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> WPH QW13 Smart Watch User Manual

## WPH QW13

# WPH QW13 Smart Watch User Manual

Model: QW13

## PRODUCT OVERVIEW

The WPH QW13 Smart Watch is a versatile and ultra-thin wearable device designed for daily fitness tracking and smart notifications. It features a 1.28-inch round IPS color screen, high-sensitivity touch control, and a durable IP67 waterproof rating.

Key features include:

- 1.28-inch TFT color screen with high-sensitivity touch for various operations.
- IP67 waterproof rating, suitable for daily activities like hand washing and sports.
- Continuous tracking of daily steps, distance, and calories burned.
- Support for phone and SMS notifications.
- Professional heart rate sensor for 24-hour heart rate monitoring.
- Automatic sleep quality monitoring and data recording via the APP.
- Customizable watch faces to personalize your device.



Figure 1: The WPH QW13 Smart Watch, showcasing its round dial and pink silicone strap.

## SETUP GUIDE

### 1. Package Contents

Before you begin, please ensure all items are present in the package:

- 1 x WPH QW13 Smart Watch
- 1 x Charging Cable
- 1 x User Manual (this document)

## 2. Charging the Smart Watch

The watch comes with a 2-pin thimble compatible charging cable. Before first use, fully charge the device.

1. Connect the charging cable to a USB power source (e.g., computer USB port, USB wall adapter).
2. Align the magnetic pins of the charging cable with the charging contacts on the back of the watch. The cable will snap into place.
3. The watch screen will indicate charging status.

A full charge typically takes 1.5 to 2 hours. Once fully charged, the watch can be used for approximately 5 days, with a standby time of about 15 days.

## 3. App Installation and Pairing

To unlock the full functionality of your QW13 Smart Watch, you need to install the companion application, "Youth and Health", on your smartphone.

1. **Download the App:** Search for "Youth and Health" in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS) or scan the QR code provided in the quick start guide (if available).
2. **System Requirements:** The app requires iOS 10.0 or above, or Android 5.0 or above.
3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
4. **Open the App:** Launch the "Youth and Health" app and follow the on-screen instructions to create an account or log in.
5. **Pairing:** Within the app, navigate to the device pairing section. The app will search for available devices. Select "QW13" from the list to connect.
6. **Confirmation:** Once connected, the watch will synchronize time and data with your phone.

# Support custom watch face

A smart watch that gives you a digital photo frame,  
free to change according to your mood



Figure 2: The "Youth and Health" app allows for custom watch faces and manages device settings.

## OPERATING INSTRUCTIONS

### 1. Basic Navigation

- **Touch Screen:** Swipe left/right to navigate between different functions (e.g., heart rate, steps, weather). Swipe up/down to access quick settings or notifications.
- **Side Button:** Press the side button to return to the main watch face or to wake the screen. A long press may power on/off the device.

### 2. Fitness Tracking

The QW13 Smart Watch automatically tracks your daily activity.

- **Steps, Distance, Calories:** These metrics are continuously recorded throughout the day. View your progress

directly on the watch or in the "Youth and Health" app for detailed historical data.

- **Sports Modes:** The watch supports various sports modes to help you track specific workouts. Refer to the app for available modes and how to activate them.

### 3. Health Monitoring

- **Heart Rate Monitoring:** The watch is equipped with a professional optical heart rate sensor. It can monitor your heart rate continuously throughout the day. To get an accurate reading, ensure the watch is snug on your wrist.
- **Sleep Monitoring:** When you wear the watch to sleep, it will automatically monitor your sleep quality, including deep sleep, light sleep, and awake times. This data is synchronized to the "Youth and Health" app for review.

# Understand your heartbeat Understand your health

Record your 24-hour heart rate changes  
Heartbeat throughout the day, at a glance

Heart rate data is for reference only and cannot be used to prevent, diagnose and treat any diseases





Figure 3: The watch provides real-time heart rate data and historical trends via the app.

