

## GOKOO T30

# GOKOO T30 Smart Watch User Manual

Model: T30

## 1. INTRODUCTION

This manual provides comprehensive instructions for the GOKOO T30 Smart Watch. It covers setup, operation, features, maintenance, and troubleshooting to ensure optimal use of your device. Please read this manual carefully before using the watch.

The GOKOO T30 Smart Watch is designed to assist with fitness tracking, health monitoring, and smart notifications, compatible with both Android and iOS devices.

## 2. SAFETY INFORMATION

- Do not attempt to disassemble or modify the watch.
- Keep the watch away from extreme temperatures and direct sunlight.
- Avoid exposing the watch to strong impacts or drops.
- This device is not a medical instrument. Health data provided is for reference only and should not be used for medical diagnosis or treatment.
- Ensure the charging contacts are clean and dry before charging.

## 3. PACKAGE CONTENTS

Verify that all items are present in your package:

- GOKOO T30 Smart Watch
- Magnetic Charging Cable
- User Manual (this document)

## 4. SETUP

### 4.1 Charging the Device

Before first use, fully charge the smart watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer.

USB port.

A full charge typically takes approximately 2 hours. The watch has a long battery life, providing 4-6 days of use on a single charge.



Image: GOKOO T30 Smart Watch displaying current time, battery level, and activity data. This image illustrates the watch's main display.

## 4.2 App Installation

To access all features and synchronize data, download and install the "Wearhealth" app on your smartphone. You can find the app by:

- Scanning the QR code provided in the watch's quick start guide (if available).
- Searching for "Wearhealth" in the Apple App Store (for iOS devices) or Google Play Store (for Android devices).

Ensure the app is always running in the background for continuous data synchronization and notifications.

## 4.3 Device Pairing

The GOKOO T30 Smart Watch is compatible with iOS 7.1 or higher and Android 4.4 or higher, requiring Bluetooth 4.0 or higher.

1. Enable Bluetooth on your smartphone.
2. Open the "Wearhealth" app.
3. Follow the on-screen instructions within the app to search for and connect to your GOKOO T30 Smart Watch.
4. Confirm the pairing request on both your watch and smartphone.

## 5. OPERATING THE DEVICE

### 5.1 Basic Navigation

The GOKOO T30 features a full touch 1.3-inch color screen and physical buttons for navigation.

- **Touch Screen:** Swipe left/right, up/down to navigate through menus and functions. Tap to select.
- **Side Buttons:** Typically used for power on/off, returning to the previous screen, or quick access to specific functions. Refer to the on-screen prompts for specific button actions.

The screen brightness can be adjusted to suit various lighting conditions, reducing eye strain.

### 5.2 Smart Reminders and Notifications

Once paired with your smartphone, the watch can display various notifications:

- **Incoming Calls:** View caller ID and hang up calls directly from your wrist.
- **Messages:** Receive SMS, Facebook, Twitter, WhatsApp, LinkedIn, Instagram, Line, Skype, and Gmail notifications.
- **Sedentary Reminder:** Alerts you to move after periods of inactivity.
- **Vibration Alarm Clock:** Set alarms through the app for silent wake-up calls.



Image: GOKOO T30 Smart Watch showing its display with icons representing various social media and communication apps, indicating its notification capabilities.

## 5.3 Remote Camera Control

The watch can act as a remote shutter for your smartphone camera. Activate this feature within the "Wearhealth" app and then use your watch to take photos remotely.

# 6. FEATURES

## 6.1 Health Monitoring

- **Heart Rate Monitor:** Continuously tracks your heart rate throughout the day.
- **Sleep Monitor:** Automatically tracks your sleep patterns, including awake, light, and deep sleep stages.
- **Blood Pressure Function:** Provides blood pressure readings for reference.



Image: A man performing push-ups while wearing the GOKOO T30 Smart Watch, which displays heart rate and blood pressure tracking data.





Image: A man sleeping, with the GOKOO T30 Smart Watch on his wrist displaying a sleep tracking interface, indicating automatic sleep monitoring.

## 6.2 Fitness Tracking

- **All-Day Activity Tracking:** Records steps, distance covered, and calories burned.
- **Multiple Sports Modes:** Supports tracking for various activities including running, climbing, walking, cycling, football, basketball, table tennis, badminton, and swimming.

