August AUD E1

August AUDAR E1 Smart Health Watch User Manual

Model: AUD E1

1. INTRODUCTION

The August AUDAR E1 Smart Health Watch is designed to help you monitor your health and fitness activities. It features advanced sensors for heart rate, blood pressure, and ECG measurements, along with comprehensive fitness tracking capabilities. This manual provides detailed instructions to help you get the most out of your device.

2. WHAT'S IN THE BOX

Upon unboxing your August AUDAR E1 Smart Health Watch, please ensure all the following items are present:

- August AUDAR E1 Smart Health Watch
- USB Charging Cable
- User Manual (this document)

Figure 2.1: Contents of the AUDAR E1 packaging, showing the smartwatch, charging cable, and documentation.

3. PRODUCT OVERVIEW

The AUDAR E1 features a sleek design with a circular display and a comfortable silicone strap. Key components include the display, side button, and health sensors on the rear.

Figure 3.1: Front view of the AUDAR E1 Smart Health Watch, showing the display with an ECG reading.

Figure 3.2: Dimensions of the AUDAR E1 Smart Health Watch.

4. SETUP

4.1 Charging the Device

Before first use, fully charge your AUDAR E1. Connect the magnetic USB charging cable to the charging points on the back of the watch and plug the USB end into a power source (e.g., computer USB port, USB wall adapter).

Figure 4.1: Charging the AUDAR E1 Smart Health Watch.

4.2 Downloading the AUDAR App

The AUDAR E1 requires the companion AUDAR app for full functionality. Download the app from your smartphone's app store:

- For Android devices: Search for "AUDAR" on the Google Play Store.
- For Apple iOS devices: Search for "AUDAR" on the Apple App Store.

4.3 Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the AUDAR app.
3. Follow the in-app instructions to search for and connect to your AUDAR E1 device. The app will guide you through the pairing process.
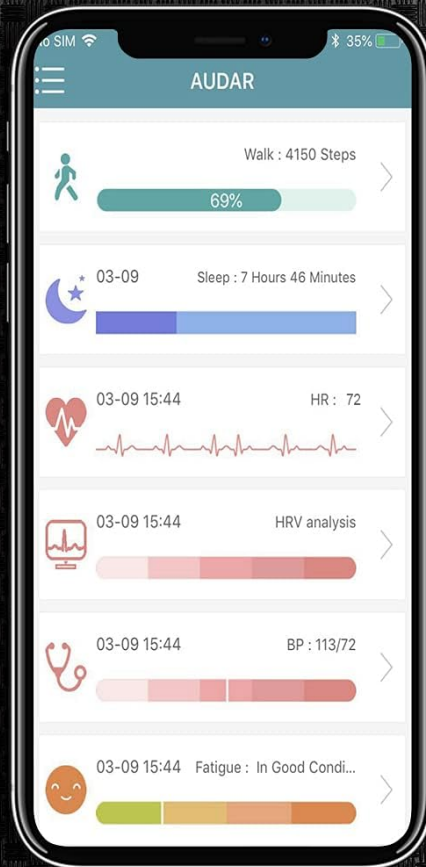4. Once paired, the watch will synchronize time and data with your phone.

Figure 4.2: AUDAR E1 compatibility with iOS and Android devices via the Audar app.

5. OPERATING INSTRUCTIONS

5.1 Basic Navigation

The AUDAR E1 features a touch-sensitive display and a side button for navigation:

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access different data screens (e.g., heart rate, steps, calories).
- **Tap:** Select an item or enter a menu.
- **Side Button:** Press to return to the home screen or wake the device.

6. HEALTH MONITORING FEATURES

The AUDAR E1 provides comprehensive health data monitoring:

- **Heart Rate Monitor:** The watch regularly measures your heart rate. Manual measurements can be taken via the enhanced ECG function for a deeper understanding of your heart health. Daily and weekly reports are available in the AUDAR app.
- **Blood Pressure Monitor:** Measure and visualize systolic and diastolic blood pressure throughout the day. Weekly reports provide clear insights into your blood pressure trends.
- **Sleep Tracking:** Monitor your sleep patterns, including sleep duration and quality. This feature helps you understand your rest routine.
- **Fatigue Levels:** The watch tracks and reports on your fatigue levels, contributing to a holistic view of your current health and fitness routine.

Figure 6.1: The AUDAR E1 monitoring heart rate, blood pressure, and ECG during activity.

7. FITNESS TRACKING FEATURES

The AUDAR E1 can be used as a fitness tracker for various activities:

- **Exercise Mode:** Activate exercise mode for activities such as walking, running, and cycling.
- **Activity Tracking:** Track steps taken, calories burned, and GPS route data (utilizes your phone's GPS). The

watch adapts to your personal profile for accurate data.

Figure 7.1: Fitness tracking metrics displayed on the AUDAR E1.

