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› **Awei Band H3 Smart Heart Rate Watch Monitor User Manual**

Awei H3

Awei Band H3 Smart Heart Rate Watch Monitor User Manual

Model: H3

INTRODUCTION

This manual provides instructions for the setup, operation, and maintenance of your Awei Band H3 Smart Heart Rate Watch Monitor. Please read this manual carefully before using the device to ensure proper function and to avoid damage.

The Awei Band H3 is a smart fitness tracker designed to monitor heart rate, track activity, and provide notifications when connected to a compatible smartphone.

IMPORTANT SAFETY INFORMATION

- Do not attempt to disassemble or modify the device. This may cause damage and void the warranty.
- Keep the device away from extreme temperatures, direct sunlight, and corrosive liquids.
- Avoid strong impacts or dropping the device.
- Consult a medical professional before starting any new exercise regimen, especially if you have pre-existing health conditions.
- This device is not a medical device and should not be used for diagnostic or treatment purposes.
- Ensure the charging contacts are clean and dry before charging.

PACKAGE CONTENTS

Verify that all items are present in the package:

- Awei Band H3 Smart Heart Rate Watch Monitor
- Charging Cable (integrated into the band)
- User Manual (this document)



Image: Retail packaging for the Awei Band H3, showing the smart band and various features.

SETUP

1. Charging the Device

1. Locate the charging port on the Awei Band H3. This is typically a USB-A connector integrated into one end of the band.
2. Carefully remove the strap half to expose the USB charging connector.
3. Insert the USB connector into a standard USB charging port (e.g., computer, USB wall adapter).
4. The device display will indicate charging status. Allow approximately 1-2 hours for a full charge.



Image: The Awei Band H3 showing the integrated USB charging connector after detaching one side of the strap.

2. Installing the Companion App

- The Awei Band H3 requires a companion application for full functionality and data synchronization.
- Search for the official Awei fitness app (e.g., "Awei Fit" or similar) on the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
- Download and install the application on your smartphone.

3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Awei companion app.
3. Follow the on-screen instructions within the app to search for and pair with your Awei Band H3.
4. The app may require you to confirm pairing on the smart band's display.
5. Once paired, the time and date on the band will synchronize with your phone.

OPERATING INSTRUCTIONS

Device Overview



Image: Front view of the Awei Band H3, displaying time, date, steps, and battery level.

- **Display:** Shows time, date, battery status, steps, and other activity data.
- **Touch Button:** Located at the bottom of the display. Used to navigate through menus and confirm selections.
- **Heart Rate Sensor:** Located on the back of the device, in contact with the wrist.

Basic Navigation

- **Wake Screen:** Tap the touch button or raise your wrist (if enabled in the app) to wake the screen.

- **Cycle Through Modes:** Short press the touch button to cycle through different display modes (e.g., time, steps, distance, calories, heart rate, sport modes).
- **Select/Enter Mode:** Long press the touch button to enter a specific mode or confirm an action.

Heart Rate Monitoring

1. Ensure the band is worn snugly on your wrist, with the sensor in contact with your skin.
2. Navigate to the heart rate display mode by short-pressing the touch button.
3. The device will automatically begin measuring your heart rate. The measurement may take a few seconds.
4. Heart rate data will be displayed on the screen and synchronized with the companion app.

Activity Tracking

The Awei Band H3 automatically tracks daily activities such as steps, distance, and calories burned. This data is visible on the band's display and in more detail within the companion app.



Image: The Awei Band H3 displaying activity tracking icons for cycling, swimming, and running, indicating multi-sport functionality.

Sleep Monitoring

Wear the Awei Band H3 to bed, and it will automatically monitor your sleep patterns. Detailed sleep analysis, including deep sleep, light sleep, and wake times, can be viewed in the companion app.

Notifications

When connected to your smartphone, the Awei Band H3 can display notifications for incoming calls, messages, and app alerts. Configure notification settings within the companion app.