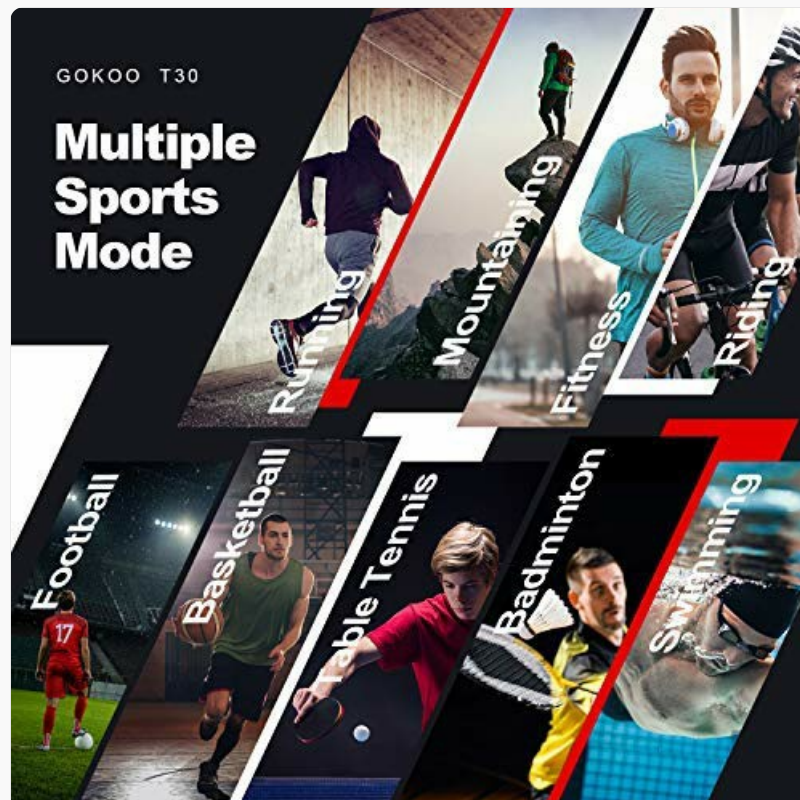


Image: A collage depicting individuals participating in different sports such as running, mountaineering, cycling, football, basketball, table tennis, badminton, and swimming, highlighting the watch's multiple sports modes.

### 6.3 IP68 Waterproof Rating

The GOKOO T30 Smart Watch 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. This allows for use during activities like swimming or jogging in the rain. However, it is not suitable for hot water baths, saunas, or diving.

## 7. MAINTENANCE

- **Cleaning:** Regularly clean the watch and strap with a soft, dry cloth. If necessary, use a slightly damp cloth and then dry thoroughly. Avoid harsh chemicals.
- **Charging Contacts:** Keep the charging contacts on the back of the watch clean to ensure efficient charging.
- **Water Exposure:** While IP68 rated, it is recommended to dry the watch thoroughly after exposure to water to prevent skin irritation and maintain device longevity.
- **Battery Care:** To prolong battery life, avoid fully discharging the watch frequently. Charge it when the battery level is low.

## 8. TROUBLESHOOTING

Problem	Possible Solution
Watch does not turn on.	Ensure the watch is fully charged. Connect it to the magnetic charging cable and a power source for at least 30 minutes.
Cannot pair with smartphone.	Ensure Bluetooth is enabled on your smartphone. Make sure the "Wearhealth" app is installed and running. Check if the watch is within Bluetooth range of your phone. Restart both the watch and your smartphone. Forget the device in your phone's Bluetooth settings and try pairing again.
Notifications are not received.	Verify that the watch is successfully paired with your phone. Check notification settings within the "Wearhealth" app to ensure desired apps are enabled. Ensure your phone's notification permissions are granted to the "Wearhealth" app. Make sure the "Wearhealth" app is running in the background and not being closed by your phone's power-saving features.
Inaccurate health data.	Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Avoid excessive movement during measurements. Remember, data is for reference only.

## 9. SPECIFICATIONS

Feature	Detail
Model	T30

Feature	Detail
Operating System Compatibility	iOS 7.1+ / Android 4.4+
Connectivity	Bluetooth 4.0
Display	1.3 inch Full Touch Color Screen
Resolution	360 x 360
Battery Life	4-6 days (typical usage)
Waterproof Rating	IP68
Product Dimensions	24.5 x 4.8 x 1 cm
Item Weight	154 g
Battery Type	Lithium Polymer
Special Features	Heart Rate Monitor, Sleep Monitor, Blood Pressure, Activity Tracker, Camera Control, Sedentary Reminder, Vibration Alarm, Multi-language



## 10. WARRANTY AND SUPPORT



GOKOO products are designed for reliability and performance. For warranty information or technical support, please refer to the warranty card included with your product or visit the official GOKOO website. If you encounter any issues not covered in this manual, please contact GOKOO customer service for assistance.

Please retain your proof of purchase for warranty claims.

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### Related Documents - T30

	<a href="#">GOKOO Smart Watch User Manual</a> User manual for the GOKOO Smart Watch, covering app download, charging, connection, features, and troubleshooting.
	<a href="#">GOKOO Smart Watch User Manual</a> User manual for the GOKOO Smart Watch, detailing setup, features like heart rate and sleep monitoring, sports modes, notifications, and troubleshooting tips.

	<p><a href="#">SmartWatch T30 User Guide: Features, Setup, and Operation</a></p> <p>Official user guide for the SmartWatch T30 by SHENZHEN HAOCHENG TECHNOLOGY CO.,LTD. Learn about component introduction, charging, app installation, main functions, interface navigation, sleep monitoring, precautions, troubleshooting, and FCC/IC statements.</p>
	<p><a href="#">Wireless Controller for N-SL Model T30 User Manual</a></p> <p>User manual for the Wireless Controller for N-SL, Model T30. Features include Bluetooth 5.0, NFC, TURBO function, and adjustable vibration. Instructions for pairing, wired connection, PC mode, and troubleshooting.</p>