

[Manuals.plus](#) /

› [KALINCO](#) /

› KALINCO Smartwatch P22 User Manual

KALINCO P22

KALINCO Smartwatch P22 User Manual

Model: P22

1. INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your KALINCO Smartwatch P22. Please read this guide thoroughly to ensure proper use and to maximize your device's functionality. Keep this manual for future reference.

2. SETUP

2.1 Charging the Device

Before initial use, fully charge your smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge typically takes approximately 2.5 hours.



Monitor Your Health with Ease

24-hour Blood Pressure & Blood Oxygen Monitoring



Blood Oxygen



Heart Rate



Blood Pressure

Image: The smartwatch connected to its magnetic charging cable, illustrating the charging process and battery life indicators.

2.2 App Installation and Pairing

To access all features and synchronize data, download the **HeroBandiii** app on your smartphone.

1. Scan the QR code in the watch's manual or search for "HeroBandiii" in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Install the app and create an account or log in.
3. Ensure Bluetooth is enabled on your smartphone.
4. Open the HeroBandiii app, navigate to the 'Device' section, and tap 'Add Device'.
5. Select 'P22' from the list of available devices to pair. Follow any on-screen prompts to complete the pairing process.

Compatibility: The HeroBandiii app is compatible with smartphones running Android 4.4 or higher, or iOS 9.0 or higher, and requires Bluetooth 4.0.

3. OPERATING INSTRUCTIONS

3.1 Basic Navigation

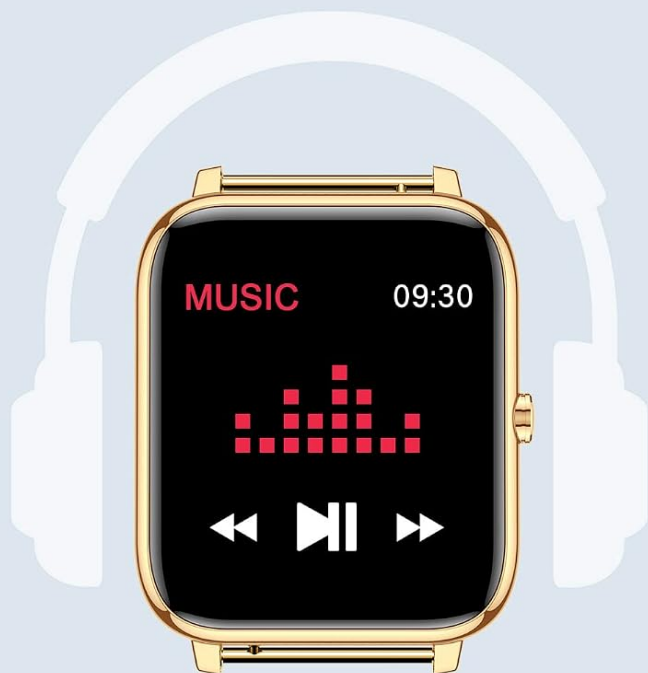
- **Swipe Down:** Access quick settings (e.g., brightness, do not disturb).
- **Swipe Up:** View notifications.
- **Swipe Left/Right:** Navigate through main functions (e.g., activity data, heart rate, sports modes).
- **Press Side Button:** Return to the main watch face or turn the screen on/off.
- **Long Press Side Button:** Power on/off the device.

3.2 Health Monitoring

The smartwatch features integrated sensors to monitor various health metrics. These measurements are for reference only and should not be used for medical diagnosis.

- **Heart Rate:** Real-time heart rate monitoring.
- **Blood Pressure:** Measures estimated blood pressure.
- **Blood Oxygen (SpO2):** Monitors blood oxygen saturation levels.
- **Sleep Monitor:** Tracks sleep patterns, including deep sleep, light sleep, and awake times.

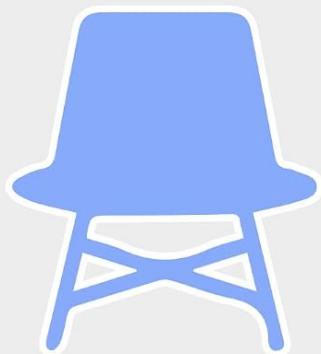
Music Control



20° 
20°~23°

Tomorrow 20°~23°

Sedentary Alert



Remote Camera Control

Image: The smartwatch screen showing heart rate data and sleep phase indicators.



Long Battery Life



30 days standby time



10 days usage time



2.5hours charging time

Image: The smartwatch displaying blood pressure (BP) and blood oxygen (SpO2) readings.

