake Up



## More functions in app



Image: A person sleeping with the TOZO S3 Smart Watch on their wrist, illustrating its sleep tracking capability.

## Activity Tracking & Sports Modes

The watch automatically records daily steps, distance, and calories burned. It supports over 100 sports modes for detailed workout data and real-time display.



# ENJOY DAILY WORKOUTS

## 100+ Sports Modes



## Real-Time Data Display

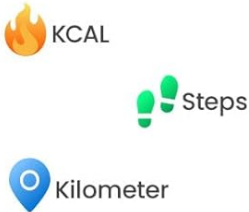


Image: A person playing tennis while wearing the TOZO S3 Smart Watch, with an overlay showing various sports modes and real-time activity data.





## Smart Notifications & Reminders

Beyond messages, the TOZO S3 can provide smart reminders for weather updates, standing alerts, hydration reminders, and hand washing prompts.

# EMBRACE AN INTELLIGENT LIFE



## Smart Notification

-  Weather
-  Stand
-  Drink
-  Hand Washing

How about another glass of water?



Getting up now for a walk would be a great idea.



Image: A person checking their TOZO S3 Smart Watch, which displays weather information and various smart reminders.

## BATTERY LIFE & WATER RESISTANCE

### Battery Performance

The TOZO S3 Smart Watch is equipped with a 300mAh battery, offering extended usage times:

- Approximately 10 days in auto monitoring mode (for heart rate).
- Approximately 7 days in instant detection mode.
- Up to 30 days standby time.

### IP68 Water Resistance

The TOZO S3 has an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, including hand washing, rain, and showering. It is not recommended for diving or high-pressure water activities.



# MORE REASONS TO LOVE

 **30 Days**  
Standby time

 **10 Days**  
Battery life



 **IP68**  
Waterproof

Image: The TOZO S3 Smart Watch being splashed with water, illustrating its IP68 waterproof rating, alongside icons indicating its battery life and standby time.

## MAINTENANCE

- **Cleaning:** Regularly clean the watch and strap with a soft, dry cloth. If necessary, use a slightly damp cloth and mild soap, then rinse and dry thoroughly.
- **Avoid Chemicals:** Do not use harsh chemicals, cleaning solvents, or strong detergents, as these may damage the watch's finish or internal components.
- **Storage:** Store the watch in a cool, dry place when not in use.
- **Charging Contacts:** Keep the charging contacts on the back of the watch clean and free of debris to ensure proper charging.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch won't turn on	Low battery; System crash	Charge the watch for at least 30 minutes. If still unresponsive, try a forced restart by holding the side button for 10-15 seconds.
Cannot pair with phone	Bluetooth off; App issue; Watch not discoverable	Ensure Bluetooth is on. Restart both watch and phone. Clear app cache/data. Ensure watch is in pairing mode.
Notifications not received	App permissions; Notification settings; Bluetooth disconnected	Check app permissions for notifications on your phone. Verify notification settings within the TOZO Health app. Ensure stable Bluetooth connection.
Inaccurate health data	Improper fit; Sensor obstruction	Ensure the watch is worn snugly but comfortably on your wrist. Clean the sensors on the back of the watch.

## SPECIFICATIONS

Feature	Detail
Model Number	S3
Display Size	1.83 Inches
Resolution	240 x 284
Battery Capacity	300 Milliamp Hours (mAh)
Water Resistance Rating	IP68 (50m waterproof)
Connectivity	Bluetooth
Operating System Compatibility	iOS, Android
Item Weight	4.6 ounces
Product Dimensions	6.42 x 4.49 x 0.67 inches

## WARRANTY AND SUPPORT

TOZO products are designed and manufactured to the highest quality standards. For warranty information, technical support, or further assistance, please visit the official TOZO website or contact TOZO customer service. You can also find more information on the [TOZO Brand Store on Amazon](#).