8. NOTIFICATIONS AND SMART FEATURES

Stay connected with your AUDAR E1:

- **Message and Call Reception:** Receive notifications for SMS messages, incoming calls, and alarms directly on your watch.
- **Reminders and Alarms:** Set reminders and alarms through the app, which will vibrate on your wrist, ensuring you don't miss important events.
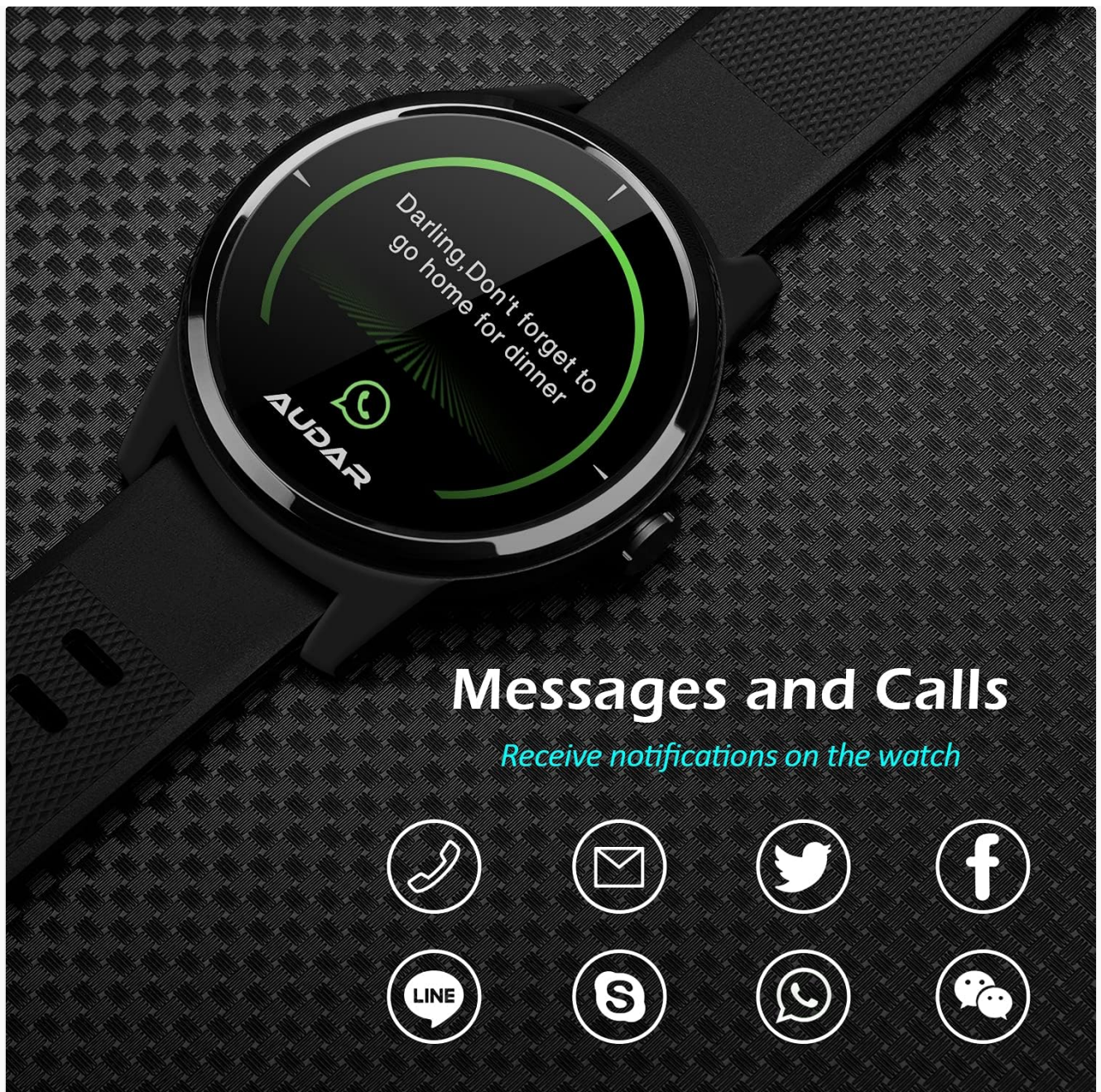
Figure 8.1: Message and call notifications on the AUDAR E1.

9. CareMate Function

The AUDAR app provides access to the innovative CareMate network. This feature allows you to designate a trusted responder to receive your health data, enabling remote care for vulnerable or elderly individuals while maintaining their independence.

Figure 9.1: The CareMate function allows monitoring of loved ones' health data.

10. BATTERY AND CHARGING

The AUDAR E1 is designed for extended use, offering significant battery life:

- **Battery Life:** The E1 can last up to 10 days on a single 2-hour charge. In standby mode, it can last up to 20 days.
- **Charging:** Use the provided magnetic USB charging cable. Ensure the charging pins align correctly with the contacts on the back of the watch.

