

Sweex HEALTH WATCH

Sweex Smart Health Watch (Model: HEALTH WATCH) User Manual

Model Number: 8717534026346

1. INTRODUCTION

This manual provides comprehensive instructions for the proper use and maintenance of your Sweex Smart Health Watch. This device is designed to monitor various health and fitness metrics, including heart rate, sleep patterns, and daily activity. Please read this manual thoroughly before using the watch to ensure optimal performance and safety.

2. WHAT'S IN THE BOX

Upon unpacking your Sweex Smart Health Watch, please verify that all the following items are included:

- Sweex Smart Health Watch (with band)
- Charging Cable
- User Manual (this document)

3. PRODUCT OVERVIEW

Familiarize yourself with the components and display features of your Sweex Smart Health Watch.



Image 3.1: Front view of the Sweex Smart Health Watch displaying time, distance, steps, calories, and temperature.



Image 3.2: Angled view of the watch, showing the circular display and side buttons.



Image 3.3: Watch face displaying date and icons for various activities or health metrics.



Image 3.4: Watch face showing specific activity icons, possibly indicating running and battery/power status.



Image 3.5: Side view of the watch highlighting the textured design of the strap.



Image 3.6: Watch face displaying time with an abstract background pattern.



Image 3.7: Watch face showing "Finish" and two temperature readings, indicating body temperature monitoring.



Image 3.8: Watch face displaying a heart icon and a heart rate reading, indicating active heart rate measurement.



Image 3.9: The watch worn on a wrist, showing the display with body temperature monitoring information.

4. SETUP

4.1. Charging the Device

Before initial use, fully charge your Sweex Smart Health Watch. Connect the provided charging cable to the charging port on the watch and plug the USB end into a standard USB power adapter (not included) or a computer's USB port. The watch display will indicate charging status. A full charge typically takes approximately 2 hours.

4.2. App Installation and Pairing

1. **Download the App:** Search for the official Sweex Smart Health app on your smartphone's app store (compatible with Android operating systems).
2. **Create Account:** Open the app and follow the on-screen instructions to create a user account or log in if you already have one.
3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
4. **Pair Device:** Within the app, navigate to the device pairing section. Select your Sweex Smart Health Watch from the list of available devices. Follow any prompts on both the app and the watch to complete the pairing process.
5. **Initial Sync:** Once paired, the watch will synchronize data with the app. Ensure your personal information (height, weight, age) is accurately entered in the app for precise health metric calculations.

5. OPERATING INSTRUCTIONS

5.1. Basic Navigation

- **Touch Screen:** Swipe left, right, up, or down to navigate through different screens and menus. Tap to select an option.
- **Side Buttons:** The watch features one or more physical buttons on the side. Typically, one button serves as a power on/off switch and a return-to-home screen function. Other buttons may provide quick access to specific features or sports modes. Refer to the on-screen prompts for specific button functionalities.

5.2. Monitoring Features

- **Heart Rate Monitor:** To measure your heart rate, navigate to the heart rate screen on the watch. Ensure the watch is

worn snugly on your wrist. The watch will automatically begin measuring. For continuous monitoring, enable this feature in the companion app.

- **Sleep Monitor:** Wear the watch while sleeping. It will automatically track your sleep patterns, including deep sleep, light sleep, and awake times. View detailed sleep analysis in the app.
- **Pedometer (Activity Tracking):** The watch automatically tracks your steps, distance, and calories burned throughout the day. This data is displayed on the watch face and synchronized with the app.
- **Body Temperature Monitoring:** The watch can monitor your body temperature. Access this feature via the watch menu. Ensure proper contact with your skin for accurate readings.

5.3. Activity Modes

The Sweex Smart Health Watch supports multiple sports modes. Swipe to the activity menu and select your desired activity (e.g., running, walking, cycling). The watch will record specific metrics for that activity. End the activity when finished to save data.

5.4. Notifications

Once paired with your smartphone, the watch can display notifications for incoming calls, messages, and app alerts. Configure notification settings within the companion app.

6. MAINTENANCE

6.1. Cleaning

Regularly clean your watch and strap to prevent skin irritation and maintain device functionality. Use a soft, damp cloth to wipe the watch face and strap. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry.

6.2. Water Resistance

The Sweex Smart Health Watch is designed to be waterproof. This means it can withstand splashes, rain, and brief immersion in shallow water. However, it is not suitable for diving, hot showers, or prolonged exposure to high-pressure water. Always dry the watch thoroughly after exposure to water.

7. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with smartphone:**
 - Ensure Bluetooth is enabled on your phone.
 - Make sure the watch is within Bluetooth range (typically 10 meters).
 - Restart both your phone and the watch.
 - Check if the app is updated to the latest version.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too loose or too tight. Verify your personal information (height, weight, age) is correct in the app.
- **Notifications not appearing:** Check notification settings in both your phone's system settings and the companion app. Ensure the app has necessary permissions.

For further assistance, refer to the support section of the companion app or contact Sweex customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	Sweex
Model Name	HEALTH WATCH
Item Model Number	8717534026346
Screen Size	1.28 Inches (1.3" Touch Screen mentioned in title)
Special Features	Heart Rate Monitor, Pedometer, Sleep Monitor, Body Temperature Monitoring
Connectivity Technology	Bluetooth
Operating System (App Compatibility)	Android
GPS	No GPS
Shape	Round
Item Weight	160 g
Water Resistance	Waterproof (suitable for splashes, rain, brief immersion)

9. WARRANTY AND SUPPORT

For information regarding warranty coverage, technical support, or service, please refer to the warranty card included with your product or visit the official Sweex website. You may also find assistance within the support section of the companion mobile application.

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