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› Marea Smartwatch B57009/3 User Manual

## Marea B57009/3

# Marea Smartwatch B57009/3 User Manual

Model: B57009/3

## 1. INTRODUCTION

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This manual provides detailed instructions for the Marea Smartwatch B57009/3. It covers initial setup, operation, maintenance, and troubleshooting to ensure optimal use of your device. Please read this manual thoroughly before using the smartwatch.

The Marea Smartwatch B57009/3 is designed to monitor various health and fitness metrics, including activity tracking, heart rate, blood pressure, and sleep patterns. It also offers convenient features such as notifications and reminders.



Figure 1: Marea Smartwatch B57009/3. This image shows the smartwatch with its pink silicone strap and a digital display featuring a woman with a dog, along with the current time and date.

## 2. SETUP

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### 2.1. Charging the Smartwatch

Before first use, fully charge your Marea Smartwatch B57009/3. Connect the charging cable to the charging port on the back of the watch and plug the USB end into a standard USB power adapter (not included) or a computer's USB port. The watch display will indicate charging status.

- Ensure the charging contacts are clean and dry.
- A full charge typically takes approximately 2 hours.

### 2.2. Powering On/Off

- **Power On:** Press and hold the side button for a few seconds until the screen lights up.
- **Power Off:** Navigate to the 'Settings' menu on the watch, then select 'Power Off' or 'Shutdown'. Alternatively, press and hold the side button and select the power off option if prompted.

## 2.3. App Installation and Pairing

To unlock the full functionality of your smartwatch, you need to install the companion application on your smartphone and pair the devices.

1. Scan the QR code provided in the watch packaging or search for the official Marea Smartwatch app in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Install the application and create an account if required.
3. Enable Bluetooth on your smartphone.
4. Open the Marea Smartwatch app, navigate to the 'Device' or 'Add Device' section, and follow the on-screen instructions to search for and pair with your B57009/3 smartwatch.
5. Confirm the pairing request on both your smartphone and the smartwatch.

## 3. OPERATING INSTRUCTIONS

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### 3.1. Basic Navigation

- **Touchscreen:** Swipe left, right, up, or down to navigate through menus and functions. Tap to select an item.
- **Side Button:** Press to return to the previous screen or the main watch face. A long press may activate specific functions or power options.

### 3.2. Key Features

The Marea Smartwatch B57009/3 offers a range of features to support your daily activities and health monitoring:

- **Time and Date Display:** The main watch face displays the current time, date, and battery level. You can customize watch faces through the companion app.
- **Activity Tracking:**
  - **Pedometer:** Tracks your daily step count.
  - **Distance Display:** Estimates the distance covered based on your steps.
  - **Calorie Consumption:** Calculates calories burned throughout the day.
- **Health Monitoring:**
  - **Heart Rate Measurement:** Monitors your heart rate in real-time or at set intervals.
  - **Blood Pressure Measurement:** Provides an estimate of your blood pressure. (Note: This is for reference only and not a medical device.)
  - **Blood Oxygen (SpO2):** Measures your blood oxygen saturation levels. (Note: This is for reference only and not a medical device.)
  - **Sleep Analysis:** Tracks your sleep patterns, including deep sleep, light sleep, and wake times.
- **Sports Mode:** Select from various sports modes to track specific activities and get detailed data.
- **Do Not Disturb:** Mutes notifications during specified times.
- **Reminders:**
  - **Sitting Reminder:** Alerts you to move after periods of inactivity.
  - **Drinking Reminder:** Prompts you to hydrate throughout the day.

- **Breathing Instructions:** Guides you through breathing exercises for relaxation.

## 4. MAINTENANCE

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### 4.1. Cleaning

- Wipe the watch screen and body with a soft, lint-free cloth.
- For the silicone strap, you can use a mild soap and water solution, then rinse thoroughly and dry completely before wearing.
- Avoid using harsh chemicals, abrasive cleaners, or solvents as they may damage the watch.

### 4.2. Storage

When not in use for extended periods, store the smartwatch in a cool, dry place away from direct sunlight and extreme temperatures. Ensure the battery has some charge to prevent deep discharge.

## 5. TROUBLESHOOTING

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Problem	Possible Solution
Smartwatch does not turn on.	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Cannot pair with smartphone.	<ul style="list-style-type: none"><li>• Ensure Bluetooth is enabled on your phone.</li><li>• Make sure the watch is within range of your phone.</li><li>• Restart both the smartwatch and your phone.</li><li>• Check if the app is updated to the latest version.</li></ul>
Inaccurate health data readings.	<ul style="list-style-type: none"><li>• Ensure the watch is worn snugly on your wrist, not too loose or too tight.</li><li>• Clean the sensor on the back of the watch.</li><li>• Avoid excessive movement during measurements.</li></ul>
Battery drains quickly.	<ul style="list-style-type: none"><li>• Reduce screen brightness.</li><li>• Disable continuous heart rate monitoring if not needed.</li><li>• Limit the number of notifications.</li><li>• Ensure no background apps are excessively consuming power.</li></ul>

If you encounter issues not listed here, or if the suggested solutions do not resolve the problem, please contact Marea customer support.

## 6. SPECIFICATIONS

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- **Brand:** Marea
- **Model Number:** B57009/3
- **ASIN:** B09GFYCNDK
- **Dimensions:** 15 x 7.9 x 3.8 cm
- **Weight:** 110 g
- **Functions:** Calorie consumption, distance display, pedometer, sleep analysis, heart rate

measurement, blood pressure measurement, blood oxygen, sports mode, do not disturb, sitting and drinking reminder, breathing instructions.

- **Strap Material:** Silicone (Pink)

## 7. WARRANTY AND SUPPORT

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For warranty information and customer support, please refer to the warranty card included with your product or visit the official Marea website. Keep your purchase receipt as proof of purchase.

If you require technical assistance or have questions regarding your Marea Smartwatch B57009/3, please contact Marea customer service through their official channels.