11. MAINTENANCE

To ensure the longevity and optimal performance of your AUDAR E1 Smart Health Watch, follow these maintenance guidelines:

- **Cleaning:** Regularly wipe the watch and strap with a soft, dry cloth. If necessary, use a slightly damp cloth and mild soap, then dry thoroughly. Avoid harsh chemicals or abrasive materials.

- **Water Resistance:** The AUDAR E1 has an IPX7 water resistance rating, meaning it can withstand splashes, rain, and brief immersion in water (up to 1 meter for 30 minutes). It is suitable for daily use but not recommended for swimming, showering, or diving. Avoid exposing the watch to hot water or steam.
- **Storage:** When not in use for extended periods, store the watch in a cool, dry place away from direct sunlight and extreme temperatures.

12. TROUBLESHOOTING

If you encounter issues with your AUDAR E1, please refer to the following common solutions:

Problem	Possible Cause / Solution
Watch does not turn on or respond.	Battery may be depleted. Charge the watch for at least 30 minutes. Ensure the charging cable is properly connected.
Cannot pair with smartphone.	Ensure Bluetooth is enabled on your phone. Make sure the watch is charged and within range. Restart both the watch and your phone. Try unpairing and re-pairing in the app.
Inaccurate health readings (HR, BP, ECG).	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch. Avoid excessive movement during measurements. Readings are for reference and not medical diagnoses.
Notifications not appearing.	Check app permissions on your phone to ensure the AUDAR app has access to notifications. Verify notification settings within the AUDAR app. Ensure the watch is connected via Bluetooth.
Short battery life.	Frequent use of certain features (e.g., continuous heart rate monitoring, bright screen) can drain the battery faster. Reduce screen brightness or turn off unnecessary features. Ensure the watch is fully charged.
Watch strap breaks or deteriorates.	Contact August customer support for replacement strap options.

13. SPECIFICATIONS

Feature	Detail
Brand	August
Model Number	AUD E1
Color	Black
Operating System	Android (compatible with iOS)
Screen Size	1 inch
Connectivity	Bluetooth

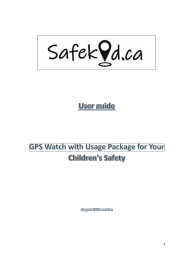| Feature	Detail
Special Features	Heart Rate Monitor, Sleep Monitor, Notification, Blood Pressure Monitor, Calorie Tracker, ECG
Compatible Devices	Smartphone
Battery Type	Lithium-ion
Battery Capacity	220 mAh (approx.)
Water Resistance	IPX7
GPS	Uses phone's GPS
Shape	Round

14. WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the August brand's official website or contact their customer service directly. Details can typically be found on the August support page or within the product packaging. You can visit the August brand store on Amazon for more information: August Brand Store

Related Documents - AUD E1

[Audar E2 Smartwatch User Manual: Features, Operation, and Specifications](#)
Comprehensive user manual for the Audar E2 smartwatch, covering setup, features like health monitoring, SOS alerts, fall detection, device settings, online dashboard usage, specifications, and warranty information.

[Lezyne Heart Rate Sensor Quick Start Guide](#)
Concise guide for the Lezyne Heart Rate Sensor, detailing setup, care, specifications, battery replacement, and safety warnings. Compatible with Lezyne GPS devices and fitness apps.

	[Hisense Air Conditioner User and Installation Manual](#) This manual provides detailed instructions for the installation, operation, and maintenance of Hisense air conditioners. It covers various models and includes safety precautions, functional descriptions, and troubleshooting tips.
	[Lenovo E1 MAX Smartwatch User Manual](#) User manual for the Lenovo E1 MAX Smartwatch, covering device maintenance, setup, app pairing, functions, and frequently asked questions.
	[August SE160 White Noise Sound Machine User Manual | Sleep Aid](#) Comprehensive user manual for the August SE160 White Noise Sound Machine. Learn how to use its features, including sound selection, auto-off timer, and volume control for a better sleep experience.
	[Safekid.ca GPS Watch User Guide: Children's Safety and Tracking](#) Comprehensive user guide for the Safekid.ca GPS Watch, detailing features, setup, data plans, troubleshooting, and safety information for children's security.

Documents - August – AUD E1

[pdf] Decleration of Conformity Test Report

Microsoft Word August Intl Declaration of Conformity AUD E1 kathe augustint declaration ||| Declaration of Conformity August International Ltd Rawmec Business Park Plumpton Road Hoddesdon Hertfordshire EN11 0EE United Kingdom Tel: 01920 487700 Email: info augustint.com Web: www.augustint.com We, August International Ltd Rawmec Business Park Plumpton Road Hoddesdon Hertfordshire EN1...

lang:en score:17 filesize: 398.96 K page_count: 1 document date: 2023-08-23