

HEAD H160303

HEAD LOS Angeles 37 mm Mesh Smartwatch User Manual

Model: H160303

PRODUCT OVERVIEW

The HEAD LOS Angeles Smartwatch is designed to provide a comprehensive user experience with its 1.78-inch color display and extensive features. It offers a blend of communication, fitness, and utility functions for daily use.





Front view of the HEAD LOS Angeles Smartwatch, showcasing its vibrant display with various health and activity metrics.



The smartwatch displaying an alternative watch face, highlighting its customizable interface.

Key Features:

- **Display:** 1.78-inch color display with customizable watch faces and adjustable brightness.
- **Communication:** Push notifications, call list, Bluetooth call functionality, message and SMS notifications, favorite contacts.
- **Utility:** Remote music app control, weather updates, smartphone/smartwatch finder, camera mode, wake on movement, alarm.
- **Fitness & Health:** Fitness data tracking, multi-sport mode, heart rate monitoring, EKG, blood pressure, blood oxygen saturation, sleep monitor, stopwatch, breathing training, massage function, female cycle monitor, movement reminder, water drinking reminder.
- **Durability:** IP67 water resistance.
- **Compatibility:** Android 4.4+ and iOS 8.0+ via Bluetooth 4.0.
- **Battery Life:** Up to 3 days with normal use, up to 5 days standby with a 200mAh battery.

SETUP GUIDE

1. Initial Charging

Before first use, fully charge your HEAD LOS Angeles Smartwatch. Connect the charging cable to the charging contacts on the back of the watch and to a USB power source. A full charge typically takes approximately 2 hours.



The back of the smartwatch, featuring the optical sensors and charging contacts.

2. App Installation and Pairing

1. Download the official companion app for your HEAD Smartwatch from your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the app and follow the on-screen instructions to create an account or log in.
4. Select 'Add Device' or 'Pair New Device' within the app. The app will search for your smartwatch.
5. Select 'HEAD LOS Angeles' from the list of found devices. Confirm the pairing request on both your smartphone and the smartwatch if prompted.
6. Once paired, the watch will synchronize time and data with your smartphone.

The smartwatch is compatible with Android devices running version 4.4 or higher and iOS devices running version 8.0 or higher. It utilizes Bluetooth 4.0 for stable connectivity.



The smartwatch seamlessly integrates with your smartphone for notifications and data synchronization.

OPERATING INSTRUCTIONS

Display and Customization

- **Wake on Movement:** Lift your wrist to automatically activate the display.
- **Adjust Brightness:** Swipe down from the top of the watch face to access quick settings, then tap the brightness icon to adjust.
- **Change Watch Faces:** Long-press the watch face to enter the selection mode. Swipe left or right to browse pre-installed faces. More watch faces can be downloaded and customized via the companion app.

Customize your smartwatch with a variety of watch faces available through the companion app.

Notifications and Communication

- **Push Notifications:** Receive alerts for calls, messages, and app notifications directly on your watch. Manage which apps send notifications through the companion app settings.
- **Bluetooth Call:** Make and receive calls directly from your watch when connected to your smartphone via Bluetooth. Access your call list and favorite contacts.

Fitness and Health Tracking

- **Fitness Data:** Track steps, distance, and calories burned. View daily summaries on the watch or detailed reports in the app.
- **Multi-Sport Mode:** Select from various sports modes (e.g., walking, running) to track specific workout data.
- **Heart Rate Monitoring:** The watch continuously monitors your heart rate. View real-time data on the watch and historical data in the app.
- **EKG, Blood Pressure, Blood Oxygen Saturation:** These functions provide estimated readings. For accurate medical data, consult professional medical devices.
- **Sleep Monitor:** Tracks sleep patterns, including deep sleep, light sleep, and awake times. Analyze your sleep quality through the app.
- **Reminders:** Set movement reminders to encourage activity and water drinking reminders to stay hydrated.



Analyze your sleep behavior and improve sleep quality using the smartwatch and companion app.

Other Functions

- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks) directly from the watch.
- **Weather:** View current weather conditions and forecasts.
- **Find Phone/Watch:** Use the watch to locate your phone or vice versa.
- **Alarm:** Set alarms through the app to vibrate on your watch.

MAINTENANCE

Water Resistance (IP67)

The HEAD LOS Angeles Smartwatch has an IP67 water resistance rating, meaning it is protected against dust ingress and can withstand immersion in water up to 1 meter for up to 30 minutes. It is suitable for daily use, such as hand washing or light rain. It is **not** recommended for swimming, showering with hot water, or diving, as steam and high water pressure can damage the device.

Cleaning and Care

- Regularly clean the watch and strap with a soft, dry cloth.
- If necessary, use a slightly damp cloth for stubborn dirt, then dry thoroughly.
- Avoid using harsh chemicals, cleaning solvents, or strong detergents, as these can damage the watch's finish and seals.
- Keep the charging contacts clean and dry to ensure proper charging.

Battery Care

- To prolong battery life, avoid extreme temperatures.
- Charge the watch when the battery level is low, but avoid letting it completely drain frequently.
- If storing the watch for an extended period, charge it to about 50% before storage.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch does not turn on.	Battery is depleted.	Charge the watch for at least 30 minutes.
Cannot pair with smartphone.	Bluetooth is off; app not open; watch not discoverable.	Ensure Bluetooth is on, open the app, restart both devices, and try pairing again.
Notifications not received.	App permissions not granted; notifications disabled in app.	Check app permissions in phone settings. Enable notifications for specific apps within the companion app.
Inaccurate health readings (e.g., BP, EKG).	Not a medical device; improper wearing.	Ensure the watch is worn snugly on the wrist. Note that these readings are for reference only and not for medical diagnosis.
Short battery life.	Frequent use of power-intensive features; high brightness.	Reduce screen brightness, limit continuous heart rate monitoring, and disable unnecessary notifications.

If problems persist, refer to the support section or contact customer service.

TECHNICAL SPECIFICATIONS

Feature	Specification
Model Number	H160303
Display Size	1.78 inches
Compatibility	Android 4.4+ / iOS 8.0+
Connectivity	Bluetooth 4.0
Battery Capacity	200mAh
Battery Life	Up to 3 days (normal use), up to 5 days (standby)
Water Resistance	IP67
Dimensions (Packaging)	29.8 x 8.2 x 4 cm
Weight (Packaging)	189 Grams
Color	Black Leather
Strap Material	Leather (as per color description)
Display Type	Color Display

Feature	Specification
Target Audience	Unisex

WARRANTY AND SUPPORT

Your HEAD LOS Angeles Smartwatch is covered by a standard manufacturer's warranty. Please refer to the warranty card included in your product packaging for specific terms and conditions, including warranty period and coverage details.

For technical support, troubleshooting assistance, or warranty claims, please contact HEAD customer service. Contact information can typically be found on the official HEAD website or within the product packaging.