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TOZO S4

TOZO AMOLED S4 AcuFit One Smart Watch User Manual

Model: S4 | Brand: TOZO

INTRODUCTION

The TOZO AMOLED S4 AcuFit One Smart Watch is designed to be a comprehensive companion for your daily life, offering advanced health monitoring, versatile fitness tracking, and smart connectivity features. Its ultra-clear AMOLED display provides a vibrant and responsive user experience.



Figure 1: TOZO AMOLED S4 AcuFit One Smart Watch

WHAT'S IN THE BOX

- TOZO S4 Smart Watch
- Magnetic Charging Cable
- Instruction Manual
- Quick Guide

SETUP

1. Initial Charging

Before first use, fully charge your TOZO S4 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 source. A full charge typically takes about 2 hours.

More Reasons to Adore

Discover the added benefits of IP68 dust and water resistance and an impressive 10-day battery life.

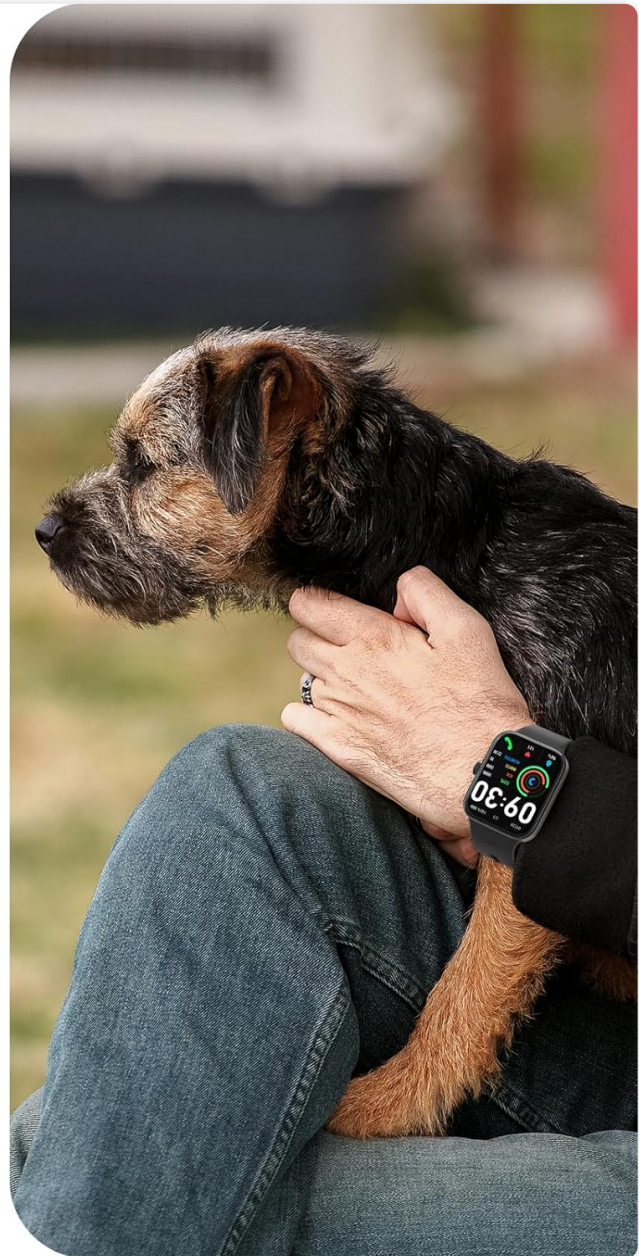
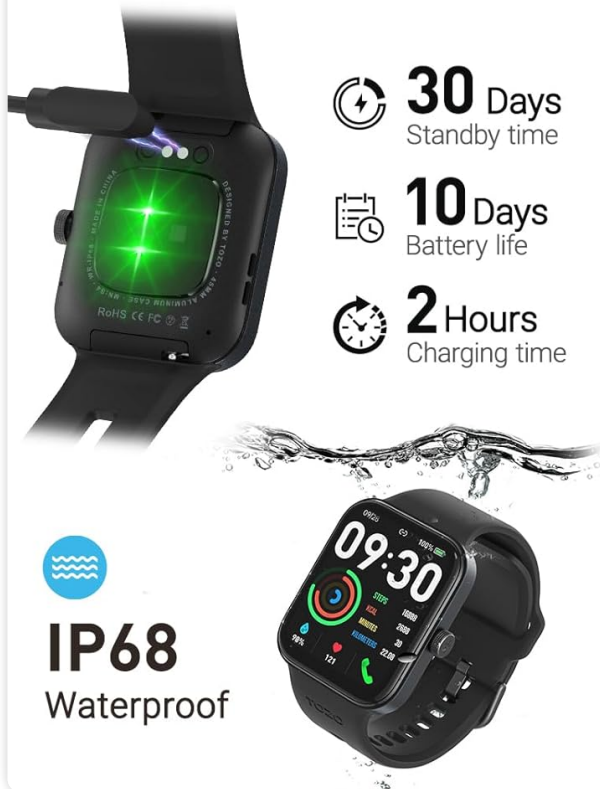