# Wrist optical heart rate

Equipped with an optical heart rate sensor, between movement and quiet, changes in heartbeat are clearer



Figure 4: The optical heart rate sensor on the back of the watch ensures accurate readings.

## 4. Smart Notifications

Once paired with your smartphone, the QW13 Smart Watch can receive notifications for incoming calls and SMS messages, ensuring you don't miss important information.

- Ensure notification permissions are granted to the "Youth and Health" app in your phone's settings.
- Enable specific app notifications within the "Youth and Health" app settings.

## MAINTENANCE

### 1. Cleaning Your Smart Watch

To maintain the appearance and functionality of your watch:

- Wipe the watch body and strap regularly with a soft, damp cloth.

- Avoid using harsh chemicals, abrasive cleaners, or solvents, as these can damage the watch's finish and components.
- Ensure the charging contacts on the back of the watch are clean and dry before charging.

## 2. Water Resistance (IP67)

The QW13 Smart Watch has an IP67 waterproof rating. This means it can protect against daily life particles, dust, sweat, and supports daily hand washing and sports activities.

However, please note the following limitations:

- It is suitable for hand washing and light rain.
- It does **not** support deep sea diving, sauna, or hot baths.
- Avoid exposing the watch to hot water or steam, as this can compromise the seals.
- Do not operate the watch buttons while it is submerged in water.

# IP67 waterproof design

Can protect daily life particles, dust, sweat and other substances, can support daily hand washing and waterproof, Sports waterproof etc. Can wash, can rain, does not support deep sea diving, sauna, hot bath



Figure 5: The IP67 rating ensures the watch can withstand splashes and brief immersion.

## TROUBLESHOOTING

If you encounter issues with your QW13 Smart Watch, try the following solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 10 minutes.
- **Cannot connect to phone/app:**
  - Ensure Bluetooth is enabled on your phone.
  - Make sure the "Youth and Health" app is running and has necessary permissions.

- Restart both your phone and the watch.
- Try unpairing and re-pairing the device in the app.
- **Inaccurate health data:**
  - Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.
  - Clean the sensor on the back of the watch.
  - Avoid excessive movement during measurements.
- **Notifications not received:**
  - Check if the watch is connected to the app via Bluetooth.
  - Verify that notification permissions are enabled for the "Youth and Health" app in your phone's system settings.
  - Ensure specific app notifications are enabled within the "Youth and Health" app itself.
- **Screen unresponsive:** Try restarting the watch by pressing and holding the side button. If it doesn't respond, let the battery drain completely and then recharge it.

If the problem persists, please refer to the warranty and support section for further assistance.

## SPECIFICATIONS

Feature	Specification
Product Model	QW13
Dial Diameter	43.8mm
Thickness	9.0mm
Weight	42.5g
Waterproof Rating	IP67
Wristband Material	Silicone
Wristband Range	14-20CM
CPU	HS6620D
RAM + ROM	128Kb + 256Kb
Flash Memory	32Mb
Sensors	Gravity sensor, Heart rate sensor
Bluetooth Version	4.2
Main Screen	LCD 1.28 inches round IPS, 240*240 resolution
Touch Panel (TP)	COB capacitive multi-touch
Charging Method	2pin thimble compatible charging
Side Button	1
Battery Capacity	150mAh
Charging Time	1.5-2 hours

Feature	Specification
Use Time	About 5 days
Standby Time	About 15 days
APP Name	Youth and Health
APP System Compatibility	iOS 10.0 or above, Android 5.0 or above



Figure 6: Detailed dimensions of the QW13 Smart Watch, including thickness, dial width, and full perimeter.

## WARRANTY AND SUPPORT

For warranty information, please refer to the documentation provided at the time of purchase or contact your retailer. Warranty terms may vary by region and seller.

If you require further assistance or have questions not covered in this manual, please contact the manufacturer or your point of purchase customer support.

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