

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

Manuals.plus /

› [OPPO](#) /

› [OPPO Fitness Tracker Band User Manual](#)

OPPO OPPO Band Rosa

OPPO Fitness Tracker Band User Manual

Model: OPPO Band Rosa

INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, and maintenance of your OPPO Fitness Tracker Band. Please read this manual carefully before using the device to ensure proper functionality and safety.

WHAT'S IN THE BOX

Upon unboxing your OPPO Fitness Tracker Band, verify that all the following items are included:

- OPPO Band
- Sport Strap
- Charging Base
- Quick Start Guide
- Safety Instructions Guide

PRODUCT OVERVIEW



Figure 1: Front view of the OPPO Fitness Tracker Band, showing the AMOLED display with time and date.



Figure 2: Back view of the OPPO Fitness Tracker Band, highlighting the optical heart rate and SpO2 sensors.

The OPPO Fitness Tracker Band is a compact and versatile wearable device designed to monitor your health and fitness activities. It features a vibrant AMOLED display and a durable design suitable for daily wear and various exercise routines.

Dimensions: 40.4mm × 17.6mm × 11.45mm (11.95mm including heart rate sensor)

Device Materials: Front: 2.5D Glass, Back: PC

Strap Materials: Sport strap: TPU strap + metal aluminum buckle

Approximate Weight: 10.3g (without strap)

Screen Type: AMOLED

Screen Size: 1.1 inch

Resolution: 126 x 294 pixels

Battery Capacity: 100 mAh

Sensors: Three-axis sensor, Optical heart rate sensor, SpO2 sensor

SETUP

1. Charging the Device

Before initial use, fully charge your OPPO Band. Connect the charging base to a USB power source (e.g., computer USB port or a 5V 200mA or higher power adapter). Align the magnetic pins of the band with the charging base until it snaps into place. The screen will indicate charging status. A full charge typically takes approximately 1.5 hours and provides up to 12 days of usage.

2. Pairing with Your Smartphone

1. Download the HeyTap Health app from your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Ensure your smartphone's Bluetooth is enabled.
3. Open the HeyTap Health app and follow the on-screen instructions to create an account or log in.
4. Select "Add Device" and choose "OPPO Band" from the list of available devices.
5. Confirm the pairing request on both your smartphone and the OPPO Band.
6. Once paired, the band will synchronize data with the app.

Supported Operating Systems: Android 6.0 or higher; iOS 12 or higher.

OPERATING YOUR OPPO BAND

Exercise Modes

The OPPO Band supports various exercise modes to track your workouts accurately. To select an exercise mode, swipe on the band's screen and tap on the desired activity. Available modes include:

- Outdoor Run
- Indoor Run
- Fat Burn Run
- Outdoor Walk
- Outdoor Cycle
- Indoor Cycle
- Elliptical
- Rowing
- Cricket
- Badminton
- Swimming
- Yoga

Health Monitoring Features

Your OPPO Band continuously monitors key health metrics:

- **Continuous SpO2 Monitoring:** Tracks blood oxygen saturation levels.
- **Sleep Monitoring:** Analyzes sleep patterns and quality.
- **Real-time Heart Rate Monitoring:** Provides continuous heart rate data.
- **Daily Activity:** Tracks steps, distance, and calories burned.
- **Stand-up Alerts:** Reminds you to move after periods of inactivity.
- **Breathing Exercises:** Guides you through relaxation breathing.

Other Features

The OPPO Band offers additional smart features for convenience:

- Message alerts

- Incoming call alerts and call rejection
- Timer/stopwatch
- Alarms
- Weather reports
- Music playback control
- Camera control
- Find my phone function

MAINTENANCE

Water Resistance

The OPPO Band has a **5ATM water resistance rating**, meaning it can withstand pressures equivalent to a depth of 50 meters. This makes it suitable for swimming and showering. However, it is not recommended for diving or high-pressure water activities.

Cleaning and Care

- Regularly clean the band and the device body with a soft, damp cloth.
- Ensure the charging contacts on the back of the device are clean and dry before charging.
- Avoid exposing the device to extreme temperatures or direct sunlight for prolonged periods.
- Do not use abrasive cleaners or solvents on the device.

TROUBLESHOOTING

If you encounter issues with your OPPO Band, try the following common troubleshooting steps:

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charging base and a power source for at least 10 minutes.
- **Cannot pair with smartphone:**
 - Ensure Bluetooth is enabled on your phone and the band is within range.
 - Restart both your phone and the OPPO Band.
 - Check if the HeyTap Health app is updated to the latest version.
 - If previously paired, try unpairing and re-pairing the device from your phone's Bluetooth settings.
- **Inaccurate health data:** Ensure the band is worn snugly on your wrist, about one finger's width above the wrist bone. Clean the sensors regularly.
- **Battery draining quickly:** Reduce screen brightness, disable continuous heart rate monitoring if not needed, and limit notifications.
- **Screen unresponsive:** Try restarting the band (if an option is available in settings, or by connecting to charger if it has an auto-restart feature).

For persistent issues, refer to the official OPPO support website or contact customer service.

SPECIFICATIONS

Feature	Detail
Model Number	OPPO Band Rosa

Feature	Detail
Dimensions (Device)	40.4mm × 17.6mm × 11.45mm (11.95mm including heart rate sensor)
Device Front Material	2.5D Glass
Device Back Material	PC
Strap Material	TPU strap with metal aluminum buckle
Adjustable Strap Length	130-205 mm (around the wrist)
Strap Width	15 mm
Approximate Weight	10.3g (without strap)
Screen Type	AMOLED
Screen Size	1.1 inch
Resolution	126 x 294 pixels
Battery Capacity	100 mAh
Required Adapter Power	5V 200mA or higher
Maximum Usage Time	Up to 12 days
Supported OS	Android 6.0+; iOS 12+
Chipset	Apollo3
Storage	16 MB
Bluetooth Version	BLE 5.0
Sensors	Three-axis sensor, Optical heart rate sensor, SpO2 sensor
Water Resistance Rating	5ATM
Vibration Motor Type	SMD

WARRANTY AND SUPPORT

Your OPPO Band comes with a standard manufacturer's warranty. Please refer to the warranty card included in the packaging for specific terms and conditions, including the warranty period and coverage details. For technical support, service, or further inquiries, please visit the official OPPO support website or contact their customer service hotline in your region.

Extended protection plans may be available for purchase separately. Check with your retailer for more information.