Figure 2: Magnetic charging cable connected to the watch.

2. App Installation and Pairing

Download the "TOZO Health" app from your device's app store (iOS 11.0+ or Android 9.0+). Open the app and follow the on-screen instructions to pair your TOZO S4 Smart Watch via Bluetooth. This enables full functionality, including call features, message notifications, and health data synchronization.



Figure 3: Watch paired for Bluetooth calling and notifications.

3. Wristband Installation

Attach the wristband to the watch body. Align the pin on the band with the corresponding hole on the watch.

Gently push the pin back and slide the band into place until it clicks securely. Repeat for the other side.

OPERATING INSTRUCTIONS

1. Basic Navigation

The TOZO S4 features a 1.78" ultra-clear AMOLED HD Display. Swipe left/right or up/down to navigate through different screens and menus. Use the side button for quick access to the app list or to return to the watch face.



Figure 4: Side button for navigation.

2. Customizing Watch Faces

Long-press the watch face to enter the customization mode, then swipe to select your preferred design. Additional watch faces can be downloaded via the TOZO Health app.

Stay Connected

Manage calls effortlessly with direct call handling on the watch, and stay updated with real-time message previews.

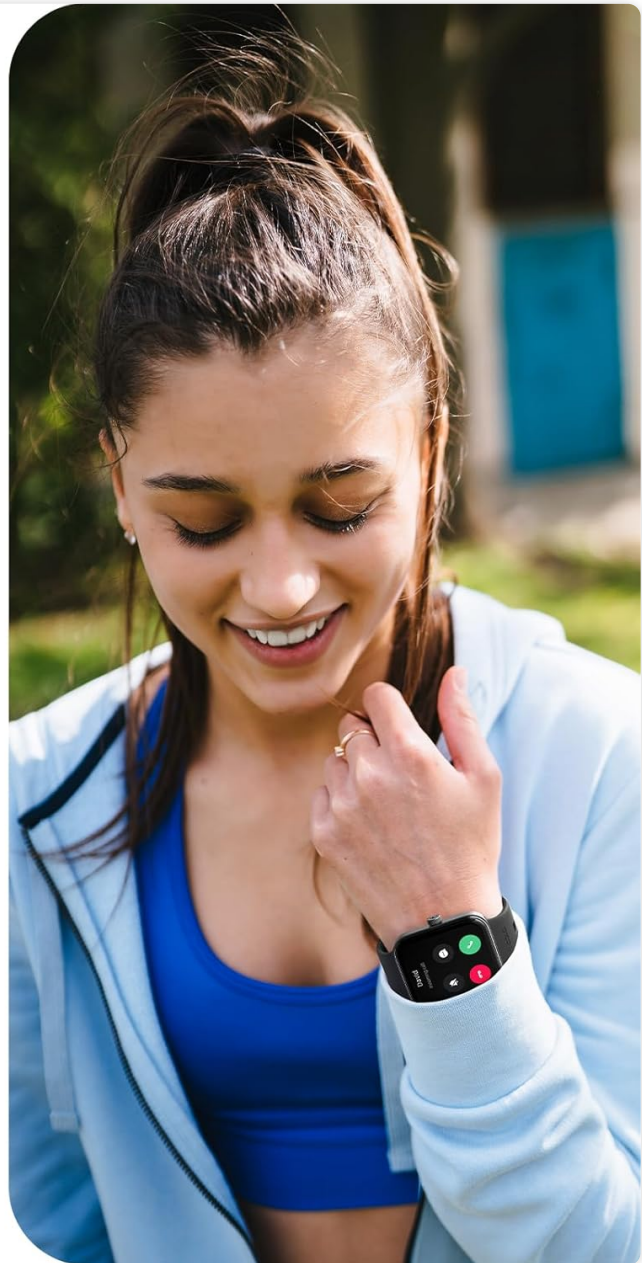
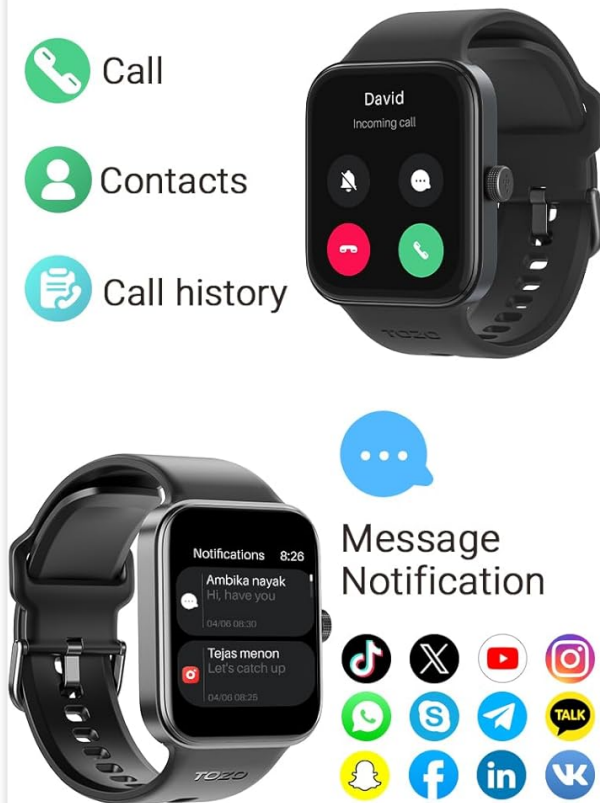


Figure 5: Various watch face options.

3. Call and Message Features

With Bluetooth calling, you can manage calls directly from your wrist, including making, answering, or dismissing calls. Real-time message notifications from your smartphone will also be displayed on the watch screen.



1.78" AMOLED Screen

