Hommie L3-ES

Hommie Smartwatch L3-ES User Manual

MODEL: L3-ES

1. INTRODUCTION

Thank you for choosing the Hommie Smartwatch L3-ES. This device is designed to help you monitor your health and fitness, stay connected, and manage your daily activities with ease. Please read this manual carefully to understand the functions and proper operation of your new smartwatch.

The Hommie Smartwatch L3-ES features a 1.3-inch full touch IPS screen, continuous 24-hour heart rate monitoring, blood pressure tracking, sleep analysis, pedometer, calorie counter, and various sports modes. It also provides call and SMS notifications, ensuring you never miss important alerts.

2. PACKAGE CONTENTS

Upon opening your Hommie Smartwatch L3-ES package, please verify that all the following items are included:

- 1 x Hommie Smartwatch (L3-ES)
- 1 x Leather Strap (pre-installed or separate)
- 1 x Black and Red Silicone Strap
- 1 x Military Green Fabric Strap
- 1 x Magnetic Charging Cable
- 1 x Screen Protector
- 1 x Greeting Card
- 1 x User Manual

Image: Contents of the Hommie Smartwatch L3-ES package, showing the smartwatch, three interchangeable straps (leather, silicone, fabric), a magnetic charging cable, a screen protector, and the user manual.

3. SETUP

3.1 Charging the Smartwatch

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

3.2 App Installation (Wearhealth)

To unlock the full potential of your Hommie Smartwatch, you need to download and install the **Wearhealth** application on your smartphone. Scan the QR code provided in the manual or on the packaging, or search for "Wearhealth" in your device's app store.

- For iOS devices: Download Wearhealth from App Store
- For Android devices: Search "Wearhealth" on Google Play Store.

Image: Close-up of the user manual showing QR codes for downloading the Wearhealth application for both iOS and Android devices.

3.3 Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Wearhealth app.
3. Follow the in-app instructions to search for and connect to your Hommie Smartwatch (L3-ES).
4. Grant all necessary permissions requested by the app for full functionality (e.g., notifications, location, health data).

4. OPERATING INSTRUCTIONS

4.1 Basic Operation

- **Power On/Off:** Press and hold the side button to power on or off.
- **Screen Activation:** Raise your wrist or press the side button to wake the screen. The 3D acceleration sensor allows the screen to light up when rotated between 30 to 80 degrees.

- **Navigation:** Swipe left/right or up/down on the touch screen to navigate through menus and functions. Tap to select.
- **Brightness Adjustment:** Adjust screen brightness directly on the watch to suit different environments.

4.2 Health Monitoring

The smartwatch provides comprehensive health monitoring features:

- **Heart Rate Monitor:** Continuous 24-hour heart rate tracking. View your real-time heart rate on the watch or detailed data in the app.
- **Blood Pressure Monitor:** Measure your blood pressure directly from your wrist.
- **Sleep Monitor:** Automatically tracks your sleep patterns from 10:00 PM to 8:00 AM, analyzing deep sleep, light sleep, and awake times.
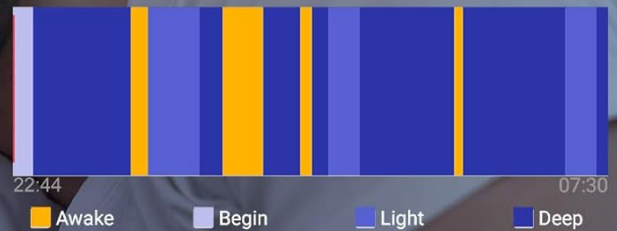

Image: A man playing tennis, wearing the Hommie Smartwatch, highlighting its 24-hour/7-day dynamic heart rate monitoring capability.

Image: A man sleeping, with the Hommie Smartwatch visible on his wrist. The image illustrates the smartwatch's sleep analysis feature, displaying total sleep time, and breakdowns of deep, light, and awake sleep stages.

4.3 Activity Tracking and Sports Modes

The smartwatch records your daily activities and supports various sports modes:

- **Pedometer:** Tracks your steps throughout the day.
- **Distance:** Calculates the distance covered based on your steps.
- **Calories:** Estimates calories burned during your activities.
- **Sports Modes:** Includes 9 different sports modes such as running, basketball, climbing, and more. During sports, the watch records activity data.
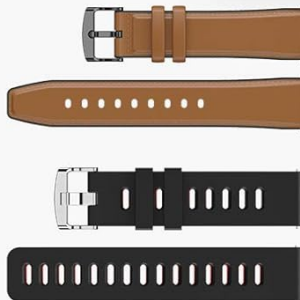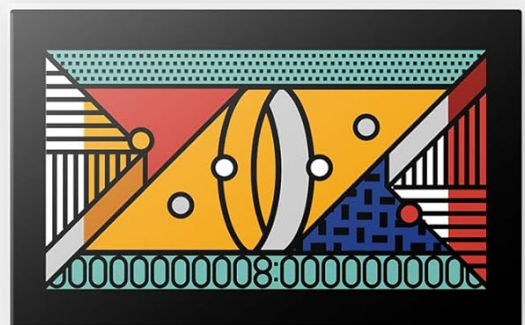
Image: A man climbing outdoors, wearing the Hommie Smartwatch. The image highlights the watch's ability to track calories, distance, and steps, along with icons representing various sports modes like running, swimming, and football.

