

LIGE BW0223

LIGE BW0223 Smart Watch User Manual

Model: BW0223

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your LIGE BW0223 Smart Watch. Please read this guide thoroughly to ensure proper use and to maximize the features of your device. The LIGE BW0223 Smart Watch is designed to assist with fitness tracking, health monitoring, and smart notifications, compatible with both iOS and Android devices.

1. SETUP

1.1 Charging the Device

Before initial use, fully charge your LIGE BW0223 Smart Watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a standard USB power adapter (5V/1A recommended). The watch display will indicate charging status. A full charge typically takes approximately 2 hours.

Bluetooth Call

bluetooth wireless call, whether it is sports or driving. you can easily answer the call built-in high-fidelity speaker and noise reduction microphone let you listen more clearly and brightly



Call Receive/Dial



Built in Mic & Speaker



Call records



The back of the LIGE Smart Watch features a magnetic charging interface and advanced optical sensors for continuous monitoring of heart rate, blood pressure, and blood oxygen levels.

1.2 App Installation and Pairing

1. **Download the Companion App:** Scan the QR code provided in the watch packaging or search for the designated companion app (e.g., 'FitPro' or 'LIGE Smart') in your smartphone's app store (App Store for iOS, Google Play Store for Android).
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open the App:** Launch the installed app and follow the on-screen instructions to create an account or log in.
4. **Pair the Watch:** Within the app, navigate to the device management section (often labeled 'Device', 'My Device', or 'Add Device'). The app will search for available Bluetooth devices. Select 'BW0223' or 'LIGE Smart Watch' from the list to initiate pairing. Confirm the pairing request on both your phone and the watch if

prompted.

1.3 Initial Settings

After successful pairing, complete your personal profile within the app, including gender, age, height, and weight. This information helps improve the accuracy of fitness and health data. You can also set preferences for units of measurement (metric/imperial) and time format (12/24-hour).

2. OPERATING INSTRUCTIONS

2.1 Display and Navigation

The LIGE BW0223 Smart Watch features a 1.28-inch full touch screen with 360x360 HD resolution. Navigate the watch interface using touch gestures:

- **Swipe Up/Down:** Scroll through menus or notifications.
- **Swipe Left/Right:** Access quick functions or different data screens.
- **Tap:** Select an item or confirm an action.
- **Press Side Button:** Return to the home screen or power on/off the device.

24/7 Heart Rate Tracking

Advanced HR sensor for accurate and effective heart rate monitoring, helping you live in a healthier life.



Heart Rate



Blood Pressure



Blood Oxygen



The LIGE Smart Watch features a 1.28-inch full touch screen with 360x360 HD resolution, offering clear visuals and responsive interaction. It supports a split-screen display for quick access to functions.

2.2 Sports Modes

The watch supports 7 sports modes, including walking, running, cycling, and climbing. To access:

1. Swipe on the watch face to find the 'Sports' or 'Workout' icon.
2. Tap to select your desired activity.
3. Tap 'Start' to begin tracking. The watch will record duration, steps, calories burned, and distance.
4. To end a workout, swipe right or press the side button, then select 'End' or 'Pause'.

2.3 Health Monitoring

The LIGE BW0223 Smart Watch provides 24/7 heart rate tracking, blood pressure, and blood oxygen monitoring. These measurements are for reference only and should not be used for medical diagnosis.

- **Heart Rate:** Swipe to the heart rate interface to view your current heart rate. The watch continuously monitors your heart rate throughout the day.
- **Blood Pressure/Blood Oxygen:** Swipe to the respective interfaces and tap to initiate a measurement. Ensure the watch is snug on your wrist for accurate readings.
- **Sleep Monitoring:** Wear the watch to bed, and it will automatically track your sleep patterns, including deep sleep, light sleep, and wake-up times. View detailed sleep data in the companion app.

2.4 Bluetooth Calls

After pairing your watch with the app and enabling the Bluetooth call function (usually a separate Bluetooth connection in your phone's settings, e.g., 'BW0223_CALL'), you can make and receive calls directly from your watch.

- **Making Calls:** Access the 'Dialer' or 'Contacts' function on your watch to dial a number or select a contact.
- **Receiving Calls:** When a call comes in, the watch will display the caller ID. Tap the green icon to answer or the red icon to reject.
- The watch features a built-in microphone and speaker for hands-free communication.

Call&Message Reminder

Call & message notifications: Receive and read SMS messages and SNS notifications straight to your device (including Facebook, Twitter, WhatsApp, LinkedIn and Instagram). You can also hang up incoming phone calls straight from your wrist.