Appreciate vivid visuals with superior color saturation and reproduction.

368x448pixel

360ppi



100+ Watchface



Figure 6: Incoming call and message notification display.

4. Music Control

Control music playback on your connected smartphone directly from the watch. You can play, pause, skip tracks, and adjust volume.

5. Clock Functions

Access various clock functions including alarms, timers, stopwatches, and world clock settings through the watch's menu.

6. Weather Information

View real-time weather updates directly on your watch. Ensure the TOZO Health app is connected and has location permissions enabled for accurate local weather data.



Embrace Smart Living

Always-On display available now! Also integrate practical features to elevate your daily life.



Weather



Stand Reminder



Drink Reminder



Hand Wash Reminder



How about another glass of water?



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



Figure 7: Weather information and smart reminders.

HEALTH MONITORING

The TOZO S4 AcuFit One Smart Watch is equipped with high-precision sensors to provide comprehensive health data.



Figure 8: Overview of health monitoring features.

1. Heart Rate Monitoring

Continuously track your heart rate throughout the day. View real-time data and historical trends in the TOZO Health app.



Figure 9: 24-hour heart rate monitoring display.

2. Blood Oxygen Saturation (SpO2)

Monitor your blood oxygen levels at your convenience. This feature provides valuable insights into your overall physical state.



Figure 10: Blood oxygen saturation monitoring display.

3. Sleep Tracking

The watch tracks your sleep patterns, including deep sleep, light sleep, and REM sleep stages, to help you understand and improve your sleep quality.