4.4 Notifications and Reminders

Stay connected by receiving notifications directly on your wrist:

- **Call & SMS Reminders:** The watch vibrates to alert you of incoming calls and messages.
- **App Notifications:** Receive alerts from social media apps like Facebook, WhatsApp, Instagram, and Twitter when connected to the Wearhealth app.
- **Sedentary Reminders:** The watch can remind you to move after periods of inactivity.

Note: The smartwatch cannot directly make calls or reply to text messages.
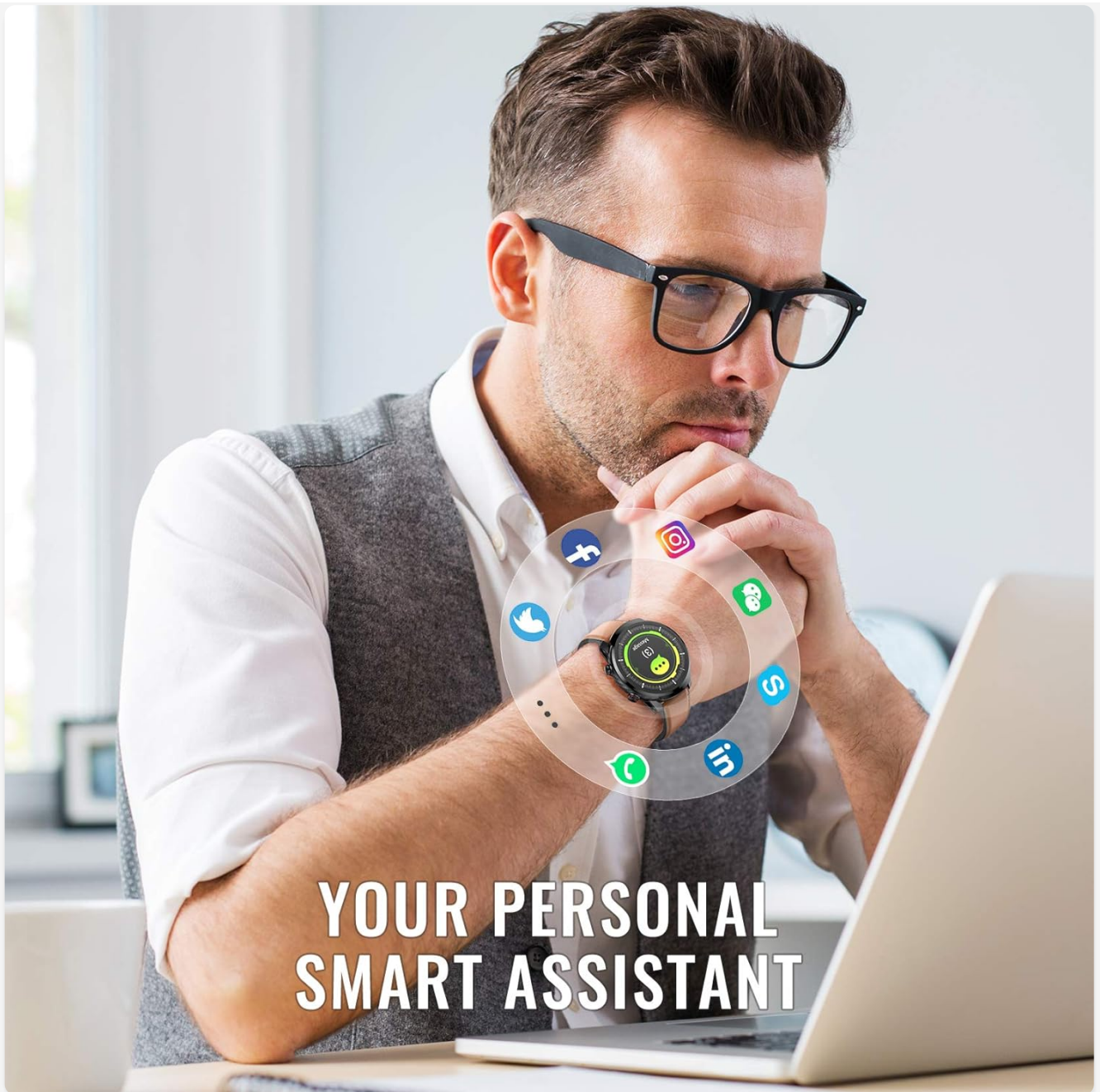
Image: A man working on a laptop, wearing the Hommie Smartwatch. Various social media and communication app icons (Facebook, Instagram, WhatsApp, Twitter, LinkedIn, phone, message) are shown around the watch, illustrating its notification capabilities.

4.5 Customization

- **Watch Faces:** The Wearhealth app allows you to customize your favorite screen saver with 8 different dial styles.
- **Strap Replacement:** Easily change between the included leather, silicone, and fabric straps to match your style or activity.