3.3 Sports Modes

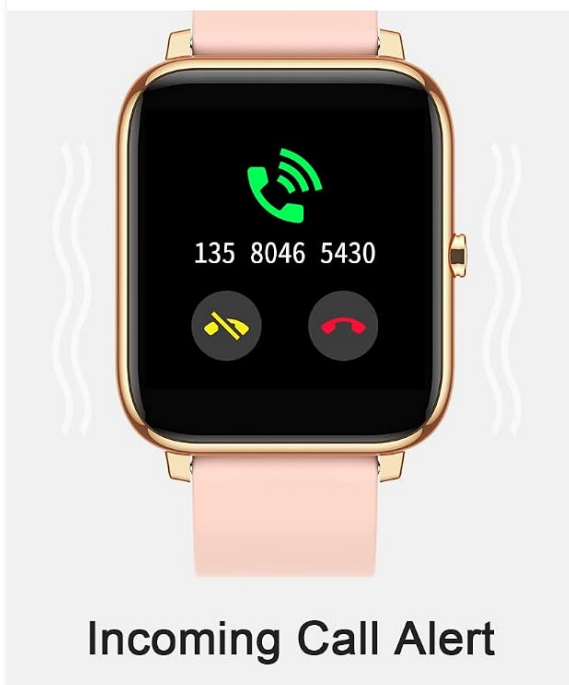
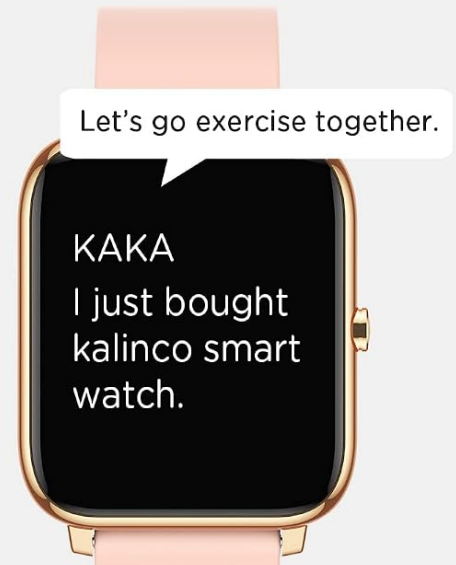
The device supports 7 sports modes to track your physical activities. Connect to your smartphone's GPS for more accurate distance tracking.

- Walking
- Running
- Cycling
- Skipping
- Badminton
- Basketball
- Football

7 Sports Modes



Message Reminder



Incoming Call Alert



Stopwatch

Image: The smartwatch interface displaying icons for various sports modes, including cycling, walking, skipping, running, football, and badminton.

3.4 Smart Notifications

Receive alerts for incoming calls, SMS messages, and notifications from social media applications directly on your wrist when your smartphone is nearby and connected.

- **Incoming Calls:** Displays caller ID or number. You can reject calls from the watch.
- **Messages:** View SMS and app notifications.
- **Wrist Raise to Wake:** The screen automatically illuminates when you raise your wrist, allowing quick viewing of incoming messages.

3.5 Customization

Personalize your smartwatch with custom watch faces. The 1.4-inch screen allows for clear display of your chosen background.