Enhance Your Sleep Quality

Comprehensive analysis provides valuable insights into your sleep patterns, offering a better understanding of your restful nights.



Figure 11: Sleep quality analysis and patterns.

4. Stress Level Measurement

Maintain mindfulness by tracking your stress levels and proactively managing them for a harmonious life.



Figure 12: Stress level measurement display.

5. Breathing Exercises

Utilize guided breathing exercises to help manage stress and improve relaxation.

FITNESS TRACKING

The TOZO S4 offers over 100 different sports modes to help you stay active and reach your fitness goals.



Elevate Your Fitness Routine

Engage in 100+ sports modes made to meet your fitness goals while capturing comprehensive data insights.



100+ Sports Modes

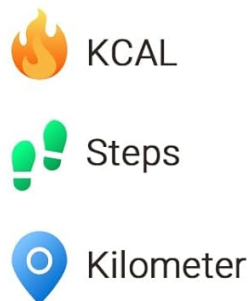


Figure 13: Various sports modes for fitness tracking.

Track your workouts and receive valuable insights into your performance, including steps, calories burned, and distance traveled.



Figure 14: All-inclusive fitness analysis data.

BATTERY LIFE & WATER RESISTANCE

1. Battery Life

Equipped with a high-capacity 300 mAh battery, the TOZO S4 ensures up to 7 days of use on a single charge with typical usage, and an ultra-long 30 days standby mode. It takes approximately 2 hours to fully charge.



Figure 15: Battery life details for typical and heavy usage.

2. Water Resistance

The watch is IP68 waterproof, making it suitable for daily outdoor activities and resistant to dust and water splashes. Avoid prolonged submersion or use in hot water.

MAINTENANCE

To ensure the longevity and optimal performance of your TOZO S4 Smart Watch, follow these maintenance guidelines:

- **Cleaning:** Regularly wipe the watch screen and strap with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and then dry thoroughly.
- **Avoid Chemicals:** Do not use harsh chemicals, cleaning solvents, or strong detergents, as they may damage the watch's finish or internal components.
- **Storage:** Store the watch in a cool, dry place away from direct sunlight and extreme temperatures when not in use for extended periods.
- **Charging:** Use only the provided magnetic charging cable. Ensure the charging contacts on the watch and cable are clean and dry before charging.

TROUBLESHOOTING

If you encounter issues with your TOZO S4 Smart Watch, refer to the following common troubleshooting steps:

- **Connectivity Issues:** If the watch fails to connect to your smartphone, ensure Bluetooth is enabled on both devices. Try restarting both the watch and the phone. Re-pair the devices through the TOZO Health app if necessary.
- **Data Synchronization Problems:** Ensure the TOZO Health app is running in the background and has all necessary permissions. Check your internet connection.
- **Inaccurate Readings:** For health and fitness tracking, ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Clean the sensor on the back of the watch regularly.
- **Screen Unresponsive:** Try restarting the watch by pressing and holding the side button. If unresponsive, ensure the battery is not completely drained.
- **Battery Draining Quickly:** Reduce screen brightness, disable unnecessary notifications, and limit continuous heart rate monitoring if not needed.

For further assistance, please contact TOZO customer support.

SPECIFICATIONS

Feature	Detail
Product Dimensions	6.46 x 4.5 x 0.75 inches
Item Weight	1.38 ounces (39 Grams)
Item Model Number	S4
Batteries	1 Lithium Metal batteries required (included)
Standing Screen Display Size	1.78 Inches
Memory Storage Capacity	128 MB
RAM Memory Installed Size	128 MB
Special Feature	Touchscreen, Email, Text Messaging, Activity Tracker
Battery Capacity	300 Milliamp Hours
Connectivity Technology	Bluetooth
GPS	No GPS
Water Resistance	IP68

WARRANTY & SUPPORT

TOZO provides an 18-month warranty for the TOZO AMOLED S4 AcuFit One Smart Watch. For warranty activation and support, please refer to the information provided in your Quick Guide or visit the official TOZO website.

For any product-related inquiries or technical assistance, please contact TOZO customer service. You can find contact details on the TOZO official website or within the TOZO Health app.