Image: The Hommie Smartwatch displayed with its three interchangeable straps (leather, military green fabric, and black/red silicone). The image also illustrates the variety of app custom dial options and 8 different watch face interfaces available.

5. MAINTENANCE

5.1 Water Resistance (IP68)

The Hommie Smartwatch is IP68 waterproof, meaning it can withstand immersion in water up to 10 meters deep. You can wear it for swimming, showering, or daily washing without issues. However, please observe the following precautions:

- Do not expose the watch to high-temperature water (e.g., hot showers, saunas).
- Do not wear it for deep diving (depths greater than 10 meters).
- Avoid contact with chemical solvents, detergents, or soaps, as these can damage the seals.
- After contact with saltwater, rinse the watch with fresh water and dry it thoroughly.

5.2 Charging and Battery Life

The smartwatch offers excellent battery life, lasting up to 10 days on a single charge and up to 20 days in standby

mode. Use the provided magnetic charging cable for optimal charging. Avoid using damaged cables or non-certified chargers.

5.3 Cleaning

Regularly clean your smartwatch and straps to prevent skin irritation and maintain its appearance. Use a soft, dry cloth to wipe the watch body. For straps, follow specific cleaning instructions based on the material (leather, silicone, fabric).

6. TROUBLESHOOTING

If you encounter issues with your Hommie Smartwatch, please refer to the following common solutions:

- **Watch not connecting to app/phone:**
  - Ensure Bluetooth is enabled on your phone and the watch is within range.
  - Restart both the smartwatch and your phone.
  - Check if the Wearhealth app has all necessary permissions enabled in your phone's settings.
  - Try unpairing and re-pairing the device through the Wearhealth app.

- **Time/Date not syncing:**
  - Ensure the watch is successfully connected to the Wearhealth app. The time and date usually sync automatically upon connection.
  - Check your phone's time and date settings.

- **Notifications not appearing:**
  - Verify that notification permissions are granted to the Wearhealth app in your phone's settings.
  - Ensure the specific app notifications are enabled within the Wearhealth app settings.
  - Check if the watch is in Do Not Disturb mode.

- **Inaccurate health data:**
  - Ensure the watch is worn snugly on your wrist, about one finger's width from your wrist bone.
  - Keep the sensor clean.
  - Note that these devices are not medical instruments and data is for reference only.

- **Screen not responding:**
  - Restart the watch by pressing and holding the side button.
  - Ensure the screen is clean and dry.

7. SPECIFICATIONS

Feature	Specification
Brand	Hommie
Model	L3-ES
Screen Size	1.3 Inches

Feature	Specification
Screen Type	Digital IPS Full Touch
Connectivity	Bluetooth 4.0 or higher
Operating System Compatibility	Android 4.4 and above, iOS 9.0 and above
Water Resistance Rating	IP68 (up to 10 meters)
Battery Type	Lithium Polymer
Battery Life	Up to 10 days (usage), 20 days (standby)
Product Weight	200 g
Dimensions (Package)	18.8 x 11.91 x 2.39 cm
Special Features	Heart Rate Monitor, Blood Pressure Monitor, Sleep Monitor, Pedometer, Activity Tracker, Call/SMS Reminders, Multiple Sports Modes
Certifications	CE, RoHS, FCC

8. WARRANTY AND SUPPORT

The Hommie Smartwatch L3-ES has been certified by CE, RoHS, and FCC, ensuring its quality and safety standards. For any product-related inquiries, technical support, or warranty claims, please contact Hommie customer service through the retailer's platform or the official Hommie website.
Please retain your proof of purchase for warranty purposes.

Related Documents - L3-ES

	Hommie Smart Wristband User Manual Comprehensive user manual for the Hommie Smart Wristband, detailing setup, features, and app integration. Learn how to use your smart bracelet for fitness tracking, heart rate monitoring, and more.
	Hommie L3 Smart Watch User Manual User manual for the Hommie L3 Smart Watch, covering setup, features, and specifications. Learn how to connect, use, and maintain your L3 Smart Watch for optimal performance.
	Hommie X3 Smart Watch User Manual: Features, Setup, and Usage Guide Comprehensive user manual for the Hommie X3 Smart Watch. Learn about its features like heart rate monitoring, pedometer, sleep tracking, multi-sport modes, app connectivity, and specifications. Get started with your new smartwatch.
	Hommie L12 Smartwatch Operation Guide Comprehensive operation guide for the Hommie L12 smartwatch, covering setup, features, and troubleshooting. Learn how to charge, pair, and use all functionalities of your Hommie L12.
	HOMMIE LED Mirror Light User Manual - Installation and Specifications Comprehensive user manual for the HOMMIE LED Mirror Light (Model: MLT-BXG-050), covering specifications, mounting instructions for walls, cabinets, and above mirrors, and electrical wiring guides. Includes safety checks and power-on procedures.
	HOMMIE YET-T1 Bluetooth Adapter User Manual Comprehensive user manual for the HOMMIE YET-T1 Bluetooth Adapter, detailing setup, usage, and troubleshooting for pairing with TVs, PCs, and smartphones.