

3Plus 3PL-VIBELITE-BK

3Plus Vibe Lite Smartwatch Instruction Manual

Model: 3PL-VIBELITE-BK

INTRODUCTION

Welcome to the comprehensive instruction manual for your new 3Plus Vibe Lite Smartwatch. This guide provides essential information on setting up, operating, maintaining, and troubleshooting your device to ensure optimal performance and longevity. Please read this manual thoroughly before using your smartwatch.



Image: The 3Plus Vibe Lite Smartwatch, showcasing its vibrant display and sleek black design.

SAFETY INFORMATION

To ensure safe and proper use of your 3Plus Vibe Lite Smartwatch, please adhere to the following safety guidelines:

- Do not attempt to disassemble, repair, or modify the device. This may void the warranty and cause damage.
- Keep the device away from extreme temperatures, direct sunlight, and high humidity.
- Avoid exposing the device to strong impacts or vibrations.
- Use only the provided charging cable. Using unauthorized chargers may damage the device or pose a safety risk.

- Consult a medical professional before starting any new exercise regimen or if you have pre-existing health conditions, as the device is not intended for medical use.
- If you experience skin irritation or discomfort, discontinue use and consult a doctor.

PACKAGE CONTENTS

Verify that all items are present in the package:

- 3Plus Vibe Lite Smartwatch
- Charging Cable
- Instruction Manual (this document)

SETUP

1. Charging the Smartwatch

Before first use, fully charge your 3Plus Vibe Lite Smartwatch.

1. Connect the charging cable to the charging port on the back of the smartwatch.
2. Plug the USB end of the charging cable into a USB power adapter (not included) or a computer's USB port.
3. The watch display will indicate charging status. Allow approximately 2 hours for a full charge.

A full charge provides up to 35 days of battery life, depending on usage.

2. Powering On/Off

- **Power On:** Press and hold the side button until the screen lights up.
- **Power Off:** Navigate to the settings menu on the smartwatch, then select "Power Off" or "Shutdown". Confirm your selection.

3. Pairing with Your Smartphone

To unlock the full features of your smartwatch, pair it with the official 3Plus app on your smartphone.

1. Download the "3Plus" app from your smartphone's app store (iOS App Store or Google Play Store).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the 3Plus app and follow the on-screen instructions to create an account or log in.
4. In the app, select "Add Device" or "Pair New Device" and choose your 3Plus Vibe Lite from the list of available devices.
5. Confirm the pairing request on both your smartphone and the smartwatch.

Once paired, the app will synchronize data and allow you to customize settings, watch faces, and notifications.

OPERATING THE SMARTWATCH

Basic Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and screens. Tap to select an option.
- **Side Button:** Press to return to the home screen or wake the device. Long press for power options.



Image: The 3Plus Vibe Lite Smartwatch showing a customizable watch face with time and activity data.

Notifications

Once paired with your smartphone, the Vibe Lite Smartwatch can display various notifications.

- **Vibrating Call Alert:** The watch will vibrate and display incoming call information.
- **SMS Notification:** Receive text messages directly on your wrist.
- **App Notifications:** Configure which app notifications you wish to receive through the 3Plus app on your smartphone.

Health Monitoring

The 3Plus Vibe Lite Smartwatch offers several health tracking features.

- **Body Temperature Monitor:** Access the temperature measurement function on the watch to take readings.
- **Sleep Monitoring:** Wear the watch to bed for automatic sleep tracking. View your sleep patterns (asleep time, fall asleep time, wake up time) in the 3Plus app.
- **Blood Oxygen (SpO2) Measurement:** Navigate to the SpO2 function on the watch and remain still for an accurate reading.
- **Heart Rate Monitoring:** The watch continuously monitors your heart rate. View real-time data on the watch or historical data in the app.



Image: Smartwatch displaying blood oxygen saturation (SpO2) level.



Image: Smartwatch displaying sleep duration and times.

Activity Tracking & Goal Setting

Track your daily activity and set personal fitness goals.

- The watch automatically tracks steps, distance, and calories burned.
- Set daily activity goals (e.g., step count) within the 3Plus app. The watch will provide progress updates.

Reminder Setting

Set custom reminders through the 3Plus app, and your smartwatch will vibrate to alert you. This can be used for

hydration, medication, or movement reminders.