With the LIGE Smart Watch, you can make and receive Bluetooth calls directly from your wrist. It includes a built-in microphone and speaker for convenient communication.

2.5 Message Notifications

Enable message notifications through the companion app to receive alerts for SMS, calls, and various social media applications (e.g., Facebook, Twitter, WhatsApp, LinkedIn, Instagram) directly on your watch.

- Ensure the app has necessary permissions to access notifications on your smartphone.
- Configure which apps send notifications to your watch within the companion app settings.
- Swipe down on the watch face to view recent notifications.

Customization Dial & Rich UI

A new dial market has been added, with exquisite dials of various styles and themes for you to choose and edit. Meet your needs for different scenes and make you unique every moment



The LIGE Smart Watch provides call and message reminders, displaying notifications from SMS, Facebook, Twitter, WhatsApp, LinkedIn, and Instagram directly on your wrist.

2.6 Customization

Personalize your watch by changing watch faces. Many options are available directly on the watch or through the companion app.

- **On Watch:** Long-press the watch face, then swipe left or right to browse available faces. Tap to select.
- **Via App:** Open the companion app, navigate to 'Dial Market' or 'Watch Faces' to explore and download additional designs.

Make the Screen More High-definition and Interesting



1.32 Inch
Screen Size



360*360
HD Resolution



Split
Screen Display



TFT Full
Touch Screen



Personalize your LIGE Smart Watch with a variety of customizable watch faces and a rich user interface. Choose from different styles to match your preference and occasion.

3. MAINTENANCE

3.1 Cleaning the Watch

Regularly clean your watch to ensure optimal performance and hygiene. Use a soft, lint-free cloth to wipe the screen and watch body. For stubborn dirt, slightly dampen the cloth with water. Avoid using harsh chemicals, abrasive materials, or strong detergents.

3.2 Water Resistance (IP68)

The LIGE BW0223 Smart Watch is IP68 waterproof, 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, such as hand washing, rain, and splashes.

Important Limitations:

- Do not wear the watch in hot showers, saunas, or steam rooms, as steam and hot water can compromise the seals.
- Avoid diving or high-pressure water activities.
- Do not operate buttons or the touchscreen underwater.
- If the watch gets wet, dry it thoroughly before charging or operating.

3.3 Battery Care

To prolong battery life:

- Avoid extreme temperatures.
- Charge the watch regularly, but avoid leaving it fully discharged for extended periods.
- Reduce screen brightness and disable unnecessary notifications or features if battery life is a concern.

4. TROUBLESHOOTING

4.1 Watch Not Turning On or Charging

- Ensure the charging cable is securely connected to both the watch and the power source.
- Verify the power adapter and USB port are functional.
- Clean the charging contacts on the watch and cable to remove any dust or debris.
- Allow the watch to charge for at least 30 minutes before attempting to power it on.

4.2 Bluetooth Connection Issues

- Ensure Bluetooth is enabled on your smartphone and the watch.
- Keep the watch within the Bluetooth range of your smartphone (typically 10 meters).
- Restart both your smartphone and the watch.
- Unpair the watch from your phone's Bluetooth settings and re-pair it through the companion app.
- Ensure the companion app is running in the background and has necessary permissions.

4.3 Notifications Not Working

- Verify the watch is successfully paired with the companion app.
- Check notification settings within the companion app to ensure desired apps are enabled.
- Ensure your smartphone's notification access is granted to the companion app (check phone settings: Apps & notifications > Special app access > Notification access).
- Disable 'Do Not Disturb' mode on both your phone and watch.

4.4 Inaccurate Health Readings

- Ensure the watch is worn snugly on your wrist, about one finger's width from the wrist bone.
- Keep the sensor clean and free from sweat or dirt.
- Remain still during measurements for best accuracy.
- Remember that health data from smartwatches is for reference and not intended for medical use.

5. SPECIFICATIONS

Brand	LIGE
Screen Size	1.28 Inches
Human Interface Input	Touchscreen
Connectivity Technology	Bluetooth
Water Resistance Rating	IP68
Battery Type	Lithium Polymer
Shape	Round
Item Weight	7 ounces

6. WARRANTY INFORMATION

The LIGE BW0223 Smart Watch comes with a standard limited warranty against manufacturing defects. The warranty period typically covers 12 months from the date of purchase. This warranty does not cover damage caused by misuse, accidents, unauthorized modifications, or failure to follow the instructions in this manual. Please retain your proof of purchase for warranty claims.

7. CUSTOMER SUPPORT

If you encounter any issues or have questions not covered in this manual, please contact LIGE customer support. Refer to the contact information provided with your product packaging or visit the official LIGE website for assistance.