Custom Watch Face

Choose the wallpaper you like to personalize your watch

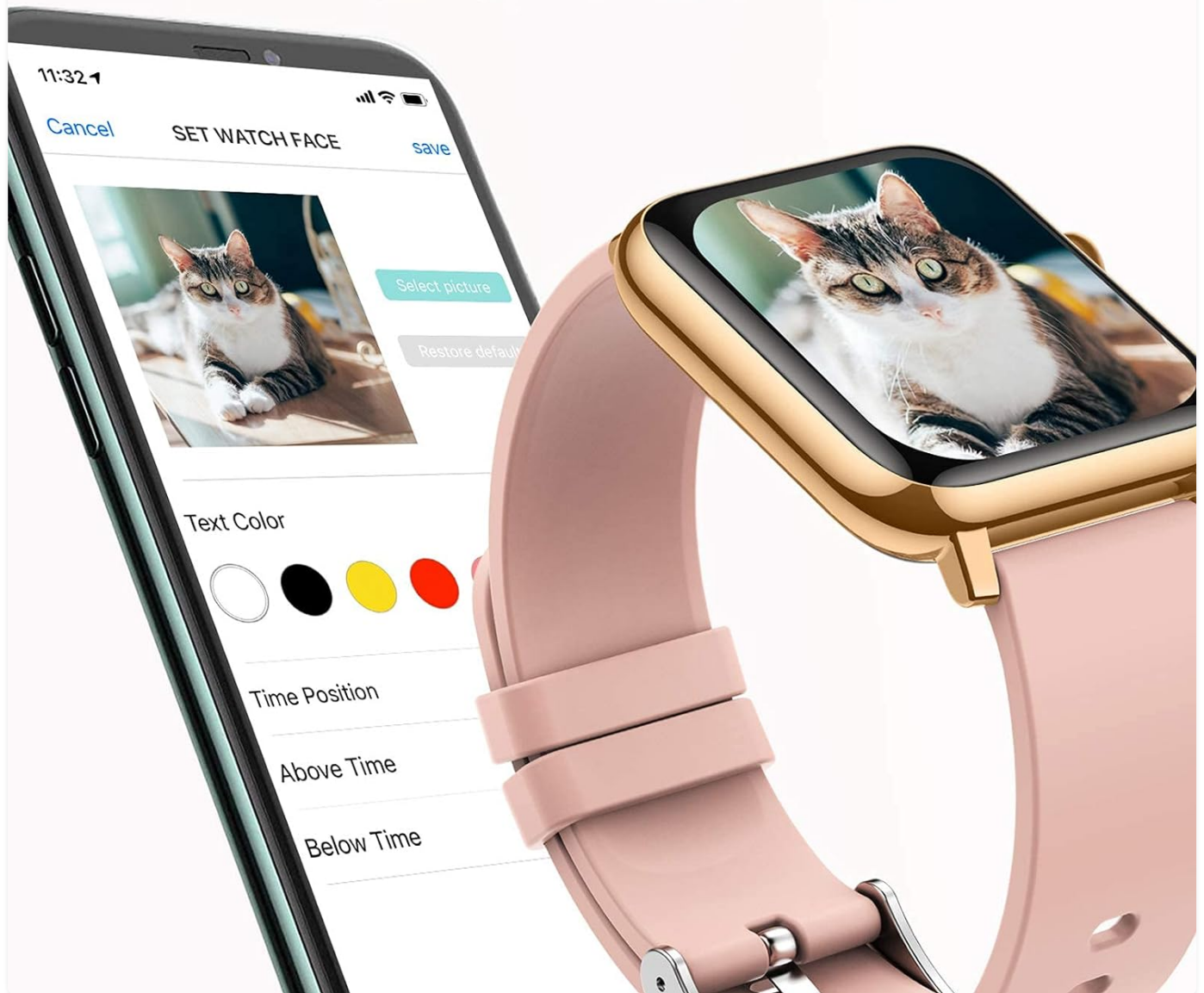


Image: A smartphone screen demonstrating the process of selecting and applying a custom image as the smartwatch's watch face.

3.6 Additional Features

- **Music Control:** Control music playback on your smartphone directly from the watch.
- **Remote Camera Control:** Use your watch as a remote shutter for your smartphone camera.
- **Stopwatch:** A built-in stopwatch function for timing activities.
- **Sedentary Alert:** Reminds you to move after periods of inactivity.

Heart Rate and Sleep Monitor



Deep Sleep



Light Sleep



Awake



89BPM



Image: The smartwatch screen showing interfaces for music control, a sedentary reminder icon, and a remote camera control icon.

4. MAINTENANCE

4.1 Cleaning

Wipe the watch and strap regularly with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and then dry thoroughly. Avoid using harsh chemicals or abrasive materials.

4.2 Water Resistance

The KALINCO Smartwatch P22 is rated IP67 for water resistance, meaning it is protected against dust 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.

4.3 Battery Care

To prolong battery life, avoid extreme temperatures and do not allow the battery to fully discharge frequently. Charge the

device when the battery level is low.

5. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged.
- **Cannot pair with smartphone:** Make sure Bluetooth is enabled on your phone, the app is open, and the watch is within range. Try restarting both the watch and your phone.
- **Inaccurate health readings:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch. Remember, readings are for reference only.
- **Notifications not received:** Check app permissions on your smartphone to ensure the HeroBandiii app has access to notifications. Verify that notifications are enabled within the HeroBandiii app settings.

6. SPECIFICATIONS

Feature	Detail
Brand	KALINCO
Model Name	P22
Screen Size	1.4 Inches
Operating System	Android, iOS
Connectivity Technology	Bluetooth 4.0
Battery Composition	Lithium-polymer
Charging Time	Approx. 2.5 hours
Usage Time	Up to 10 days
Standby Time	Up to 30 days
Water Resistance	IP67
Special Features	GPS (via smartphone), Text Messaging, Sleep Monitor, Notifications, Calorie Tracker, Distance Tracker

7. WARRANTY AND SUPPORT

Your KALINCO Smartwatch P22 comes with a one-year warranty. For any issues or support inquiries, please contact KALINCO customer service. We are committed to assisting you.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question