MAINTENANCE

- **Cleaning:** Wipe the device regularly with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners.
- **Water Resistance:** The Awei Band H3 is designed to be water-resistant (e.g., for swimming, as shown in images). However, avoid prolonged submersion in hot water or exposure to high-pressure water jets. Ensure the device is dry before charging.
- **Storage:** Store the device in a cool, dry place when not in use.
- **Software Updates:** Periodically check the companion app for firmware updates for your Awei Band H3. Updates can improve performance and add new features.



Image: Two Awei Band H3 devices, one black and one blue, partially submerged in water, illustrating their water-resistant design.

TROUBLESHOOTING

Device not turning on:

Ensure the device is fully charged. Connect it to a charger for at least 30 minutes.

Unable to pair with smartphone:

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the Awei Band H3 is sufficiently charged.
- Restart both your smartphone and the Awei Band H3.
- Ensure the device is within Bluetooth range of your phone.
- If previously paired, try unpairing and re-pairing the device through your phone's Bluetooth settings and the companion app.

Inaccurate heart rate readings:

- Ensure the band is worn snugly on your wrist, not too loose or too tight.
- The sensor on the back of the device should be in direct contact with your skin.
- Avoid excessive movement during measurement.

- Clean the heart rate sensor regularly.

Notifications not appearing:

- Check notification settings within the Awei companion app.
- Ensure the app has necessary permissions on your smartphone (e.g., notification access).
- Verify that the device is connected via Bluetooth.

SPECIFICATIONS

Brand	Awei
Model	H3
Display Type	Digital
Screen Size	24 Millimeters
Item Shape	Rectangular
Connectivity	Bluetooth 4.0
Compatibility	Android & iOS
Special Features	Heart Rate Monitor, Activity Tracking (Pedometer), Sleep Monitoring, Notifications
GPS	No
Human Interface Input	Touch Button
Color	Black
Size	Free Size
Memory Storage Capacity	128 MB
Package Dimensions	19.3 x 8.7 x 4.5 cm
Package Weight	190 g
Companion App OS Compatibility	Android, iOS

WARRANTY INFORMATION

Specific warranty details for the Awei Band H3 are typically provided at the point of purchase or within the product packaging. Please refer to your purchase receipt or contact the retailer for information regarding warranty coverage and terms.

CUSTOMER SUPPORT

For further assistance, technical support, or inquiries regarding your Awei Band H3, please refer to the contact information provided by your retailer or visit the official Awei website for support resources.

Related Documents - H3

	<u>Awei T28 Pro Wireless Earbuds User Manual</u> User manual for Awei T28 Pro TWS wireless earbuds, covering setup, pairing, features, specifications, and safety precautions.
	<u>Руководство пользователя Awei T23: Беспроводные TWS наушники</u> Подробное руководство пользователя для беспроводных TWS наушников Awei T23. Описание функций, подключения Bluetooth, эксплуатации, технических характеристик и мер предосторожности.
	<u>AWEI T88 True Wireless Bluetooth Earbuds User Manual</u> Comprehensive user manual for the AWEI T88 True Wireless Bluetooth Earbuds, covering setup, operation, features, specifications, safety, and warranty information.
	<u>Awei T36 TWS Wireless Earbuds User Manual and Specifications</u> Comprehensive user manual for Awei T36 TWS wireless earbuds, covering setup, operation, features, technical specifications, safety precautions, warranty, and disposal guidelines.
	<u>AWEI AT7 Wireless Headphones User Manual and Specifications</u> Comprehensive user manual for AWEI AT7 Wireless Headphones, covering setup, features, specifications, safety guidelines, and after-sales service.
	<u>Awei T29 Pro Wireless Earbuds User Manual</u> User manual for the Awei T29 Pro True Wireless Stereo (TWS) earbuds, covering setup, pairing, operation, features, specifications, safety precautions, and warranty information.