MAINTENANCE

Cleaning Your Smartwatch

Regular cleaning helps maintain the device's appearance and functionality.

- Wipe the screen and band with a soft, lint-free cloth.
- For stubborn dirt, dampen the cloth slightly with water. Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.

Water Resistance (IP68)

The 3Plus Vibe Lite Smartwatch is rated IP68 water-resistant. This means it is protected against dust ingress and can withstand immersion in water up to 1.5 meters for up to 30 minutes.

- It is suitable for daily use, such as hand washing or light rain.
- Avoid prolonged immersion, hot water, or exposure to steam (e.g., saunas, hot tubs).
- Do not press buttons underwater.
- Dry the watch thoroughly after exposure to water.

Battery Care

- To prolong battery life, avoid fully discharging the battery frequently.
- Store the device in a cool, dry place if not used for extended periods.

TROUBLESHOOTING

If you encounter issues with your 3Plus Vibe Lite Smartwatch, try the following solutions:

Device Not Turning On or Charging

- Ensure the charging cable is securely connected to both the watch and the power source.
- Verify that the power adapter or USB port is functional.
- Clean the charging contacts on the watch and cable to remove any dust or debris.
- Try a different USB power source.

Bluetooth Connection Issues

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the smartwatch is within range of your smartphone.
- Restart both your smartphone and the smartwatch.
- Unpair the device from your smartphone's Bluetooth settings and then re-pair it through the 3Plus app.

Inaccurate Health Readings

- Ensure the watch is worn snugly but comfortably on your wrist, about one finger's width above your wrist bone.
- Keep your arm still during measurements, especially for SpO2 and heart rate.

- Clean the sensors on the back of the watch.

Factory Reset

If problems persist, a factory reset may resolve them. Note that this will erase all data on the smartwatch.

- On the smartwatch, navigate to the "Settings" menu.
- Look for an option like "System", "Reset", or "Factory Reset".
- Confirm your selection. The watch will restart.

SPECIFICATIONS

Feature	Detail
Model Name	Vibe Lite Smartwatch (3PL-VIBELITE-BK)
Screen Size	1.5 Inches
Display Type	Color Display
Connectivity	Bluetooth, USB (for charging)
Water Resistance	IP68
Battery Life	Up to 35 days (typical usage)
Battery Type	Lithium Ion
Material	Composite
Color	Black
Item Dimensions (LxWxH)	9.75 x 1.54 x 0.46 inches
Package Weight	0.1 Kilograms
Manufacturer	3PLUS
First Available Date	April 12, 2021

WARRANTY AND SUPPORT

Your 3Plus Vibe Lite Smartwatch comes with a **2-Year Warranty** from the date of purchase. This warranty covers manufacturing defects. Please retain your proof of purchase for warranty claims.

For further assistance, technical support, or warranty inquiries, please visit the official 3Plus store or contact their customer service.

[Visit the 3Plus Store on Amazon](#)

Related Documents

	<p>UN 38.3 Lithium Battery Test Summary for 3Plus Vibe Lite Smartwatch</p> <p>This document provides the UN 38.3 test summary for the 3Plus Vibe Lite Smartwatch battery, detailing test results for altitude simulation, thermal, vibration, shock, short circuit, impact, overcharge, and discharge.</p>
	<p>3Plus Vibe Plus Smart Watch User Manual</p> <p>Comprehensive user manual for the 3Plus Vibe Plus smart watch, covering setup, features, activity tracking, and maintenance.</p>
	<p>FCC Test Report for 3Plus Smart Watch (Model: Vibe+, FCC ID: 2AJVH-3PL-VIBE)</p> <p>This FCC test report details the compliance of the 3Plus Smart Watch, model Vibe+, with FCC regulations. It includes results for conducted emissions, radiated emissions, band emissions, power spectral density, channel bandwidth, peak output power, and conducted band edge and spurious emissions, performed by Shenzhen ZKT Technology Co., Ltd.</p>
	<p>3Plus Vibe Lite BT Smart Watch FCC Radio Test Report</p> <p>This report details the FCC radio test results for the 3Plus Vibe Lite BT Smart Watch (FCC ID: 2AJVH-VIBELITEBT), confirming compliance with relevant standards.</p>